

# EXPERIENCE ON POLICY OF ADAPTIVE SPORT DEVELOPMENT IN THE RUSSIAN FEDERATION

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## Abstract:

Through analysis of documents, surveys and talk with adaptive gymnastics experts of the Russian Federation, the topic has collected basic information on the policy of adaptive sport development for the disabled in your country. Based on that, we learned lessons to adapt policies and solutions for the disabled in physical training and sport activities in urban cultural centers by 2030 in Vietnam.

**Keywords:** Experience, policy, adaptive sport, Russian Federation.

## INTRODUCTION

Adaptive policy for disabled people in physical training and sport activities is understood as a collection of guidelines and actions of the state to create conditions for disabled people to adapt in physical training and sport activities to restore their functions and strengthen their health, community integration and improve quality of life, by impacting on the provision of inputs (knowledge, facilities, methods, human resources, technology, infrastructure, translation and adaptive sport), affecting outcomes such as changes in awareness, health, quality of life, equality of rights ... for the disabled. Although this is a very important issue, there are still many limits in country policy on helping disabled people. Therefore, it is extremely important to research and learn from the experiences of organizations in adaptive sport activities for the disabled abroad.

Originating from the demand to learn international experience on the policy of adaptive physical training and development for disabled people, based on which to learn lessons for the development of adaptive sports and physical training policies for the disabled in Vietnam. We conducted a survey of the policy of adaptive gymnastics development of the

Russian Federation in Moscow from 08 - 16/11/2018.

## RESEARCH METHODS

The methods used research process include: Methods of analyzing and synthesizing documents; Methods of interview and seminar.

## RESULTS AND DISCUSSION

The Gymnastics and Sports Adaptive Policy for disabled people in the Russian Federation is expressed in Federal Law No. 329-ФЗ of "Physical Culture and Sports in the Russian Federation" issued on December 4, 2007, as well as in the "Strategy on Sports Development in the Russian Federation in the period until 2020" and many other legal documents of the Federation, the region and the city.

In recent years, the development of a federal, regional and municipal gymnastics and gymnastics system has demanded a new content, shaped personal relationships for people with limited health and disabilities in different ages.

Adaptive sport has a multi-function orientation for well-rounded development of the disabled, solutions, compensation and entertainment to overcome physical development defects and to make up the shortage in mobility.

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According to the "Strategy for development of sports culture in the Russian Federation to 2020" and the National Program of the Russian Federation "Development of physical culture" in 2020, it is expected to increase the proportion of the disabled regularly participating in sports activities up to 2.5 million people in the total population. This figure will account for up to 20% of the total number of the disabled in the Russian Federation.

Thanks to the active development of the adaptive sport management system for the disabled at the federal, regional and municipal levels, the number of disabled people participating in adaptive sports has more than doubled in recent years from 24,000 people in 2009 to 45,000 people in 2013, accounting for 3.52% of the total number of the disabled nationwide. To accomplish the mission, the Russian Federation's "Sport and Physical Development" program requires systematic participation in sports and physical training to adapt to an increase in the number of disabled people every year to 357,000

The highest proportion of people participating in adaptive sports is observed among disabled children and accounts for nearly 40%, or 218,000 of the total number of disabled children. Compared to 2011, this figure has increased nearly 3 times (from 13%, equivalent to 74,000 people) and more than doubled the final figure of the target program of the national program of the Russian Federation "Accessible environment" between 2011-2015.

Much work is being done to increase the proportion of disabled people in the working age group over the age of 18 participating in adaptive sports, currently accounting for 6.5%, equivalent to 240,000 people. The increase in the number of people working in the disabled group could be 3.9 million, today requiring additional measures to make appropriate changes in the development of the national program of Russian Federation "Accessible environment" until 2020.

Helping disabled people and people with limited health to participate in physical training and exercise sessions to adapt to the best

conditions, and at the same time motivating them to participate in activities should be done at all levels.

