

# Inclusion and Disabilities In and Through Sport

-Training Pathway -



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# Objectives



- Know the theoretical and legal framework relating to sport for people with disabilities;
- Understand the importance of practicing sports for people with disabilities;
- Promote experimentation with a wide range of sporting activities, whether conventional sports or specific sports and/or sports adapted for people with disabilities;
- Know the theoretical and practical bases of strategies, methods and inclusion in sport and sporting activities;
- Promote the sharing of knowledge and practices, contributing to the improvement of diversification of inclusive activities;
- Reflect on the barriers and facilitators to practicing sports, as well as the importance of collaboration (horizontal and vertical cooperation) between sectors in promoting inclusion in and through sport.

# Training Units



1. Theoretical Framework about: Sport, Disability & Inclusion
2. Legal framework and international conventions on sport for people with disabilities
3. Organization of Sport for People with Disabilities
4. Eligibility and Sports Classification
5. Adapted Sport and/or Specific Sport for People with Disabilities
6. Inclusive Sport
7. Resources (Human & Techniques)
8. Barriers, Facilitators & Cooperation
9. Good practices for the development of inclusive sport

# Theoretical Framework about: Sport, Disability & Inclusion



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# Main Concepts

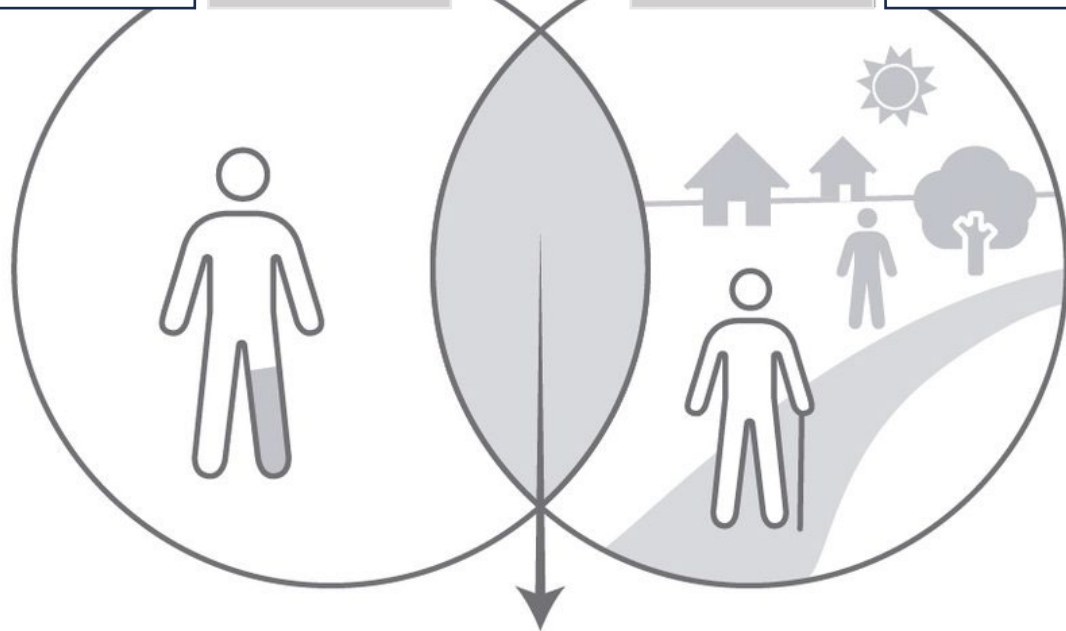
Disability

Single

MEDICAL

SOCIAL

Environmental



BIOPSYCHOSOCIAL

Physical health & environmental factors

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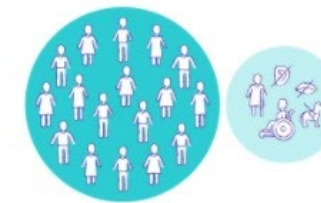
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Marginalization



Segregation



Assimilation



# Sport for All/Inclusive Sport

The promotion of inclusive sport assumes that everyone, on an equal opportunity basis, can:

- access regularly in sports activities;
- develop their physical condition;
- demonstrate, in sporting environments, a personal and social behavior of respect for self and others;
- develop motor skills and movement patterns for the performance of a variety of physical / sports activities;
- understand movement concepts, principles, strategies and tactics applied to learning and performing sports activities;
- value physical activity as a means for health, fun, challenge, personal expression and social interaction.

# Areas of intervention in sport (Guttman, 1977)

## Therapeutic

The main objectives are therapeutic and carried out in a hospital or rehabilitation center.

## Recreational/leisure

An overriding emphasis on the social aspect of sport, with fun and friendship being 'key components'.

## Education

It has sporting objectives of a training nature, aims at sporting development and promotes the recruitment of new athletes. Developed in schools at local, regional and national levels (school & university sport).

## High competition and Paralympics Sport

This level of participation requires internal and external qualities, and in sport for people with disabilities it also meets eligibility criteria for practicing sports (federated sport).

# Legal framework and international conventions on sport for people with disabilities



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# International & European Framework

- COMMISSION OF THE EUROPEAN COMMUNITIES (2007): White Paper on Sport, Brussels- <https://eur-lex.europa.eu/legal-content/EN/ALL/?uri=celex:52007DC0391>
- Convention on the Rights of Persons with Disabilities - [Article 30 – Participation in cultural life, recreation, leisure and sport.](#)
- European Charter on Sport for All: Disabled Persons'.
  - <https://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:52021DC0101>
  - <https://rm.coe.int/native/09000016804cb92d>
  - <https://www.activityalliance.org.uk/>
  - <https://www.icsspe.org/sites/default/files/YOUNGPEOPLE.pdf>
  - <https://www.un.org/development/desa/disabilities/convention-on-the-rights-of-persons-with-disabilities/article-30-participation-in-cultural-life-recreation-leisure-and-sport.html>
- Union of Equality: Strategy for the Rights of Persons with Disabilities 2021-2030
- World Health Organization: *Physical activity strategy for the WHO European Region 2016–2025. WHO Regional Office for Europe.* - <https://www.who.int/europe/publications/i/item/9789289051477>
- World Health Organization: Young People with Disability in Physical Education/ Physical Activity/Sport In and Out of Schools: Technical Report for the World Health Organization.
- UNESCO International Charter for Physical Education and Sport, 21 November 1978 - <https://unesdoc.unesco.org/ark:/48223/pf0000216489>

# National Legal Framework - Portugal

- Portugal ratified the Convention on the Rights of Persons with Disabilities. Decree of the President of the Republic No. 71/2009 o Ratifies the Convention on the Rights of Persons with Disabilities, adopted in New York on March 30, 2007.
- Law No. 46/2006, of August 28 It prohibits and punishes discrimination based on disability and the existence of an aggravated health risk.
- Basic Law for Sport (Act 23/2007 of July 4, amended by Act 29/2012 of August 9
- Inclusive education system (Decree-Law 54/2008)
- Decree-Law No. 34/2007, of February 15th Regulates Law No. 46/2006, of 28 August, which aims to prevent and prohibit discrimination on grounds of disability and aggravated health risk. National Strategy for Disability (ENDE) 2011 – 2013.
- Resolution of the Council of Ministers No. 97/2010: Approves the National Disability Strategy (ENDE) – 2011–2013. V. Measure 75 – “Support the preparation and participation of high-performance athletes and the national team in the Paralympic Games, to be held in 2012, in the city of London” – Axis No. 3 – “Autonomy and quality of life”. Basic Law for the Prevention and Rehabilitation and Integration of People with Disabilities.

