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

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### 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



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