

CLASS CARD**RECREATION FOR DISABLED**

Basic classes	Code in the study plan	ECTS
Recreation for disabled	24/3/I/T	3

Education profile	practical
Faculty and field of study	Physical Education/ Tourism and Recreation
Studies program in which the subject is realized	Tourism and Recreation
Professor's name	Barbara Pędraszewska
Level of studies (eg. bachelor, master)	master
Study year and semester	2 year III semester
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	15/15
Form of passing classes	E3
Type of subject (obligatory/ facultative)	facultative
Prerequisites	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.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	

K_W01	P_W01 Understands the need for physical activity physical activity in people with special needs, taking into account changes in structure and function.
K_W04	P_W02 Understands the causes and mechanisms of stresses and disorders psychosomatic in people with special needs, knows how to present the possibilities of using physical activity for their reduction or elimination in this target group.
K_W05	P_W03 Has knowledge of the operation of national institutions in creating conditions for the development of recreation and sports of people with special needs. Knows the legal regulations in the field of recreational activities and sports.
SKILLS	
K_U09	<p>P_U01 Able to take into account selected physical parameters of specific activities and skillfully adapt them to the fitness level of participants with special needs</p> <p>P_U02 Can predict the impact of activities (their type and intensity) on the human body, in relation to the type of disability or special needs.</p>
SOCIAL COMPETENCES	
K_K01	<p>P_K01 Represents a health-promoting attitude toward people with disabilities.</p> <p>P_K02 Promotes physical activity, with particular emphasis on active recreation, for people with special needs.</p>
K_K04	P_K03 Engages in individual and team work.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
1-2	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.	<i>P_W01, P_W02</i>
3-4	Disability - definitions, division, statistical data.	<i>P_W01, P_W02</i>
5-6	Basic legislation and legal acts regulating the functioning of people with disabilities in Poland.	<i>P_W03</i>
7-8	Goals and barriers to participation of people with disabilities in sports for all.	<i>P_W01, P_W02</i>

9-10	The role of recreation for people with disabilities in social, psychological and therapeutic terms.	<i>P_W01, P_W02</i>
11-12	Adapted physical activity.	<i>P_W01, P_W02, P_W03</i>
13-14	Sources of funding for recreation and sports for people with disabilities.	<i>P_W01, P_W02, P_W03</i>
15	Organizations working for the activity of people with disabilities.	<i>P_W03</i>
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
1-2	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. Organizational classes - introduction to the issues.	<i>P_W01, P_W02</i>
3-4	Forms of RR of people with visual and hearing impairments.	<i>P_K01, P_K02</i>
5-6	Goalball.	<i>P_U01, P_U02</i>
7-8	Goalball for the blind.	<i>P_K01, P_K02</i>
9-10	Paralympic Games, Special Olympics.	<i>P_U01, P_U02</i>
11-12	People with physical disabilities - definition, classification, sports of people with disabilities.	<i>P_K03</i>
13-14	RR forms of people with musculoskeletal disabilities. Sitting volleyball-practical activities.	<i>P_U01, P_U02, P_K01, P_K02</i>
15	Ending assessment.	<i>P_W01, P_W02</i>

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Lecture 1 – 15	Auditorium
Classes 1 - 15	Auditorium, practical classes, workshops, conducting parts of classes
Teaching resources: <i>computer, multimedia projector, thematic presentations</i>	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
<i>P_W01, P_W02, P_W03</i>	Written credit for lectures, final written exam on knowledge (lectures and exercises).

P_U01, P_U02, P_K01, P_K02, P_K03	Ongoing preparation for classes - preparing and leading part of the class, presentation of the developed issue.
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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).
5. Obtaining a minimum of 60% of the pass mark in the content of the lectures.
6. Passing the final exam with min. 55%.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

1. Discuss the specifics of the selected disability.
2. Indicate the appropriate physical activity and justify your choice.

ENGLISH BIBLIOGRAPHY

Basic	<ol style="list-style-type: none"> 1. Powis, B., Brighton, J., Howe, P. D. <i>Researching Disability Sport: Theory, Method, Practice</i>. Routledge, London, 2023 2. Wagenfeld, A., Kennedy, C. <i>The Nature of Inclusive Play: A Guide for Designers, Educators, and Therapists</i>. Routledge, London, 2023 3. Theeboom, M., Schaillée, H., Roose, R., Willems, S., Bradt, L., Lauwerier, E. <i>Community Sport and Social Inclusion: Enhancing Strategies for Promoting Personal Development, Health and Social Cohesion</i>. Routledge, London, 2022
Additional	<ol style="list-style-type: none"> 1. Dattilo, J. <i>Inclusive Leisure Services: Responding to the Rights of People with Disabilities</i>. Venture Publishing, State College, 2012

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
		Classes requiring direct participation of academic teachers (total)
15/15	0,5/0,5	Lecture/ classes

		Other forms of activities/education to achieve the assumed learning outcomes (total)
20	0,67	Students' preparations of the presentations
25	0,83	Self study as preparation to the written exam
15	0,5	Self study as reading text prepared by the teacher
90	3	Total hours / ECTS

Number of ECTS points that a student obtains in classes developing practical skills: 1,2

Author of the class card:	Barbara Pędraszewska, barbara.pedraszewska@awf.edu.pl
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