

# REKREACIJA HENDIKEPIRANIH

(osoba sa posebnim potrebama)

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- 100 miliona fizički hendikepiranih osoba na svetu.
- Tada u Jugoslaviji oko 1mil. (5%)
- Danas u svetu oko 13% invalida
- 1981.U Srbiji 700.000 invalida, oko 100.000 (16%) redovno vešt ba u okviru 438 organizacija

# Uzroci invaliditeta:

- Rođenjem
- Radni proces
- Saobraćajne nesreće
- Prirodne katastrofe
- Ratovi
- ostalo

# Sportsko-Rekreativna aktivnost je za invalide mnogo više od razonode

- Psihofizičko prilagođavanje invalida
- Socijalna reintegracija
- Pobeda nad osećajem sopstvene nesposobnosti
- Potvrđivanje sopstvene moći

**Nije važno šta je invalid izgubio,  
nego šta mu je preostalo!!!**

# Neograničeno slobodno vreme: dobro i/ili loše

- Sport i rekreacija indirektno produžavaju život invalida (ranije su ti veli 3-12god., a sada duže).
- Kretanje – vežbanje – rekreacija – takmičenje: najprirodniji efikasan metod lečenja, nastavak konvencionalnih metoda psiho i fizioterapije u procesu rehabilitacije.

# Motivacija za vežbanje:

- Zdravlje
- Raspoloženje
- Druženje
- Sposobnost

*Invalidi rada u Sintelonu, Bačka Palanka  
Mikalački, M., 1991.*

# Paraolimpijske igre

- Atletika (trčanja, hodanja, bacanja, skokovi)
- Plivanje (Krišanović)
- Fudbal
- Tenis
- Ples
- Zimski sportovi
- Ironman

**Svetske  
sportske igre  
invalida –  
1970. u  
Francuskoj**





# Savez za sport i rekreaciju invalida YU – osnovan 1966.; 1968. član ISOD.

- Stoni tenis (u kolicima)
- Odbojka (sedeći)
- Golbal - rukomet (slepih – zvečeća lopta)
- Šah
- Boćanje, kuglanje
- Biciklizam
- Kampovanje

