The status of physical education and sport Exceptional Children in scientific sources

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Abstract

In recent years, physical and behavioral problems of children considered one of the controversial issues in psychology, education and physical education, respectively. Children to various problems such as aggression, lack of balance, physical defects and other problems in the clinic, hospitals, mental health centers are treated or examined. Accordingly, the present study was conducted to evaluate research and scientific activities specified Special children's sports in the country through share and position of these exceptional children in this resource. In this study, was data from content analysis method to study the documentation that used. Therefore, online portals related to isi, irandoc, civilica, google scholar, noormags was reviewed. And resources in the past 10 years were assessed. No matches found in background research. The results showed that Issues of children with autism, hyperactivity, mental retardation, visual impairment, hearing, movement and learning the most attention in the research were allocated physical education. As well as all areas of sports science (sport management, exercise physiology, pathology and corrective actions and behavioral movement and Sport Biomechanics) were paid to the issue of Exceptional Children. But it should be noted that the contribution of each of these areas have been different. In total, research in this field due to its own problems, researchers are less fortunate.

Keywords: Exceptional Children, sports, literature, research.
Introduction
So far, many attempts have been made to define "exceptional children." Some use exceptional to someone who has extraordinary intelligence and talents. Others use the term when they want to describe any unusual child. However, the term "exceptional children" is equally accepted to be used to describe exceptional children with disabilities and talented ones (7).
Scientific studies have shown that almost 5 percent of children have physical and sensory or mental defect and a significant percentage of this group needs special education and intensive care. These realities and facts such as malnutrition, war, loosening of family foundations, and inadequate health care in many parts of the world are of the factors affecting increasing exceptional children.
The important point is that the study of exceptional children is the study of differences. Exceptional children are somehow different from typical the average children. Such children may have problems in thinking, seeing, hearing, speaking, socializing, or moving or be excelled. Moreover, study of exceptional children is the study of similarities. Typical children, in different aspects, are different; in fact, most exceptional children are average in many aspects. Today, the common grounds of non-exceptional and exceptional children in the traits, needs, and learning styles are fussed over (4).
Physical education and sport is one of the main pillars of education in society, and no doubt, it has a big role in physical and emotional health and vitality of children and young generation, and it should be seen an important part of the activities of education and life. Therefore, achieving the general objectives cannot occur by putting away physical education goals. In this respect, it is important that general activities of physical education in education, particularly in exceptional education, be based on a solid base. Moreover, it is essential that its general and specific objectives be developed and studied in education. Physical education and sport in every state and society are discussed as an important educational tool to balance the aspects of human existence and as one of the very important cultural tools to access the behavioral goals of education in life. Moreover, as it can have a significant impact on the growth and prosperity of human beings at all stages of life, especially in childhood, adolescence and youth, the need for it at all grade levels, specifically in exceptional education becomes evident. At an early age, when the movement needs are at a higher level, by controlling and making games purposeful and structured (especially physical training), physical education not only can make these movements the bracing for physical and mental growth of the students in schools, but it also has important educational results. Of these effects creating a self-awareness mood, socialization, formation of character, strive for success, creativity, enjoyment of individual and group activities, cooperation and assistance, a sense of cooperation in mental and physical fostering, increase of motor skills, and so on can be mentioned, all of which have a crucial role and are of the beneficial effects of physical education and sport in the evolution of human. With an unbiased look at the intended effects and, special benefits arising from this matter are clearly seen, and its effects in the bright future of all students, especially exceptional children play a role (12).
Moreover, we know that in our society great groups of the students are exceptional students that are different from their peers in intellectual, physical, emotional, or behavioral characteristics. Thus, they need the help and special programs of physical education to be able to take advantage of its benefits properly. Thus, flourish their ultimate talent prominently. If it is intended for
exceptional children to be in track of mainstream, like healthy people, they should benefit from all the sports facilities and educational resources, because this way educational, social, physical, and even emotional needs of the this category of people are met. Thus, opportunities needed for expression of abilities and positive qualities, effective skills, and particularly in relation to society are created. Development of suitable opportunities for exceptional children across their life is a critical need and the access of people with disabilities access to quality and scientific activities should be on an equal basis with healthy children. Erikson et al. found that exercise is closely linked to improvement in psychological conditions such as emotional states and self-knowledge and exercise is an appropriate means to achieve proper mental and psychological conditions. Berenan et al. know physical activity as one of the key factors that play an important role in the evolution of human life in every stage of life. They believe that physical activity affects exceptional children's feeling happy or disappointment. Moor-Harison et al., Brooks et al., and Kolt et al. have shown that physical activity can increase happiness, confidence, physical and mental health, and reduce depression and anxiety in the life of healthy and exceptional humans. Moreover, friendly relations that take place inside or outside the sport of exceptional people can improve the quality of life through the creation of positive conditions such as feelings of pleasure, satisfaction, and enthusiasm (11).

