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早稲田大学スポーツ科学学術院 健康スポーツ科学モデル拠点) 協賛

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場所 早稲田大学 所沢キャンパス

演題

The Paralympic Athlete – Common Performance Issues

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It is well known that 'Paralympic Sports' evolved from medical rehabilitation programmes since the 1950s (McCann, 1996). Burkett (2010) provides a nice review of how technology helps the rehabilitation practitioner to regain a level of function for their client; for an athlete with a disability, the highest expression of this return to function is to compete at an elite level in the Paralympic Games. The Paralympic Games provides sporting opportunities for athletes with many types of disabilities with differing levels of impairment. Without a thorough understanding of the physiological consequences or medical issues of the specific impairment groups then the sports practitioner faces an extremely complex challenge with the implementation of effective sport medicine and applied sports science support. At the 2012 Paralympic Games in London a large injury and illness survey was undertaken as a collaborative project between nations. It appears that the injury and illness rates in Paralympic athletes are similar to those in other events in able-bodied sports, but patterns of injuries and illness are different. Upper limb injuries (35%), particularly of the shoulder (17%) were most common which is most likely due to many athletes requiring a wheelchair for either daily ambulation or their sporting performance. Higher injury rates were found in older athletes and certain sports like Visually Impaired Football-5-a-side (22.4/1000). The incidence rate of illness was also reported and this was found to be highest in the respiratory system, skin, gastrointestinal and genitourinary system. As the Paralympic Games include a wide array of sporting classifications it is beyond the scope of this presentation to cover all disabilities. Therefore this presentation will focus on what the findings of this aforementioned injury and illness survey mean for the training practices of wheelchair athletes and to discuss current research on the thematic topics: i) the travelling athlete; and ii) nutritional and body composition assessment considerations for the Paralympic athlete.



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