Mass media and adaptive physical training for people with limited health and disabled people in all regions need to work towards increasing the number of participants without prior selection of age groups among those with limited mobility. The main task of these adaptive recreational activities is to stimulate the desire of people with limited health and disabled people to participate in daily, and future physical activities, to promote and engage them in participating in sports activities and competitions.

Organizing structure and managing adaptive sports development in the constitutive legal entities of the Russian Federation and with a combination of measures to improve and develop adaptive sports for people with limited health and disabled people through 2020 is presented in Diagram 1.

The basic principles for improving and developing adaptive physical training among people with limited health and disabled people in the Russian Federation are as follows:

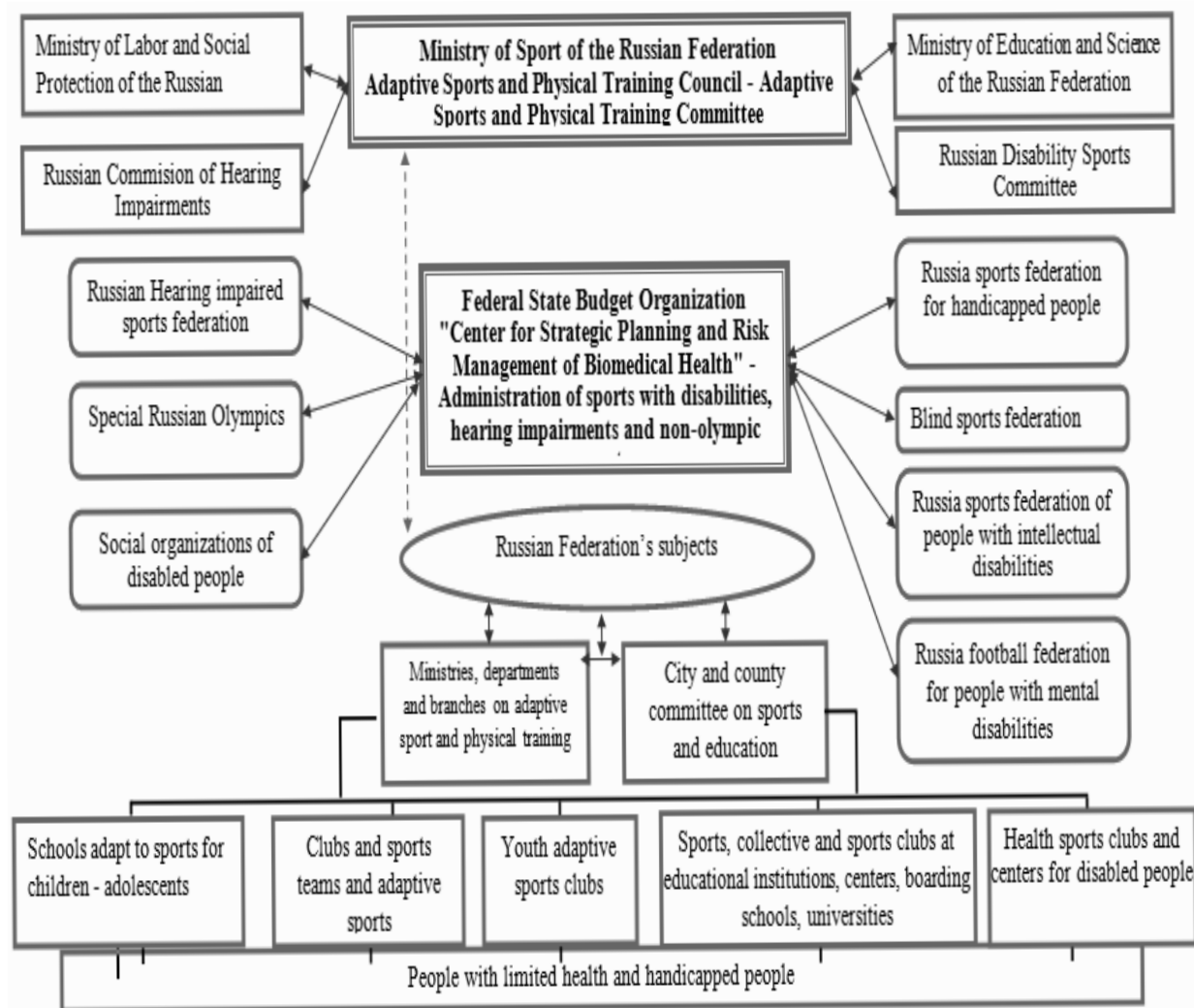
### **1. The principle of a unified management system**

