

THEORETICAL AND APPLIED ASPECTS OF PHYSICAL CULTURE, SPORT AND TOURISM

PHYSICAL DEVELOPMENT OF STUDENTS WITH INTELLECTUAL DISABILITIES

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The rate of growth, the increase in body weight, the change in body proportions at each age stage, are mostly programmed hereditarily.

However, nutritional conditions, upbringing, diseases, social and other environmental factors may have a greater influence on the physical development of a child than genetic factors. Physical development, being one of the indicators of health, can change under the influence of various diseases.

Of scientific interest is the question of what happens to the physical development of children with disorders of the higher parts of the central nervous system.

Such children include students with moderate and severe intellectual disabilities studying in the second department of an auxiliary school.

Many children with intellectual disabilities have lower indicators of physical development and physical fitness than their healthy peers [1]. However, there are still few such studies concerning children with moderate and severe intellectual disability.

The purpose of the work is to study the features of physical development of children with a moderate and severe degree of intellectual disability (the second ward).

Material and methods. The indexes of physical development of boys and girls with moderate and severe intellectual disabilities (second branch) studying in auxiliary school No. 26 of Vitebsk were studied. The number of 299 pupils aged 6-17 years was studied. Children's height and weight indices were used from their medical records for several years of observation. Tables S.A. Lyalikov and S.D. Orekhov [2] were used for definition of levels of physical development. These tables evaluate the indicators of physical development of children with normal intelligence. Thus, the weight and height of children with intellectual disabilities were compared with those of ordinary children. Research methods: anthropometry, analysis, mathematical processing of the results.

Findings and their discussion. The results of the analysis of students' weight and height are presented in Table 1.

Table 1 – Levels of physical development of students in the second grade of an auxiliary school (age – 6-17 years, n = 299)

Levels of physical development	Gender (b, g)	Growth		Weight	
		n	%	n	%
Very tall, tall	b	6	7,6	17	19,8
	g	14	19,1	15	24,6
Above average	b	11	13,9	10	11,6
	g	6	8,2	9	14,8
Average	b	21	26,6	17	19,8
	g	20	27,4	13	21,3
Below average	b	24	30,4	16	18,6
	g	18	24,7	11	18
Low, very low	b	17	21,5	26	30,2
	g	15	20,5	13	21,3
	b	79	100	86	100
	g	73	100	61	100

The analysis of the physical development of auxiliary school students showed that the height of boys was most often at the level of "below average" (30.4% of boys), as well as «low» and «very low» (21.5%). The height of 27.4% of girls corresponded to «average» and 24.7% to «low», «very low» levels of development.

Weight indicators in boys more often corresponded to the levels of development: «below average» (18.6%) and «low», «very low» (30.2%). Girls (24.0%) had «high» and «very high» levels of this indicator. Almost as many girls (21.3%) had weights that corresponded to «low», «very low» levels of development. Both very high and very low levels of development of this indicator are deviations from the «norm».

Conclusion. Thus, the research showed that the height of 6-17-year-old boys and girls in the auxiliary school (second branch) corresponded to an «average developmental level» only in a third of those surveyed. More often this indicator of physical development has indicators lower than those which correspond to the «average» level of normally developing children. A significant number of boys (50%) and girls (45.9%) with moderate and severe intellectual disabilities correspond to «low», «very low», «high» and «very high» levels of development, which is also a deviation from the «norm».

1. Novitsky, P.I. Adaptive physical culture in the second department of the auxiliary school: studies.-method. manual for teachers / P.I. Novitsky. – Minsk: Adukatsia i vykhavanne, 2011. – 200 p.
2. Lyalikov, S.A. Tables of assessment of physical development of children of Belarus / S.A. Lyalikov, S. D. Orekhov. Grodno, 2000. – 63 p.