

### Adaptive Physical Culture as a Means of Physical and Social Adaptation

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#### ABSTRACT

*The article discusses the role of adaptive physical culture for a person, analysis of the process of developing the physical abilities of a person with deviations in health, due to the functioning of the motor characteristics released by nature and spiritual forces, for maximum self-realization in public life and conclusions that the use of means adaptive physical culture and sports is an effective, and in some cases the only method of physical rehabilitation and social adaptation.*

It is known that Adaptive Physical Education (APC) is a type of general physical education for people with disabilities. The main goal of this discipline is the maximum possible development of the viability of a person who has stable deviations in the state of health, by ensuring the optimal mode of functioning of his body-motor characteristics and spiritual forces released by nature and available (remaining in the process of life), their harmonization for maximum self-realization as a socially and individually significant subject [4.5].

APC methods allow every person with disabilities to realize their creative potential, reach certain heights and fulfill their desires. Many examples can be cited from history that prove that various health disorders or limitations do not prevent strong-willed and purposeful people from reaching great heights.

In adaptive physical culture, based on the needs of people with disabilities, the following components can be distinguished [1.3]:

- ✓ adaptive physical education; adaptive sport;
- ✓ adaptive motor reaction;
- ✓ adaptive physical rehabilitation; creative (artistic and musical) body-oriented practices of APC.

They cover all possible types of directions of physical culture of children with physical and

mental disabilities, help them to better adapt to the world around them, since teaching various types of movements is associated with the development of psychophysiological abilities, communication, emotions, cognitive and creative activity. Each type of APC has its purpose:

- adaptive physical education is designed to form the basic foundations of physical education in children;
- adaptive motor recreation - for healthy leisure, outdoor activities, games, communications;
- adaptive sport - for the improvement and implementation of physical, mental, emotional and volitional abilities;

physical rehabilitation - for the treatment, restoration and compensation of lost abilities.

Adaptive physical education is the most organized type of adaptive physical culture, which covers a rather long period of life, therefore it is the main channel for familiarizing with the values of physical culture.

Physical culture is a compulsory discipline in all eight types of educational (correctional) institutions. This is the only school subject focused on the child's respect for his own body, the development of motor abilities, the acquisition of the necessary knowledge, the understanding of the need for systematic physical exercise, which serves as the basis for increasing self-confidence, self-esteem, and the formation of positive motivation for a healthy lifestyle. Forms of organizing physical exercises are extremely diverse, they can be: systematic (lessons of physical culture, morning exercises), episodic (country walks, sledding), individual (in a hospital or at home), mass (festivals, holidays), competitive, gaming.

Some forms of classes are organized and conducted by specialists of adaptive physical culture, others - by public and state organizations, others - by parents of disabled children, volunteers, students, and others - independently. The goal of all forms of organization is to expand the motor activity of children, to involve them in accessible sports activities, interesting leisure activities, the development of their own activity and creativity, and the formation of a healthy lifestyle.

An adaptive motor response is an APC component that allows satisfying the needs of a person with health problems in rest, entertainment, interesting leisure activities, changing the type of activity, getting pleasure, and communication [1].

Adaptive physical rehabilitation is a component of APC that satisfies the need of a disabled person with a health condition for treatment and restoration of lost functions.

Creative (artistic and musical) body-oriented APC practices are an APC component that satisfies the needs of a person with health problems in self-actualization, creative self-development, self-expression of the spiritual essence through movement, music, image (including artistic), other means of art.

Thus, each of the components has its own functions, tasks, content, degree of emotional and mental stress, methods and forms of organization.

They are an integral part of the adaptation of people with disabilities to the life of an ordinary person.

Of course, its scope is comprehensive, especially in the current conditions of life, when the health of the population as a whole and especially of young people is deteriorating catastrophically. And not only in our country. Adaptive physical education has already become widespread in many foreign countries. Well-trained professionals in this field are expected in polyclinics and hospitals, sanatoriums and rest homes, health and rehabilitation centers, educational institutions, especially specialized ones, in sports teams [3].

Adaptive physical education allows solving the problem of integrating a disabled person into

society. In a person with disabilities in physical or mental health, adaptive physical education forms:

- ✓ a conscious attitude to one's own strengths in comparison with the strengths of an average healthy person;
- ✓ the ability to overcome not only physical, but also psychological barriers that prevent a full life; compensatory skills, that is, it allows you to use the functions of different systems and organs instead of missing or impaired ones; the ability to overcome the physical loads necessary for the full functioning in society; the need to be healthy and live as healthy a life as possible;
- ✓ awareness of the need for one's personal contribution to the life of society;
- ✓ the desire to improve their personal qualities; the desire to improve mental and physical performance.

Adaptive physical culture has been intensively researched in recent years and involves the scientific substantiation of a wide range of problems:

- normative-legal support of educational-training and competitive activity; load and rest management;
- pharmacological support for disabled athletes during periods of extreme and near-limit physical and mental stress;
- non-traditional means and methods of restoration; socialization and communicative activity;
- technical and design training as a new type of sports training and many others.

The most effective ways of using physical exercises for organizing active recreation for disabled people and people with health problems, switching them to another type of activity, enjoying physical activity, etc. are being studied.

In the physical rehabilitation of adaptive physical culture, the emphasis is on the search for non-traditional systems for improving the health of people with disabilities, focusing primarily on technologies that combine the physical (bodily) and mental (spiritual) principles of a person and focus on the independent activity of those involved (various methods of psychosomatic self-regulation). , psychotherapeutic techniques, etc.) [4].

Creative types of adaptive physical culture enable trainees to process their negative states (aggression, fear, alienation, anxiety, etc.), to better know themselves, to experiment with their body and movement; experience sensory satisfaction and joy in the sensations of one's own body. It must be admitted that the problems of physical rehabilitation and social integration of disabled people by means of physical culture and sports are being solved slowly.

The main reasons for the poor development of physical culture and sports among the disabled are the virtual absence of specialized sports and recreation facilities, lack of equipment and inventory, underdevelopment of the network of sports clubs, youth sports schools and departments for the disabled in all types of institutions of additional education of sports and sports orientation. There is a shortage of professional staff. The need for physical improvement among the disabled themselves is not sufficiently expressed, which is due to the lack of specialized propaganda that encourages them to engage in physical culture.

In the field of physical rehabilitation of the disabled, there is still an underestimation of the fact that physical education and sports are much more important for a person with disabilities than for people who are prosperous in this respect.

Active physical culture and sports activities, participation in sports competitions are a form of so urgently needed communication, they restore mental balance, remove the feeling of isolation,

restore a sense of confidence and self-respect, and make it possible to return to an active life. The main task still remains to involve as many disabled people as possible in intensive sports in order to use physical education and sports as one of the most important means for their adaptation and integration into society, since these activities create mental attitudes that are essential for the successful reunification of a disabled person with society. and participation in useful work. The use of means of physical culture and sports is an effective, and in some cases the only method of physical rehabilitation and social adaptation.

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