

Abstract

The work focuses on the circumstances and details that young adults with visual disabilities do not meet the available options for sports. It reveals their relationship to sports and focuses on the barriers that these people face in the moments when they want to sport and do sports. It also focuses on the opinion to teach physical education in the past individuals and its potential impact on other sports activities of such persons. Information obtained from the interviews and the results are summarized in several chapters devoted to specific areas of this subject. They also contain several suggestions for possible solutions to improve the situation.

Key words

Visual disability, young adulthood, relationship to sports, barriers, integration, physical education, recreational sport, volunteer