

What are some  
important  
factors in  
assessing  
competitive  
sport for  
children with a  
disability? ▶



 At every level, real competition means players compete against others of the same ability.

There are many sports and many levels of competition for people with a disability. The Paralympic Games represent the peak of disabled sports and are held shortly after the Olympic Games. Athletes who are Deaf have their own World Games. The Special Olympics are for individuals who are mentally challenged.

On a recreational level, activities can be adapted to allow a child to play sports with friends in the neighborhood. Sometimes it's a simple matter of tailoring an activity to meet the needs of a child with a disability. Sometimes, adapting is just not possible.

To choose an appropriate activity for a mentally-challenged child, parents must take into account the child's size, degree of coordination, health and fitness level, maturity, and motivation.

They need to ask: What are the child's cognitive abilities? What are the child's social skills? Will the child have trouble keeping up? Is there any risk in participating? Parents have to decide how active and competitive they want the activity to be. Because a child needs positive experiences, parents should have realistic expectations. A 12-year-old with the mental capacity of a four-year-old will not be able to concentrate at a two-hour practice.

Competitive sport for children with a disability must have enough competition to keep them interested, but not so much that they go away in tears. Parents and coaches should encourage children so that they want to come back. The rules of the game should be modified to suit the developmental level of the player.

*“Athletes have to know you care,  
before they care what you know.”*

Jack Donohue

*Former national men's basketball coach*

## Reference Notes

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- 3 Ibid., pp. 136.
- 4 Ibid., pp. 142.
- 5 Ibid., pp. 137-138.
- 6 Scanlan, T. (1986) Competitive stress in children. *Sport for Children and Youths*. Champaign: Human Kinetics. pp. 113

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Retired swimming sensation Michael Phelps knows what it feels like to achieve goals. He's the most decorated Olympian of all time with 23 Gold medals, 3 Silver medals, and 2 Bronze medals. Photo credit: www.entrepreneur.com Original screen grab from Michael Phelps's TV Interview with Joe Buck of Fox Sports. The greatest athletes also have the strongest minds this is what sets them apart from their peers. Many athletes are blessed with talent and they work hard in training but they can't handle adversity they buckle under pressure. Eliud Kipchoge, widely considered to be the greatest marathon runner in history, became the first man to break the two-hour marathon barrier in 2019. Gym teachers have you warm up and stretch before exercising for the same reason that professional athletes take time to warm up and stretch before practice or a game. Stretching helps prepare your body for the exercise it's about to get. Before you stretch, it's important to warm up first. Warming up helps raise the temperature of your body and your muscles so they'll be ready for exercise and prevent injuries. Warming up also increases your heart rate, gets more blood and oxygen flowing to your muscles, and prepares your body to burn more energy. I know I have to stretch before I participate in activities. I'm new on this website. Wonderopolis. I know that fear is an obstacle for some people, but for me it is just an illusion. Failure always makes me try harder on the next opportunity. - Michael Jordan. Anything less than perfection and winning is counted as failure. What athletes do not want to happen often does because they are haunted by fear of making mistakes. This mindset results in more tension, indecision and being too careful. Muhammad Ali was a superb example of taking calculated risks and has remained an inspiration for many generations. People care what you know when they can see the INTENT behind what you know. For instance, let's say there's a project that you have valuable input on. No one will care what you have to say about it if your intentions are not visible to everyone. More importantly, no one will care about what you have to say if they think that your intent behind it opposes their intent. EDIT. For instance, let's say that this project is an apartment complex for low-income artists. The person you're working with will not be forthcoming with their plans if they think you're in it to deforest an area, and that yo... They know their salary before they begin. Also, athletes bring in a lot of money to their teams and the teams just share the profit with them. Why aren't actors and entertainers being harassed? And the whole army thing, those soldiers know they are putting their lives on the line for a low salary before they enter the force so if they don't agree with the terms then why enlist? Athletes deserve the money they make. Report Post.