

Subject: Disability Sport

I. General information

Organization unit	Faculty of Rehabilitation Chair: Teaching Movement Supervisor: prof. Bartosz Molik
Course name	Disability Sport
Subject code	FV-48
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	master
Study year	long-cycle Master's degree
Semester	6 (spring)
ECTS points	2
Teacher	prof. Bartosz Molik bartosz.molik@awf.edu.pl dr hab Jolanta Marszałek jolanta.marszalek@awf.edu.pl dr hab. Izabela Rutkowska prof AWF izabela.rutkowska@awf.edu.pl dr Grzegorz Bednarczuk grzegorz.bednarczuk@awf.edu.pl dr Waldemar Skowroński waldemar.skowronski@awf.edu.pl
Studies program in which the subject is realized	PHYSIOTHERAPY
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	Knowledge about theory of adapted physical activity

II. Detailed Information

Course aims and objectives

C1	To familiarize the student with the history and structures of disability sport from the international perspective.
C2	To familiarize the student with the specificity of various disciplines in disabled sport
C3	Preparing the student to carry out basis in the field of training in disabled sports
C4	Preparing the student to carry out basis related to the organization of competitions and sport events for persons with special needs
C5	To familiarize the student with the possibilities of using modern technologies in the disabled sport

Learning outcomes

Learning outcome	Subject's learning outcomes
	Knowledge
<p>O.W11. issues related to conditioning, maintaining and restoring fitness and performance to people of different ages, including the elderly, who lost or reduced their performance due to various diseases or injuries; as well as the principles of health promotion - at an advanced level;</p> <p>C.W11 rules for the selection of various forms of adapted physical activity, sport, tourism and therapeutic recreation in the treatment process and maintaining the fitness of people with special needs, including people with disabilities;</p> <p>C.W12 legal regulations regarding the participation of the disabled in sports of persons with disabilities, including paralympics and special olympics, organizations operating in the sphere of physical activity of persons with disabilities;</p>	<ol style="list-style-type: none">1. A student is able can justify and present examples of technological solutions supporting the participation of people with disabilities in various sport disciplines.2. A student is able to identify and recommend methods, forms of physical (fitness) (speed, strength, endurance) and technical preparation of persons with disabilities.3. A student is able to describe the specificity of various sport disciplines, disabled sports organizations and the classification of athletes in various disciplines.

Skills	
<p>O.U6 apply activities in the field of adapted physical activity and sport of people with disabilities for planning, selection, modification and creation of various forms of recreational and sport activities for people with special needs, including the elderly;</p> <p>C.U13 instruct persons with special needs, including persons with disabilities, in the field of various forms of adapted physical activity, sport, tourism and therapeutic recreation;</p> <p>C.U17 undertake activities promoting a healthy lifestyle at various levels, design a preventive program considering age, sex, health condition and living conditions of the patient, with particular emphasis on physical activity.</p>	<ol style="list-style-type: none"> 1. A student is able to program and leads sport activities for persons with disabilities 2. A student is able to implement activities aimed at health promotion and prevention 3. A student is able to characterize selected groups of persons with disabilities taking into account the specifics (principles and methods) of work in sport 4. A student has advanced skills in organizing various forms of recreational and sports activities for persons with special needs 5. A student has organizational skills in the field of training and organization of competitions for persons with special needs various sport disciplines 6. A student is able to create, modify and adapt various forms of sports, training and competition for persons with special needs 7. A student knows the specificity of training persons with various impairments and is able to use it for physiotherapy, recreational and sports purposes
Social Competences	
<p>O.K4 compliance with patients' rights and professional ethics;</p>	<ol style="list-style-type: none"> 1. A student is able to formulate factual opinions, in terms of sport and rehabilitation, relating to important aspects of disabled sport relevant to the physiotherapy process

Syllabus contents

No	Title
Classes/ Practical classes	
SC1	Introduction to the disability sport. Characteristic of sport activities for individuals with special needs.
SC2	History of Disability Sport. Organizational structures of Disability Sport in the World. Classification in Disability Sport
SC3	Sport for people with vision impairments (winter sport)
SC4	Sport for people with vision impairments (summer sport)
SC5	Sport for people with amputation, spinal cord injury and other motor disabilities – winter sport
SC6	Sport for people with amputation, spinal cord injury and other motor disabilities – team games

SC7	Sport for people with amputation, spinal cord injury and other motor disabilities – individual sport disciplines
SC8	Sport for people with central nervous system impairments
SC9	Sport for people with intellectual disability
SC10	Specificity of coaching in Disability Sport. New trends and direction in disability sport
SC11	Training session – wheelchair basketball
SC12	Training session – wheelchair fencing/swimming
SC13	Training session – amputee football/sitting volleyball
SC14	Training session – wheelchair rugby
SC15	Characteristic of training individuals with disabilities.

1 ECTS point = 30 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
Contact hours	30
Self study	15
Familiarization with the indicated literature	5
Preparation for exam	5
Preparation presentation for lecture	5
Total = 60 hours = 2 ECTS	