



Accesibilidad al entorno físico en instalaciones de acondicionamiento para personas con discapacidad física: una revisión integradora

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text (article)

Analítica

Introduction: People with disabilities are often exposed to different physical or architectural barriers that block access to their participation in physical activity, exercise, and sports. This makes it difficult for them to benefit from these facilities which lead to a deterioration in the quality of life for many individuals with disabilities. **Materials and Methods:** An integrative review of quantitative studies was conducted using the SPIDER methodology with the following components: (i) problem identification, (ii) literature search, (iii) data evaluation, and (iv) data analysis. **Results:** Seven studies were included in which 429 fitness facilities were evaluated with four measuring instruments including mean ratings in percentages identified by the type of accessibility (physical, displacement, sports and recreational implementation) and whether they were at 0% minimum accessibility or at 100% maximum accessibility. None of the studies that were included obtained a mean score greater than 60%. Accessibility to sports and recreational implementation was at the lowest with 19.81% and physical accessibility was at the highest with 57.01%. **Conclusion:** Fitness facilities are not entirely accessible for people with disabilities. There is a need for further research to look into accessibility of sports and recreational implementation in Latin America, especially in Colombia

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