



SPORTING ACTIVITIES INCLUDING INFORMATION TECHNOLOGY

During the implementation of the project and the development of a new methodology for the implementation of the increase of sports activity, we decided to include information technologies.

Using this methodology of clear and easy-to-understand information, an interesting way of presentation, the ability to use a popular information technology device to achieve results independently and quickly, we believe that the key to promoting the motivation of a person with an mental disability to play sports.

There will be 6 steps to using this methodology:

1. **SPORTS
REMINDER**



A disabled young man receives a reminder to exercise on his mobile phone

2. **QR CODE SCAN**




Scans a QR code on an interactive whiteboard or in an individual sports program.

<https://support.teamgate.com/hc/lt/articles/208439615>


<https://www.digitalcitizen.life/simple-questions-what-are-qr-codes-and-why-are-they-useful>

If a young person with a disability does not have his or her own personal phone, he or she can pick it up from information technology activities. A social worker will help those who are unable to use the phone.

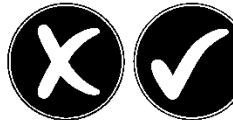
- 3. EXERCISE MONITORING REMEMBER**




After scanning the QR code, the mobile phone screen watches a video of the sports exercise, which shows exactly how the exercise is performed.
https://www.youtube.com/results?search_query=%23IDoSport
- 4. PERFORMING THE EXERCISE**



The exercises are short, uncomplicated, taking into account everyone's physical abilities.
- 5. SELF - ASSESSMENT**



After completing the exercise, notes completed or not. Put your photo on the board next to a specific QR code as proof of the task completed. One photo equals one point. Do the same in your individual program for weekends or holidays.
- 6. PROMOTION**



The highest points will be promoted with weekly, monthly and annual awards. Creating healthy competition between people with mental disabilities who exercise makes it possible to achieve better results.

By integrating information technologies into sports, this method will increase their independence, self-confidence, improvement in the use of IT, which is crucial to maintain motivation. The main lack of physical activity is most often the lack of motivation. Motivation is the most important criterion for maintaining an active lifestyle. They are particularly lacking in young people with mental disabilities. We believe that this innovative approach will be effective and motivating, encouraging improvement and helping to expand our capabilities.