# National Legal Framework - Portugal

- Law No. 38/2004, of August 18: Defines the general bases of the legal framework for the prevention, qualification, rehabilitation and participation of people with disabilities. Repeals Law n.º 9/89, of May 2nd. People with Disabilities accompanied by «Guide Dogs».
- Decree-Law No. 74/2007, of March 27: Establishes the right of accessibility for people with disabilities accompanied by “guide dogs” to places, transport and establishments with public access, as well as the conditions to which these animals are subject. Repeals Decree-Law No. 118/99, of April 14. People with Disabled Mobility.
- Decree-Law No. 163/2006, of August 8: Approves the regime of accessibility to buildings and establishments that receive the public, public roads and residential buildings, revoking Decree-Law no. 123/97, of 22 May.
- Decree-Law No. 123/97, of May 22: Mandates the adoption of technical standards for the elimination of architectural barriers in public buildings, collective facilities and public roads to improve accessibility for people with disabilities.

# Statistical Data about sport for people with disabilities

## World

- 15% of the population with disabilities
- Increase in the rate of physical inactivity in the EU
- 42% to 46% people who never practiced sport or physical activity

World Bank, UN, WHO, EU, ECORYS

## Portugal

- 10.9% of the population aged 5 or more has at least one disability;
- 65% of the population aged 15 or over do not practice any physical exercise;
- The status of federated athletes with disabilities registered with the FPDD in 2020 (IPDJ, 2021):
  - 1,217 practitioners (total)
  - 308 female practitioners (25,3%)
  - 74 practitioners in the youth (up to junior) levels (6,1%)
  - 580 practitioners in the senior level
  - 489 practitioners in the veteran category
  - 98 active
  - 9 districts with geographic implantation (out of a total of 20)

[https://ipdjpt-my.sharepoint.com/personal/jorge\\_carvalho\\_ipdj\\_pt/Documents/Ambiente de Trabalho/.0 CALENDARIO & PAPER 2023\\_2024](https://ipdjpt-my.sharepoint.com/personal/jorge_carvalho_ipdj_pt/Documents/Ambiente de Trabalho/.0 CALENDARIO & PAPER 2023_2024)



# Organization of Sport for People with Disabilities



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IDI4Sport

No. 101089892 – IDI4Sport – ERASMUS-SPORT-2022-SCP

# World Level Organization & Geographic Regions

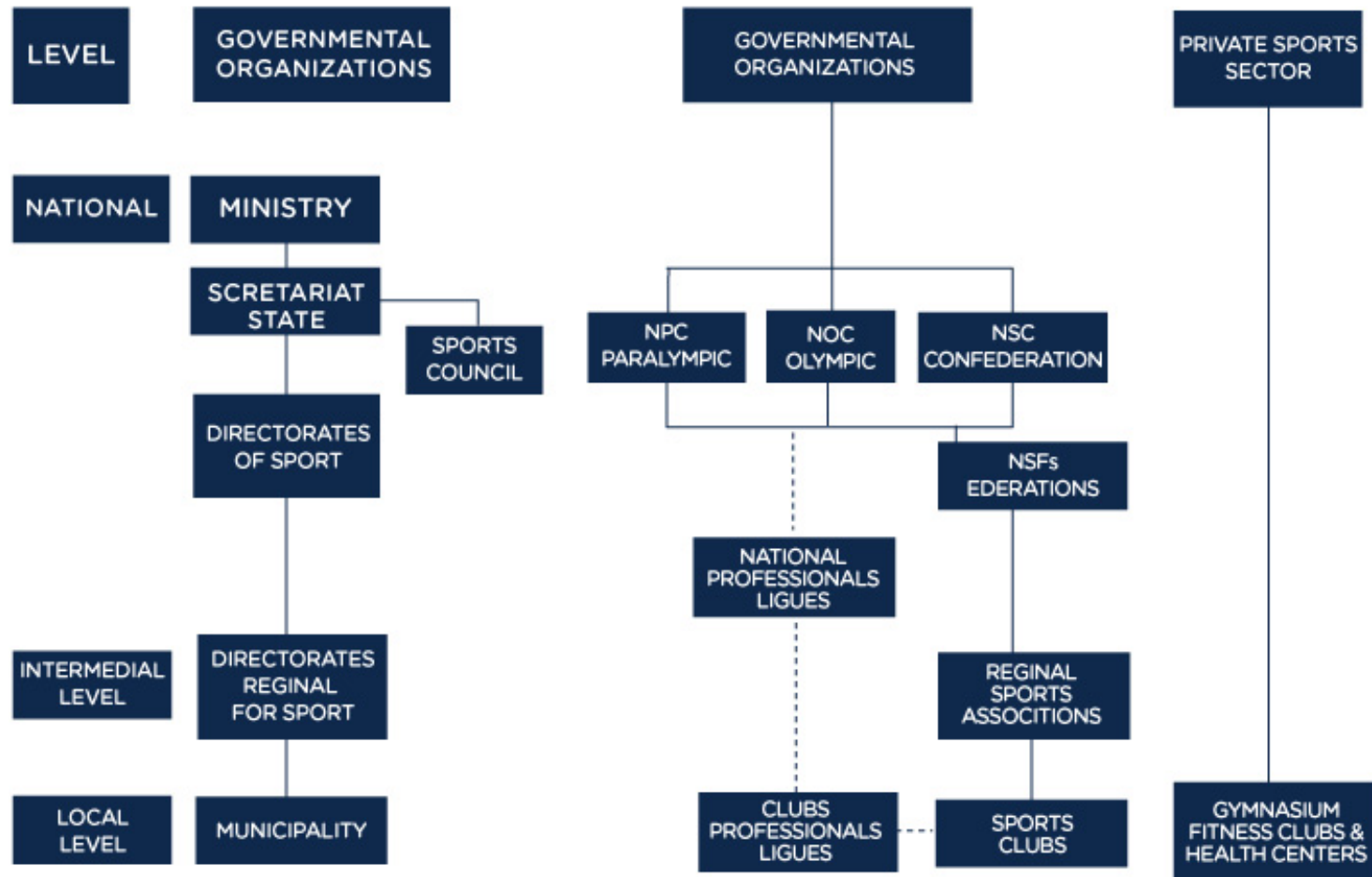
Level	Organizations
World	Para-Olympic (IPC-Paralympics, Deaflympics, Special Olympics and WTGF)
	Confederation / National organisations of sports for disabled (IOSDs)
	IFs
Regional	Africa
	America
	Asia
	Europe
	Oceania/South Pacific
National	Paralympic
	NOSDs
	NFs

