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EMPOWERING HEALTH AND WELLBEING THROUGH INCLUSIVE SPORTS EDUCATION

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Abstract

Sport activities offer a powerful platform to impart valuable knowledge to individuals with disabilities. Among the most beloved sports for this community is swimming, as they find great joy and fulfillment in participating in organized swimming programs. Leveraging this enthusiasm, there is a unique opportunity to educate them about the principles of a healthy lifestyle. The Erasmus project "Swimming and Nutrition As Tools for Containing Health" aims to bridge this gap by developing an educational program, web portal, and tools designed to equip swimming trainers with the skills to teach children with disabilities about healthy living. The comprehensive program covers various essential topics, including the significance of physical activity for health, the importance of quality sleep, the benefits of a healthy diet, environmental protection, and tips for healthy aging. Throughout the program development, up-to-date research findings in the field of healthy lifestyles, particularly scientific wellness, were integrated into the materials. In September 2023, the pilot education phase will commence, engaging swimming trainers to acquire the necessary knowledge and expertise to effectively instruct children with disabilities in the principles of a healthy life. The project team is confident that the positive outcomes from this endeavor will extend beyond swimming, potentially benefiting other sports, and contributing to the overall improvement of the wellbeing and health of people with disabilities. By integrating education and sports, this initiative seeks to create a positive ripple effect, enriching the lives of participants and contributing to a more inclusive and thriving community.

Keywords: Swimming, people with disabilities, healthy lifestyle, education.