The management of adaptive gymnastics and sports in the Russian Federation is carried out in a unified system of mutual positive influence, both the interactions between state and social organizations on development and adaptive sports in the Russian Federation, as well as social adaptation and physical rehabilitation for disabled people and people with limited health.

All stages of the adaptive physical training and management system need to be linked together in a hierarchical manner, as well as having close interactions with each other and the outside. At the same time, it aims to increase the absorbability and mass of adaptive sports, improve the qualifications and sports achievements of disabled athletes, improve social welfare and quality of life.

### **2. Principles of personalization and motivation**

In the process of adaptive physical training



**Diagram 1. Adaptive physical training management structure in Russian Federation**

and sport management, priority should be given to the formation of motivation of disabled people and people with limited health so that they can independently create and develop in harmony with active advocacy.

All sports and physical activities should care about the limited personal characteristics of the human beings, the psychological and disability characteristics of a social and cultural unity, and an interactive interaction with adaptive sports and physical activities on the basis of performing physical exercises.

The choice of goals, forms and methods of organization, including how to interact with the trainee, should be individually oriented. Methods need development and means to work with a certain number of adaptive gymnastics trainees including: values, goals, sports

interests, personal needs and ambitions, pathology, degree of pathological abnormalities, physical and psychological development, bodily function capacity, motor qualities, coordination ability, psychophysiological and personal characteristics

Opportunities should be given to disabled athletes to encourage them to join in adaptive physical training, as well as actively participate in the issuance and implementation of management decisions in physical training and sports activities.

**3. Principles of setting up goals of adaptive physical training and development**

The development of adaptive gymnastics involves systematically achieving the set goals by analyzing and adjusting effect and the results achieved in strengthening the active activities of

the executive agencies and legislative agencies in the Russian Federation. At the federal, regional, and municipal levels, there is a mandatory participation of government agencies, public organizations and associations, as well as interested individuals, to develop and implement comprehensive programs to develop adaptive sports and physical training.

It is important that the approach is different for organizing activities to develop adaptive sports, concerning about the characteristics of a certain number of participants in training and setting development goals. Mass adaptive sports and sports system with maximum number of athletes and sports included in Paralympic Games and Deaflympic Games.

#### **4. Principles are based on the scientific basis and appropriate approach of the management system**

The combination of measures to improve the management and organization of the adaptive sports system at the federal, regional and municipal levels must be consistent with modern scientific research data in the field of management, sports and regulatory education, biology and medicine, and sociology.

The application of scientific methods and approaches to making appropriate management decisions based on reliable, adequate and objective information bases will facilitate identifying limit constraints developing adaptive gymnastics.

#### **CONCLUSION**

Adaptive sport for disabled people solidified when the Russian government and society have paid special attention. The Russian Federation's policy on adaptive sports and the disabled is specified in Federal Law No. 329-329 on "Physical culture and sports in the Russian Federation", as well as in "Development Strategy." Sport in the Russian Federation in the period to 2020 "and many other legal documents of the Federation, region and city.

Adaptive sports management structure in the Russian Federation is established on the basis of the regulation of the Ministry of Sports of the

Russian Federation and the Adaptive Sports and Physical Training Council - Adaptive Sports and Physical Training Committee, in coordination with relevant ministries, agencies, associations, disability sports leagues, clubs and schools that adapt children - youth sports, disability centers and correctional institutions. The positive development of the Adaptive Sports and Physical Fitness Management System for disabled people at the Federal, Regional and City levels in the Russian Federation is a valuable lesson for the management and development of adaptive sports and physical training for the disabled in Vietnam today.

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