

## Subject: Team games for people with disabilities

### I. General information

<b>Organization unit</b>	Faculty of Rehabilitation Chair: Teaching Movement Supervisor: prof. Bartosz Molik
<b>Course name</b>	Team games for people with disabilities
<b>Subject code</b>	FV-44
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	obligatory
<b>Level of studies (eg. bachelor, master)</b>	master
<b>Study year</b>	long-cycle Master's degree
<b>Semester</b>	2 <sup>nd</sup> (spring) and 3 <sup>rd</sup> (winter)
<b>ECTS points</b>	1,5 each semester
<b>Teacher</b>	dr hab. Jolanta Marszałek jolanta.marszalek@awf.edu.pl
<b>Studies program in which the subject is realized</b>	PHYSIOTHERAPY
<b>Method of realization (stationary/ distance learning)</b>	Stationary
<b>Prerequisites</b>	Knowledge about: theory of teaching movement, fun and games movement for disabilities, Fitness

## II. Detailed Information

### Course aims and objectives

A1	To familiarize the student with the basic elements of wheelchair technique (the essential elements of active rehabilitation), elements of moving around on crutches, people with disabilities of the sight organ needed people with disabilities to independently move in everyday life
A2	To familiarize the student with technical and tactical skills in selected disciplines of team games for people with disabilities
A3	Familiarizing the student with basic information (history, organizational structure, competition system, classification, rules of the game) of team games for people with disabilities
A4	Familiarizing the student with the specificity of conducting physical activity classes with people with various types of disabilities

### Learning outcomes

Learning outcome	Subject's learning outcomes
<b>Knowledge</b>	
<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.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"> <li>1. A student has knowledge of different disability sports disciplines (team games) including: history, organizational systems and competition, classification of disabled players, game regulations.</li> <li>2. A student has knowledge about the selection of various forms of physical activity (team games) for people with mobility dysfunction, with intellectual disabilities, blind and visually impaired.</li> <li>3. A student has knowledge of the medical-functional problems of the client (patient, player) in team games designed for people with special needs.</li> <li>4. A student knows the problems of team games and has knowledge about the selection of equipment designed for people with different types of disabilities in a given discipline.</li> </ol>
<b>Skills</b>	

<p>O.U5 select medical devices according to the type of dysfunction and the patient's needs at every stage of rehabilitation, and instruct the patient on how to use them;</p> <p>C.U7 show motor skills necessary to demonstrate and to ensure safety during the performance of respective exercises;</p> <p>C.U14 instruct persons with disabilities in the area of self-care and locomotion, including independent locomotion and overcoming outdoor challenges in an active wheelchair;</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"> <li>1. A student can use the basic technical skills of wheelchair driving in the process of teaching and improving the wheelchair of people with disabilities in independent functioning.</li> <li>2. A student is able to propose selected forms of sports activities (exercises on team games and present their adaptations) for people with different types of disabilities.</li> <li>3. A student is able to match the wheelchair for a disabled person, taking into account the type of disability, functional capabilities and somatic build.</li> <li>4. A student can adjust the balls for a person requiring additional orthopedic supplies.</li> <li>5. A student has physical skills in the field of wheelchair technique, enabling teaching basic forms of active rehabilitation.</li> <li>6. A student has a basic level of special physical fitness (ability to move on the wheelchair and control the ball) needed to conduct classes in basketball and rugby on wheelchairs.</li> <li>7. A student has basic skills related to the specificity of conducting sports with goal balls for blind and partially sighted people.</li> <li>8. A student has basic skills associated with sitting volleyball and can adapt the environment to people with a dysfunction of the motor system moving in the game on the pitch in a sitting position.</li> <li>9. A student has a basic level of special physical fitness (individual fitness skill) needed to conduct indoor hockey activities for people with intellectual disabilities.</li> <li>10. A student has the basic level of physical fitness needed to conduct Amputee Football classes for people with mobility disabilities (e.g., people who have been amputated).</li> </ol>
<b>Social Competences</b>	
<p>O.K5 perceive and recognize their own limitations, self-assessing deficits and educational needs;</p> <p>O.K9 take responsibility related to decisions taken as part of the professional practice, as well as those of self and other people's safety;</p>	<ol style="list-style-type: none"> <li>1. A student carries out tasks in a manner that ensures the safety of its own, its surroundings and colleagues, adheres to the principles of work safety, is able to operate in conditions of uncertainty and stress, is aware of the obligation to provide first aid to the injured.</li> <li>2. A student is able to critically evaluate their own and other people's actions and verify the proposed solutions, as well as actively participate in various forms of activities in the field of physical activity and health promotion.</li> </ol>

