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Oral Presentation

Bridging Theory and Practice: Preparing Sports Professionals for Inclusive Physical Education and Sport

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Abstract

Universities play a vital role in preparing qualified sports professionals to support people with disabilities, directly contributing to the sustainable quality of life. This presentation, aligned with the conference theme “*Disability and Sustainable Quality of Life: Reality and Aspiration,*” examines inclusion in sports and physical education from both academic and applied perspectives.

Key topics include the definition and practice of inclusion, the role of physical activity guidelines, and the influence of student experiences and teacher attitudes on fostering equitable participation. Practical examples of curricular innovations applied training models, and community engagement strategies will be presented to highlight practical approaches for qualifying sports cadres.

By bridging theory and practice, universities can advance inclusive physical activity and adapted sport, ensuring their graduates are equipped to meet real-world needs and promote lifelong well-being among people with disabilities.

Keywords: inclusion, adapted sport, higher education, disability, professional preparation