

## 26328 - Physical Activity and Sports for the Physically Challenged

### Syllabus Information

**Academic year:** 2023/24

**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:**

**Semester:** Second semester

**Subject type:** Optional

**Module:**

### 1. General information

The subject Physical Activity and Sport Adapted to People with Disabilities aims to know the conception of people with disabilities and adapted physical activity (APA), and the specific characteristics of people with disability. In addition, it is intended to design, implement and evaluate APA projects or sessions in educational, recreational, high performance sports or therapeutic contexts.

These approaches and goals are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the subject learning results provides training and competence to contribute to some extent to their achievement. Specifically, to the achievement of Objective 3.4 of Goal 3 and 4.3 and 4.4 of Goal 4.

### 2. Learning results

1. Design and carry out with fluency learning situations related to physical activities and adapted sports, working in a group, respecting the suggestions and opinions of the rest of the classmates, using the differences in abilities.
2. Elaborate an inclusive or corporate Physical Activity and/or adapted sport design project and put it into practice with people with disabilities, identifying limits and capabilities in the practice physical, sports and expressive activities.
3. Orally present researched knowledge about the characteristics of people with disabilities, the possibilities of specific sports practices and the curricular adaptation mechanisms in basic sports, physical education and sport for all, writing a portfolio that integrates evidence of learning and reflections on their own learning.

### 3. Syllabus

- **Unit 1:** The general concept of APA.
- **Topic 2:** Practical knowledge of the limitations and capabilities of people with limitations in the mental and/or bodily functioning for motor competence.
- **Unit 3:** The APA and adapted sports disciplines.
- **Topic 4:** APA programming in educational and training contexts attending to the life cycle and gender of individuals and in inclusive or special models.
- **Unit 5:** Functional classification systems for athletes.
- **Unit 6:** Social environment, material accessibility and facilities.
- **Unit 7:** Practical experience in APA.
- **Unit 8:** Benefits of the practice of physical activity on the quality of life of people with disabilities.

### 4. Academic activities

- **Master class:** Sessions with the teacher in which the syllabus will be explained: **15 hours**
- **Problem solving and case studies:** In these sessions, students will carry out activities such as: design of sessions or physical exercise programs adapted to people with disabilities, problem solving related to physical activity and people with disabilities, etc.: **30 hours**
- **Special practices:** Practical sessions conducted with people with disabilities and professionals from different associations: **15 hours**
- **Teaching work:** Performance of different teaching assignments: **24 hours**
- **Study: 61 hours**
- **Assessment tests. 5 hours**

## 5. Assessment system

The student will be able to choose between two evaluation options, the continuous evaluation or the global test. If they do not pass the continuous evaluation or do not agree with their grade, they are entitled to take the global test.

### **Option 1: Continuous assessment:**

- Written multiple choice test and short questions. (40%). Questions of comprehension and application of the knowledge acquired in the theoretical and practical sessions. Minimum 4 points to average.
- Project (30%): design and implement a physical activity session for people with disabilities working as a team. Minimum 5 points to average.
- Portfolio (30%): collect and present evidence of learning for each of the topics covered in the theoretical and practical sessions. Minimum 5 points to average.

In order to be qualified by this model, attendance to 85% of the practices is required. If the subject has not been passed in the continuous evaluation, the student must take the global test in its entirety and none of its parts will be kept. The grade of the continuous evaluation will be known by the student at least three days before the global test.

### **Option 2: Global Test**

The student must take the exam in the official call, take two written tests and submit an individual paper

- Written test on theoretical aspects (40%). Questions of understanding and application of theoretical knowledge.

Minimum 4 points to average.

- Written test on practical aspects (30%). Questions of comprehension and application of theoretical practical-knowledge. Minimum 4 points to average.
- Individual work to expand knowledge previously agreed upon with the teachers (30%). Design one or several physical activity sessions for people with disabilities. Minimum 5 points to average.

**Note\*** In both options, students will have the possibility of improving their final grade by obtaining a maximum of 1 extra point, which in the best case will allow those who have passed the subject to improve their grade. The activity to be carried out, and its corresponding grade, must be previously agreed upon with the faculty responsible for the subject. An example of activity is the collaboration in physical exercise sessions adapted to people with disabilities.

### **Tests for students who apply for other calls than the first one.**

For those students who have not passed the continuous assessment or who have to sit for successive calls because they have not passed the subject in the first call, the assessment will be governed by the overall assessment criteria.

Fraud or total or partial plagiarism in any of the evaluation tests will result in the failure of the course with the minimum grade, in addition to the disciplinary sanctions that the guarantee committee adopts for these cases. For a more detailed knowledge about plagiarism and its consequences, please consult: <https://biblioteca.unizar.es/propiedad-intellectual/intellectual-property-plagiarism#What>