

## Subject: Recreation for disabled

### GENERAL INFORMATION

<b>Organization unit</b>	Faculty of Physical Education Chair of: Tourism and Recreation Chairman: prof. P. Tomaszewski
<b>Course name</b>	Recreation for disabled
<b>Subject code</b>	24/3/I/T
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	facultative
<b>Level of studies (eg. bachelor, master)</b>	master
<b>Study year</b>	2
<b>Semester</b>	III
<b>ECTS points</b>	3
<b>Professor</b>	Barbara Pędraszewska
<b>Studies program in which the subject is realized</b>	Tourism and Recreation
<b>Method of realization (stationary/ distance learning)</b>	Stationary
<b>Prerequisites</b>	None

### DETAILED INFORMATION

#### Course aims and objectives

A1	To familiarize students with the basic issues of participation of people with disabilities and groups with special needs in sports for all.
A2	To acquaint students with the current state of knowledge about selected directions of development of activation activities - physically and socially for people with special needs.
A3	Bringing the principles of cooperation with people with special needs.
A4	Preparing projects to develop their social skills and competences, using available information techniques; ability to work (activities) in a team.

#### Main topics

No	Topic
Lectures/classes	
1.	Practical familiarization of students with the principles and methods of work ensuring occupational safety and health when performing activities in the course with and/or without technical devices, equipment. Introduction to the issues of the classes.
2.	Disability - definitions, division, statistical data.
3.	Basic legislation and legal acts regulating the functioning of people with disabilities in Poland.
4.	Goals and barriers to participation of people with disabilities in sports for all.
5.	The role of recreation for people with disabilities in social, psychological and therapeutic terms.
6.	Adapted physical activity.
7.	Sources of funding for recreation and sports for people with disabilities.
8.	Organizations working for the activity of people with disabilities.
9.	Forms of RR of people with visual and hearing impairments.
10.	Goalball.
11.	Goalball for the blind.
12.	Paralympic Games, Special Olympics.
13.	People with physical disabilities - definition, classification, sports of people with disabilities.
14.	RR forms of people with musculoskeletal disabilities. Sitting volleyball- practical activities.

#### CONDITIONS FOR PASSING CLASSES:

1. Develop a selected topic (excerpt) and discuss / present it in class.
2. Credit for tasks performed in class.
3. Attendance at exercises (1 unexcused absence, the others made up with another group or with the instructor at consultations).
4. Positive evaluation of exercises (final evaluation).



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| 5. Obtaining a minimum of 60% of the pass mark in the content of the lectures.<br>6. Passing the final exam with min. 55%. |
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**1 ECTS point = 30 hours students work (contact + self study)**

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	20
3. Self study as preparation to the written exam	25
4. Self study as reading text prepared by the teacher	15
Total = 90 hours- ECTS points 3	

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