

Subject: Swimming for disabled

I. General information

Organization unit	Faculty of Rehabilitation Chair of Teaching Movement
Course name	Swimming for disabled
Subject code	FV-45
Teaching language	groups with English support
Type of subject (obligatory/ facultative)	Obligatory
Level of studies	5-year master degree studies
Study year	II
Semester	III
ECTS points	1,5
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Studies program in which the subject is realized	PHYSIOTHERAPY
Method of realization (stationary/ distance learning)	stationary
Prerequisites	Ability to swim 50m

II. Detailed Information

Course aims and objectives

A1	To acquaint the student with the methods of training disabled people in swimming.
A2	To acquaint the student with the rules and organization of swimming competitions for the disabled.
A3	To acquaint the student with the classification of competitors in swimming of disabled persons.
A4	Preparing the student to independently swim with four swimming styles.

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>	<ol style="list-style-type: none"> 1. Has knowledge of the selection of swimming styles for people with special needs. 2. Has knowledge of medical and functional problems of the client (patient, competitor) in swimming of people with special needs. 3. Knows the problem of forms of physical activity in water intended for people with various types of disabilities. 4. Has knowledge of swimming teaching methodology
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.U15 give classes in selected sports for people with disabilities, including demonstration of elements of techniques and tactics in selected sports for the disabled;</p>	<ol style="list-style-type: none"> 1. Has motor skills in the field of swimming technique. 2. Has advanced skills in organizing disabled swimming training. 3. Can prepare and carry out swimming training for people with various types of disabilities. 4. Has skills to test the level of physical fitness in the water.
Social Competences	
<p>O.K3 demonstrate the attitude that promotes a healthy lifestyle, promote and actively create the healthy lifestyle and health promotion during activities related to the professional practice and to determine the level of fitness necessary to practice the profession of a physiotherapist;</p>	<ol style="list-style-type: none"> 1. Can promote and actively create a healthy lifestyle and health promotion. 2. Able to perform tasks using security principles 3. Is able to participate in water activities for people with various types of disabilities.

Syllabus contents

No	Title
Classes/ Practical classes	
SC1	Safety rules in conducting classes in water. Learning and teaching basic swimming skills: initial adaptation to the aquatic environment.
SC2	Exercises of the 1st stage of swimming teaching - familiarizing with buoyancy, learning to lie and slip on chest and back; games and activities in teaching swimming activities.
SC3	Exercises in the 2nd stage of swimming teaching - crawl on the back: teaching lower limb movements, breathing and upper limb movements.
SC4	Exercises in the 2nd stage of swimming teaching - crawl on the back: coordination exercises for upper and lower limbs. Improving swimming.
SC5	Exercises in the 2nd stage of swimming teaching - crawl on the chest: teaching lower limb movements, breathing and upper limb movements.
SC6	Exercises in the 2nd stage of swimming teaching - crawl on the chest: coordination exercises for upper and lower limbs. Improving swimming.
SC7	Exercises in the 2nd stage of swimming teaching - classic style: teaching the movements of the lower limbs, upper limbs and breathing.
SC8	Exercises in the 2nd stage of swimming teaching - classic style: coordination exercises for upper and lower limbs. Improving swimming.
SC9	Exercises in the 2nd stage of swimming teaching - butterfly style: teaching the movements of the lower limbs, upper limbs and breathing.
SC10	Exercises in the 2nd stage of swimming teaching - butterfly style: coordination exercises for upper and lower limbs. Improving swimming.
SC11	Exercises in the 2nd stage of swimming teaching - teaching and improving start jump and turns.
SC12	Introduction to the subject of swimming training of people with disabilities. Medical and functional classification of disabled athletes in swimming.
SC13	The specificity of working in water with people with different disabilities (blind people)
SC14	The specificity of working in water with people with different disabilities (people with hearing impairment)
SC15	The specificity of working in water with people with different disabilities (spinal cord injury)
SC16	The specificity of working in water with people with different disabilities (amputees)
SC17-25	Preparation and conducting classes by students.
SC26	The use of accessories in swimming training for people with disabilities.
SC27	Observation of training with disabled swimmers.
SC28	Improving swimming techniques, starting jumps and turns.
SC29	Organization of competitions, swimming regulations in sport for people with disabilities.
SC30	Practical test - organization of competitions, swimming regulations in sport for the disabled.

Assessment criterion

Local grade	Grade	Criteria
5	A	meets 91-100% of the criteria required to pass classes
4,5	B	meets 81-90% of the criteria required to pass classes
4	C	meets 71-80% of the criteria required to pass classes
3,5	D	meets 61-70% of the criteria required to pass classes
3	E	meets 51-60% of the criteria required to pass classes
2	F	meets <50% of the criteria required to pass classes

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

TYPES OF CLASSES	HOURS
Contact hours	30
Self study	15
Total = 45 hours = 1,5 ECTS	