

## **Trampoline exercises for visual impairment people - exercises suggestions**

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Type of Contribution:

Age Range Middle School, High School, Adult

Population Visual Impairment

Physical Activity Visual Impairment

Session Activity Research Presentation (20 minutes)

The practice of regular physical activity is a factor of extreme importance for these individuals, thus contributing to improvements in strength, balance, and quality of life (Bartlo and Klein, 2011), as well as, in the postural control (Miklitsch, Krewer, Freivogel & Neumann et al., 2013, Lourenço, Esteves, Corredeira & Seabra, Steube, 2013) of individuals with disabilities. The current scientific literature states that jumping on trampolines provides numerous benefits to its practitioners (Lourenço, Esteves, Corredeira & Seabra, 2015), contributing to the development of balance, perception of temporal and rhythmic space and to overcoming fear (Botelho, 1992). Trampoline jumps contribute to increased flexibility, abdominal and lower limb muscle endurance, and heart rate (Leite, Alonso, Anjos, Gonçalves, Padovani & Aragon, 2009), improvements in lower limb strength (Lourenço, et al., 2015), postural control (Miklitsch, Krewer, Freivogel & Steube, 2013), balance and dynamic gait (Hahn, Shin & Lee, 2015).

Due to the different benefits described in the literature, trampolines have been used in different types of populations and professional areas.

So, we intend to present several exercise proposals, based on the use of the trampoline, for visually impaired individuals, leading to motor, cognitive and social benefits.