

The Development of Sports for the Disabled in China

Chi Jian

Beijing Sport University, China

Preface

According to the recent statistics of World Health Organization, the disabled people accounts for 10% of the world's total population. In China, 5% of the total population, namely 60,000,000 people are physically disabled. The disabled are a vulnerable group that we cannot ignore. The attitude to the disabled people is one of the standards to measure the progress of social civilization. Along with the development of the society, the education, employment, convalesces, medical treatment and social security for the disabled have gradually become concerned in the whole world. Sports for the disabled in China set up later than many developed countries. However, thanks to the stable domestic environment, and the improvement of the social civilization, the status of the disabled is getting more and more concerns, and sports for the disabled is developing in an optimistic and healthy way.

1. The History of China's Sports for the Disabled

From late in the Ching Dynasty, some kind of sports and physical education for the disabled appeared in China. In 1874, China's first school for special education, namely Qiming School for the Deaf and Blind was established in Beijing. In 1887, the Qiming School was established in Penglai County, Shandong Province. Although the few schools for the deaf-mutes and the blind carried out amusement of kicking shuttlecocks and boxing etc., the physical education for the disabled was still in the stage of no consciousness. In the old Chinese society, people lived in deep water and scorching fire, they have even not enough food and clothes. It was not realistic to discuss the physical education for the disabled at that time. Therefore, the real sports and physical education for the disabled were started from the foundation of the People's Republic of China.

1.1 The Period of Setting up of Sports for the Disabled right after the Foundation of the PRC

The sports and physical education for the disabled is developed in step with their social welfare. Physical exercises are playing more and more important role as convalesce method in the sanitary for the disabled people and for the honored serviced man. The medical personnel and doctor for athletics convalesce keep the disabled people with suitable physical exercises, which promote the instauration and the development of body functions.

Since 1950's, China held sports competitions for the disabled people for many times. These games not only raised the disabled person's sport technique level and their competition consciousness, but also publicized the disabled person's strong spirit of hard working, and striving without stop.

1.2 The Period of Formation of Sports for the Disabled in the 1980's

Since the reform of economic system and opening to the outside world, the sports and physical education for the disabled people have developed rapidly, and the nation-wide competitions have increased gradually.

Sports for the disabled associations were founded one after another in 27 provinces, cities, and autonomous regions in China. The sports and physical education for the disabled people stepped into a new period with organizations and leadership.

1.3 The Period of Development of Sports for the Disabled since 1990's

Entering the 1990's, along with the improvement of China's national economy and the living standard of the people, the cause for the disabled people developed more. In December 1990, the 17th meeting of the 7th NPC Stand Committee approved the Security Law for the Disabled People of PRC. The law was applied from May 15, 1991. It recognized the legal right and duty of the disabled people in the form of law.

1.3.1 The Booming Development of the Mass Sports for the Disable People

Some big and medium sized cities and business enterprises carried out various communications and competitions for the disabled people. They established sports organization or sports teams based on the sports association for the disabled people.

Annually, the special schools plan to organize athletics game in order to improve their sport technique level, to build body, to promote health, and to encourage the living confidences.

The provincial Association for Disabled People and Sports Association for Disabled People organized sports activities positively, and set up almost 300 training courses at various levels, where more than 10,000 disabled people were trained. At the same time, they held kinds of sports meetings for disabled people. Now in China, more than 200,000 disabled amateurs have attended to sports meetings held by some region, city and county. Over 10,000,000 disabled people keep doing physical exercises frequently. As the sports schools are training disabled sports talents, China now gradually formed spare time training teams for the disabled people. Nearly 100 outstanding coaches and referees are engaged in the cause of training and organizing games for the disabled people.

1.3.2 The Period of Sports Competition for the Disable People Getting Perfect

The athletes attended to nation wide sports meeting account to over 10,000. The provincial sports meetings for the disabled people are held every three or four years. Some provinces keep holding sports meetings for the disabled people regularly. Some provinces list the sports meetings for the disabled people as all-people sports meetings.

