

ABSTRACT

The present investigation was referred to "the physical condition in children (as) with special Geovanny School Street in the city of Cayambe. conducting a test methodology for the Special Olympics athletics-oriented 2011, the research allowed us as teachers, coaches and evaluate the physical condition of athletes as they prepare to track the physical qualities, in order to participate in Special Olympics is is involved. Year after year, the use of certain exercises, methods and means do not help prepare children with disabilities. While general physical preparation should be directed to the preparation of the organs and systems, the development of motor cu alidades, strength, speed, endurance, flexibility, agility, focusing on the development of athletics in different tests. The present work was aimed grade essential to determine the physical condition in children (as) with special abilities, known results, is to develop a toolkit of fitness in children (as) with special needs, this manual contains exercises , methods and means of training to improve each of the conditional capacities, since each of the physical cu alidades herein is scientifically substantiated the way athletes prepare a technical way, for best results both in the preparation physical and technical. In the research mode corresponds to a feasible project, was based on research, not experimental, exploratory, purposive. Researchers were physical education teachers, parents through a survey and children with special needs test is applied physical. The manual training to develop physical fitness will be a user-friendly document, with exercises, tasks, activities for each of qualities and sports training periods. The teaching of sports technique and preparation of athletes are the building blocks for the preparation of future athlete, all sporting gestures and general physical preparation is the responsibility of the coaches, the proposal there is this kind of information that will help raise preparación.de levels of both the athletic track and field. The manual will contain aspects of the technical, physical tests that are involved in Special Olympics.