



Adapted Sport and Paralympic Games: Emerging Knowledge Area

Gilberto Martins Freire^{1*} (UTFPR/USJT), Graciele Massoli Rodrigues² (USJT)

¹Universidade Tecnológica Federal do Paraná, Ponta Grossa, Brasil and Universidade São Judas Tadeu, São Paulo, Brasil

²Universidade São Judas Tadeu, São Paulo, Brasil

***Corresponding Author:** Gilberto Martins Freire, Universidade Tecnológica Federal do Paraná, Ponta Grossa, Brasil and Universidade São Judas Tadeu, São Paulo, Brasil

LETTER TO EDITOR

The 2016 Rio de Janeiro paralympics were a great success. Technically, sports reached a high degree of excellence and various records were broken. One Iranian, on wheelchair, lifted 310 kg/683 lbs; a visually impaired Irish man ran 100m in 10"64 and the 1500m became a historic event. The top four visually impaired athletes beat Matthew Centrowitz's Olympic record. Recently, Jonah Kipkemoi, a 27 years old T46 functional classification paralympian won the men's 39th edition of Barcelona marathon.

Visibility increase in paralympic games has prompted a global conscience that participating in exercises is far more a possibility for individuals with disability than competitiveness. This global acceptance has boosted the existence of norms related to exercise along with the concept of physical activity and physical exercise as tool for preventive health and its maintenance [1].

Major advancements throughout the years and the significant increase in levels of performance are registered due to physical fitness, technique, tactical awareness and science [2].

Numerous emerging clubs, athletes and sports disciplines in the world are sustained by the increasing participation of countries, athletes, professionals, spectators and media coverage in countless international meetings [3].

While athlete's performance in sport is recognized in literature, little information and understanding are acknowledged entirely; restrictions and demands put on individual with disability's back [4]. Paralympic medicine is the term used to describe healthcare issues related to the Paralympic athlete. In a health-care perspective, Paralympic sports poses many challenges not faced in Olympic sports [5].

Wheelchair sports appear to be an important asset in rehabilitating people with acute and chronic disabilities as well as a huge boost towards innovation in technology and practice [6].

Consequently, scattering sport in people with disability triggered a movement beyond rehabilitation accomplishments. Reckoning these people's capabilities yielded merit in sport performance and demand in several areas of knowledge such as technologies, sporting goods design, games equipments, training, choice, prediction, performance, rehabilitation, physiology, sports medicine, biomechanics, biochemistry, anatomy and others. Therefore, it is believed that disabled sports could attract researchers, promote academic production, advertise for the uniqueness of athlete with disability and promote inclusion.

REFERENCES

- [1] Blauwet C., Willck S. The Paralympic Movement: using sports to promote health, disability rights, and social integration for athletes with disabilities. *PM&R*. 2012; 4: 851-856.
- [2] Mason BS., Woude LHV., Goosey VLT. The Ergonomics of Wheelchair Configuration for Optimal Performance in the Wheelchair Court Sports. *Sports Med*.2013; 43: 23-38.

- [3] Freire GM., Rodrigues GM. Sobre “Cuerpo, discapacidad y estigma en el origen del campo del deporte adaptado de la Ciudad de Buenos Aires, 1950-1961: ¿una mera interiorización de una identidad devaluada?”. *Hist. cienc. saude-Manguinhos*. 2015; 22, supl: 1789–1791.
- [4] Frossard LA., Alison O, Smeathers J. Performance of elite seated discus throwers in F30s classes: part I: does whole body positioning matter? *Prosthet Orthot Int*. 2012; 37: 251-266.
- [5] Webborn N., Van de Vliet P. Paralympic medicine. *Lancet*. 2012; 380: 65–71.
- [6] Cooper RA., De Luigi AJ. Adaptive Sports Technology and Biomechanics: Wheelchairs. *PM&R*. 2014; 6. 31 – 39.

Citation: Gilberto Martins Freire (UTFPR/USJT), Graciele Massoli Rodrigues (USJT). "Adapted Sport and Paralympic Games: Emerging Knowledge Area" *International Journal of Sports and Physical Education (IJSPE)*, vol 4, no.3, 2018, pp. 19-20. doi:<http://dx.doi.org/10.20431/2454-6380.0403004>.

Copyright: © 2018 Authors. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.