“Can you run and leave your problems behind you?”

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by

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Growing up with visual impairment and the necessity of being physically active
Based on my book
Growing up with a visual disability affects a child’s:

- Motor development
- Psychological development
- Social development
Physical activity and its influence on:

- The motor development
- The social development
- The psychological development
Playing, trying, and exploring

Sight is a powerful tool
Test
"To lose confidence in one's body is to lose confidence in one's self" (Simone de Beauvoir, 1949, The Second Sex)

To grasp life
a way to stay active
and in touch with reality
The possibilities in physical activity

- To minimise some of the motor problems
  - more possibilities

- Improve the level of physical fitness
  - Generally being fit result in more energy

- Participation in social interaction
  - learn social rules, practice being with kids of the same age
  - and inside the explicit framework that sport holds
The possibilities in physical activity

- Practice attention and concentration
  - both physical and psychological

- Confidence in one’s own body
  - important for experiencing being rooted to reality

- Learn how to win and lose
  - without overprotection
  - try out, find, push one’s own limitations

- Develop a "RISK READINESS"
Risk readiness

- «The child’s strong courage, its broad world of experiences, and a well-developed ability to act, are, in the long view, a good and stable safety net, both physical and psychological. The child won’t be a passive victim in a world that seems too dangerous to move about in, or to live in. It has an image of itself as one which both wants to, and is able to, participate in what is happening» (Poulsgaard and Schousboe 1986, p.82)
Disabled or not –
fit people have more energy
to master the daily life.
Not to be fit,
leaves the person
more disabled
than they needed to be.