# European Level Organization

	Convencional	Paralells Olympic
<b>Region</b> <b>(Africa, America, Asia, Europe and Oceania)</b>	<ul style="list-style-type: none"><li>- Olympic</li><li>- EOC</li><li>- ENGSO (Sport Confederation)</li><li>- European Sports Federation</li></ul>	<ul style="list-style-type: none"><li>- IOSD</li><li>- European Sports Federation</li></ul>

# National Organization (National, Regional, Local) - Portugal

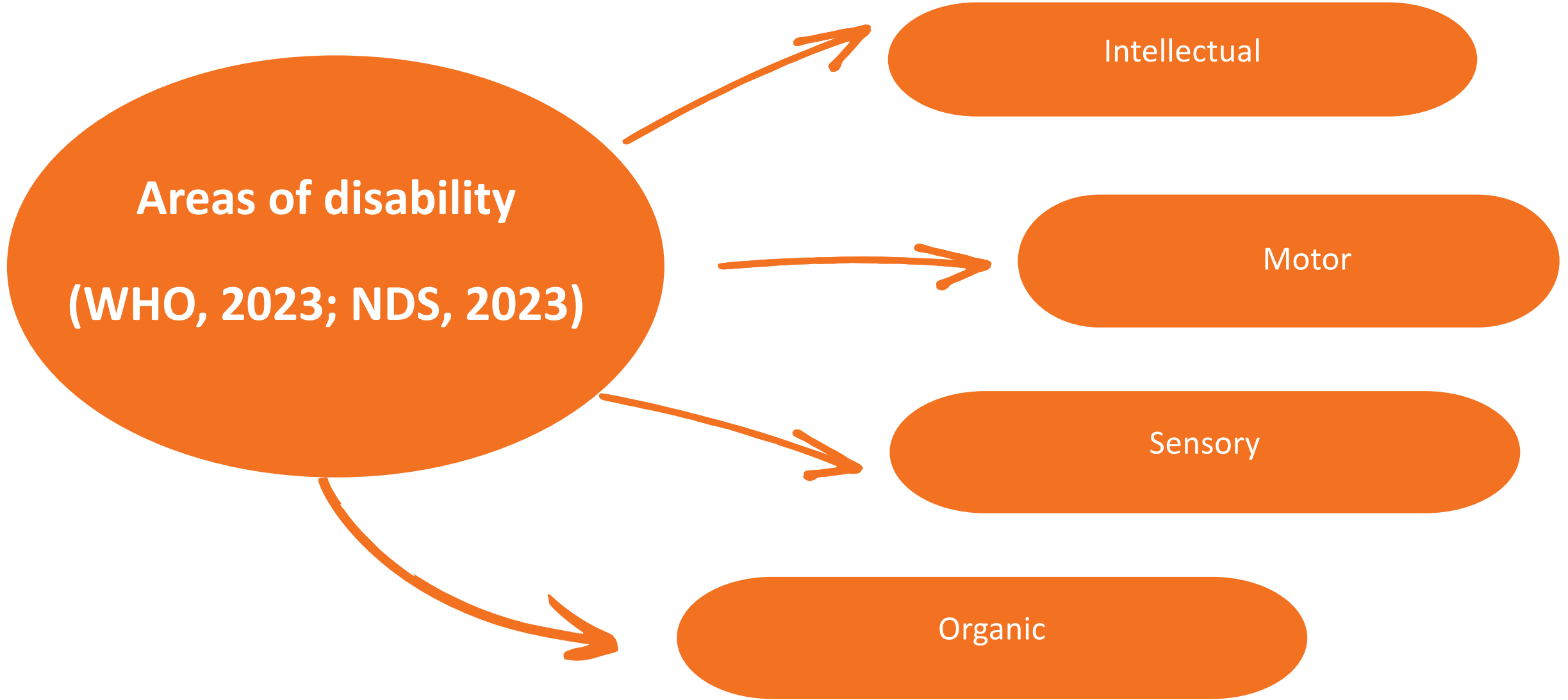
## PUBLIC SPORTS ORGANIZATION



# Eligibility and Sports Classification



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# Eligibility and Sports Classification at the level of formal practice

Para-Olympics Organisation	Type Eligible Impairment	Examples of health conditions likely to cause such impairments
IPC Paralympics	Impaired muscle power	spinal cord injuries, spina bifida or polio
	Impaired passive range of movement	Arthrogryposis, ankylosis, post burns joint contractures
	Limb deficiency	Amputation resulting from trauma or congenital limb deficiency
	Leg length difference	Congenital or traumatic causes of bone shortening in one leg
	Short stature	Achondroplasia, growth dysfunction
	Hypertonia	Cerebral palsy, stroke, acquired brain injury, multiple sclerosis
	Ataxia	Ataxia resulting from cerebral palsy, brain injury, Friedreich's ataxia, multiple sclerosis, spinocerebellar ataxia
	Athetosis	Cerebral palsy, stroke, traumatic brain injury, multiple sclerosis.
	Visual impairment	Blindness; Low vision; Myopia, tunnel vision, scotoma, retinitis pigmentosa, glaucoma, congenital cataract, macular degeneration
	Intellectual Impairment	Intellectual Disability

# Eligibility and Sports Classification at the level of formal practice

Para-Olympics Organisation	Type Eligible Impairment	Examples of health conditions likely to cause such impairments
ICSD Deaflympics	Deaf	Deaf
WTGF Transplant	Transplant	Organ, tissue and cell transplants. Kidney, Liver, Heart, Lung, Pancreas, Bone-marrow, Small Bowel, Islet Cell
Special Olympics	Intellectual disability (ID)	Intellectual disability



# Adapted Sport and/or Specific Sport for People with Disabilities



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IDI4Sport

No. 101089892 – IDI4Sport – ERASMUS-SPORT-2022-SCP

## Adapted Sports for People with disabilities

Adapted sports are sports that already exist and are practiced by people without disabilities, but which are adapted in terms of rules, materials and characteristics, thus allowing them to be practiced by people with disabilities, such as sitting volleyball and wheelchair basketball (FPDD, 2016; Moniz Pereira, 2016).