Table 1: Statistics of Successive National Sports Meeting for the Disabled

List	Time	Place	Players	Items	Records
1	Oct 7 to Oct 14, 1984	Hefei City	500	Athletics, swimming, table tennis	broke two world records
2	Aug 23 to Sep 1, 1987	Tangshan City	1000	Athletics, swimming, table tennis, wheel chair basketball	8 players broke 6 world records
3	Mar 18 to Mar 23, 1992	Guangzhou City	1100	Athletics, swimming, table tennis, wheel chair basketball, shooting, weightlifting	20 players broke 27 world records for 42 times
4	May 10 to May 15, 1996	Dalian City	1100	Athletics, swimming, table tennis, wheel chair basketball, shooting, weightlifting, blind person's judo, blind person's <u>gateball</u>	75 players broke 41 world records for 105 times
5	May 6 to May 14, 2000	Shanghai City	1800	Athletics, swimming, table tennis, wheel chair basketball, shooting, weightlifting, blind person's judo, blind person's <u>gateball</u> , wheel chair volleyball, badminton, wheel chair tennis, wheel chair darts (performing)	253 players broke 196 national records for 471 times
6	Sep 16 to Sep 24, 2003	Nanjing City	2229	Athletics, swimming, table tennis, basketball (wheel, deaf), shooting, weightlifting, blind person's judo, blind person's <u>gateball</u> , wheel chair volleyball, badminton, wheel chair tennis, <u>bicycling</u> , archery, wheel chair fencing	79 players broke 95 world records, 3 players equal to the world records, 269 players broke 447 national records

2. China's Sports for the Disabled Being an Active Player in the World


In order to promote exchange between China's sports for the disabled and International sports for the disabled, China Sports Association for the Disabled, China Sports Federation for Persons with an Intellectual Disability, China Deaf Sports Federation have been becoming members of IPC, ISOD, IBSA, ISMWSF, CP-ISRA, CISS, SOI, FESPIC and Asian and Pacific Deaf Sports Federation in succession in since 1985. Also from then on, China has started to choose more than one thousand athletes to participate in international games. In the spirit of "Equality, Participation, Self-reliance, Hard working", all the disabled athletes have being struggling hard with great heights and an overwhelming majority to challenge their own endurance to embody their own personal worth and to win honor for our motherland.



2.1 General Information about China's Disabled Athletes Participation in FESPLC Games

Chart 2 General Information about China's Participation in FESPLC Games

Time	Date	Place	Number of Chinese Athletes	Medals		
				Golden	Silver	Bronze
Third	1982	Hong Kong	15	6	12	7
Forth	1986	Indonesia	23	64	21	3
Fifth	1989	Kobe	57	99	32	8
Sixth	1994	Beijing	422	298	28	138
Seventh	1999	Bangkok	195	205	90	45
Eighth	2002	Pusan	207	191	90	50



2.2 General Information about China's Disabled Athletes Participation in the Paralympic Games

Chart 3 General Information about China's Disabled Athletes Participation in the Paralympic Games

Time	Date	Place	Number of Athletes	Medals	Rank
Seventh	1984	New York	24	2 <u>golds</u> , 13 silvers and 9 bronzes	
Eighth	1988	Seoul	43	17 <u>golds</u> , 17 silvers and 10 bronzes	
Ninth	1992	<u>Barselona</u>	24	11 <u>golds</u> , 7 silvers and 7 bronzes	11
Tenth	1996	Atlanta	37	16 <u>golds</u> , 13 silvers and 10 bronzes	9
Eleventh	2000	Sydney	87	34 <u>golds</u> , 22 silvers and 14 bronzes	6
Twelfth	2004	<u>Athen</u>	200	63 <u>golds</u> , 46 silvers and 32 bronzes	1

3. Experience and Enlightenment of the Development for China's Sports for the Disabled

The development of China's sports for the disabled is the same as the development of the whole country. It is full of hardness and zigzag. However, after dozens of years' effort, we have eventually found a proper road to fit this development to the state of China. By this way, from weak to strong, the development of China's sport for the disabled has gained the highest speed and the best achievement.

3.1 The Policy and Regulation of Chinese Government is Precondition and Assurance for Developing Sports for the Disabled

By establishing relevant laws, Chinese government has made sports for the disabled a career that has laws to depend on. Our government also supports several sport activities whose goal is to improve physique of the disabled people and their ability to attend many kinds of sport activities.

These laws have made a strong protection for the development of China's sports for the disabled.

