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Introduction to the field of science and techniques of physical and sports activities

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Adapted Physical Activity



According to Professor De Potter, a pioneer of APA in Europe, adapted physical activity is defined as *"any movement, physical activity and sport, essentially based on the skills and motivations of people with special needs that prevent them from practising in ordinary conditions. »*

Adapted physical activity is particularly aimed at people who **are frail** or have a **disability** (the elderly, people with social integration difficulties) and **people with chronic diseases**.

It is mainly used in secondary prevention (to act at the early stage of a disease) and tertiary prevention (to act on the complications and risks of recurrence of a disease), being intended for people who, for various reasons, are not able to practice a classic physical activity.

The Health Benefits of Adapted Physical Activity

Appropriate physical activity has many health benefits.

It allows you to:

- strengthen the muscles of the body for greater autonomy;
- reduce the recurrence rate of certain cancers (breast, colon);
- slow down bone loss, while improving balance;
- improve sleep and decrease insomnia;
- reduce the rate of falls and fractures in the elderly;
- Improve self-image and self-confidence.

List of individuals who may be affected by adapted physical activity:

- The Rugged Elderly
- Frail Elderly
- Dependent elderly people
- Type 2 diabetes
- Overweight and obesity
- Heart failure
- Coronary heart disease
- STROKE
- HTA
- COPD
- Cancers
- Depression
- Children
- Pregnancy
- Arthrosis
- Dyslipidemia
- Fibromyalgia
- HIV
- Intellectual Disability
- Kidney disease
- Metabolic syndrome
- Multiple Sclerosis
- Osteoporosis
- Parkinson's syndrome
- Polypathology, etc.