According to the research conducted, it is concluded that, until about two decades ago, the general thinking was that, exceptional people, specifically children do not have a proper status in the sport of the country and do not have scientific resources that have special attention to their exercise and were mostly as spectators in sports.

In the discussion of sports sciences, this category of children is paid the least attention and this category of the population needs further attention. Thus, the aim of this study is to find the amount of attention paid to exercise of the exceptional children in the scientific resources of the country, according to the fields of physical education and the type of disability of children regarding their gender in different areas of the country based on geographical divisions.

Methodology

The present study was conducted in review form of library type by browsing the Internet in 2015. Regarding the purpose of this review, keyword exceptional children (autism, ADHD, etc.), sports, physical education and science and research in databases authoritative sources and so on were searched in scientific resources and research in valid databases, and to get scientific papers of the country, isc, irandoc, civilica, google scholar, and noormags databases were used. Selection criteria and qualitative evaluation of papers were as follows:

1. Choosing an article or document (thesis and projects) based on search title, keywords, and abstract. The researchers studied abstracts and full text articles, and papers related to the subject matter were included in the study.
2. The researcher tried to get the original article that he had access to its abstract through the research in other databases or by contacting the author.
3. Time interval searching for the mentioned resources was related to 2004-2015.

In order to achieve the objectives of this review, first the abstract of the selected articles was studied and after ensuring of its having the inclusion criteria ensure, full-text was studied. Then
the titles used in the articles that were studied to be checked were registered in a check list that was prepared for this purpose.
The checklist based that is prepared according to the objectives of the current review includes title, journal name, journal number, or internet address. The articles related to the topic of sport and physical education of exceptional children were recorded in the checklist. No review articles in this regard were not found by the researcher. In order to better identify and prevent the inclusion of repetitive articles, they were classified in terms of major and minor goals in the checklist. In this study, exceptional children are classified with autism, ADHD, Down syndrome, learning disorders, mental retardation, and visual, hearing, and physical disabilities. The findings were classified in scientific sources based on article (scientific research and extension), theses, books, e-books and the invention. In data analysis, all fields of physical education: sports management, sport physiology, behavior and motor learning, sport injuries, and sports biomechanics were used.

**Research findings**
In the conducted study, the findings from the study are as follows. Figure 1 is data with the thesis title that is content analyzed including:

![Figure 1. Division based on sports science fields](image-url)
Results in Figure 2 are based on content analysis of research papers based on the articles recorded in the last 10 years in valid databases of the country, and the examinations are expressed in form of a graph in the following two figures:
Figure 3. Division based on sports science fields
Other results that were evaluated in this study whose data is expressed separately in percent is the status of exceptional children in scientific promotional research of the country in the field of sports and physical education given in form of a graph in the following Figure:
Figure 5. Division based on sports science fields
Figure 6. Segmentation by type of diagnosis of Exceptional Children

In the field of evaluation, other cases in relation to sport and Physical Education of Exceptional Children were found; among them were a translated book and three translated articles that were done in this regard. Noteworthy that, only one invention was found that was dedicated to the sport of Exceptional Children that had been done in the field of biomechanics.

The issue of Exceptional Children is a general issue, because the existence of exceptional children is possible in every part of the world. In this regard, in this study all the research and scientific activities in sports and physical education of Exceptional Children in the country based on geographical divisions, which includes North, South, Central, East and West were content analyzed so that the contribution of each sector of the country in the amount of attention in the research literature considered to be determined. In Table 1 below, the theses done in this regard in the country are shown.
Table 1. Percentage of scientific sources the sport of Exceptional Children based on country divisions

<table>
<thead>
<tr>
<th>Country divisions</th>
<th>Scientific resources</th>
<th>Theses</th>
<th>Scientific Research</th>
<th>Scientific extension papers</th>
</tr>
</thead>
<tbody>
<tr>
<td>North</td>
<td>0</td>
<td>3.38</td>
<td>14.28</td>
<td></td>
</tr>
<tr>
<td>South</td>
<td>14</td>
<td>8.47</td>
<td>28.57</td>
<td></td>
</tr>
<tr>
<td>Center</td>
<td>57</td>
<td>66.1</td>
<td>39.30</td>
<td></td>
</tr>
<tr>
<td>East</td>
<td>29</td>
<td>3.38</td>
<td>10.71</td>
<td></td>
</tr>
<tr>
<td>West</td>
<td>.</td>
<td>18.67</td>
<td>7.14</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

Something that is crucial according to human society, particularly according to the culture of our country is the discussion of gender services, facilities, amenities, and the overall amount of attention to each of boys and girls. In this framework, it is tried to identify the place of each of exceptional boys and girls in scientific resources in the field of sports and physical education, and outstanding results are obtained that are expressed in table 2 as a percentage:

