

The specificity of adapted aquatic activities

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Abstract

Generally speaking, Adapted Aquatic Programs (AAP) have to be inclusive for the athletes with special needs, with locomotor and psycho-motor impairments, those who have attention-deficit disorders, mental retardation, autism, Down syndrome, sensory dysfunctions, rheumatological impairments, etc.

In those cases the AAP must create a “recreational stimulating environment”, in which they must generate some affective relations with the hydrokinetotherapist, because this develops in patients a positive self-image, by contributing to their social integration.

We think that AAP are the most important components of hydrokinetotherapy, a scientific specialization, closely allied to physical education, sports science, sports medicine, human biology, physical anthropology, gerontology and several other medical disciplines.

Keywords: adapted aquatic programs (AAP), hydrokinetotherapy, handicapped children.