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Assessment Of The Quality Of Paralympic Sports In Sports Clubs For Disabled People In Russia.

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ABSTRACT

Recently, health-saving and health-restoring technologies for the disabled are increasingly being used in Russia. A prominent place among them is the Paralympic sport. Despite its active development, in most regions of Russia there is a low satisfaction of persons with lesions of the musculoskeletal system by the quality of their training in sports clubs. The most low among the disabled are the available specialists and trainers who work with disabled people, the level of literacy training programs for disabled people, the opportunity to participate in competitions abroad and exchange experiences with foreign athletes. Also there is a low possibility of meetings with disabled athletes and their coaches from other cities. To improve the effectiveness of sports clubs and the competent organization of the training process on Paralympic sports in the regions of Russia, it is necessary to improve the scientifically based system of training trainers and athletes in Paralympic sports, use a clear scientific approach in drawing up a training plan, and expand the program of competitions and friendly meetings. It becomes clear that in case of solving these problems, Paralympic sport in Russia will be raised to a qualitatively higher level.

Keywords: paralympic sport, sports clubs, quality, athletes with musculoskeletal injuries, health.

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INTRODUCTION

The weakening and loss of various functions in a living organism are always associated with the development of a stable pathology in it [1,2,3]. This problem has long been in the focus of attention of medicine [4], biology [5] and rehabilitation [6,7]. It becomes clear that for the further development of the society it is necessary to ensure the possibility of compensating the impaired functions in the body of patients and the disabled [8,9], which allowed them to fully integrate into society [10,11]. It is recognized that the non-drug effects on the diseased organism have great potential in this respect [12,13]. These include physical education and sports [14,15,16]. In this connection, in modern Russia there is a growing interest in the Paralympic sports [17]. These sports are able to heal various categories of disabled people, including the defeat of the locomotor system of varying severity [18, 19]. At the same time, the problems of the development of adaptive sports in Russia, the satisfaction of the Paralympic athletes with the quality of the work of sports clubs and the organization of the training process, as well as approaches to managing the quality of work in these clubs remain insufficiently considered [20-23]. In this regard, it was decided to assess the satisfaction of athletes with disabilities with the defeat of the musculoskeletal system by the quality of paralympic sports in sports clubs in Russia. In the work carried out, the goal was to identify the list of requirements of athletes with musculoskeletal injuries to the quality of paralympic sports in sports clubs, assessing the degree of their satisfaction with occupations in them and identifying possible directions for improving the quality of these exercises.

MATERIALS AND METHODS

The study was approved by the local ethics committee of the Russian State Social University on September 15, 2017 (protocol №9).

Identification of the list of requirements to the quality of employment in the sports club, emerging in persons with disabilities, was carried out through interviews and questionnaires of athletes and coaches of fitness clubs for disabled people in Moscow. As a result of the conducted surveys, the following list of requirements was drawn up: 1) free classes; 2) the possibility of the presence of escorts in training; 3) a convenient schedule of classes (trainings) and the work of the club; 4) constant attention to athletes and an individual approach to them in the training process; 5) quality sports equipment; 6) convenient schedule of competitions; 7) holding sports events; 8) the presence of specially equipped toilets; 9) Regularly hold friendly meetings with healthy athletes; 10) the presence of ramps, handrails, racks, elevators; 11) attracting more volunteers to the club; 12) convenient location of seats for spectators; 13) the presence of a medical point; 14) availability of specially equipped sports complexes; 15) the location of training bases close to the place of residence of athletes; 16) organization of photo exhibitions of sports achievements; 17) a sufficient number of official match meetings, tournaments and competitions held at the local level; 18) the possibility of obtaining a sports qualification (rank); 19) the opportunity to participate in competitions abroad and exchange experiences with foreign athletes, as well as athletes and coaches from other cities of Russia; 20) a well-designed training program; 21) availability of qualified specialists, coaches with experience working with disabled people.

To assess the satisfaction with the quality of employment in a sports club, people with locomotor system lesions involved in Paralympic sports were asked to assess the degree of fulfillment of requirements on a 10-point scale (1 point minimum, 10 points maximum). At the same time, depending on the degree of satisfaction expressed in points, the answers were divided into groups: 9-10 points - "absolutely satisfied", 7-8 points - "satisfied", 5-6 points - "difficult to say", 3-4 points - "do not suit", 1-2 points - "absolutely not satisfied." The sportsmen and coaches of Paralympic sports teams from Moscow and Moscow region, St. Petersburg, Omsk, Rostov-on-Don, Volgograd, Chelyabinsk, Krasnoyarsk, Perm, Naberezhnye Chelny, Saratov, Kazan, Sevastopol, Ivanovo region took part in the study. A total of 54 respondents took part in the survey.

The obtained data were statistically processed using the mean value method (calculations were performed using the standard Microsoft Excel for Windows software package).

RESULTS OF INVESTIGATION AND DISCUSSION

The results of statistical processing of data on the degree of satisfaction of athletes with disabilities by the quality of employment in a sports club are given in Table 1.

