



Course Unit: 956341 - Physical Activity and Sports for People with Disabilities

Year 2 Semester 4 ISCED Code: 1014 ECTS: 5

Type of Course Unit: Compulsory Delivery Mode: Face-to-face Language of Instruction: Portuguese

COURSE COORDINATOR: Luís Manuel da Cruz Murta

HOURS OF WORK

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
100	15	15							70

Prerequisites (if applicable): <<Max 500 characters with spaces>>

LEARNING OUTCOMES (knowledge, skills and competence)

- To know the general framework of Special Education in Physical Education
- Introduce the students to the practice of Sports for People with Disabilities (SPwD)
- Understanding and practice different kinds of motor activities and SPwD
- Know and apply the appropriate teaching methods to SPwD
- To know the kind of work to be done in adapted sports according to the type and degree of disability
- Develop and try exercises, games and sports adapted to different kinds of disabilities

CONTENTS

Thema 0 : Introduction to Physical Activity and Sports for People with Disabilities (SPwD) .

Theme 1 : Evaluation diagnosis.

Theme 2 : Presentation of Adapted Physical Activity .

Theme 3 : Cooperative Games.

Theme 4 : Games and adapted sports; Sports for People with Disabilities.

Theme 5 : Motor Disabilities .

Theme 6: Sensory Disabilities.

Item 7 : Visual Disabilities .

Item 8 : Intellectual Disabilities

Item 9 : Paralympic Sports

- Athletics .
- Sitting volleyball .
- Wheelchair Basketball
- Wheelchair Rugby
- Boccia .

- Goalball .
- Other sports.

DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES

With this course unit it is pretended that the students acquire the knowledge, competences and skills of analysis and planning enabling it to meet the needs of promotion, organization and implementation a Physical Activity and Sports for People with Disabilities

TEACHING METHODOLOGIES

The teaching methodologies used in this curricular unit are the following:

- Simulated practical situations of planning, organization and intervention concerning learning and teaching in Physical Activity and Sports for People with Disabilities
- Reflection over the experienced situations;
- Research, analysis, presentation and debate of documents, individually and in small group.

DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES

The theoretical and practical nature of this curricular unit justifies the use, in a complementary way, of active methodologies with a strong practical component associated with theoretical exposition frequently used with audiovisual media, as well as bibliographical research.

It adopted the practice of presentation by the students to the class of proposals developed activities for each area of intervention.

EVALUATION METHODS

The assessment in this curricular unit consists of written test and group work including planning, intervention plans and observation of real teaching situations

MAIN BIBLIOGRAPHY

Carta Olímpica (2007) <http://www.coe.es/>.

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GREG, R. (2000). Future Directions of Inquiry in Adapted Physical Activity. *Quest*, 52, 369-381.

GUTIERREZ, M. y CAUS, N. (2006). Análisis de los motivos para la participación en actividades físicas de personas con y sin discapacidad. *Revista Internacional de Ciencias del Deporte*. 2(2), 49-64. <http://www.cafyd.com/REVISTA/art4n2a>

ORGANIZACIÓN MUNDIAL DE LA SALUD (2001) Clasificación internacional del Funcionamiento, de la Discapacidad y de la Salud. <https://www.imsersomayores.csic.es/documentos/documentos/oms-clasificacion-02.pdf>

RÍOS HERNÁNDEZ, M. (2003). Manual de educación física adaptada al alumnado con discapacidad. Barcelona: Paidotribo.

SANZ RIVAS, D. y REINA VÁILLO, R. (2012). Actividades físicas y deportes adaptados para personas con discapacidad. Ed. Paidotribo. Barcelona

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