



Análisis de los beneficios del Deporte Inclusivo en el área Educación Física. Revisión sistemática [

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Analítica

Sport has some components that differentiate it from any other Physical Activity, whose aim is far from competition, based on enjoyment. Hence, it is considered a very important educational resource to be developed by Physical Education (PE) teachers. They should develop awareness-raising activities for people with disabilities and can use sports as a means of educational inclusion in the classroom, promoting a more accessible and quality PE. Therefore, this study aimed to search and compile manuscripts related to inclusive sports in the scope of PE. The documents were searched in the Web of Science database using the keywords "Physical education" and "Inclusive sport", obtaining a total of 20 documents that met the inclusion criteria up to May 2023. The development of inclusive sports will allow teachers to obtain many benefits, since they will allow the development of positive attitudes toward the group of people with disabilities, favouring joint sports practice, and eliminating barriers present towards people with disabilities. For a sport to be inclusive, it must fulfill a series of general characteristics: it must allow the inclusion of people with disabilities and maintain the objective of the original sport. To this end, adaptations and/or modifications of the basic sport must be made

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