



# Multifunctional technology of the "Blurring Borders" project as a driving force for the growth of mass adaptive physical culture and sports

UDC 796.011.3



**A.A. Dubrov**

Associate Professor **Yu.O. Karmazinska**

Dr. Hab., Professor **L.B. Andryushenko**

PhD **G.B. Glazkova**

Plekhanov Russian University of Economics, Moscow

Corresponding author: glazkova\_fitnes@mail.ru

Received by the editorial office on 12.05.2025

## Abstract

**Objective of the study.** The research aims to experimentally confirm the impact of the "Blurring the Lines" Festival on the development of adaptive physical education and improving the quality of life of students in the regions of Russia.

**Methods and structure of the study.** A scientific study was conducted at Plekhanov Russian University of Economics, which included the study of specialized literature, a comparison of the first and second "Blurring the Lines" festivals (2023 and 2024), the definition and explanation of their socio-cultural impact, as well as the development of conclusions and recommendations on the development of adaptive physical culture (APC) in the regions of Russia.

**Results and conclusions.** Based on the quantitative and qualitative data obtained during the First and Second "Blurring the Lines" festivals, the positive socio-cultural impact of the project on the higher education system in Russia was scientifically substantiated. The festival promotes the development of mass adaptive physical culture by uniting the academic community and improving the socialization of students with special needs. The participation of military veterans, Paralympians and public figures expands the scope and significance of the project. The creation of a digital educational ecosystem provides a platform for the exchange of knowledge and experience. The expert community of the festival proposed scientifically sound measures for the further development of the APC, including regular scientific and practical conferences and the Universiade "Blurring the Lines", as well as the organization of the III All-Russian Student Festival to promote the health and social adaptation of students.

**Keywords:** *students with disabilities, adaptive physical education, socio-cultural processes, multi-sport technologies.*

**Introduction.** According to the results of the 1st All-Russian Student Festival of Adaptive Physical Culture and Sports "Erasing the Boundaries" (hereinafter referred to as the Festival), held in 2023, a great interest was revealed among students with disabilities and university coaching and teaching staff in various events of the Festival (27 universities from 18 constituent entities of the Russian Federation) [1].

At the panel discussions and working platforms of the scientific and practical conference "Erasing the Boundaries. Adaptive Physical Education and Adaptive Student Sports: New Development Trends" (June 2023), issues of involving students with various psychophysical limitations (with somatic diseases, disabilities and disabilities), the number of which is con-

stantly increasing, in systematic adaptive physical education (APE) classes were discussed for successful adaptation to the modern educational space of the university. Students from 60 universities in 46 constituent entities of the Russian Federation (RF) took part in the II All-Russian Student Festival of Adaptive Physical Culture and Sports "Erasing the Edges" for higher education institutions (2024), which confirms the active and effective work of the Festival organizers and the expert inter-university community of teachers and coaches for the development of mass APC in universities (created within the framework of the 1st Festival) in promoting the mission of the Festival "Erasing the Edges" (development of mass physical culture in Russian universities) to other regions of the country to



attract new participants (students, teachers, coaches, volunteers, interested parties). There is a need to substantiate the significant socio-cultural effects of the Festival "Erasing the Edges" in the development of mass adaptive physical culture in the regions of the country for further replication of the experience of effective methodological and pedagogical practices in other constituent entities of the Russian Federation and other countries to improve the quality of life of young people with health problems and successful self-realization.

**Objective of the study** is to provide scientific and experimental substantiation of the significant socio-cultural effects of the Festival "Erasing the Boundaries" in the development of mass adaptive physical culture in the regions of the country and improving the quality of life of young people with health problems.

**Methods and structure of the study.** The study conducted at the Plekhanov Russian University of Economics included the following stages: analysis of special documentation; comparative analysis of the implemented Erasing the Edges Festivals (I Festival-2023 and II Festival-2024), identification and substantiation of the socio-cultural effects of the Erasing the Edges Festival, formulation of conclusions and proposals for the further development of mass AFC in the constituent entities of the Russian Federation. The conclusions were formulated on the basis of the presented events (video and photo reports, scientific, methodological and practical developments) from 60 universities in Russia.

