

Physical activity and sport as a tool to include disabled children in Kenyan schools

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Abstract

This article presents a brief history of the disability movement in East Africa and is the first study of its kind in Kenya. The study aimed to determine the physical activity levels of disabled and non-disabled children at schools in selected provinces in Kenya. A cross-sectional study was conducted with children in three high schools offering inclusive education and in three government boarding high schools. Thirty-six per cent of the disabled children were physically active compared with 64% of the non-disabled children. However, there are barriers to participation and there is a need to increase physical activity participation and to create awareness of the health benefits of physical activity among the disabled population.

Keywords: Physical activity, Sport, Disabled children, Kenyan schools

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