

***Ostvarite svoje sportske  
ciljeve u pozitivnom  
okruženju punom  
podrške.***

***Pratite nas***

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***Sport i  
društvena  
inkluzija***

**ŠTO ZNAČI ZA OSOBE S INVALIDITETOM**

# *Sport i društvena inkluzija*

Najosnovniji element sporta su ljudi koji se okupljaju da igraju. Sport ruši barijere i gradi mostove tamo gdje obično postoje granice.

Sport se može razumjeti u različitim kulturama, jezicima i religijama i može stvoriti osjećaj društvene uključenosti, bez obzira na dob, seksualnu orijentaciju, spolno izražavanje, jesi li radno sposoban ili invalid, vjeru, etničku pripadnost ili socioekonomski status. ili držite.

Sport promiče mnoge aspekte života, uključujući mentalnu dobrobit, društvene i emocionalne vještine, kao i fizički razvoj motoričkih vještina.



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### **ZA SLIJEPE I SLABOVIDNE OSOBE:**

Jedan od naših najvažnijih osjetilnih organa su oči, za opažanje i prepoznavanje vanjskog svijeta. Oči su prozor ljudskog bića u svijet.

Neadekvatnost ovog osjetila onemogućuje ljudima normalan život i iskustvo mnogih funkcija. Kako bi se ti problemi kod osoba s oštećenjem vida sveli na najmanju moguću mjeru i kako bi se osiguralo da pojedinac živi kvalitetno, posebno obrazovanje i životni prostor treba urediti prema slabovidnim osobama i uključiti ih u sportske aktivnosti.

***Redovita tjelesna aktivnost izvrsna je za zdrav razvoj ljudi i pomaže u prevenciji i ublažavanju psihičkih problema.***



***Achieve your sports goals  
in a welcoming,  
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***Sport and  
social  
inclusion***

**WHAT DOES IT MEAN FOR PERSONS WITH  
MENTAL DISABILITIES**

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# *Sport and social inclusion*

The most basic element of the sport is people coming together to play. Sports break down barriers and build bridges where boundaries usually exist.

Sport can be understood across cultures, languages, and religions and it can create a feeling of social inclusion, no matter what age, sexual orientation, gender expression, whether you are able-bodied or disabled, religion, ethnicity, or socioeconomic status you are or hold.

Sports promotes many aspects of life, including mental wellbeing, social and emotional skills, as well as the physical development of motor skills.



## *Darts 4 Blind*

### **FOR PERSONS WITH VISUAL DISABILITIES:**

One of our most important sensory organs is the eyes, to perceive and recognize the outside world. Eyes are the window of a human being to the world.

The inadequacy of this sense disables people to live a normal life and to experience many functions. To minimize these problems in individuals with visual impairment and to ensure that the individual lives in quality life, special education and living spaces should be arranged according to the visually impaired individuals and we should rather add them to the sporting activities.

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# *Exercise and mental health*

## **PHYSICAL ACTIVITY:**

- increases levels of serotonin and endorphins, the neurotransmitters involved in regulating and improving mood
- promotes sleep – which also helps regulate moods, increase energy levels and improve memory and learning
- increases the connections between the brain neurons, which improves memory and learning capacity
- pumps blood to the brain to boost mood, concentration, and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides people with an outlet for excess energy and frustration, which relieves tension
- provides an opportunity for people to socialize and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem
- distracts people from negative thoughts. These benefits also serve to improve everyday behavior and promote a more positive lifestyle.

