

26328 - Physical Activity and Sports for the Physically Challenged

Syllabus Information

Academic Year: 2020/21

Subject: 26328 - Physical Activity and Sports for the Physically Challenged

Faculty / School: 229 - Facultad de Ciencias de la Salud y del Deporte

Degree: 295 - Degree in Physical Activity and Sports Science

ECTS: 6.0

Year: 3

Semester: Second semester

Subject Type: Optional

Module: ---

1.General information

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. It is based, on the one hand, on the theoretical explanation of the most relevant aspects of the planning and teaching of activities related to adapted physical activities. On the other hand, starting from a mainly theoretical approach, this course will provide a practical approach to the course contents, so that students are able to apply the theoretical-practical knowledge they have acquired in the course.

The learning process has a deepening and reflection of theoretical and practical contents in the preparation of a portfolio.

4.2.Learning tasks

The course (150 hours) includes the following learning tasks:

- 15h Lectures. Large group sessions.
- 30h Practice sessions. Sessions where students work with case studies and problem-solving tasks.
- 15h Practice sessions. Sessions where students work with authentic tasks about adapted physical activities.
- 30h Project.
- 30h Portfolio.
- 30h Autonomous work and study.

4.3.Syllabus

The course will address the following topics:

- Topic 1. The general concept of AFA.
- Topic 2. Practical knowledge of the limitations and capacities of people with disabilities.
- Topic 3. The AFA and the adapted sports for the disabled.
- Topic 4. The programming of the AFA in educational and training contexts attending to the life cycle and the gender of the people and in the inclusive or special models.
- Topic 5. The functional classification systems of athletes.
- Topic 6. Social environment, accessibility of materials and facilities.
- Topic 7. Practical experience in AFA.
- Topic 8. Benefits of the practice of physical activity on the quality of life of people with disabilities.

4.4.Course planning and calendar

Provisional course planning

Course planning will be explained in the first theory session of this course.

4.5.Bibliography and recommended resources