**Results and conclusions.** At the first stage of the study, a scientific substantiation of the target groups of students participating in the Festival was conducted.

Initially, the term "persons with health problems" was introduced by the developers of the Federal State Educational Standard as a generalized concept (all those who have persistent health problems) [3].

In the Festival regulations, we use the following unification of students into the concept of "students with health problems" (Federal Law No. 273; Federal Law No. 181; Order of the Ministry of Health No. 514): students with disabilities (based on the PMPK); students with disabilities (based on the forensic medical examination); students assigned to a special medical group for physical exercise (SMG "A") due to their health condition (with temporary or permanent somatic diseases) [4].

The regulations and competition tasks of the Festival "Erasing the Boundaries" stipulate that students with health problems need adaptation of physical education (PE) and APE methods and means taking into account their interests, needs, psychophysical limitations and capabilities, as well as special conditions for quality education.

Accordingly, the competition tasks of the Festival for Russian universities are compiled taking into account the various capabilities of this category of students: a competition for the best health cases for students with somatic diseases (SMG "A"); a competition of successful practices in preparing students with disabilities and disabilities to pass the standards (tests) of the All-Russian Physical Culture and Sports Complex "GTO"; a competition of effective methods for preparing students with disabilities and disabilities to participate in competitions in adaptive sports and phygital sports, including in inclusive settings [1].

The culmination of both the 1st and 2nd Festivals, by tradition, is a multi-sport event that includes a summary of the methodological and practical experience in AFC in universities (reports with presentations); awarding of the winning universities; master classes in types of AFC, master classes in types of phygital sports (at the 1st Festival – phygital martial arts and phygital mini-golf, at the 2nd Festival – phygital basketball); expert platforms; competitions in phygital

*Quantitative indicators of participation of Russian regions in the events of the All-Russian student festival "Erasing the Edges"*

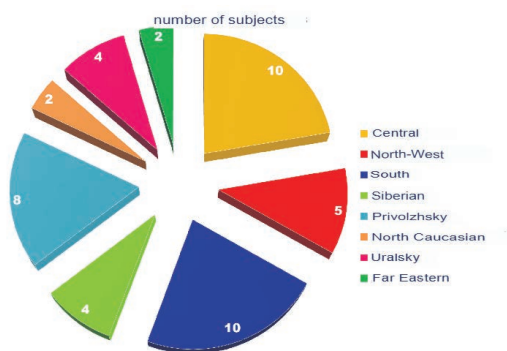
Quantitative indicators	I Festival 2023	II Festival 2024
Participants universities	27	60
Participants subjects of the Russian Federation	18	46
Participants: students with disabilities and special needs (students)	15 412	27 169
Participants students with disabilities (students)	4 385	3 681
Participants are students with disabilities (Paralympians)	-	32
Participants: students with disabilities (SVO participants)	-	533
Refresher courses	8	12
Number of issued certificates for the CPC (72 hours)	234	257



mini-golf among students with health problems). One of the priority tasks of the "Erasing the Boundaries" Festival is the task of training qualified coaching and teaching staff to work with students with health problems, taking into account their psychophysiological and physical limitations and capabilities. Therefore, within the framework of the 1st Festival, 8 educational courses for advanced training (AAC) were presented to the pedagogical community; within the framework of the II Festival, 4 more educational additional professional courses were added to the existing CPC [2].

The development of mass physical culture in Russia through the prism of the main quantitative indicators of the Festival "Erasing the Edges" (a comparative analysis of the participants of the I Festival and II Festival) are presented in the table.

At the II Festival, 60 higher education institutions located in 50% of the constituent entities of the Russian Federation by federal districts presented their results on the development of adaptive physical education in the university space (see figure).



Festival participants by federal districts

Based on the results, we highlight the main qualitative results as socio-cultural effects of the Festival "Erasing the Edges" in the development of mass AFC in the constituent entities of the Russian Federation:

- Conducting master classes (on adaptive physical recreation and creative body-oriented practices, adaptive games (mini-volley), types of aqua fitness) allowed us to consider and summarize various directions for the further development of all types of mass AFC.

