

ADAPTED PHYSICAL EDUCATION AND SPORT

Obligatory subject

Branch: Physiotherapy

Year: 3rd

1/1 C, summer

Description:

This subject aims to show adapted physical activities as a complex way of an active lifestyle for people with disabilities. It introduces some basic aspects of disability and handicap (integration, adaptation, sport organizations, psychosocial area) and describes biomedical aspects and possibilities of physical activity for people with particular disability or handicap.

Successful student should have basic overview of this broad issue. He/she should be able to think about specific adaptations in sport and should be able to advise patients about adequate and available form of physical activity.

Preliminary content:

1. Introduction to the field of APA. Importance of APE and APA. History of disability sport, national and international organizations.
2. Sociology of APA. Psychological considerations, motivation and adherence in sports.
3. Adaptation. Technological development, special aids for ADL and sport.
4. Assessment methods in APA. Exercise prescription (general + applied for people with disabilities).
5. Classification for elite sport.
6. Physical activities and sport for people with hearing loss and visual impairment.
7. Physical activities and sport for people with locomotor handicap (e.g. amputation, cerebral palsy, spinal cord injury).
8. Physical activities and sport for people with psychosocial disabilities (e.g. mental retardation, autism etc).
9. Physical activities and sport for people with „physiological“ disabilities (e.g. cardiovascular disorders, diabetes etc.). Examples of reconditioning camps.
10. Summer and winter sports for people with disabilities (adaptations, rules, classes etc.).
11. Seminar with guest (athlete with disability).
12. – 14. Visit in a disability sport club. Seminar with invited guest. (both will be specified).

Credit:

- to be present at 75 % of all lectures (for “visits or guests”, it is 100 %)
- essay on selected topic – group work

Literature:

- Australian Sports Commission. *Give it a go: Including people with disabilities in sport and physical activities*. 2001
- Sherrill, C. *Adapted Physical Activity, Recreation and Sport : Crossdisciplinary and Lifespan*. Boston: WCB/McGraw-Hill, 1998, 1993. ISBN: 0-697-25887-4
- ACSM. *ACSM's exercise management for persons with chronic diseases and disabilities*. Champaign, IL: Human Kinetics, 1997. ISBN: 0-87322-798-0
- ACSM. *ACSM's exercise management for persons with chronic diseases and disabilities*. Champaign, IL: Human Kinetics, 2003. sec.ed. ISBN: 0-7360-3872-8
- Internet sources:
 - <http://www.kuleuven.ac.be/thenapa/>
 - <http://www.paralympic.org>
 - <http://www.specialolympics.org>