## Specific Sports for People with disabilities

Specific sport for people with disabilities: Specific sport for people with disabilities refers to sports created specifically for people with disabilities. These are sports developed according to their characteristics and with specific rules and classifications, such as boccia and goalball (FPDD, 2016; Moniz Pereira, 2016).



# Blind Football

Adapted sport for **visually impaired athletes**, has been a paralympic sport since 2004, based on tactile and auditory perception.

## Game

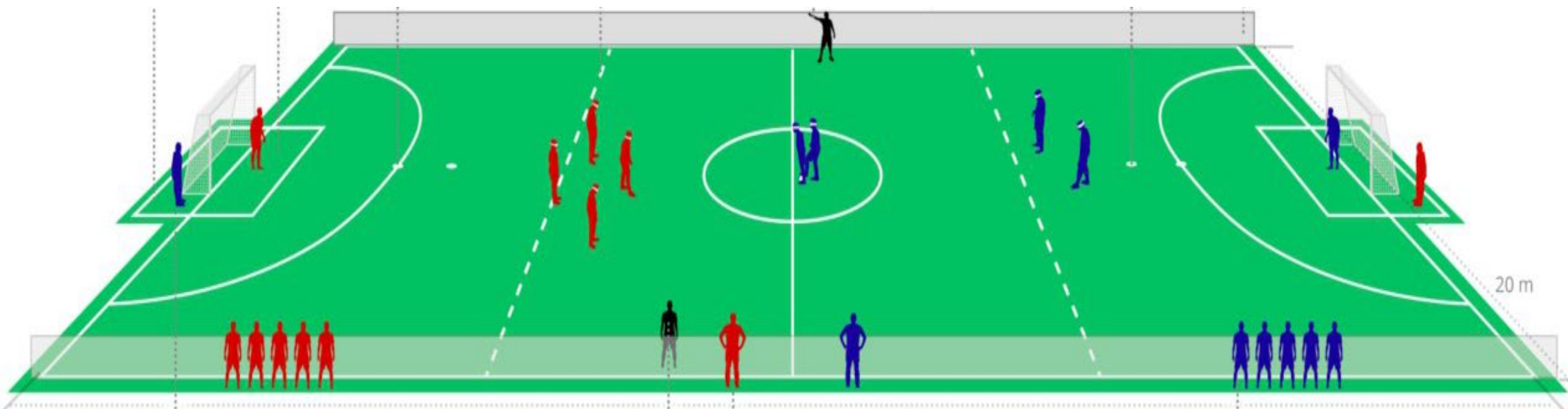
<https://www.youtube.com/watch?v=Dk2PeDB9Bm4>

## Rules and Regulations

<https://blindfootball.sport/about-football/classification/>

Portugal: Federação Portuguesa do Desporto para Pessoas com Deficiência (2017). *Futebol 5*.

<https://fpdd.org/futebol-5/>



# Sitting Volleyball

Adaptation of traditional volleyball practiced by **people with motor disabilities**, it is played by two teams of six. The aim of the game is to get the ball into the opponent's court. The rules are similar to those of traditional volleyball, with a few differences.

## Game

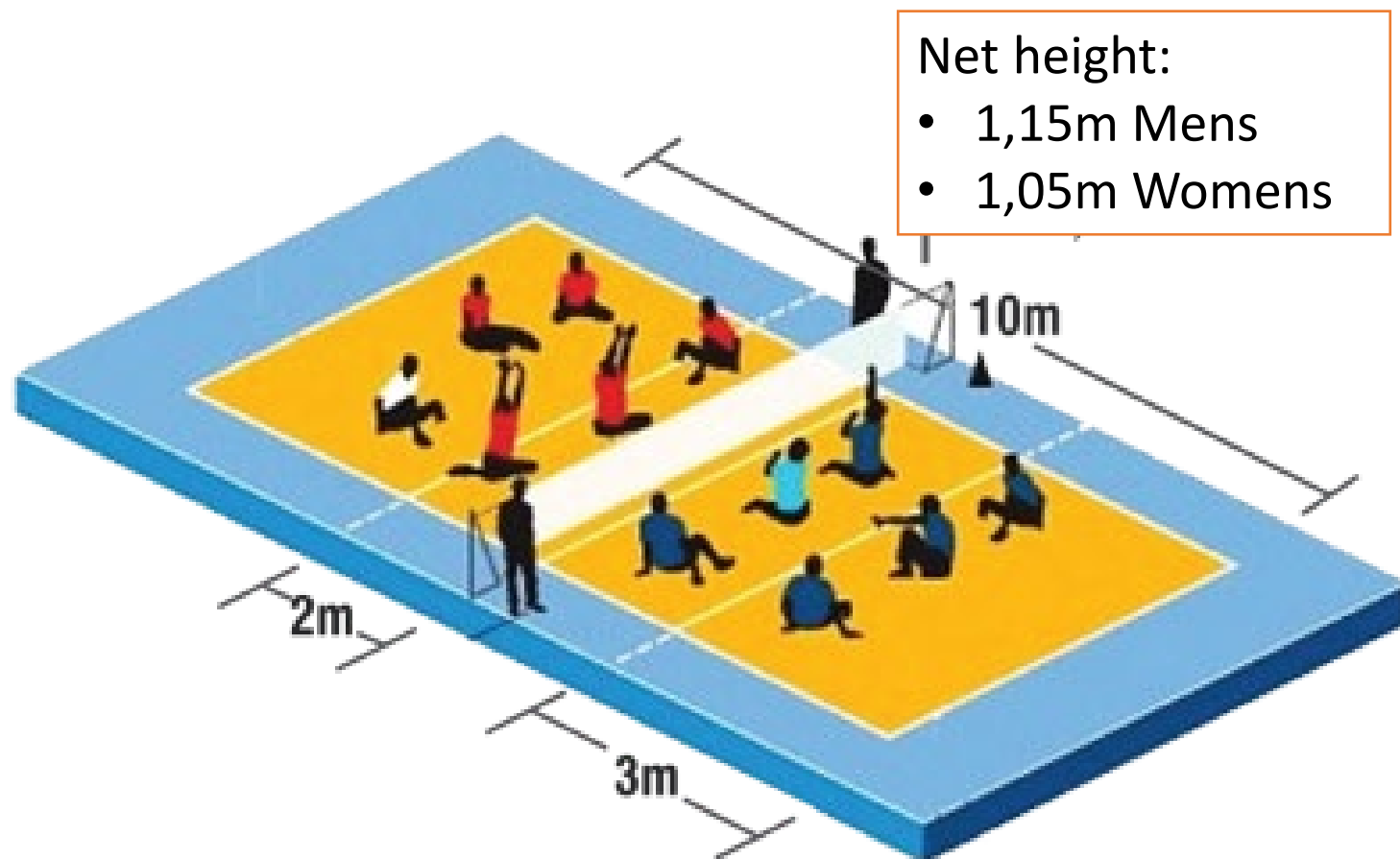
<https://www.youtube.com/watch?v=uXLSzwJoT4M>

## Rules and Regulations

<https://www.worldparavolley.org/disciplines/sitting-volleyball/>

Portugal: Federação Portuguesa de Voleibol. ([s.d.]). *Voleibol Sentado Regulamento*.

