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The Impact of Exercise on Osteoporosis and Body Composition in Individuals with Mild Intellectual Disabilities

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Abstract : Osteoporosis is one of the most common diseases in the world and, its seriousness lies in the lack of clear symptoms. The researcher aims to identify the impact of sports activities on osteoporosis and the body component of those with mild intellectual disabilities of students in the schools in Saudi Arabia -Medina. The research sample was selected in an intentional manner and consisted of 45 students and they were divided into two groups. The first group consisted of 23 individuals participate in sports and the second group consisted of 22 individuals does not participate in sports. The researcher used the descriptive method and collected the data by measuring osteoporosis using and ultrasound osteoporosis screening device (OSTEO PRO B.M. Tech) and measured the body composition by using a Tanita devise (Body Composition Analyzer TBF-300 Tanita). The results indicated that there was a statistical significant difference between the two comparing groups in osteoporosis measurement and body composition for the benefit of the group of sport participants. The researcher recommended the need to involve individuals with mild intellectual disabilities in physical activities to improve their rate of osteoporosis and body composition as well as to develop sports programs for individuals with mild intellectual disabilities.

Keywords : body composition, mild intellectual disabilities, osteoporosis, physical activities
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