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Rehabilitation of Persons with Limited Health Possibilities by Adaptive Sports (Special Olympics Movement)

Summary

The Special Olympics International Sports Movement for over 50 years has been helping in rehabilitation of persons with disabilities.

The article presents some real examples of long-term comprehensive rehabilitation and social integration of persons with disabilities using adaptive physical education and adaptive sports.

On the author's initiative, a sports school for children of various nosological groups of diseases was opened in Voronezh, a regional branch of the Special Olympics of Russia was created, and the Voronezh State Institute of Physical Culture began training bachelors and masters in Adaptive Physical Education.

The experience of rehabilitation of persons with disabilities through adaptive sports is reflected in scientific publications, regulatory documents and projects, and is distributed in the regions of Russia as well as other countries.

Keywords: disability, hypoxia, swimming, competition, adaptive physical education, adaptive sport, socialization

Celebrating the 50th anniversary of the Special Olympics movement, each of us recalls its founder, Eunice Kennedy Shriver, who proved the positive impact of regular physical education and sports on the condition of people with intellectual disabilities.

She played an important role in the life of my family.

No one is safe from trouble. After maxillofacial surgery due to negligence of medical staff (hypoxia, clinical death), my son became disabled at the age of 4. Coma, month in intensive care, probe, bedsores, tracheotomy...

Getting acquainted with the scientific literature while the child was in intensive care, I found out that by 1992 hypoxia was not sufficiently studied. The forecast of the professor who operated on the boy was disappointing: "You can

only rely on God or a miracle...” Two months after the operation, a computer examination at the Burdenko clinic showed brain atrophy.

Behind me there were victories and defeats, the USSR team in gymnastics and acrobatics, 2 higher education, postgraduate, Ph.D. in Moscow, perseverance and willingness to do anything for a little loved one.

The first classes in the hospital included passive gymnastics, massage, listening to son’s tape recordings, showing pictures, reading books, inviting specialists from the Center for Traditional Medicine. The goal was the maximum possible rehabilitation. After 6 months, discharging from the hospital, the son moved independently although with difficulty. His father left the family, apparently, did not want to cope with difficulties.

In 1993, on my initiative, sporting events for children with disabilities were launched at the Voronezh State Institute of Physical Culture, through which people first found out about us in the UK (Mr. Van Roy) and then in Moscow (President of the Special Olympics of Russia A. Pavlov).

In 1999, the Special Olympics of Russia was registered, in the same year, as an Honored Guest, I went to the World Summer Games in the USA. I had a son with me, his dream to visit America came true. Misha splashed around the pool with Eunice’s grandchildren; they played in the lobby, showing gymnastic exercises to each other.

At the next reception, after a conversation with us, Eunice Kennedy Shriver took off Misha’s badge and wrote on it: “Come back!”

In the same year, in Voronezh, on my initiative, the country’s first sports school for children with disabilities was opened and a branch of the Special Olympics of Russia was created. Misha began swimming with Vladimir Sivoldaev. So he found himself a coach who replaced his father, and became my husband.

Together we mastered the program of the Special Olympics, developed its subprograms and other areas of adaptive sports.

Thanks to the program of the Special Olympics of Europe/Eurasia for Universities, which I participated, they began to prepare students in the specialty “Adaptive Physical Culture” in Voronezh. We hold competitions, events and sports and fitness camps for the comprehensive development of athletes of all nosological groups using the practice of Olympic education; seminars and conferences of various levels; we carry out research work; we publish articles, manuals and monographs.

Mikhail Begidov was one of those for whom the school was opened, and he fulfilled the order of Eunice Kennedy Shriver, became the champion of Europe 2002 in Monaco, twice the silver medalist of the World Games of the Special Olympics in China 2007; subsequently – a master of sports, a seven-time

champion and record holder of Russia in swimming among the disabled with a defeat of the musculoskeletal system according to the Paralympic program.

In November 2008, he returned to the United States, where he once again overcame himself and circumstances, successfully coping with 42 km 195 m at the New York International Marathon!

In addition to the sports results of our pupils (victories at the World Games of the SO, World and European championships in the Paralympic program), great successes have been achieved in rehabilitation and integration.

Mikhail became the winner of the regional civic Olympiad, laureate of the Children's Golden Fund of Voronezh Region-2003, a scholarship holder of the Russian Children's Fund-2004, winner of the Golden Lion Prize-2007, winner of the Golden Fund of Voronezh Region-2007 "New Faces", laureate of the All-Russian Prize for Supporting Talented Youth-2008, a participant in the All-Russian Forum of Winners "Breakthrough-2009", winner of the Olympic scientific session of students and young scientists of Russia-2010. Despite the lack of writing skills, he graduated from the Law Faculty of Voronezh State University (among the best graduates).

Mikhail Begidov combines work at the bank with teaching at the Voronezh State Institute of Physical Culture (0.25 rates), transferring his knowledge and experience to future specialists in adaptive physical education.

Michael passed 2 candidate minimums, he is the author of over 30 scientific publications; he fulfilled the state budgetary scientific task of the Ministry of Sports of the Russian Federation; repeatedly spoke at scientific and practical conferences, including a plenary report at the 2014 International Scientific Conference in Minsk (Belarus); in 2017 he was awarded the Thanks of the Minister of Sports of the Russian Federation; there was a competition for the post of senior lecturer at VSIPE; he became the laureate of the All-Russian competition for the best scientific book of 2016 – the textbook "Social Protection of Persons with Disabilities"¹, now he provides legal assistance to public organizations of persons with disabilities. He lives on its own.

