

Academic Year/course: 2021/22

26328 - Physical Activity and Sports for the Physically Challenged

Syllabus Information

Academic Year: 2021/22

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: 4 and 3

Semester: Second semester

Subject Type: Optional

Module:

1. General information

1.1. Aims of the course

- Know the explanatory models and the conception of people with disabilities and adapted physical activity.
- Understand the influence of the characteristics of people with disabilities in their motor behavior.
- Develop physical exercise sessions for people with disabilities in educational, recreational, high-performance sports or therapeutic contexts.
- Apply these sessions in a real context.

These approaches and aims are aligned with the 2030 Agenda for Sustainable Development (<https://www.un.org/sustainabledevelopment/es/>) in order to acquire the following objectives:

- Health and Wellness.
- Quality education.
- Gender equality.
- Responsible production and consumption.
- Action for the climate.

1.2. Context and importance of this course in the degree

The Graduate in Physical Activity Sciences must be aware of inclusive strategies related to adapted physical activity and sports for people with disabilities.

1.3. Recommendations to take this course

The student has to consult the recommended bibliography in the following link:

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=26328>

If due to the pandemic produced by COVID 19, theory and practice sessions had to be canceled, they would be taught in an online mode (Google meet).

2. Learning goals

2.1. Competences

- Design, develop and evaluate adapted physical activity sessions with people with disabilities.
- Understand the influence of the characteristics of people with disabilities in different motor situations.
- Promote healthy habits during physical activity and sport.

2.2. Learning goals

- Design and apply learning situations related to physical activities and adapted sports.
- Design an inclusive physical activity and/or adapted sport session for people with disabilities, identifying their capacities in the practice of physical activity and sports.

2.3. Importance of learning goals

After finishing this subject, the student will have sufficient resources for planning and teaching activities related to adapted physical activities. Furthermore, they will know the specific sports adapted to the different disabilities.

3. Assessment (1st and 2nd call)

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

Option 1, Continuous assessment:

- Exam (40%): multiple-choice and short answer questions. The student has to obtain the minimum of 4 points.
- Project (30%): Design an adapted session for people with disabilities (pair work). The student has to obtain the minimum of 5 points.
- Autonomous work (30%): Critical review of practice sessions performed. The student has to obtain the minimum of 5 points.

Option 2, Global assessment:

- Exam (40%): multiple-choice and short answer questions. The student has to obtain the minimum of 4 points.
- Practice exam (30%): short answer questions. The student has to obtain the minimum of 5 points.
- Project (30%): Design two adapted sessions for people with disabilities. The student has to obtain the minimum of 5 points.

* If due to the pandemic produced by COVID 19, in-person exam had to be canceled, it would be performed in an online mode (Moodle).

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.

If due to the pandemic produced by COVID 19, theory and practice sessions had to be canceled, they would be taught in an online mode (Google meet).

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 adapted physical activity.
- 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

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=26328>