[https://www.fpvoleibol.pt/paravolei/regulamentos\\_vs.php](https://www.fpvoleibol.pt/paravolei/regulamentos_vs.php)

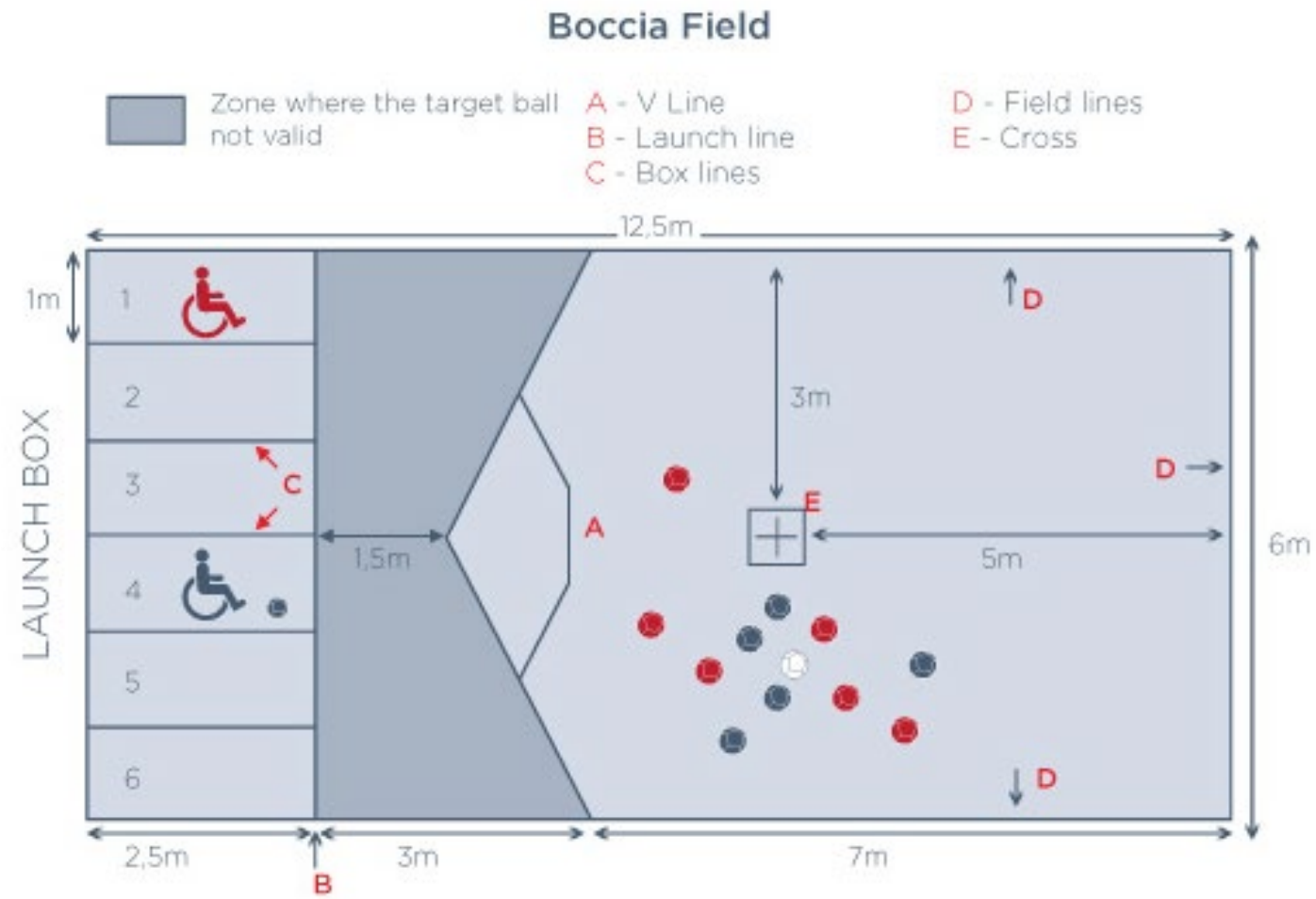


# BOCCIA

Paralympic sport for **people with a motor impairment** where the goal is to throw the blue or red balls as close as possible to the white ball. The sport has been specially developed for people with Cerebral Palsy, but is now also being played on by people with Spina Bifida, muscle disease, paraplegia or amputations.

