



The Power of Disabled Sports in Building Communities

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Description

Disabled sports, also known as adaptive sports, are athletic activities specifically designed and modified for individuals with disabilities. These sports offer a range of physical, social, and psychological benefits for people with disabilities, including increased physical fitness, improved self-esteem, social inclusion, and a sense of accomplishment. Over the years, disabled sports have grown in popularity and have become an integral part of the Paralympic Games, a global event that showcases the athletic talents of people with disabilities.

There are many different types of disabled sports, including wheelchair basketball, sitting volleyball, wheelchair rugby, goal ball, blind football, and many more. Each sport has its own set of rules, equipment, and classification system, which ensures that athletes are competing against others with similar levels of impairment.

One of the most well-known disabled sports is wheelchair basketball. This sport is played on a standard basketball court, but the players use wheelchairs to move around the court. The rules are similar to those of basketball, but there are some modifications, such

as a rule that states that players must dribble the ball once every two pushes of the wheelchair.

Another popular disabled sport is sitting volleyball, which is played on a smaller court and involves players sitting on the floor. The net is lowered, and players use their hands and arms to hit the ball over the net.

Goal ball is a team sport that is specifically designed for people with visual impairments. The ball has bells inside, and the players must listen for the sound of the ball to locate it and block it from entering their goal.

Blind football, also known as football 5-a-side, is a variation of football designed for players with visual impairments. The ball is fitted with a noise-making device, and the players use their hearing to locate the ball and score goals.

Wheelchair rugby, also known as murder ball, is a full-contact sport played by individuals with quadriplegia. The players use specialized wheelchairs that are designed to be durable and maneuverable.

The classification system in disabled sports is used to ensure that athletes with similar levels of impairment are competing against each other. The classification system is based on functional ability and is used to determine an athlete's eligibility to compete in a particular sport. The system also ensures that athletes with similar levels of impairment are competing against each other, which helps to create a fair and level playing field.

Disabled sports have many benefits for people with disabilities, including improved physical fitness, increased self-esteem, and social inclusion. Participating in disabled sports can also help to improve mental health and wellbeing by reducing stress and anxiety, and providing a sense of accomplishment.

Disabled sports have come a long way since their inception, and there are now many opportunities available for people with disabilities to participate in sports. These sports provide individuals with disabilities with a range of physical, social, and psychological benefits, and help to create a more inclusive.

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