

Towards Empowerment and Autonomy of Differently Abled People: Need for Professional Community of Exercise Physiologists in India

Authors : Yesoda Bhargava

Abstract : This work is an ongoing research on understanding the existence or the non-existence of infrastructure for fitness for physically challenged people in India. Through the extensive field visits, interviews with differently abled people and observation of the schools for differently abled children, there have been some common observations in the realm of paucity of appropriate machinery, exercise physiologists and infrastructure catering to the fitness needs of physically challenged people in India both for adults and children. Amidst the more tangibly seen health issues, this crucial change which can better the life of physically challenged people is not given the due consideration at the national scale. The results of this study can be used to influence the policy making and program making related to inclusive health in India. Health and fitness are inextricably linked to each other, and one cannot be served at the cost of other. One of the other objectives of this paper is to create a traction for the importance of exercise promotion for the physically challenged people.

Keywords : fitness, health, inclusive health, exercise physiologists

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