

Faculty of Physical Education and Tourism

Course Unit					Adaptive Physical Education and Sports		
Bachelor in Physical Education					Code: I/K/27		
Year of study	Semestr	Type	Workload (hours)		Contacts hours	ECTS credits	Language of instruction
2	4	semestral	25	Lectures		1	1. Polish 2. Polish with additional English support for foreign students
				Problem solving	15		
Name (s) of lecturer (s)							
e-mail:							
Prerequisites:							
Before the course unit the learner is expected to: Know basic information on sport disciplines.							
Learning outcomes and competences							
At the end of the course unit the learner is expected to: 1.Know and understand basic concepts and models of health as well as goals, tasks and functions of health education in relation to people with disabilities. 2.Be able to take appropriate actions in the field of prevention, education or therapy of disabled people. 3.Be able to choose basic means and training methods for the needs of sports of disabled people and use selected fitness tests, including special fitness, selected according to a given sport discipline 4.Be involved in the work of groups and teams acting for the benefit of people with disabilities, in compliance with safety rules.							
Course contents (lectures):							
not applicable							
Course contents (problem solving):							

1. History of sport for the disabled.
2. Classification in sports for the disabled.
3. Sports equipment used in sports for the disabled.
4. Goalbaal - a sports game for blind and visually impaired people.
5. Sitting volleyball. Wheelchair basketball. Rugby on wheelchairs.

Teaching and learning methods:

Methods based on students' practical activities of direct and indirect nature.

Assessment methods:

1. Continuous evaluation
- Practical Work
- Intermediate Written Test

Recommended reading

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| 1. | <i>Eurofit specjalny. AWF Warszawa 1999</i> |
| 2. | <i>Kosmol A. (red.): Teoria i praktyka sportu niepełnosprawnych, AWF Warszawa, 2008</i> |
| 3. | <i>Marchewka A. Wychowanie fizyczne specjalne, AWF, Kraków, 1999</i> |
| 4. | <i>Molik B., Morgulec Adamowicz N., Kosmol A.: Zespołowe gry sportowe osób niepełnosprawnych, AWF, Warszawa 2008</i> |
| 5. | <i>Orzech J. Sobiecka J.: Sport osób niepełnosprawnych, AWF, Kraków, 1989</i> |
| 6. | https://www.choosept.com/resources/detail/adaptive-sports-people-with-disabilities |

Authorisation – course coordinator and course teachers (signatures):