



**Sri Ramachandra Faculty of Sports & Exercise Sciences**

# Parabadminton and benefits on individuals with disability

## Parabadminton

Parabadminton is a variant of badminton for athletes with a range of physical disabilities.

Para badminton athletes compete in **men’s and women’s singles, men’s and women’s doubles, and mixed doubles.**

## Sport classes in Parabadminton

- Wheel Chair 1
- Wheel Chair 2
- Standing lower 3
- Standing lower 4
- Standing upper 5
- Short Stature 6



## Physiological Benefits

Badminton provides development of upper body and upper extremity muscles.

Increasing muscular force and endurance in disabled individuals

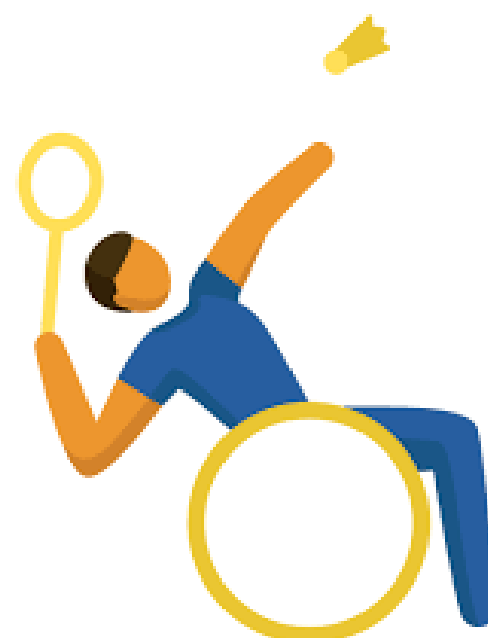
Minimizes the risk of developing musculoskeletal problems such as joint limitations or scoliosis that can be developed due to physical condition

## Psychological Benefits

Empowers the body and increases the life quality in terms of morale.

Enables better social integration and brings self-confidence.

Individuals dealing with sports are more independent in terms of mobility, compared to individuals who do not deal with sports



### Reference

- EFFECTS OF BADMINTON ON PHYSICAL DEVELOPMENTS OF MALES WITH PHYSICAL DISABILITY, YÜKSEL
- PARA BADMINTON. BWF CORPORATE