

Название публикации:

Special physical education service model for students with health limitations

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Сведения об издании:

Теория и Практика Физической Культуры

Issue 9, 1 September 2018, Pages 51-53

Аннотация:

The study was performed at Plekhanov Russian University of Economics in the academic years of 2016-18, with the economics students' sample split up into an Experimental Group (EG, n=82) and Reference Group (RG, n=80). The special physical education service model for students with health limitations was designed on a categorical basis for the following groups: visually-impaired group; group with musculoskeletal disorders / disabilities (formally exempted from academic physical education classes); mentally retarded group; special health group; sporting group; and foreign students' group. The special health group was trained by a special training model including therapeutic gymnastics, swimming, water fitness and billiards practices; the group with musculoskeletal disorders / disabilities (formally exempted from classes) was offered the research project activity, billiards, energy balancing skills mastering workshop, step counting, industrial gymnastics and eye gymnastic practices. The special physical education service model for students with health limitations was tested beneficial as verified by the EG significant progress versus RG in the physical fitness rates and minor progress in the functionality rates.

Ключевые слова:

Billiards, Health gymnastics, Model, Physical education, Special educational needs, Students, Swimming, Water fitness