



Adaptive Sport

Educational subject description sheet

Basic information

<p>Organizational unit Faculty of Health Sciences</p> <p>Field of study Physiotherapy</p> <p>Study level long-cycle master's degree program</p> <p>Study form full-time</p> <p>Education profile practical</p> <p>Disciplines Health science</p> <p>ISCED classification 0915 Therapy and rehabilitation</p> <p>USOS code NZ.FIJS.4o0005e</p>	<p>Didactic cycle 2020/21</p> <p>Realization year 2023/24</p> <p>Lecture languages english</p> <p>Block obligatory for passing in the course of studies</p> <p>Mandatory obligatory</p> <p>Examination oral examination</p> <p>Standard group C. FOUNDATIONS OF PHYSIOTHERAPY</p>	
<p>Subject coordinator</p>	Jarosław Amarowicz, Kamila Boczoń	
<p>Lecturer</p>	The full list of lecturers is available on the website usosweb.uj.edu.pl in the tab Directory → Courses.	
<p>Period Semester 7</p>	<p>Examination oral examination</p> <p>Activities and hours lecture: 20 seminar: 40 classes in clinical skills room: 40</p>	<p>Number of ECTS points 5.0</p>

Goals

C1	The aim of the course is to prepare the student to work with a patient with a disability as well as his family, in non-hospital settings, by promoting physical activity and sport; acquaint students with the offer of sport and recreation for the people with disabilities.
----	--

Subject's learning outcomes

Code	Outcomes in terms of	Effects	Examination methods
Knowledge - Student knows and understands:			
W1	zagadnienia związane z kształtowaniem, podtrzymywaniem i przywracaniem sprawności oraz wydolności osobom w różnym wieku, w tym osobom starszym, utraconej lub obniżonej wskutek różnych chorób lub urazów, a także zasady promocji zdrowia - w stopniu zaawansowanym	O.W11	oral examination
W2	pojęcia z zakresu rehabilitacji medycznej, fizjoterapii oraz niepełnosprawności	C.W1	oral examination
W3	zasady doboru różnych form adaptowanej aktywności fizycznej, sportu, turystyki oraz rekreacji terapeutycznej w procesie leczenia i podtrzymywania sprawności osób ze specjalnymi potrzebami, w tym osób z niepełnosprawnościami	C.W11	oral examination, project
W4	regulacje prawne dotyczące udziału osób z niepełnosprawnościami w sporcie osób z niepełnosprawnościami, w tym paraolimpiadach i olimpiadach specjalnych, oraz organizacji działających w sferze aktywności fizycznej osób z niepełnosprawnościami	C.W12	oral examination
W5	zagrożenia i ograniczenia treningowe związane z niepełnosprawnością	C.W13	oral examination
W6	zagadnienia związane z promocją zdrowia i fizjoprofilaktyką	C.W17	oral examination
Skills - Student can:			
U1	zastosować działania z zakresu adaptowanej aktywności fizycznej i sportu osób z niepełnosprawnościami dla planowania, doboru, modyfikowania oraz tworzenia różnych form zajęć rekreacyjnych i sportowych dla osób ze specjalnymi potrzebami, w tym osób starszych	O.U6	oral examination, project
U2	inspirować inne osoby do uczenia się oraz podejmowania aktywności fizycznej	O.U10	oral examination
U3	konstruować trening medyczny, w tym różnorodne ćwiczenia, dostosowywać poszczególne ćwiczenia do potrzeb ćwiczących, dobrać odpowiednie przyrządy i przybory do ćwiczeń ruchowych oraz stopniować trudność wykonywanych ćwiczeń	C.U5	oral examination
U4	poinstruować osoby ze specjalnymi potrzebami, w tym osoby z niepełnosprawnościami, w zakresie różnych form adaptowanej aktywności fizycznej, sportu, turystyki oraz rekreacji terapeutycznej	C.U13	oral examination

Code	Outcomes in terms of	Effects	Examination methods
U5	prowadzić zajęcia z wybranych dyscyplin sportowych dla osób z niepełnosprawnościami, w tym zademonstrować elementy techniki i taktyki w wybranych dyscyplinach sportowych dla osób z niepełnosprawnościami	C.U15	oral examination
U6	poinstruować osoby z niepełnosprawnościami w zakresie samoobsługi i lokomocji, w tym w zakresie samodzielnego przemieszczania się i pokonywania przeszkód terenowych na wózku aktywnym	C.U14	credit
Social competences - Student is ready to:			
K1	nawiązania i utrzymania pełnego szacunku kontaktu z pacjentem, a także okazywania zrozumienia dla różnic światopoglądowych i kulturowych	O.K1	credit

Calculation of ECTS points

Activity form	Activity hours*
lecture	20
seminar	40
classes in clinical skills room	40
preparation of a project	20
preparation for examination	20
preparation for classes	10
Student workload	Hours 150
Workload involving teacher	Hours 100
Practical workload	Hours 40

