

Inclusive sport: theoretical and practical lines



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Inclusive sport: a Utopia?



Relationship

Person

Education for
all

Integration
/Inclusion

Growth

Educational studies establish methodological prerequisites for creating a series of sports activities that are educationally based and oriented, accessible and truly practicable (de Anna, 2009, Moliterni, 2013, Magnanini, 2010, 2015, Sibilio, 2012, Gomez Paloma, Ianes (2014)).

Structural Accessibility and Pedagogical Plane: changing course

- **UN Convention of the Rights of Persons with Disabilities** (New York, 2006)

Mainstreaming process (common paths)



European integrated sports Project promoted by the Italian National Educational Sports Centre (2014-2015)

A model of inclusive sport of Laboratory of Special Education of University of Foro Italico:

Educational theories and methodologies for sport

Dialogue between education sciences and sport sciences

This model is aimed at paving the way for developing concrete proposals for inclusive sports.

Indicators of inclusive sport :

Principles of sport:

1. Corporeality, 2. Play; 3. Fun, 4. Comparison-competition, 5. Official, coding and commonly accepted rules, 6. Competitive spirit. 7. Professionalisation/amateurism

Principles of Special Education

1. Person, not disability; 2. Accessibility, 3. Acceptance, 4. Inclusion, 5. Equal opportunities, 6. Active participation, 7. Cooperation, 8. Diversity as a resource.

1. The centrality of the person; 2. The participation of people with different health conditions; 3. Educational foundations; 4. Roles defined on the basis of skills and not disabilities, 5. Rules with possible exceptions, therefore including flexibility, 6. Codified spaces, 7. Competitiveness, 8. Competition, 9. Enjoyment, 10. Active participation with equal opportunities; 11. Adaptation of equipment and materials, if necessary, but not of the objectives, 12. Amateurism and "healthy" professionalism

Inclusive Sport Model

Accessibility

Active participation

Equal opportunities

A definition



Inclusive sport:

a series of gymnastic, game, exercise or movement activities practised together by able-bodied people and people with disabilities (of various degrees), whether recreationally or professionally, for the purpose of competitive challenge, where each player, through relatively intense physical effort, improves their own potential, based on equal opportunities and active participation, through flexible rules that allow for individual characteristics.

Inclusive Coaching: pedagogical phases





In Summary



- ▶ The indicators of the model serve as guidelines in the design of new sports and the transformation of existing ones, in a perspective of enhancement of everyone involved . Not enough to work on rules and regulations, we must rethink the sport in terms of education and structural accessibility.
- ▶ The focus of the model is the inclusive coaching, which allows the realization, giving life to many opportunities and ensuring people with disabilities the chance to "CHOOSE " their sport!



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