## Game

<https://www.youtube.com/watch?v=rKw9kavRFbU&t=40s>



## Rules and Regulations

<https://www.worldboccia.com/about-boccia/rules/>

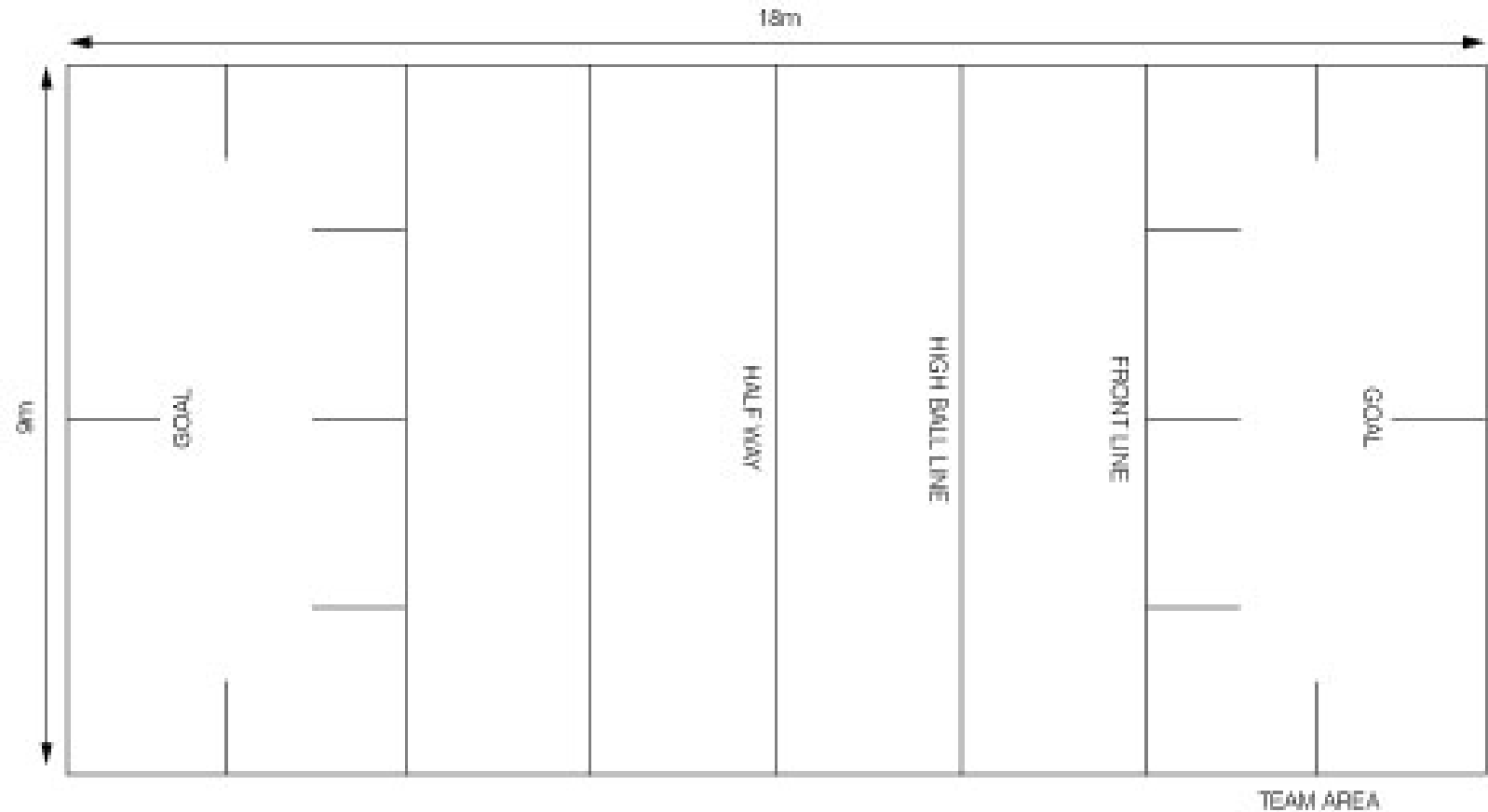
<https://www.worldboccia.com/wp-content/uploads/2021/10/Boccia-Classification-Rules-5th-Edition-September-2021287.pdf>

# GOALBALL

A game for visually impaired people in which players try to score goals by quickly and accurately shooting a 1.25 kg ball down the field and defending the opposing team's shots with their whole body, throwing themselves to the ground in the correct position.

## Game

<https://www.youtube.com/watch?v=0bZ51jzmbAQ>



## Rules and Regulations

<https://goalball.sport/about-goalball/>

<https://goalball.sport/about-goalball/classification/>

(Portugal: Federação Portuguesa do Desporto para Pessoas com Deficiência (2017). *Goalball*.

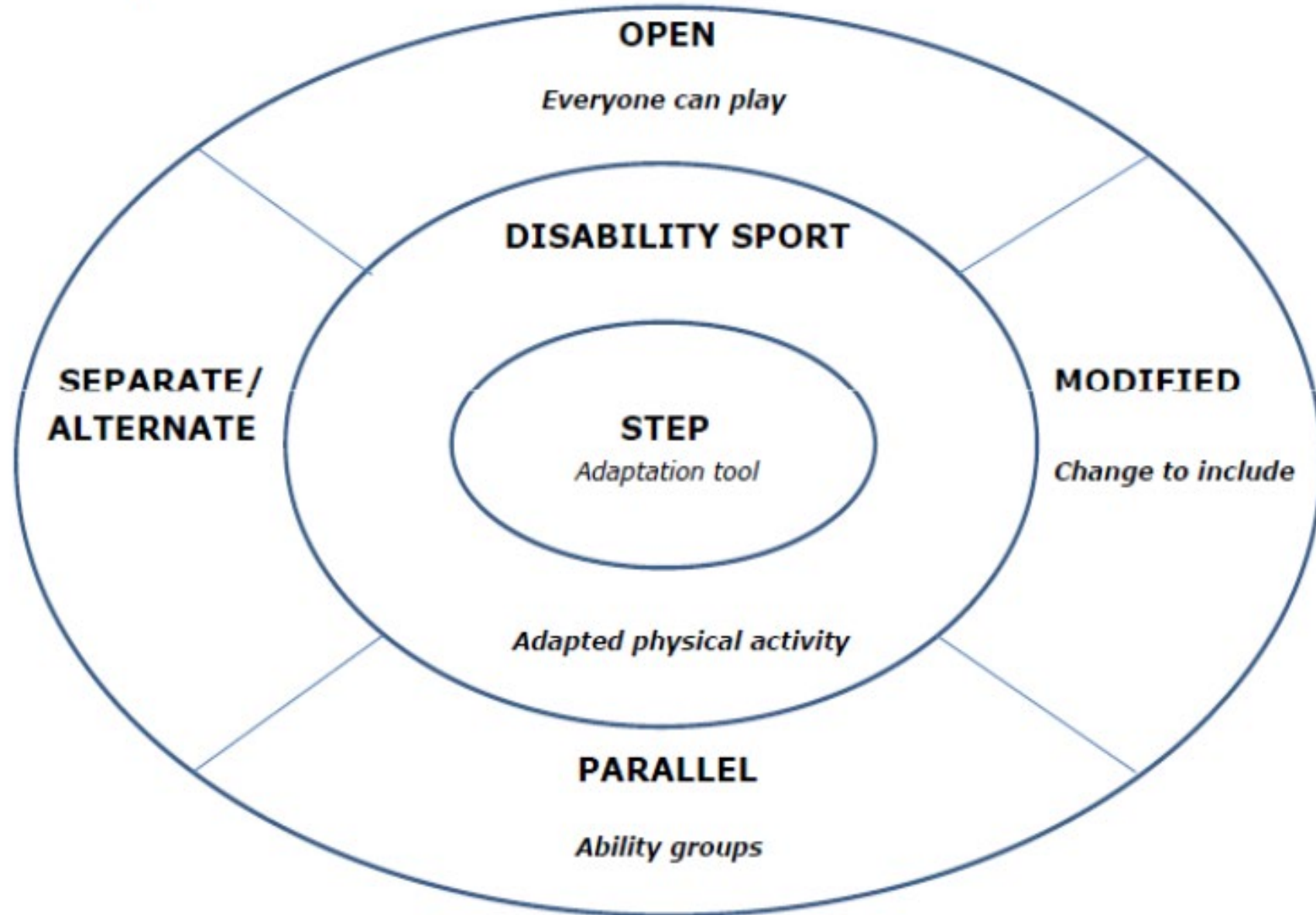
<https://fpdd.org/modalidades-goalball/>

