

# DEVELOPMENT OF THE DOWN SYNDROME PERSONS' ACCURACY THROUGH THE MEANS OF BOCCE



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## INTRODUCTION

- the specific motor skills are simple which makes it easier for people with intellectual disabilities to learn
- precision is much more important than the speed of the ball as it allows the athlete to get close to the pallina and get the point
- force of the ball is also important
- launching force is positively paired with the coordination → the specific motion in a more relaxed manner and with less energy expenditure

## RESEARCH METHODS

documentation, experimental, statistical and mathematical and graphical methods

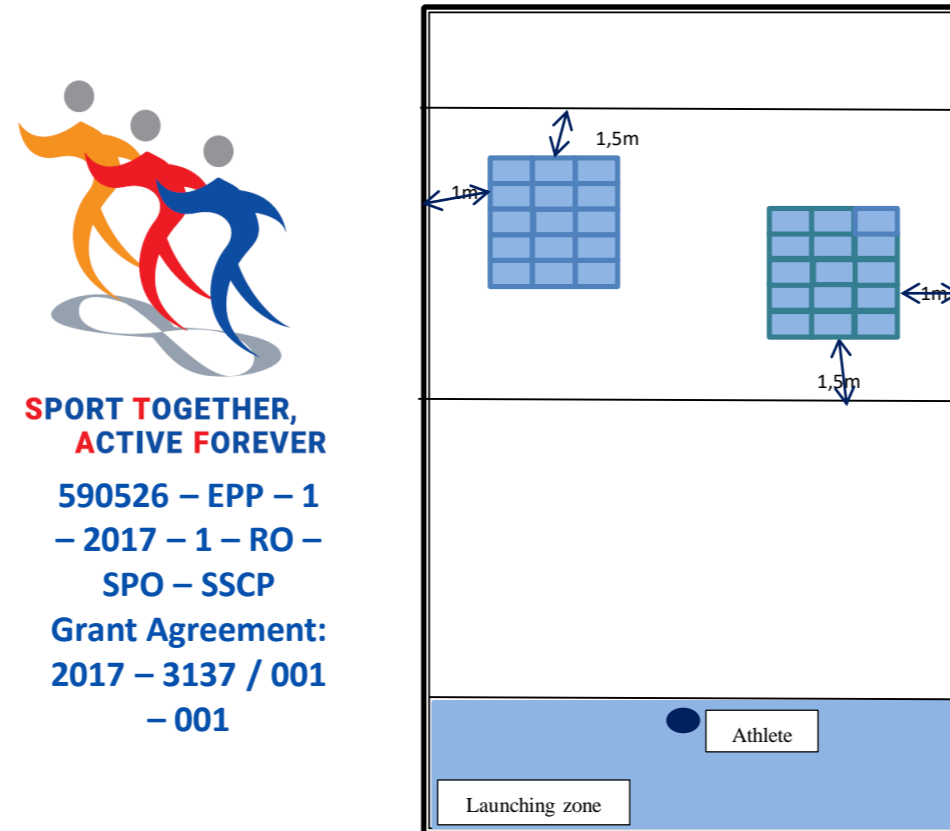
## SUBJECTS

19 athletes (11 children; 8 adults)

## TRAINING CLASSES

1 lesson a week, for a duration of 8 months (03 – 06 and 09 – 12.2018)