Table 1: Results of statistical processing of data on the degree of satisfaction of disabled athletes by the quality of their employment in a sports club

Requirements for the quality of work in a sports club	\bar{X} (points)	m (points)	Me (points)	Mo (points)	σ (points)	Ex	As	V, %
Free classes	8.74	0.344	10	10	2.527	4.55	-2.32	29
Possibility of accompanying attendants in training	8.28	0.405	10	10	2.951	1.29	-1.64	36
Convenient schedule of work (training) and work of the club	7.45	0.409	8	10	2.978	0.03	-1.12	40
Constant attention to athletes and an individual approach to them in the training process	6.81	0.442	7.5	10	3.251	-1.08	-0.52	48
Quality sports equipment	6.78	0.445	8	10	3.272	-1.36	-0.46	48
Convenient schedule of competitions	6.57	0.397	6	5	2.918	-0.78	-0.38	44
Organization of sports events	5.58	0.441	6	10	3.207	-1.32	0.01	57
Availability of specially equipped toilets	5.58	0.509	5	10	3.703	-1.71	0.09	66
Regularly hold friendly meetings with healthy athletes	5.49	0.436	6	1	3.172	-1.23	-0.02	58
Presence of ramps, handrails, racks, elevators and so on	5.40	0.453	5	3	3.295	-1.39	0.22	61
Involving more volunteers in the club	5.23	0.426	5	5	3.099	-0.98	0.23	59
Convenient location for spectators	5.02	0.453	4	10	3.296	-1.23	0.38	66
Availability of medical unit	4.75	0.517	4	1	3.767	-1.64	0.31	79
Availability of specially equipped sports complexes	4.69	0.475	3.5	1	3.490	-1.37	0.47	74
Location of training bases close to the place of residence of athletes	4.59	0.461	4	1	3.384	-1.33	0.34	74
Organization of photo exhibitions of sports achievements	4.57	0.486	4	1	3.538	-1.50	0.38	77
Sufficient number of official match meetings, tournaments and competitions held at the local level	4.54	0.418	4	1	3.070	-0.83	0.55	68
Possibility of obtaining a sports qualification (rank)	4.28	0.419	5	1	3.080	-1.24	0.32	72
The opportunity to participate in competitions abroad and exchange experiences with foreign athletes, athletes and coaches from other cities	3.87	0.474	2	1	3.448	-1.05	0.73	89
A well-designed training program	3.19	0.343	2	1	2.518	-0.73	0.82	79

Availability of qualified specialists, coaches with experience working with disabled people	2.03	0.154	2	1	1.132	-1.30	0.49	55
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It was found out that none of the requirements were attributed by the respondents to the category "absolutely satisfied" (9-10 points).

To the "satisfied" category (7-8 points), respondents classified indicators # 1 as "free classes" ($\bar{X} = 8.28 \pm 0.344$), №2 "attendance at the training sessions" ($\bar{X} = 8.28 \pm 0.405$) and №3 "a convenient schedule of classes (training) and the work of the club" ($\bar{X} = 7.45 \pm 0.409$). The degree of satisfaction of these requirements has a positive kurtosis (Ex) and a negative asymmetry (As), therefore, most of the estimates are significantly higher than the arithmetic mean. This is confirmed by the values of the mode (Mo) for these indicators, which amounted to 10 points.

The group "difficult to say" included the requirements №№4-12. The average score (\bar{X}) of answers was from 5.02 ± 0.453 ("convenient location for spectators") to 6.81 ± 0.442 ("constant attention to athletes and an individual approach to them during training"). The negative kurtosis (Ex) of indicators №№4, 5, 6, 9 in combination with negative asymmetry (As) indicates that most of the estimates significantly exceed the arithmetic mean (\bar{X}). These data are confirmed by the values (Mo) and (Me). The negative kurtosis (Ex) of the indices №№7, 8, 10, 11, 12 in combination with the positive asymmetry (As) indicates that the majority of the athletes scored significantly below the arithmetic mean. The high coefficients of variation (V) greater than 44% also indicate that respondents were not unanimous in assessing the degree of satisfaction of the requirements of this group.

The presented results of statistical data processing make it possible conditionally to classify requirements №№7,8,10,11,12 as "not satisfied". To the same group ("not satisfied") are the indices №№13-20. The average score (\bar{X}) of answers was from 3.19 ± 0.343 ("competently formulated by the training program") to 4.75 ± 0.517 ("availability of a medical point"). It is necessary to pay attention to the fact that a significant majority of respondents put their scores much lower than the arithmetic average, which is confirmed by the presence of all negative demands for excesses (Ex) at positive asymmetry (As). The most frequent estimate for all indicators of this category is 1 point (Mo = 1). It should be noted that the indices of the median (Me) and the mode (Mo) do not coincide, the coefficient of variation exceeds 68%, which means that respondents differed from the majority.

To the category of "absolutely not satisfied" (1-2 points) was the requirement №21 "availability of qualified specialists, coaches with experience working with disabled people". The average score (\bar{X}) of the answers was 2.03 ± 0.154 . The values of (Mo) and (Me), (σ), (V) indicate a discrepancy between the opinions of athletes engaged in Paralympic sport on this issue. Negative kurtosis (Ex) and positive asymmetry (As) indicate that in most regions this requirement is completely unsatisfied, and only in some cases was an estimate higher than the arithmetic mean.

CONCLUSION

At present, Paralympic sport in Russia is developing most actively. However, in most regions of Russia there is a low satisfaction of disabled people with lesions of the musculoskeletal system by the quality of employment in sports clubs. The lowest rating among disabled people is the qualifications of specialists and trainers working with disabled people, the level of literacy in the training program for disabled people, the low possibility of participation of disabled people in competitions abroad and the current degree of experience exchange with foreign athletes, as well as athletes and coaches from other cities Russia. It becomes clear that in order to improve the effectiveness of sports clubs and improve the organization of the Paralympic sports training process in the regions of Russia, it is necessary to continue to improve the scientifically based system of training trainers and athletes in Paralympic sports, to make more active use of the scientific approach in drawing up training plans for the disabled, for them a program of competitions and friendly meetings.

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