PARALYMPIC SWIMMING: IDENTIFICATION AND CHARACTERIZATION OF PROGRAMS IN THE STATE OF SÃO PAULO

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Abstract
Research indicate that people with disability have lower levels of practice and involvement with physical activity when compared to people without disability. The sedentarism in this population is associated with the development of health problems secondary to the disability. However, people with disability face several obstacles to the practice of physical activity, where the absence of adequate programs act as the main point. The present study aims to analyze the inclusion of people with disability in swimming programs, identifying and characterizing the types of existing programs. The work has a descriptive-quantitative character with application of a closed questionnaire in places that offer swimming programs in the cities of Limeira, Jundiaí, Itu and Campinas. Altogether, 62 places of practice of the swimming registered to the Regional Council of Physical Education were selected and contacted by telephone. The structured questionnaire was used to identify places that offered the practice of the modality for students with disabilities, the age group attended, the number of students with disabilities, cost, characteristics of the classes (initiation, improvement or high performance), segregated or inclusive classes, and the number of professionals working in this population. As a result, 52% of the institutions did not attend to their programs students with disabilities, while 48% did not attend these students in their establishments. In this way, the offering of places of practice still proves to be an important obstacle for the involvement of this population with the practice of the modality. Among the students involved in swimming programs, 77% of these students participated in classes in inclusive classes. In addition, they were mostly in the beginning of the program (77%).

Key words:
Paralympic sport, disabled person, swimming

Introduction
Studies show that the population with deficiency is more subject to the sedentarism and the diseases caused by it. This is due to social, environmental and psychological barriers.
This study aims to analyze the inclusion of people with disabilities in swimming programs, based on the characterization of the programs offered and the population served.

Results and Discussion
The project is characterized by quantitative descriptive research.
The data collection of the study consisted of two phases: Research and identification of institutions (clubs and academies) that offer swimming programs for people with disabilities and the characterization of the programs offered and the population served.

Conclusion
This research confirms the lack of programs adapted to this population. Therefore, it is necessary that there is a policy of encouraging the practice of sports and there are mechanisms that remove the barriers that prevent this population from participating in swimming.