## APPLIED CONTROL TRIALS



## RESULTS

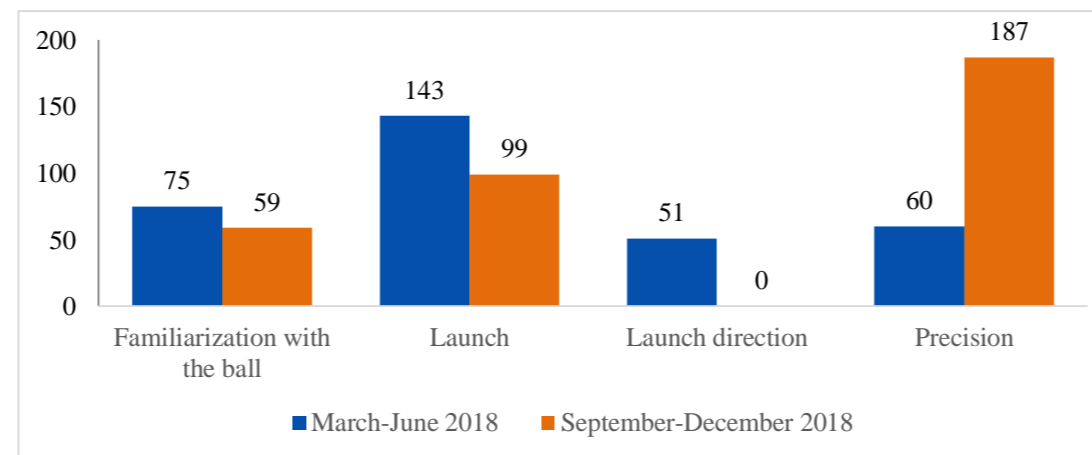


Figure 1. The amount of the results obtained by the athletes at each launching

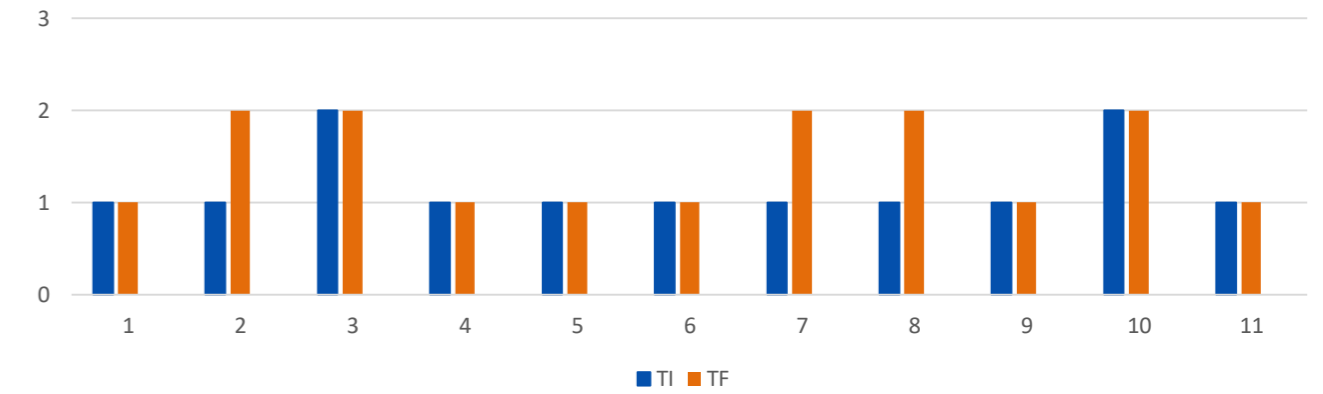


Figure 2. Results for initial and final testing for the rectangle situated in the left-hand side of the court – athletes of 18 years or below; best attempt

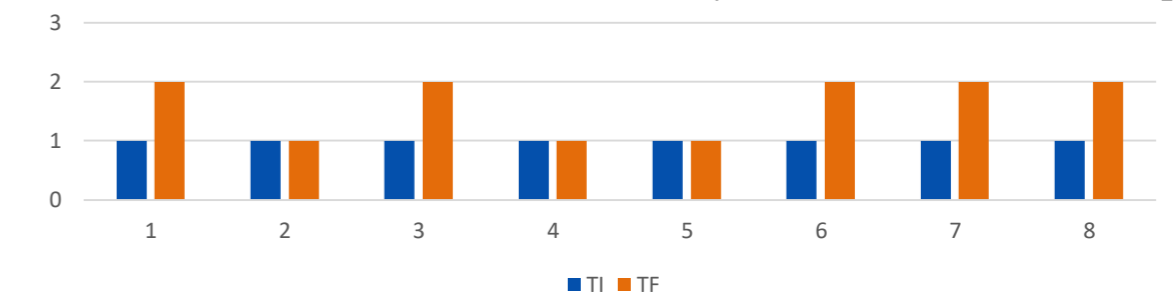


Figure 3. Results for initial and final testing for the rectangle situated in the left-hand side of the court – athletes of 18 years or above; best attempt

## CONCLUSIONS

- children and young adults with Down syndrome improve the indices of the different components of their coordination skills, but this improvement is influenced by a series of variables
- the parallel practice with another person, with or without a disability, is useful
- using competition whenever possible is an opportunity of stimulating the athletes