### Syllabus contents

No	Title
<b>Classes/ Practical classes</b>	
SC1	<p>Elements of a wheelchair, how to adjust a wheelchair for a user.</p> <p>Fall in a wheelchair and how to rise.</p> <p>Patient transfers (e.g. from a wheelchair on the chair).</p> <p>Balance in a wheelchair.</p>

SC2	Balance in a wheelchair and overcoming obstacles (wooden obstacles, matterace). Basic information how to push an active wheelchair (everyday wheelchair) – technique of wheelchair pushing. Basic information about wheelchair basketball, technique of pushing a wheelchair in basketball.
SC3	Improvement of pushing in wheelchair basketball. Pushing a wheelchair without the basketball (starts, stops, turnovers, changing the direction). The first skill test – ENVELOPE.
SC4	Practical exam – technique of wheelchair pushing. Exercises with the ball. Taking the ball via a rim of a wheel, dribbling in a place (no movement).
SC5	Pushing a wheelchair with the ball – Two Pushes, One Bounce (basic), starts, stops, changing the direction, slalom, turnovers. The second skill test – SLALOM WITH DRIBBLING.
SC6	Passing and catching in wheelchair basketball. The third skill test – PASS FOR DISTANCE
SC7	Shooting in wheelchair basketball (in a place and in movement). The fourth skill test - SHOOTING, PICKING THE BALL AND DRIBBLING.
SC8	Specificity of classes with spinal cord injury – quadriplegia. Type of wheelchairs in wheelchair rugby. Pushing, dribbling, passing and catching in wheelchair rugby.
SC9	Wheelchair rugby training session or tournament.
SC10	Improvement of wheelchair basketball skills – preparation to wheelchair basketball skill test (practical assignment)
SC11	PRACTICAL ASSIGNMENT (four skill test) and WRITTING EXAM about wheelchair basketball and wheelchair rugby.
SC12	Basic information about sitting volleyball. Sitting volleyball Rules. Moving on the court in sitting volleyball. Exercises with the ball: overhead and forearm passing in sitting volleyball.
SC13	Overhead and forearm passing, setting, receiving, attack in sitting volleyball.
SC14	Serve and receiving the ball in sitting volleyball.
SC15	Improvement of sitting volleyball skills. WRITTING EXAM about sitting volleyball.
SC16	Basic information about the subject of Sports Games of Disabled - the rules of participation and passing the subject. Basic information about work safety regulations. Basic information about floor hockey - rules and principles of playing floor hockey and rules in the Individual Competition of Physical Fitness. The specificity of conducting sports activities with people with intellectual disabilities. Basic rules for warming up.
SC17	The ability to hold a hockey stick. Move on the field. The ability to drive a disc. Giving and receiving a hockey puck, playing floor hockey.
SC18	Shots on the goal in floor hockey. 1 in 1 - moving player in defense and attack in floor hockey. Ways to intercept the disc and pass the opponent. Basic tactical skills in floor hockey - quick attack, predominantly playing.
SC19	PRACTICAL EXAM (tests of special - technical efficiency from an individual Physical Fitness Competition) in floor hockey. Floor hockey game.
SC20	Basic information about games with sound ball. Rules and rules for the Goalball game. The specificity of working with blind and visually impaired people. Ability to move around the field. Teaching goalball defensive pad.
SC21	The ability to locate the ball (sound source). Ability to successfully shot on a

	goalball goal, selected exercises improving skills in the game in Goalball, the right game.
SC22	Basic knowledge about Amputee Football. The specificity of conducting sports activities with people after amputations. Learning and improving selected techniques of moving on crutches in Amputee Football. Theoretical credit from the rules and rules of selected team games.
SC23	Learning and improving selected techniques of moving on the ball with the ball in Amputee Football, the right game.
<b>Lectures</b>	
SC1-TP23	Show, demonstration of activities, demonstration with explanation, instruction, refresher exercises, subject exercises, teaching by participating in sports activities, didactic discussion
SC1-TP23	Exercise - presentation of selected exercises in team games, teaching by participation in sports activities, didactic discussion
SC9	Participation of disabled people in classes or teaching by participating in sports activities

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

<b>TYPES OF CLASSES</b>	<b>HOURS</b>
Contact hours	45
Self study	15
Familiarization with the indicated literature	15
Preparation for passing	15
<b>Total = 90 hours = 3 (each semester 1,5) ECTS</b>	