

ABSTRACT

Subject: Physically disabled individuals, including some with slight mental disability, in relation to sports and other physical activities.

Research Goals: To determine the relationship between physically disabled individuals, including some with slight mental disability, in regards to sports or physical activities.

Method: To collect research results, 11 structural and non-structural items were included in a questionnaire. This questionnaire was used to detect the relationship of 60 physically disabled individuals, including some with slight mental disability, (between the ages of 15 and 26 years) to physical activities. These individuals were selected from three facilities offering social services.

Results: Broad interest of people with handicap in sports and physical activities have been confirmed. 3/4 of respondents actively practice sports during their free time and from them 63 % want to practice more often. 42 % of respondents practice sports on competitive level, 32 % on recreative level. Only 30 % of respondents, who spending there weekends out of institut offering social services practice sports regularly during the weekend. More than 80 % of respondents are satisfied with the condition of the equipment and the space offered by these instituts offering social services.

Key words: Locomotion activities, physical activities, sports, handicap(s), physical disabilities, intellectual disabilities, sport motivation