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## Integration Of People With Disabilities In Health In Chess.

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### ABSTRACT

The paper considers the organization and features of chess content as an intellectual, abstract-logical kind of adaptive sport based on the individual's mental activity. The content of chess as a kind of adaptive sport was shown and the models of competitive activity between invalids are presented. The experience of sports training of chess players with deviations in the state of health in the Russian State Social University is structured. The modern classification of chess players in nosology is given. Negative and positive tendencies of integration and differentiation in the world community of chess competitions as a specific but full-fledged form of adaptive sport are assessed. A set of pedagogical conditions for the effective implementation of sports training for persons with disabilities in the state of health, taking into account the forms of nosology, has been determined. As part of the development of scientific and methodological support of chess sport, it is recommended to develop standards for sports for disabled people and to actively train personnel. To implement the principle of "equal opportunities" it is necessary to create the International Chess Association, which unites persons with intellectual disabilities and to affiliate it with the structure of the main governing body of the international chess sport movement - the International Chess Federation. The immediate goal of development is the inclusion of chess in the program of the special Olympic movement. A promising goal of improving the organization of chess as a form of adaptive sports may be the initiation of the inclusion of this discipline in the programs of the Paralympic, Sub-Olympic and Special Olympics games.

**Keywords:** adaptive sports, chess, standard of sports training, stages of sports training, communication technologies, safety techniques, injuries.

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## INTRODUCTION

Development of functional and morphological disorders in the human body can lead to a variety of diseases [1,2] affecting various organs and systems [3,4], often greatly weakening the body as a whole [5,6] and sometimes leading to disability [7,8]. Currently, despite various medical restrictions [9], it is necessary to strive for the integration of disabled people into society [10,11], including through sports [12].

A holistic understanding of the barriers and difficulties that impede the development of the psychophysical activity of persons with disabilities in the state of health leads to the need to use the intellectual and activity potential of "mental" sports that use mental exercises and actions as means [13]. As the basic national idea of involving the increase in the number of the target contingent in the adaptive sports system, innovative forms, methods, tools, chess sports technologies based on mental exercises and actions, and not requiring significant physical activity can be used. The emergence and development of chess as an adaptive sport in Russia was associated with the formation in 1896 of chess circles of persons with visual impairment in Moscow and St. Petersburg. The world chess community supported this initiative by creating the International Association of Blind Chess Players (IBCA, 1948), the International Chess Committee of the Deaf (ICCD, 1949), the International Association of Chess Players with Musculoskeletal Disease (IPCA, 1992). These organizations are affiliated members of the International Chess Federation [14]. The first official world championship among disabled people (in the overall standings, regardless of nosological forms) was held in 2013 in Dresden, however in the official calendar of the International Chess Federation competitions the world championships for juniors under 20, individual and team world championships among women and men were declared only in 2017. Serious problems exist in the scientific and methodological support of sports training for people with disabilities in health status - only two dissertational studies on the practice-oriented training of chess players with infantile cerebral palsy have been conducted. Despite the undoubted scientific significance, the experiments in these studies were of a local nature. In the conducted studies, the world experience of chess training of persons with deviations in the state of health was not generalized, both taking into account the forms of nosology of athletes and current trends of integration and differentiation of scientific knowledge of adaptive physical culture and sports. These problems determined the purpose of the study - to analyze the scientific ideas and to comprehend the experience of training people with disabilities in the state of health in chess; using axiological approaches, to reveal the features of the development of chess in the structure of adaptive sports.

## METHODS AND ORGANIZATION OF THE RESEARCH

The conduction of the research was approved by the local Ethics Committee of the Russian State Social University in May, 15<sup>th</sup>, 2018 (Record №5).

To achieve this goal, archival materials and legal documents of the Ministry of Sport and the International Chess Federation were studied that regulate the content of training for people with health disabilities in the Olympic, Paralympic and special Olympic movements that take into account the targets and indicators for the development of the Russian and global adaptive chess motion [15]. A content analysis of research and the work of leading researchers on the organization and content of adaptive sports was carried out [16,17,18], the features of the organization and content of chess as a "mental" type of adaptive sports [19], based on the mental, rather than on the physical activity of the individual. His own sports, teaching and coaching experience was also generalized on the basis of the Faculty of Physical Culture and the Chess House of the Russian State Social University [18,20]. In addition, in 2016, under the order of the Ministry of Education and Science of the Russian Federation, research work No. R-45 was carried out on the development and testing of scientific and methodological recommendations in the practice of the Russian State Social University and other Russian universities on creating safe conditions for students with deviations in state of health on the example of chess sport.

## RESULTS AND THEIR DISCUSSION

Analysis of the research of the scientists of the National State University of Physical Culture, Sports and Health on the organization, content of adaptive sports [16] and chess as its full, but specific kind; generalization of the work experience of various chess public associations of disabled people; the structuring of their own coaching and teaching activities on the basis of the chess house of the Russian State Social

University made it possible to distinguish five time stages in the history of chess as a kind of adaptive sport, namely:

1. "Birth" (1896-1945 year);
2. "Becoming" (1946 - 1979);
3. "Development" (1980 - 1991);
4. "Regress" (1992 - 1999);
5. "Perfection" (2000 - up to the present).

