

Subject: Fun and games movement

I. General information

Organization unit	Faculty of Rehabilitation Chair: Rehabilitation Supervisor: Izabela Rutkowska
Course name	Fun and games movement for disabilities
Subject code	FV-42
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	Master (linear)
Study year	1
Semester	1
ECTS points	1
Teacher	Izabela Rutkowska
Studies program in which the subject is realized	PHYSIOTHERAPY
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	Physical Education at secondary level

II. Detailed Information

Course aims and objectives:

A1	Familiarize students with basic information concerning safety and organization of fun and games movement for able-bodied and people with special needs
A2	Familiarize students with methodology and practical skills of conducting fun and games movement for able-bodied and people with special needs
A3	Familiarize students with with the methods of teaching motor skills based on fun and games movement

Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
<p>In terms of knowledge, the graduate knows and understands:</p> <p>C.W6. theoretical and methodical foundations of the process of learning and teaching motor activities;</p> <p>O.W9. professional issues in the field of theory, methodology and physiotherapy practice;</p>	<ol style="list-style-type: none"> 1. Student has knowledge about the safety and organization of development activities based on fun and games movement for non-disabled people and with special needs 2. Student knows the general rules for the selection of various forms of activity, as well as methods and means in conditioning activities based on fun and games movement for able-bodied persons and with special needs 3. Student has knowledge of methods of teaching motor skills based on fun and games movement
Skills	
<p>In terms of skills, the graduate can:</p> <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>O.U8. demonstrate high physical fitness necessary for the proper demonstration and performance of kinesiotherapy, massage and</p>	<ol style="list-style-type: none"> 1. Student is able to plan and control the learning process of exercises based on games and physical games, using professional terminology 2. Student is able to use proper forms of activity in improving own motor skills and teaching motor skills 3. Student is able to plan, develop and conduct classes based on games and physical activities for able-bodied and people with special needs

<p>manual therapy, as well as the use of special methods in people with various diseases, dysfunctions, and with different types and degrees of disability;</p> <p>O.U.10 encourage others to learn and take part in physical activity</p> <p>C.U.6 select exercises for people with various disorders and functional abilities, methodically teach people how to perform exercises while grading the intensity of difficulty and physical effort</p> <p>C.U.7 show motor skills necessary to demonstrate and to ensure safety during the performance of respective exercises</p> <p>C.U.13 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>4. Student has the skills to apply the correct methodology of fun and games movement for people with various functional abilities</p> <p>5. Student has the appropriate level of physical performance needed to participate in fun and games movement</p>
<p>Social Competences</p>	
<p>O.K 3 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> <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>	<p>1. Student is able to promote and actively create a healthy lifestyle and the idea of health relate fitness</p> <p>2. Student is able to participate in conditioning activities based on fun and games movement</p>

Syllabus contents

No	Title
Classes/ Practical classes	
SC 1	Objectives and tasks, forms and means of motor play activities classes – the demonstration
SC 2-5	Methodology and practical skills of conducting fun and games movement for able-bodied
SC 6-8	Methodology and practical skills of conducting fun and games movement for people with special needs

Assessment criterion

Local grade	Grade	Criteria
5	A	Excellent skills in conducting fun and games movement (according the rules) and very well prepared the draft of the activity,
4,5	B	Excellent skills in conducting fun and games movement (according the rules) and well prepared the draft of the activity
4	C	Good skills in conducting fun and games movement (according the rules) and very well prepared the draft of the activity
3,5	D	Good skills in conducting fun and games movement (according the rules) and well prepared the draft of the activity,
3	E	Adequate skills in conducting fun and games movement (according the rules) and well prepared the draft of the activity
2	F	Lack of adequate skills in conducting fun and games movement (according the rules) and not well prepared the draft of the activity

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

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