



ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ
ΣΧΟΛΗ ΚΛΑΣΙΚΩΝ ΚΑΙ ΑΝΘΡΩΠΙΣΤΙΚΩΝ ΣΠΟΥΔΩΝ
ΤΜΗΜΑ ΕΛΛΗΝΙΚΗΣ ΦΙΛΟΛΟΓΙΑΣ
σε συνεργασία με το
ΕΘΝΙΚΟ ΚΕΝΤΡΟ ΕΡΕΥΝΑΣ ΦΥΣΙΚΩΝ ΕΠΙΣΤΗΜΩΝ
«ΔΗΜΟΚΡΙΤΟΣ»
ΙΝΣΤΙΤΟΥΤΟ ΠΛΗΡΟΦΟΡΙΚΗΣ ΚΑΙ ΤΗΛΕΠΙΚΟΙΝΩΝΙΩΝ

ΔΙΔΡΥΜΑΤΙΚΟ ΠΡΟΓΡΑΜΜΑ ΜΕΤΑΠΤΥΧΙΑΚΩΝ ΣΠΟΥΔΩΝ:
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ΜΕΤΑΠΤΥΧΙΑΚΗ ΔΙΑΤΡΙΒΗ

Τίτλος εργασίας

«Προσαρμοσμένη φυσική αγωγή: ένα πλαίσιο για την ενδυνάμωση των μαθητών με αναπηρίες»

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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

Η παρούσα εργασία εξετάζει την προσαρμοσμένη φυσική αγωγή ως πλαίσιο ενδυνάμωσης των μαθητών με αναπηρίες, εστιάζοντας στους παράγοντες που επηρεάζουν την ουσιαστική τους ένταξη στο σχολικό μάθημα. Μέσα από τη συστηματική ανασκόπηση της πρόσφατης βιβλιογραφίας, αναλύονται οι στρατηγικές που εφαρμόζονται στην προσαρμογή προγραμμάτων φυσικής αγωγής, οι διδασκαλικές πρακτικές που ενισχύουν τη συμμετοχή και τη μάθηση, καθώς και οι συνθήκες που διαμορφώνουν συμπεριληπτικά μαθησιακά περιβάλλοντα. Ιδιαίτερη έμφαση δίνεται στην αξιοποίηση της τεχνολογίας, η οποία συμβάλλει θετικά στην κινητική εξέλιξη, στη βελτίωση της φυσικής κατάστασης και στην ψυχοκοινωνική ενδυνάμωση των μαθητών. Παράλληλα, λαμβάνεται υπόψη η υποκειμενική εμπειρία των ίδιων των μαθητών με αναπηρίες, δίνοντας φωνή στις ανάγκες, στις προτιμήσεις και στις προσδοκίες τους από το μάθημα της φυσικής αγωγής. Τα ευρήματα αναδεικνύουν τη σημασία της εξατομίκευσης, της ενεργού συμμετοχής και της διεπιστημονικής συνεργασίας ως βασικών προϋποθέσεων για μια ουσιαστικά συμπεριληπτική φυσική αγωγή. Η μελέτη καταλήγει στη διαμόρφωση ενός παιδαγωγικού πλαισίου που προάγει την ισότητα, τη χειραφέτηση και την κοινωνική ένταξη των μαθητών με αναπηρίες μέσω της φυσικής δραστηριότητας.

Λέξεις-κλειδιά: προσαρμοσμένη φυσική αγωγή, αναπηρία, ένταξη, συμπερίληψη, τεχνολογία, εκπαίδευση

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