

# Handball adapted for the visually impaired

Ágnes Ugron<sup>1</sup>, Valeria Bălan<sup>2</sup>, Iuliana Boroş-Balint<sup>1</sup>

<sup>1</sup>*Babeş-Bolyai University Cluj-Napoca, Faculty of Physical Education and Sports*

<sup>2</sup>*National University of Physical Education and Sports, Bucharest*

## Abstract

The child with a visual impairment is defined as one whose educational performance is adversely affected even when corrective lenses are worn. PL 94-142 specifically states that the child does not have to be blind or even near blind to qualify as having a visual limitation.

The physical education program for visually impaired children may be modified to provide additional tactile, kinesthetic and auditory stimulation for less severe impairments. Severe visual impairments may require substitution of other sensory modalities for sight. Verbal directional guidance, tactile stimulation and the use of specialized sound emitting devices can all be very helpful in the physical education program for the visually impaired.

Handball is an excellent method to increase physical activity which can be easily modified for visually impaired individuals.

Adapting a game or an activity increases the opportunity for enjoyment, skill development and improves self-confidence. Learning a new sport or recreational activity improves the quality of a visually impaired person's life, and creates a general sense of well-being and competence.

In this article we demonstrate that handball can be adapted for the visually impaired.

**Keywords:** visually impaired child, game, adapted handball.