# Amputirci





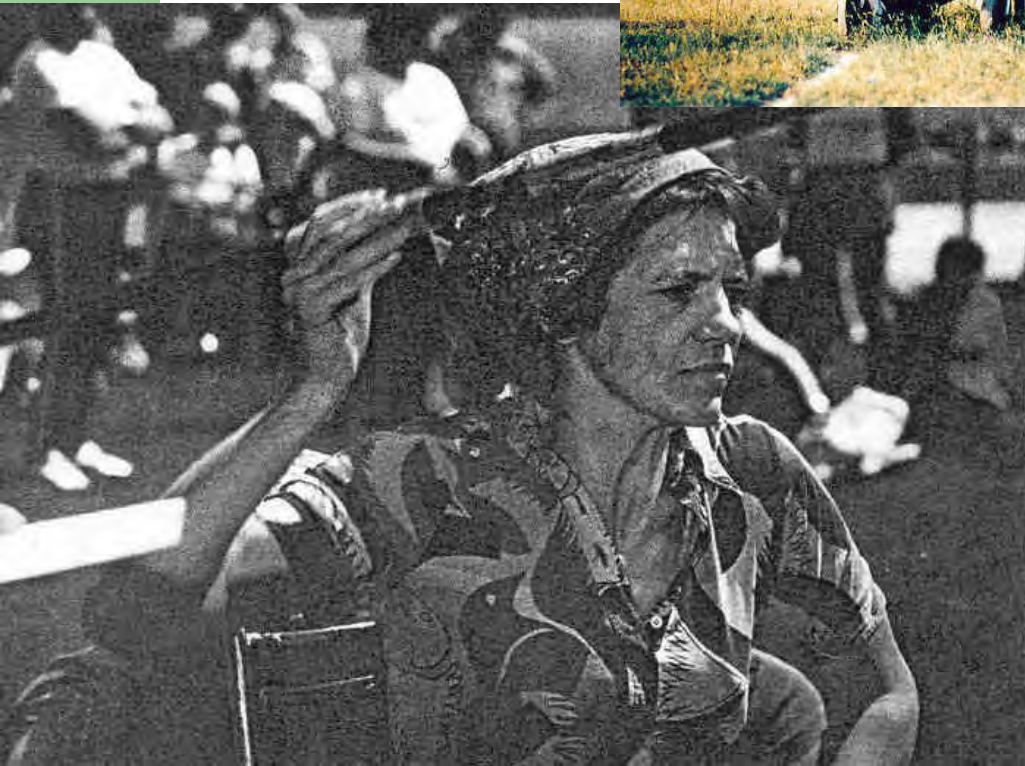


*Penjanje uz konopac*

*Trčanje*

# Paraplegičari

## Bacanje u kolicima

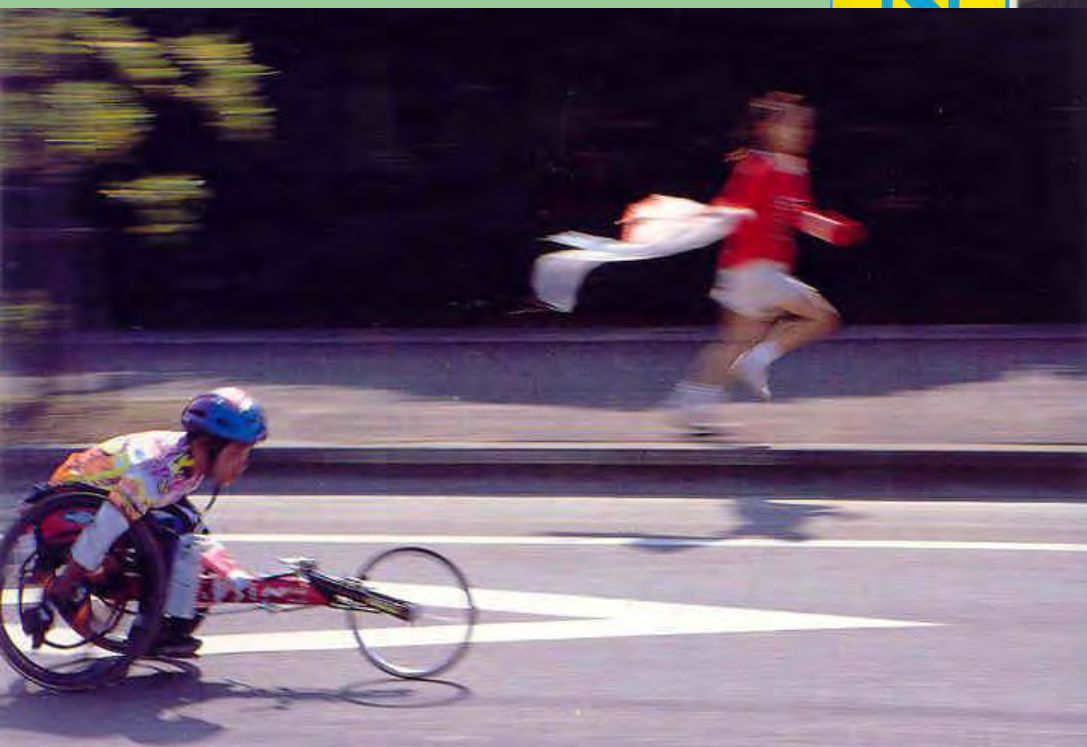


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**Vožnja u kolicima**





# Tenis - Boćanje





# Košarka u kolicima



# Odbojka sedeći



### Equestrian (Dressage):

The 1996 Atlanta Games represented equestrian events were held at the Paralympic Games. The competition is in dressage events and athletes who are visually impaired as well as those who are amputees, have cerebral palsy, and those in wheelchairs.

### Judo:

The Judo competition is an open category for visually impaired athletes only. Judo requires balance, touch, sensitivity, and other qualities that are highly developed in the visually impaired. The competition is divided into several categories. The competition consists of knockout events. Competitors follow the rules of the International Judo Federation.

### Powerlifting:

The format of this competition is very similar to that of the Olympic Games. The major difference is the style of lifting. In the Paralympics, athletes bench-press the weight. This event is open to athletes with impaired motion ability, cerebral palsy, and athletes who use wheelchairs.