3.2 The Establishment and Improvement of Sports Organizations for the Disabled is the Organization Assurance of Carrying on Their Sport Activities.

In 1983, Chinese Sports Association for the Injured People was established and changed its name as China Sports Association for Disabled People. In the whole world, it was called China Olympic Games for the Disabled since 2004. China Sports Federation for Persons with an Intellectual Disability was established in 1985. In 1986, China Sports Association for the Blind People was established. Meanwhile, the relative organizations for the disabled have been established in the whole country. These organizations have become a perfectly network of Chinese sports management organizations.

3.3 Support from government is a strong economical guarantee for the development of sports for the disabled

Our government has tried their best to raise money from different channels and taken various measures to support our sports industry for disabled people. The measures are as follows: A, the national finance give more money to develop sports for the disabled; B, the local finance has established special fund for sports for the disabled;C, a portion of income from welfare lottery has been used to sports for the disabled;D, mobilizing social strength to collect money to develop sports for the disabled.

3.4 To establish a perfect sports training system for the disabled is a fundamental guarantee on the road of developing sports for the disabled

After many years' exploration, sports training system with Chinese characteristics for the disabled has been established in China. Although this system is not as good as we expected, it fits for our state of country and can be an impulse in developing China's sports for the disabled.

3.4.1 The establishment of athletes selecting network system

To pick out proper athletes is a basis of sports training process. Because of the characteristic of sports game for disabled people, we have a special athletes selecting system according to the limitation of disabled people. So, under the demand of China Sports Association for the Disabled, according to local characteristics, local sports associations for the disabled have set up files of adolescents and children in local hospitals, welfare institutions, elementary or middle schools and schools for disabled people. These measures can help us find out talents as early as possible and as quickly as possible.

3.4.2 The state of building up disabled athletes team

At present, Chinese disabled athletes have gradually form a troop in a pyramidal shape. In a small area, we have formed our national team in allusion to our advantageous sports items. In order to guarantee the advantage of some events, some national teams have been sent to various provinces or cities that have better conditions for training and we have also mobilized local people to help us. At the basis of these efforts, we have added some sports events to enlarge the scale of sports events.

3.4.3 The state of building up coach teams for the disabled

In recent years, China Sports Association for the Disabled has made cooperation with international sport organizations by organizing some training classes, lectures, investigations; Meanwhile, China Sports Association for the Disabled also cooperates with Beijing Sport University, Shanghai Sport Institution, Tianjin Sport Institution, by starting up special sport educational majors, we have trained some sport coaches and teachers for disabled people. To meet the needs of sports training for disabled people from different levels, China is going to cooperate with different sports institutions of different levels, exchange with international sports organizations, improve our sports teachers and coaches for disabled people and pay more attention to the training of special sports talents.

3.4.4 Building up sport scientific research groups for disable people

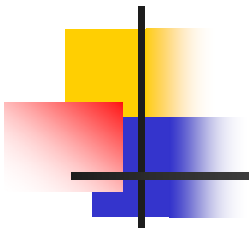
In recent years, China Sport Association for the Disabled has been actively cooperating with Beijing Sport University, Scientific Research Institution of General Administration of Sports in China and some other scientific research units. They have established a research group with certain scale and level and the research field has been enlarged including theory research, medicine classification, sport psychology, game rules, training methods, technique and tactics research, development and exploitation of sports equipments.

4. Present Problems of China's Sports for the Disabled

The obstacle the disabled people met in joining sports activities, except some life guarantee problems, is mainly these factors as follows: lack money, proper spot, special equipments, some organizers, instruction books and experts, insult organizations and so on. Furthermore, because of our social and economic state, the development of sports for the disabled in the country has a long way to go.

5. Conclusion

Sports for the Disabled is an important way for the disabled persons for rehabilitation, building up fitness, embodying their personal worth that it is the important mark of the development of a society and progress of the human culture. The development level of Sports for the Disabled of a country is an important embodiment of the overall capacity of the country and the civilization. Participation in sports is the self requirement of the disabled persons and also it is the fundamental rights of the disabled persons. Especially after China succeeded in bidding for 2008 Olympic Games in 2001, Sports for the disabled in China have been developing fast. The processing of sports for disabled in china will be a good base for the 2008 Paralympic Games.



**Thank
you!**