# Inclusive Sport



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# Inclusion Strategies



Reverse Inclusion

Boccia <https://www.youtube.com/watch?v=itPWqcx7xBg>

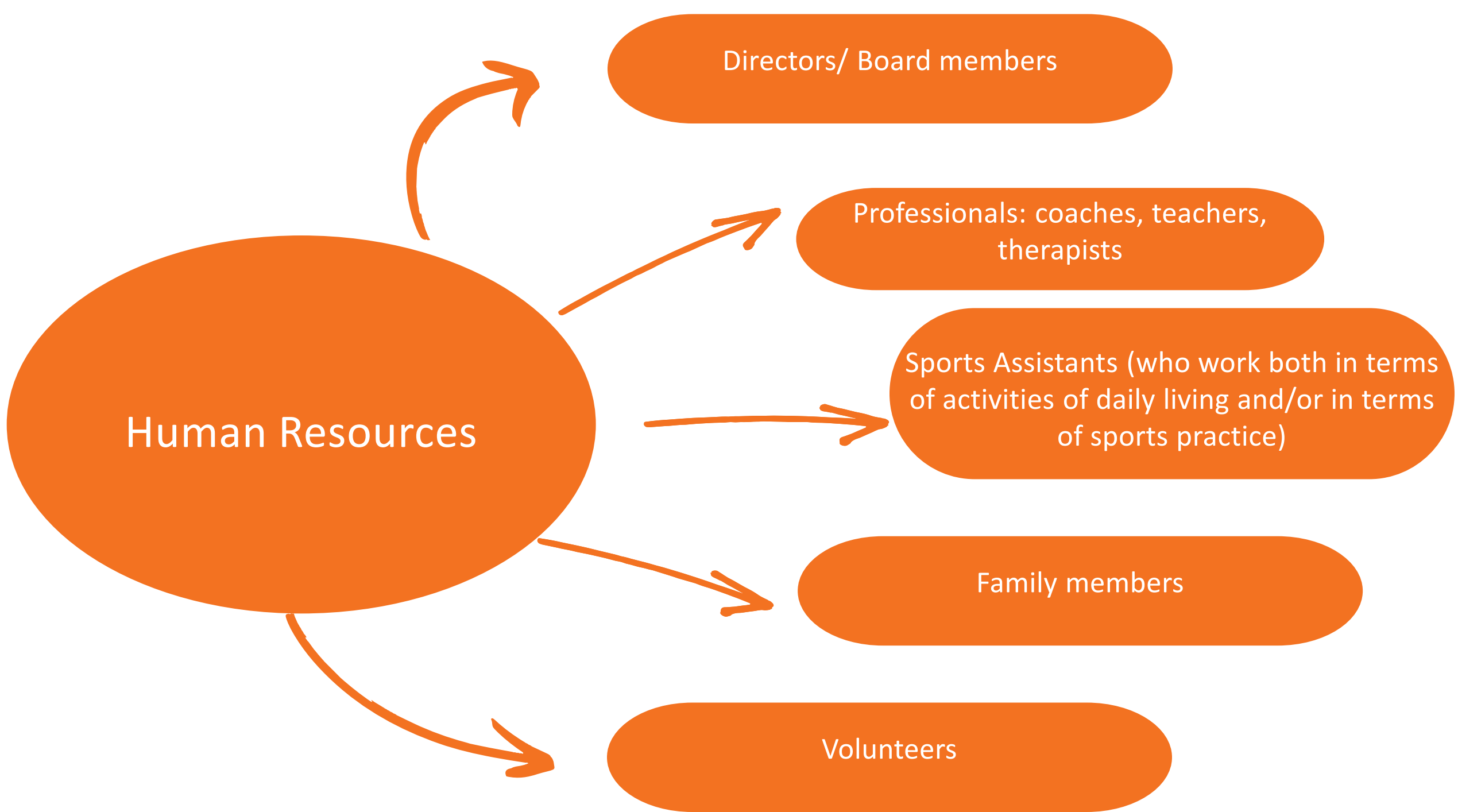
# TREE Model

<b>T</b>	<b>Teaching or Coaching Style</b>	<b>In the way the activity is transmitted to the participants, it is necessary to adapt the communication and instruction methodologies, making it more effective and appropriate.</b>
<b>R</b>	Rules and Regulations	Activity dynamics adaptations – rules and regulations – adapting to participants' competences
<b>E</b>	Equipment	Alteration or adaptation of more appropriate equipment to promote participation and performance in the activity
<b>E</b>	Environment	Adaptations related to the context in which the activities take place

# Resources (Human & Techniques)



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# Specific/ Adapted Materials & Technologies and Support Products (Technical aids)

<p><b>Adapted Materials</b></p>	<p>Alteration or adaptation of more appropriate equipment to promote participation and performance in the activity</p>	<ul style="list-style-type: none"> <li>• <u>Change the material, varying for example:</u> size, weight, speed, texture, loudness, representativeness, color, etc.</li> </ul>
<p><b>Specific Materials</b></p>		<ul style="list-style-type: none"> <li>• Assistive technology (Assistive products for persons with disability: ISO 9999:2022)</li> <li>• Assistive products for persons with disability (<a href="https://www.iso.org/standard/72464.html">https://www.iso.org/standard/72464.html</a>"ISO 9999:2022)</li> </ul> <p>Example: wheelchair, boccia launch pad, footballs for the blind, goalball equipment, polybat equipment, etc.</p>

# Barriers, Facilitators & Cooperation



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# Barriers Vs Facilitators

	Barriers	Facilitators
Personal Level	<ul style="list-style-type: none"> <li>- Attitudinal issues, like discrimination</li> <li>- Social background</li> </ul>	<ul style="list-style-type: none"> <li>- Attitudinal issues, like personality and confidence</li> </ul>
Social Level	<ul style="list-style-type: none"> <li>- Dependence on others</li> <li>- Lack of professional preparation</li> <li>- Lack of adequate materials</li> </ul>	<ul style="list-style-type: none"> <li>- Family could be a barrier or a facilitator</li> <li>- Funding</li> <li>- Positive attitudes towards inclusion</li> </ul>
Environmental Level	<ul style="list-style-type: none"> <li>- Lack of accessible places</li> <li>- Transport</li> </ul>	<ul style="list-style-type: none"> <li>- Assistive technologies</li> <li>- Marketing and information</li> </ul>

The table below shows some factors considered as barriers and/or facilitators (Martin, 2013; Koldoff & Holtzclaw, 2015; Shapiro & Malone, 2015; InSport, 2020): Adapted from: <https://in-sport.eu/out1-project-introduction/sport-participation/>