Table 2. The amount of attention given the scientific resources of the country to exercise of exceptional children according to sex

<table>
<thead>
<tr>
<th>Gender</th>
<th>Scientific resources</th>
<th>Theses</th>
<th>Scientific Research</th>
<th>Scientific extension papers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boy</td>
<td>0</td>
<td>20.33</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Girl</td>
<td>0</td>
<td>6.77</td>
<td>17.85</td>
<td></td>
</tr>
<tr>
<td>Common</td>
<td>100</td>
<td>72.88</td>
<td>57.15</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

In this study, attention to sports of Exceptional Children is assessed, and in the overall results obtained in this study, it was found that, in the field of scientific resources the most research is Scientific Research (59.59%), Scientific extension papers (28.28%), theses (7.07%), translated books (4.04%), and invention (0.03), respectively. From the perspective of scientific sources, whether from the division of fields of physical education as well as the division of Exceptional Children in diagnosis, the least variation was related to theses, which can be evidence of deep gap between exceptional education and academic science, at least in the realm of sports and physical education. In addition, among all categories in this study, the lowest was related to research of exceptional children with hearing impairments that is thinkable. In the discussion of the fields of physical education and sports science divided into five main areas, biomechanics and kinesiology had the minimal role in research and the findings of this study that was approximately 1%, but in terms of the highest in literature, the most diversity was related to scientific expansion papers. An
interesting point in this study was the focus of majority of the researchers to study mentally retarded children that accounted for 40% of all research findings in this study. Then, the amount of attention to the types of disabilities was as follows: Down syndrome (20%) - Hyperactive (13.07%) - Autism (8%) - physical disability (7%) _ learning disorders (5%) - Hearing (3.7%) and vision (2.6%).

In the results obtained from country divisions, it was concluded that the most attention in the literature is in the center, which is majorly due to the presence of the capital in this region and most cases were related to Tehran. Overall, approximately 57.44% of the research was there in center. It is interesting that the lowest research was related to the West of the country with about 8.5 percent. Other item found related to the division based on administrative divisions was that only three subjects had been done on a national basis.

One of the points that exceptional children suffer from is physical disabilities that is due to physical disability or disability due to learning disorders and the like, which makes these children unable to perform movement patterns properly and the requirement arises that to have devices to amend their motion, or to take care of them while moving. However, the disappointing thing is that the least concern in research was related to biomechanics with something less than 1% and then corrective exercises and pathology areas with about 3%. However, the most welcoming about sports and physical education of exceptional children was in motor behavior tendency with 40.25%, physiology with 34.75%, and management with 21%.

In addition, as the present research has been done on children and that one of the key points effective in children's development in various fields of educational and developmental is playing, so in this study, all the studies evaluated were studied and reviewed regarding the focus on playing and the results were as follows. In these, no cases were found to deal with playing. About 28.81% of scientific papers were related to playing, and in scientific extension articles, about 32.14% was conducted regarding playing.

**Discussion and conclusion**

The purpose of education of exceptional children is to provide suitable opportunities and special education facilities in order to use the maximum mental and physical abilities of these children, according to their physical and mental characteristics. Empowering Exceptional Children lessen their parents' worry about them, and is a great help for their physical and psychological health, for these reasons sporting skills training should start from primary school.

More attention should be paid to training and individual skills, discipline, accountability, giving importance to others, and familiarity with social responsibilities in exceptional children, and one of the most important ways to achieve this is through sport and the one that takes place in childhood. Speaking of exceptional children is speaking of differences, talk about carrying out responsibilities, speaking of human revival, talk of duty and expectations, speech of recognition of features and abilities, and finally talk about the removing barriers and opening the way through the flourishing of talent. The word exceptional is a comprehensive word that literally applies to all humans, since the creation of man from God's perspective is an exceptional creation.

In terms of education, today the term exceptional refers to children that from different directions mentally, physically, emotionally, and socially have significant differences with other children of
the same age, so that, in terms of these differences, they are unable to enjoy the normal curricula that are principally developed based on common characteristics and abilities of children of different ages. According to this definition, the term exceptional children also includes gifted children, mentally retarded, blind, deaf, incompatible, physically and motional handicapped and specific learning disabilities, etc. (5)

Physical education is used as a tool for education and social communication in the education of exceptional children. First, physical education can be an opportunity for exceptional children to earn the respect of their colleagues.

In the results of this study, it was concluded that suitable and worthy attention is not given to exercise of exceptional children, and these children need further attention. Moreover, because of the ubiquity of exceptional children across the country, there is a good potential to create fertile ground for scientific activities, particularly in the realm of sports. Thus, this vacuum is felt that exceptional children are in scientific exercise poverty. Bu musing over this, and providing the necessary conditions and the establishment of appropriate facilities, a way should be found so that this reaches fruition.
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