### Sailing:

The 1996 Atlanta Games represented the first time sailing was held at the Paralympic Games. Sailing is open to all athletes regardless of disability. A scoring system, which assigns points based on disability, allows athletes from different disability types to compete together. Athletes utilize a Sonar boat with a crew of three.

### Shooting:

The competitors in the events of this sport follow the same rules as for conventional shooting events. The competition includes air rifle and pistol and 0.22 caliber rifle and pistol events. The programme includes men's, women's and mixed events. Shooting is open to amputees, paraplegics, quadriplegics, and competitors with cerebral palsy.

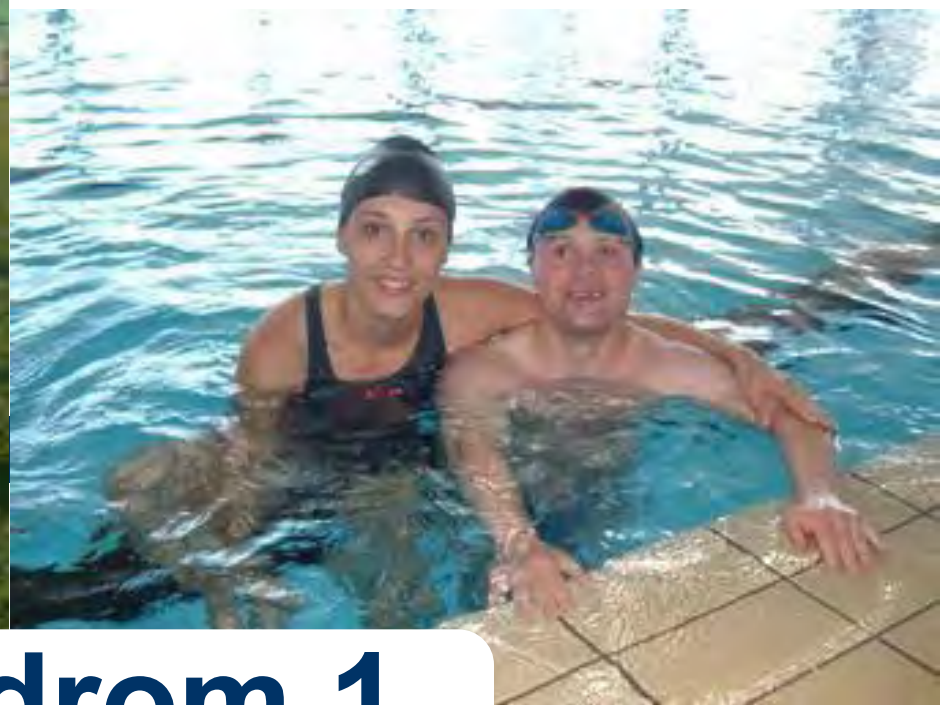
### Table Tennis:

The rules of this sport are the same as the rules for conventional table tennis, although certain modifications are made in wheelchair events. Wheelchair athletes may grip the table to maintain balance as long as the table is not moved and the





2007/08/16



# Down sindrom 1.



2007/08/14





# Down sindrom 2.



# Slepi i slabovidni





**Trčanja**  
**Skokovi**  
**Bicikl**  
**Skijanje**



# Mix sa drugima

- Trka invalida pre trke profesionalaca
- Mešovito:
  - Ples u kolicima
  - Streljaštvo
  - Streličarstvo
  - Tenis



# Interakcija

## Transfer uspešnosti na druge oblasti života i rada

- Pozitivan uticaj na okolinu:

- Krišanović,
- Miloš



# Sport i rekreacija invalida kao izborni predmet na FSFV

- Sportske organizacije
- Humanitarne organizacije
- Paraolimpijski komitet



# Naše društvo mora da povede veću brigu o invalidima (svakodnevni život, obrazovanje, zapošljavanje)!

- Zapošljavanje
- Platforme za ulazak u zgrade - FSFV (lift, WC) .
- Javni saobraćaj.
- Parking mesta (5% - svetski standard).
- Trotoari, semafori.
- Mesta na stadionima (bioskopi, pozorišta, itd.).
- Prilagođavanje sportskih objekata

# HVALA ZA PATNJU



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