# Importance of the cooperation between sectors

**Education**

**Clubs**

**Health**

**Municipalities**

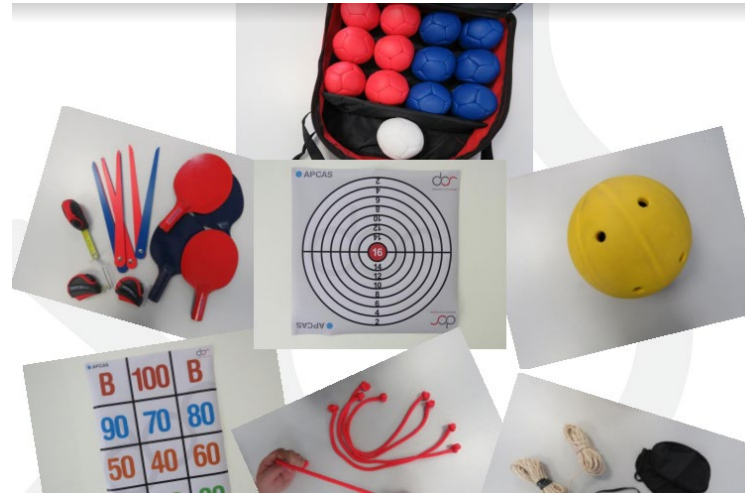
- Analysis of National Inclusion and Good Practices in Sport for People with Disabilities of the InSport Project, available: <https://in-sport.eu/out1-project-introduction/involvement-of-sectors-education-health-clubs-and-municipalities/>
- Proposal of European Model of Inclusion of the InSport Project, available: <https://in-sport.eu/guides-for-implementation-of-european-sport-model-for-inclusion/european-sport-model-for-inclusion/>

# Good practices for the development of inclusive sport



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# Good Practices for the Development of Inclusive Sport - PORTUGAL (APCAS)



# Good Practices for the Development of Inclusive Sport - PORTUGAL (APPCAS)

## BIRD - Integrated Sport Resource Base

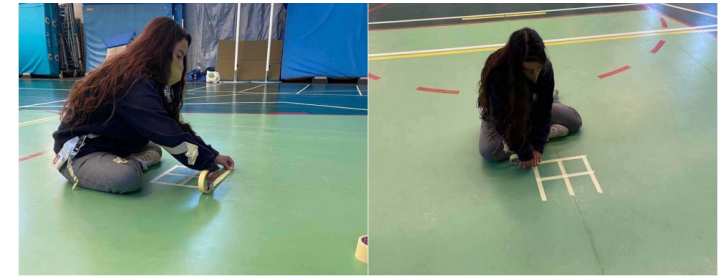


## Resource Center for Adapted Sport

**OFERTA DESPORTIVA**  
ASSOCIAÇÃO DE PARALISIA CEREBRAL DE ALMADA SEIXAL

<p><b>BOCCIA</b> 09h - 11h30 (22-50) Núcleo 100-101-102 Pavilhão de Escola Básica 2, 3 Dr. António Augusto Louro</p>	<p><b>SIALOM EM CADEIRA DE RODAS</b> 09h - 11h30 (22-50) Núcleo Boccia 2, 3 Dr. António Augusto Louro</p>
<p><b>TRICICLETA</b> 09h - 11h30 (22-50) Pista Municipal de Andebol Carla Sacramento / Escola Básica 2, 3 Dr. António Augusto Louro</p>	<p><b>DANÇA INCLUSIVA</b> 09h - 11h30 (22-50) Pavilhão de Escola Básica 2, 3 Dr. António Augusto Louro</p>
<p><b>NATAÇÃO TERAPÉUTICA</b> 09h - 11h30 (22-50) Tudo 100-101-102 Piscina Mares que do Carmo</p>	<p><b>POLYBAT</b> 09h - 11h30 (22-50) Pavilhão Municipal da Torre da Moura</p>
<p><b>BOCCIA SÉNIOR</b> 09h - 11h30 (22-50) Núcleo 100-101-102 Pavilhão de Escola Básica 2, 3 Dr. António Augusto Louro</p>	

**Contactos**  
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912 800 413  
apcas.desporto@gmail.com  
© Projeto de programação desportiva para 2024 da Associação de Paralisia Cerebral de Almada Seixal



**OFERTA DESPORTIVA REGULAR PARA TODOS NO CONCELHO DO SEIXAL**

<p><b>CLUB ANJAS ANJOS</b> Associação desportiva para crianças e jovens com deficiência intelectual e física. Localização: Rua da Anjas, 100-101-102, Almada Seixal</p>	<p><b>CENTRO CULTURAL E RECREATIVO DO ARDO DE ALMADA</b> Rua do Ardo, 20, Almada Seixal</p>
<p><b>CLUBE DE COLOMBO DA ALMADA DO PAUL PARES</b> Rua do Paul Pares, 100-101-102, Almada Seixal</p>	<p><b>ESCLA DO REVO DO GARDADO</b> Rua do Revo, 100-101-102, Almada Seixal</p>
<p><b>ASSOCIAÇÃO BARRAL AMENDEIRO</b> Rua do Barral, 100-101-102, Almada Seixal</p>	<p><b>CLASS CAMPORADO AZEITEIRA</b> Rua do Azeiteira, 100-101-102, Almada Seixal</p>
<p><b>ASSOCIAÇÃO ALFARAZA ENXIMA</b> Rua do Alfaraça, 100-101-102, Almada Seixal</p>	<p><b>ESCLA DO LINDO DO ALMADA</b> Rua do Lindo, 100-101-102, Almada Seixal</p>

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**OFERTA DESPORTIVA REGULAR PARA TODOS NO CONCELHO DE ALMADA**

<p><b>CLUBE ANJAS ANJOS</b> Associação desportiva para crianças e jovens com deficiência intelectual e física. Localização: Rua da Anjas, 100-101-102, Almada Seixal</p>	<p><b>CLUBE BARRAL DE ALMADA</b> Associação desportiva para crianças e jovens com deficiência intelectual e física. Localização: Rua do Barral, 100-101-102, Almada Seixal</p>
<p><b>CLUBE DE COLOMBO DA ALMADA DO PAUL PARES</b> Associação desportiva para crianças e jovens com deficiência intelectual e física. Localização: Rua do Paul Pares, 100-101-102, Almada Seixal</p>	<p><b>CLUBE DO REVO DO GARDADO</b> Associação desportiva para crianças e jovens com deficiência intelectual e física. Localização: Rua do Revo, 100-101-102, Almada Seixal</p>
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<p><b>ASSOCIAÇÃO DO REVO DO ALMADA</b> Associação desportiva para crianças e jovens com deficiência intelectual e física. Localização: Rua do Lindo, 100-101-102, Almada Seixal</p>	<p><b>ASSOCIAÇÃO DO LINDO DO ALMADA</b> Associação desportiva para crianças e jovens com deficiência intelectual e física. Localização: Rua do Lindo, 100-101-102, Almada Seixal</p>

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