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Healthy community-education and health promotion in athletes of Special Olympics

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The health of Special Olympics athletes is a key component of Special Olympics 2016-20 Strategic Plan. During sport activities inclusion of persons with mental disability can be developed and overall well-being is promoted. Until nowadays persons with mental disability are more restricted in their participation in sport comparing with inactive population in the Czech Republic. Generally lower level of fitness, higher overweight and obesity of persons with mental disability guide to the strategy of healthy communities. Healthy athletes programs are oriented on screening of fitness variables, life style habits including nutrition, the perception of health care and personal well-being perception. The Czech Special Olympics with partner universities is focused on composition of healthy communities in six territories of Czech Republic. To create realistic model of healthy community which will be friendly and pleasant for persons with mental disability is the main goal of presented project. The basic principles of the project are described: management, methods of screening, feedback and follow-up care, fitness level in relation of gender and social environment.

Biography

Dr. Hana Válková is a member of Doctoral Board and Scientific Board of the Faculty of Sports Studies in the Masarykova University, Czech Republic. Currently she is working as a Professor in the Division of History, Philosophy, Sociology and Psychology of Sport. She has over 100 publications in top scientific journals, including books, most recently publication is *Leaving Competitive Sport in the Czech Republic*.

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