



ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ
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ΤΜΗΜΑ ΕΛΛΗΝΙΚΗΣ ΦΙΛΟΛΟΓΙΑΣ

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ΜΕΤΑΠΤΥΧΙΑΚΗ ΔΙΑΤΡΙΒΗ

Φυσική άσκηση σε μαθητές με ειδικές εκπαιδευτικές ανάγκες

Κομνηνός Πόλος, 727

Μεταπτυχιακή διατριβή που υποβάλλεται στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του Προγράμματος Μεταπτυχιακών Σπουδών Εξειδίκευσης του Τ.Ε.Φ. – Δ.Π.Θ. σε συνεργασία με το Ε.Κ.Ε.Φ.Ε. Δημόκριτος – Ινστιτούτο Πληροφορικής και Τηλεπικοινωνιών με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της Ένταξης»

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ΠΕΡΙΛΗΨΗ

Τα τελευταία χρόνια παρατηρείται μια ανησυχητική μείωση των επιπέδων φυσικής δραστηριότητας των νέων, με ακόμα μεγαλύτερη μείωση στους μαθητές με ειδικές εκπαιδευτικές ανάγκες. Παρά τα στοιχεία που υποδηλώνουν ότι τα προγράμματα σωματικής δραστηριότητας αποφέρουν οφέλη για την υγεία των νέων με αναπηρίες, υπάρχει σημαντικό κενό στην κατανόηση των συγκεκριμένων επιπτώσεων που βασίζονται σε ομάδες, στρατηγικών για αποτελεσματικότητα, βιωσιμότητα, ανάπτυξη προγραμμάτων, λεπτομέρειες προσαρμογής και εμπειρική αξία. Σκοπός αυτής της έρευνας είναι να εξεταστεί η φυσική άσκηση στην περίπτωση παιδιών και εφήβων με ειδικές εκπαιδευτικές ανάγκες. Πιο συγκεκριμένα, μέσα από την έρευνα αυτή θα γίνει μία προσπάθεια να προσδιοριστούν προγράμματα παρέμβασης φυσικής άσκησης για μαθητές με ειδικές εκπαιδευτικές ανάγκες, να αναδειχθούν τα οφέλη αυτών των προγραμμάτων, να εντοπιστούν παράγοντες που εμποδίζουν τη συμμετοχή αυτής της ομάδας μαθητών σε φυσική άσκηση και να κατατεθούν προτάσεις πρακτικής εφαρμογής. Για τον σκοπό αυτόν διεξήχθη μία συστηματική βιβλιογραφική ανασκόπηση. Η αναζήτηση των μελετών διεξήχθη στις εξής βάσεις δεδομένων: PubMed και Google Scholar. Οι λέξεις-κλειδιά που χρησιμοποιήθηκαν κατά την αναζήτηση των δεδομένων ήταν: physical activity, special needs, students, children, adolescents, χρησιμοποιώντας τους τελεστές 'and' και 'or'. Από την αρχική αναζήτηση προέκυψαν συνολικά 35 μελέτες από τις οποίες οι 19 συμπεριελήφθησαν σε αυτήν την εργασία. Όλες οι μελέτες που εντοπίστηκαν κατέδειξαν σημαντικά οφέλη της φυσικής άσκησης για παιδιά με ειδικές εκπαιδευτικές ανάγκες. Η εφαρμογή προγραμμάτων φυσικής άσκησης μπορεί να αποφέρει σημαντικά γνωστικά, κοινωνικοσυναισθηματικά οφέλη στα παιδιά με ειδικές εκπαιδευτικές ανάγκες, βελτιώνοντας τη σωματική και ψυχική τους υγεία. Ωστόσο, απαιτούνται περαιτέρω μελέτες που να αφορούν: α) διεξαγωγή μελετών από διάφορες χώρες, β) διερεύνηση απόψεων βασικών εμπλεκόμενων μερών, γ) διερεύνηση διαφόρων αναπηριών, δ) διερεύνηση ομαδικών και εξατομικευμένων παρεμβάσεων, ε) διερεύνηση επιδράσεων προγραμμάτων φυσικής άσκησης σε διάφορες λειτουργίες και πτυχές της ανάπτυξης των μαθητών με αναπηρία / ειδικές εκπαιδευτικές ανάγκες. Σε πρακτικό επίπεδο απαιτείται αρχικά η διαμόρφωση μίας συνολικής στρατηγικής σε επίπεδο πολιτικής φυσικής αγωγής, η διαμόρφωση των απαραίτητων προϋποθέσεων σε επίπεδο σχολικής μονάδας, η συνεργασία εκπαιδευτικών γενικής και ειδικής αγωγής, καθώς και η κατάλληλη και επαρκής ενημέρωση των γονέων και εν συνεχεία των επαγγελματιών του αθλητισμού αναφορικά με τα οφέλη της φυσικής άσκησης για τους μαθητές με ειδικές εκπαιδευτικές ανάγκες.

Λέξεις-κλειδιά: φυσική άσκηση, ειδικές εκπαιδευτικές ανάγκες, παιδιά, έφηβοι, προγράμματα παρέμβασης.

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