It should be noted that the change of stages in chess was conditioned not only by changes in the social and economic system in Russia, but also by the holding of significant chess events in the world movement, as well as by the emergence of the phenomenon of globalization. We emphasize that the key definitions of the successful implementation of technologies for athletic training of chess players are the creation of internal motivation of those engaged and the introduction of a predominantly inclusive form of training and competition into the pedagogical process. The use of information and communication technologies in the process of chess activity ensures the rapid development of logical thinking, operational memory and the evaluation function of students. We detail the domestic experience of sports training for persons with disabilities in the state of health from the number of students on the basis of the Russian State Social University in the period from 2012 to the present [20]. For this purpose, the author of the article created a developed virtual educational environment. With the efforts of the rector's corps, the infrastructure of the Chess House was modernized, providing training both in electronic and in standard forms. The use of the theory of the step-by-step formation of mental actions and concepts in sport training allowed to effectively develop general and special competencies in the field of chess judging, IT technologies and linguistics. 1018 students became participants of mass chess sport, 52 students performed sports categories.

Let us turn to the data of the annual statistical reporting within the framework of "Information on adaptive physical culture and sports" (table). In the period 2014-2016. sports of the deaf, sports of the blind and sports of people with musculoskeletal injuries had a positive dynamics in the number of people involved, including the number of children, people from the countryside and athletes who are dischargers. Along with this, the development of sports for persons with intellectual disabilities is not represented in the All-Russian Register of Sports, and the number of employees has a downward trend [21]. Of particular concern is the meager, decreasing year from year, the number of full-time trainers-teachers. Destruction is also the fact that in the "Program for the development of chess in the Russian Federation until 2020," sections of sports training and even the development of mass sports of persons with disabilities in the state of health are almost non-existent. And, despite the fact that the sport of the deaf has been declared in the All-Russian Sports Register for the discipline Chess, the sport of the blind and sport with musculoskeletal injuries, the Federal standards for disabled sports in the discipline Chess does not even exist in the project. For example, persons with intellectual disabilities were actually turned off from the sports movement. This group is not represented in the Paralympic Movement (as the main direction of development of adaptive sport), neither in the Special Olympics games program, nor in the teams of the United Sports [22]. Therefore, there is a need to establish an International Chess Association that unites individuals with intellectual disabilities and subsequent affiliation to the structure of the International Chess Federation.

We emphasize the additional factors of integration of persons with disabilities in the state of health in chess, namely:

- in the long-term regulatory legal documents regulating the chess sport movement, it is necessary to take into account the concept of human development;
- system implementation of the social and pedagogical resources of chess;
- formation of a constructive interdepartmental partnership of state and public structures, business and civil society in the formation of social and pedagogical conditions for the effective inclusion of chess in the system of adaptive sports;
- financing of chess federal programs and sports training standards in accordance with the principle of "equal opportunities";
- Implementation of the implementation aimed at providing information about the right of the target contingent to receive high-quality chess sports training.

**Table. Number of chess players with disabilities in 2014-2016**

Stages of sports training	Year	Discipline "Chess" (people)			
		sports of people with intellectual disabilities	Sport deaf people	Sport the blind	Sports of persons with musculoskeletal injuries
sports and health training of	2014	941	1922	1669	3402
	2015	1195	2542	2168	3991
	2016	0	3344	3586	5319
the initial training of	2014	41	170	232	318
	2015	47	201	215	373
	2016	0	237	232	384
training and training	2014	19	153	163	148
	2015	12	117	210	169
	2016	0	133	334	93
sports improving the	2014	0	43	9	45
	2015	0	26	19	29
	2016	0	118	67	81
higher sports mastery	2014	0	0	5	29
	2015	0	4	5	7
	2016	0	0	9	14

Let's note that chess, as a kind of adaptive sport, is most developed in the territory of the post-Soviet space, in the Republic of Belarus, Moldova, Ukraine, Kazakhstan. For example, in the unified sports classification of the Republic of Belarus, the target indicators for the development of chess sport are reflected, and a system for awarding sports titles for chess among persons with visual and hearing impairments is developed. An accessible environment for chess players has been created - the main competitions take place at the Olympic Training Center [22]. Despite the fact that athletes from Germany, Poland, Italy, Serbia, Israel, Hungary and the Czech Republic take part in the World and European Championships among disabled people, there is a systematic support of chess education for children with disabilities in health status and a complete lack of state funding for sports training for chess players.

**CONCLUSION**

The modern level of development of chess as a "mental" kind of adaptive sport does not fully correspond to the available social and pedagogical potential of chess not only as an integrative means for achieving high sports results, but also an effective mechanism for developing the personal potential of those engaged. The analysis of the scientific and scientific-methodological bases of training in chess adaptive sports has revealed the ineffectiveness of traditional approaches to the organization and implementation of this activity. The immediate goal of the development of this sport is the inclusion of chess in the program of the special Olympic movement. A promising goal of the development of chess as a form of adaptive sport can be their inclusion in the program of the Paralympic, Sub-Olympic Games and Special Olympics.

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