There are many examples of successful rehabilitation of pupils in the group of swimmers of the coach Vladimir Sivoldaev.

Ekaterina Krynina – multiple winner of the All-Russian competitions in the Special Olympics program, champion of the World Summer Games of the Special Olympics 2003 in Ireland (Dublin). She was a member of the Russian national team (2005–2009) under the Paralympic program (sports for people with mental

¹ Begidov, M. V., Social protection of persons with disabilities: a methodological manual/M.V. Begidov, T. P. Begidova. – Voronezh: LLC RITM Publishing House, 2016. – 80 p. (Laureate of the All-Russian competition for the best scientific book of 2016 among teachers of higher educational institutions and scientific employees of research institutions, conducted by the Foundation for the Development of Russian Education in order to support scientific research of scientists, in the nomination "Pedagogy and Psychology").

disabilities), multiple champion of Russia, winner of international competitions, finalist of the European and World Championships. For a long time she was the first number of the Russian national team.

Katya is a laureate of the Children's Golden Fund (2003) and a scholarship holder of the Children's Fund of the Voronezh Region of the 2003–04 school year; she was repeatedly awarded with diplomas and diplomas of the city and regional authorities for sporting achievements. She graduated from a special (correctional) school and vocational school in the specialties "Plasterer, painter, tiler", worked on a rabbit farm. She married a foreign student and now she is bringing up two children.

Olga Kochetova is a multiple winner of the All-Russian competitions and European champion in the program of the Special Olympics-2002 in Monaco, winner of the Russian championships in the Paralympic program (sports for people with mental disabilities). She graduated from a special (correctional) school and vocational school with a degree in "Plasterer, painter". Married, has three children.

Denis Razygrin is a multiple winner of the All-Russian competitions and the European champion in the Special Olympics-2002 program in Monaco, the Russian champion in the Paralympic program (sports for people with mental disabilities). He graduated from a special (correctional) school and vocational school with a degree in "Plasterer, painter", works as a storekeeper.

Mikhail Martynov is a prize-winner of the All-Russian competitions under the program of the Special Olympics. He graduated from secondary school, medical college and works as a nurse in a clinic.

Alexander Boldyrev is the winner of the All-Russian competitions under the Special Olympics program. He graduated from a special (correctional) school, works as a security guard in a shopping center.

Julia Goncharova is a winner of the All-Russian competitions in the program of the Special Olympics. She graduated from the Voronezh Industrial and Humanitarian College with a degree in Floriculture and from a technical school in the same specialty.

There are similar examples of gymnasts. In Pavel Korolev's group Eugene Telkov became the multiple winner of the All-Russian, then the World Games of the Special Olympics 2003 in Ireland. He graduated from a special (correctional) boarding school, a vocational school; he works, started a family, and has two children.

Andrey Vostrikov became the multiple winner of the All-Russian, European and World Games of the Special Olympics. Despite Down syndrome, he learned to get to training on his own, to monitor his athletic form and control his appetite for the sake of sports results; he graduated from a special (correctional) school and vocational school with a degree in "Cook".

Olga Chernikova, a multiple winner of the World and European Games of the Special Olympics, studied at home, graduated from a vocational school with a

degree in Cook, considers gymnastics to be the main business of life and actively helps her coach, Pavel Korolev, in training young gymnasts.

In the group of Tatyana Borodovitsina, Olga Bepalova became a multiple winner of the All-Russian and European Games of the Special Olympics – 2006 in Rome, she graduated from a special (correctional) boarding school, a vocational school with a degree in “Plasterer painter”, and she works.

Svetlana Kuznetsova, multiple winner of the All-Russian and European Games of the Special Olympics 2014 in Antwerp (Belgium), graduated from a special (correctional) boarding school, a vocational school with a degree in cook, worked in the cafeteria, got married, and has two children.

Olga Yakovleva, winner of the All-Russian Games of the Special Olympics in Rhythmic Gymnastics, graduated from a special (correctional) boarding school, a vocational school with a degree in Cook, works in a cafe.

Elizaveta Natarova – winner of the All-Russian Games of the Special Olympics, graduated from a special (correctional) boarding school, got married, is expecting a baby.

These are examples of the results of comprehensive rehabilitation and social integration of people with health problems by means of adaptive sports (the movement of the Special Olympics).

Over the past years, it has been possible to disseminate experience in the Special Olympics program, helping to create new territorial organizations. On the example of Voronezh’ sports-adaptive school regulatory documents have been developed for the establishment of similar organizations in the country.

Since 2015, I strive to contribute to the development of the Special Olympics movement as a member of the Council of Europe/Eurasia Leaders.

In 2017–2018 together with my students, a project was implemented to develop tolerant attitude towards people with intellectual disabilities in rural (school students) and urban (college students of the Voronezh branch of the University of Justice) (for example, gymnasts in the program of the Special Olympics). The project was presented at the All-Russian competition of the Ministry of Education of the Russian Federation in Sochi, where it took the 3rd place.

I share my experience with others: in March of this year, at the invitation of the Azerbaijan Gymnastics Federation, I held a training seminar for coaches on adaptive sports and gymnastics in the Special Olympics movement.

It was possible to establish a connection between the Gymnastics Federation and the organization of the Special Olympics of Azerbaijan. I really hope that at the World Games in Abu Dhabi-2019 we will see a team of Azerbaijani gymnasts².

² Tamara Begidova: I think that Azerbaijan can be represented by the gymnastics team at the upcoming Special Olympics Games. [Electronic resource] – URL: <http://www.azerisport.com/gymnastics/20180401133248786.html> [appeal date 04/05/2018]

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