- Summarizing the results of the regional events of the Festival (presentations by university representatives) on the best practices for including students with health problems in AFC classes, the All-Russian Physical Culture and Sports Complex "GTO" events and competitions in adaptive sports showed the great

potential of this category of student youth, both in the sports life of the university and the region, and in the socio-economic development of the country.

- Demonstration of phygital competitions organized in the space of universities in various types of phygital sports for students with disabilities, including in inclusive conditions, reveals enormous opportunities for the development of phygital sports in the physical education and sports environment of the university, both in mandatory physical education classes and in educational and training classes of the student sports club.

- Creation of a digital educational ecosystem (database) of effective scientific and methodological developments and pedagogical practices in AFC and adaptive sports, including types of phygital sports adapted to this category of students, creates opportunities to use data for the development of mass AFC in their regions and the replication of advanced pedagogical experience in other constituent entities of the Russian Federation.

- Expanding the panel of advanced training courses for Festival participants provides an opportunity: for coaches and teachers to improve the level of professional competencies; supplement the digital database of the CPC.

- The work of the academic community at the expert platform "Functional and digital development of mass adaptive physical education and sports in Russian universities" and the panel discussion "Digital educational ecosystem for adaptive physical education and sports" demonstrated a high level of involvement of teachers and coaches in the development of mass AFC in the country's universities (scientifically based proposals for organizing the III Festival "Erasing the Boundaries" were developed).

- Holding regional and final competitions in phygital mini-golf "Erasing the Boundaries" for students with health problems showed the possibility of scaling up competitions in adaptive sports and phygital sports, including technological sports, within the framework of the Festival.

- Participation in the events of the Festival of students and coaches (participants of the SVO) transfers the project "All-Russian student festival of adaptive physical education and sports "Erasing the boundaries" for educational institutions of higher education of various departmental subordination of the Russian Federation" to a higher social level of involvement of students and the pedagogical community of differ-



ent age and social strata in strengthening the health of the nation for the socio-economic development of the country.

**Conclusions.** Quantitative and qualitative indicators, as well as socio-cultural effects of the implementation of the 1st Festival and the 2nd Festival "Erasing the boundaries" in the constituent entities of the Russian Federation demonstrate the high efficiency of involving student youth with health deviations in adaptive physical education and adaptive sports events.

The expert inter-university community of the Festival (165 specialists and public figures) presented scientifically based proposals for the development of mass APC for the specified category of students:

- holding a scientific and practical conference "Erasing the boundaries" on a regular basis. Adaptive physical education and adaptive student sports: new development trends" in order to promote advanced scientific and practical pedagogical experience in higher education institutions;
- organizing and holding the Universiade in APC and sports "Erasing the Boundaries" as a necessary resource for recruiting national teams in Paralympic sports and participating in international competitions;
- organizing and holding on a regular basis the All-Russian student festival of adaptive physical educa-

tion and sports "Erasing the Boundaries" to improve the quality of life of students and successful self-realization in modern society.

### References

1. Andryushhenko L.B., Glazkova G.B., Uvarova N.N., Dubrov A.A. All-Russian Vserossiyskiy festival adaptivnoy fizicheskoy kultury i sporta «Stiraya grani»: perspektivy razvitiya. Teoriya i praktika fizicheskoy kultury. 2024. No. 7. Pp. 3-5.
2. Dubrov A.A., Mamonova O.V., Lubyshev E.A., Glazkova G.B. Professionalnye kompetencii specialistov v inklyuzivnoy fizkulturno-sportivnoy srede vuza. Teoriya i praktika fizicheskoy kultury. 2024. No. 4. Pp. 57-58.
3. Evseev S.P. Teoriya i organizaciya adaptivnoy fizicheskoy kultury: uchebnyk – Izd. 2-e stereotip. M.: Sport, 2020. 616 p. ISBN 978-5-907225-56-5.
4. Parfenova L.A., Glazkova G.B., Ozerova O.A. Aktualizaciya ekosistemy adaptivnogo fizicheskogo vospitaniya obuchayushhikhsya s otkloneniyami v sostoyanii zdorovya. Fizicheskaya kultura: vospitanie, obrazovanie, trenirovka. 2024. No. 6. Pp. 2-4.