

Adaptive Sports

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.4o1855e</p>		<p>Didactic cycle 2021/22</p> <p>Realization year 2024/25</p> <p>Lecture languages english</p> <p>Block obligatory for passing a year</p> <p>Mandatory obligatory</p> <p>Examination oral examination</p> <p>Standard groups B. GENERAL SCIENCES, C. FOUNDATIONS OF PHYSIOTHERAPY</p>	
Subject coordinator	Jarosław Amarowicz		
Lecturer	The full list of lecturers is available on the website usosweb.uj.edu.pl in the tab Directory → Courses.		
Period Semester 7	<p>Examination oral examination</p> <p>Activities and hours lecture: 10 classes: 15 seminar: 15</p>	Number of ECTS points 3.0	

Goals

C1	The aim of the course is to prepare the student to work with a disabled patient and his family, outside the hospital, as part of promoting physical activity and sport according to his functional capabilities.
C2	Familiarizing students with the sports and recreation offer for people with disabilities in accordance with their limitations

Subject's learning outcomes

Code	Outcomes in terms of	Effects	Examination methods
Knowledge - Student knows and understands:			
W1	prawne i ekonomiczne aspekty funkcjonowania podmiotów zajmujących się rehabilitacją osób z niepełnosprawnościami	O.W12	oral examination
W2	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
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
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, project
Skills - Student can:			
U1	wykazać umiejętności ruchowe konieczne do demonstracji i zapewnienia bezpieczeństwa podczas wykonywania poszczególnych ćwiczeń	C.U7	oral examination
U2	inspirować inne osoby do uczenia się oraz podejmowania aktywności fizycznej	O.U10	project
U3	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
U4	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	classroom observation

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	classroom observation
U6	wykazać umiejętności ruchowe z zakresu wybranych form aktywności fizycznej (rekreacyjnych i zdrowotnych)	B.U9	classroom observation
Social competences - Student is ready to:			
K1	wykonywania zawodu, będąc świadomym roli, jaką fizjoterapeuta pełni na rzecz społeczeństwa, w tym społeczności lokalnej	O.K2	oral examination
K2	prezentowania postawy promującej zdrowy styl życia, propagowania i aktywnego kreowania zdrowego stylu życia i promocji zdrowia w trakcie działań związanych z wykonywaniem zawodu i określania poziomu sprawności niezbędnego do wykonywania zawodu fizjoterapeuty	O.K3	project

Calculation of ECTS points

Activity form	Activity hours*
lecture	10
classes	15
seminar	15
preparation for examination	20
information collection	10
preparation of a project	10
Student workload	Hours 80
Workload involving teacher	Hours 40
Practical workload	Hours 15

* hour means 45 minutes

Study content

No.	Course content	Subject's learning outcomes	Activities
1.	Introduction - definition of disability and related issues (in Poland and in the world). Functional abilities of disabled people divided into different disability groups. The role and place of sport in the lives of people with various types of disabilities. The process of organizing training and competitions. Review of non-governmental foundations supporting sports with disabilities in Poland. Variety of sports for people with disabilities, including those from the Paralympic Games, the Deaf Olympics and the Special Olympics. Extreme sports activities for people with disabilities. Barriers in the life of a person with disability. Social model of disability,	W1, W2, W3, W4, W6, K2	lecture
2.	Equality in sport. Doping and the risks associated with it in the sport of disabled people. Problems with sports classification of people with disabilities - International Classification of Functioning (ICF). Education and training of disabled people in various sports disciplines. The importance of physical activity in people on the autism spectrum. Risk of injuries in adaptive sports.	W5, U1, U2, K1	seminar
3.	Preparing sport training for people with disabilities. Improving active wheelchair driving skills. Organization of sports training in selected sports for people with disabilities. Injury prevention. Participation in various demonstration activities related to adaptive sports, helping people with disabilities in adaptive sports. Voluntary options in adaptive sports.	U1, U2, U3, U4, U5, U6	classes

Course advanced

Teaching methods :

case study, textual analysis, brainstorm, classes in clinical skills room, discussion, educational game, problem solving method, project method, group work, assignments solving, seminar, lecture, lecture with multimedia presentation, mentoring

Activities	Examination methods	Credit conditions
lecture	oral examination	As part of the oral exam, the student receives 2 questions related to the issues discussed in class (lectures, seminars, exercises).
classes	oral examination, classroom observation	As part of the oral exam, the student receives 2 questions related to the issues discussed in class (lectures, seminars, exercises).
seminar	oral examination, project	The condition for admission to the final exam is the presentation of the project in the form of a lecture/presentation on a topic related to disability in English. Additionally the during the classes students will prepare a project on the secondary/tertiary prophylaxis.

Additional info

The course ends with an oral exam covering the knowledge of lectures, exercises and seminars.

The final grade (maximum 16 points = 5.0) is based on the students' activity (recorded on an ongoing basis by the teacher),

which is 25% of the grade (4 points) and the result obtained on the oral exam - 75% (12 points). For providing correct answers to the oral exam, the student may obtain 10 points (62.5%) and additionally 2 points (12.5%) for using specialized vocabulary.

Entry requirements

Basic knowledge about adaptive physical activity (APA), psychology and sociology of people with disabilities.

Literature

Obligatory

1. Red: Arthur Jason De Luigi. Adaptive Sports Medicine. A clinical guide. Springer International Publishing. Washington 2018.
2. Red. Kowalik S. Kultura fizyczna osób z niepełnosprawnością. Dostosowana aktywność ruchowa. Gdańskie Wydawnictwo Psychologiczne. Gdańsk 2009
3. Young S. I'm not your inspiration, thank you very much. Wykład online: www.ted.com

Optional

1. Molik B. Zespołowe gry sportowe osób niepełnosprawnych. Wydawnictwo AWF. Warszawa 2009
2. Morgulec-Adamowicz N. Adaptowana aktywność fizyczna dla fizjoterapeutów. Wydawnictwo Lekarskie PZWL. Warszawa 2014

Effects

Code	Content
O.K2	The graduate is ready to practise the profession with awareness of the role performed by a physical therapist in society, including the local community
O.K3	The graduate is ready to display an attitude promoting a healthy lifestyle, popularize and actively create a healthy lifestyle and advance health promotion in professional practice, and define the level of fitness required to practise the profession of physical therapist
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
O.W12	The graduate knows and understands legal and economic aspects of operation of entities engaged in rehabilitation of people with disabilities
B.U9	The graduate can demonstrate motor skills in selected forms of physical (recreational and pro-health) activity
C.U7	The graduate can demonstrate motor skills necessary to show how to correctly and safely perform various exercises
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.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