* hour means 45 minutes

Study content

No.	Course content	Subject's learning outcomes	Activities
1.	Introduction - the definition of disability and the issues it contains (in Poland and in the world). Problems with the sports classification for people with disabilities - International Classification of Functioning (ICF). Adapted Physical Activity (APA) in various physical activities - special physical education, physical recreation and sport, for people with disabilities, adaptive skills of culture. Review of non-governmental organizations (NGOs) supporting adaptive sports in Poland. Extreme sport activities for people with disabilities. Savoir-vivre in dealing with people with disabilities.	W1, W2, W3, W4, W5, W6	lecture
2.	Functional possibilities of people with disabilities divided by the type of disability. The role and place of sport in the lives of people with various disabilities. Equality in sport. Different types of sports for the people with disabilities, including those from the Paralympic Games, Deaf Olympics and Special Olympics.	W3, U1, U2, U3, U4, U5	seminar
3.	Education and training of people with disabilities in various sports. The process of organizing training and sport competitions for people with disabilities. Organization of sporting events on sports topics dedicated to people with disabilities. Different types of adaptation in sports depending on the form of disability. Functional capabilities of people with para- and tetraplegia. Self-sufficiency of patients with SCI. Construction of an active wheelchair and other sport wheelchair types. Driving and maneuvering an active wheelchair.	U2, U3, U4, U5, U6, K1	classes in clinical skills room

Course advanced

Teaching methods :

case study, textual analysis, brainstorm, classes in simulated conditions, demonstration, discussion, educational game, foreign language course, problem solving method, project method, group work, seminar, lecture, lecture with multimedia presentation, practical classes

Activities	Examination methods	Credit conditions
lecture	oral examination	The final exam is oral and takes place entirely in English. The student draws 2 questions from the pool. Criteria for the exam evaluation and final grade: Required content of the answer to the question - 0-5 points Using specialized topic vocabulary - 0-2 points Activity in the discussion during classes (active participation) - 0-4 points Final grade: 5-16 points - 5.0 14 points - 4.5 12-13 points - 4.0 11 points - 3.5 8-10 points - 3.0 7-0 points - 2.0 In order to be admitted to the exam, students must attend at least 90% of seminars and classes.
seminar	project	In order to complete the seminar, the student prepares a presentation on the topic of his choice (regarding disability, to be accepted by the lecturer) as part of the project and then presents it in the group forum, in English. Additionally, while working in groups, students prepare a project on secondary/tertiary prophylaxis regarding disability (topic appointed by the lecturer).

Activities	Examination methods	Credit conditions
classes in clinical skills room	credit	Credit based on attendance.

Entry requirements

Basic knowledge in the field of adapted physical activity, psychology and sociology of people with disabilities as well as clinical physiotherapy in the dysfunctions of locomotor system

Literature

Obligatory

1. Kowalik S (red.): Kultura fizyczna osób z niepełnosprawnością. Dostosowana aktywność ruchowa. Gdańskie Wydawnictwo Psychologiczne, Gdańsk, 2009.
2. Molik B. Zespołowe gry sportowe osób niepełnosprawnych. Wydawnictwo AWF. Warszawa 2009
3. Tasiemski T.: Usprawnianie osób po urazie rdzenia kręgowego: Nauczanie techniki jazdy wózkem inwalidzkim. Wyd. Elamed 2013

Optional

1. www.paralympic.org
2. Kiwerski J., Kowalski M., Krasuski M.: Schorzenia i urazy kręgosłupa. Wyd. 2 PZWL, Warszawa 2011

Effects

Code	Content
O.K1	The graduate is ready to establish and maintain respectful contact with the patient, and show understanding of differences in values, preferences and cultural patterns
O.U6	The graduate can take actions in the area of adapted physical activity and sport of people with disabilities, aimed at planning, choosing, modifying and developing various forms of recreational and sport events intended for people with special needs, including the elderly
O.U10	The graduate can inspire others to learn and engage in physical activity
O.W11	The graduate knows and understands topics related to developing, maintaining and restoring, in people from various age groups, including the elderly, fitness and physical capacity lost or reduced due to various disorders or injuries, and the principles of health promotion - at an advanced level
C.U5	The graduate can develop a medical training programme including a variety of exercises, adapt individual exercises to the needs of trainees, select appropriate equipment and accessories for physical exercises, with exertion-level grading
C.U13	The graduate can instruct people with special needs, including people with disabilities, as to various forms of adapted physical activity, sport, therapeutic tourism and recreation
C.U14	The graduate can instruct people with disabilities as to their daily self-care and mobility, including unassisted movement, also in uneven terrain, in a motorized wheelchair
C.U15	The graduate can conduct classes in selected sport disciplines for people with disabilities, also demonstrate elements of techniques and tactics used in selected sport disciplines for people with disabilities
C.W1	The graduate knows and understands concepts in medical rehabilitation, physical therapy and disability
C.W11	The graduate knows and understands the rules of selecting various forms of adapted physical activity, sport, therapeutic tourism and recreation in the process of treatment and maintaining fitness of people with special needs, including people with disabilities
C.W12	The graduate knows and understands legislation on the participation of people with disabilities in sport of people with disabilities, including Paralympic Games and Special Olympics, and on organizations promoting physical activity of people with disabilities
C.W13	The graduate knows and understands training hazards and limitations related to disability
C.W17	The graduate knows and understands topics related to health promotion and physical activity aimed at disorder prevention