

State of the Art

Education and the development of balance are interconnected and essential for the progress and overall well-being of **students with special needs**.



Research Purpose

✦ Impact of core activation and toning programs on the static and dynamic balance of students with special educational needs (**SEN**) in middle school physical education classes.

Methodology

✍ Somatic and functional measurements were conducted on the 15 students with special needs, and 9 tests were administered.



The study

✍ Inclusion criteria included the ability to stand on two feet and walk independently, conscious participation, and cooperation in the work program.

Result 1:

After 6 weeks of using core activation and toning exercises, with a frequency of 2 lessons per week, in students with Cerebral Palsy (CP), we achieved a favorable improvement in both static and dynamic balance.

Result 2:

Proprioceptive stimulation, which was predominant in the core activation and toning programs, contributed to better scores in static and dynamic balance for the three categories of disabilities: intellectual, visual, and auditory.