

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

### Información del Plan Docente

<b>Academic Year</b>	2018/19
<b>Subject</b>	26328 - Physical Activity and Sports for the Physically Challenged
<b>Faculty / School</b>	229 - Facultad de Ciencias de la Salud y del Deporte
<b>Degree</b>	295 - Degree in Physical Activity and Sports Science
<b>ECTS</b>	6.0
<b>Year</b>	
<b>Semester</b>	Second semester
<b>Subject Type</b>	Optional
<b>Module</b>	---

### **1.General information**

#### **1.1.Aims of the course**

#### **1.2.Context and importance of this course in the degree**

#### **1.3.Recommendations to take this course**

### **2.Learning goals**

#### **2.1.Competences**

#### **2.2.Learning goals**

#### **2.3.Importance of learning goals**

### **3.Assessment (1st and 2nd call)**

#### **3.1.Assessment tasks (description of tasks, marking system and assessment criteria)**

### **4.Methodology, learning tasks, syllabus and resources**

#### **4.1.Methodological overview**

The methodology followed in this course is oriented towards achievement of the learning objectives. It is based, on the one hand, on the theoretical explanation of the most relevant aspects of the planning and teaching of activities related to adapted physical activities. On the other hand, starting from a mainly theoretical approach, this course will provide a practical approach to the course contents, so that students are able to apply the theoretical-practical knowledge they have acquired in the course.

The learning process has a deepening and reflection of theoretical and practical contents in the preparation of a portfolio.

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### 4.2. Learning tasks

The course (150 hours) includes the following learning tasks:

- 20h Lectures. Large group sessions.
- 20h Practice sessions. Sessions where students work with case studies and problem-solving tasks.
- 20h Practice sessions. Sessions where students work with authentic tasks about adapted physical activities.
- 30h Project.
- 30h Portfolio.
- 30h Autonomous work and study.

### 4.3. Syllabus

The course will address the following topics:

- Topic 1. The general concept of AFA.
- Topic 2. Practical knowledge of the limitations and capacities of people with disabilities.
- Topic 3. The AFA and the adapted sports for the disabled.
- Topic 4. The programming of the AFA in educational and training contexts attending to the life cycle and the gender of the people and in the inclusive or special models.
- Topic 5. The functional classification systems of athletes.
- Topic 6. Social environment, accessibility of materials and facilities.
- Topic 7. Practical experience in AFA.
- Topic 8. Benefits of the practice of physical activity on the quality of life of people with disabilities.

### 4.4. Course planning and calendar

#### Provisional course planning

	FIRST DAY	SECOND DAY
Week 1	Presentation	Topic 1
	Practice 1	Practice 2 and 3
Week 2	Topic 2.1	Topic 2.2
	Practice 4	Practice 5 and 6
Week 3	Topic 2.3	Topic 2.4
	Practice 7	Practice 8 and 9
Week 4	Topic 2.5	Topic 2.6

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	Practice 10	Practice 11 and 12
Week 5	Topic 3	Topic 3
	Practice 13	Practice 14 and 15
Week 6	Topic 4	Topic 4
	Practice 16	Practice 17 and 18
Week 7	Topic 5	Topic 5
	Practice 19	Practice 20 and 21
Week 8	Topic 6	Topic 6
	Practice 22	Practice 23 and 24
Week 9	Topic 7	Topic 7
	Practice 25	Practice 26 and 27
Week 10	Topic 8	Topic 8
	Practice 28	Practice 29 and 30
Week 11	Practices 31 and 32	Practices 33, 34 and 35
Week 12	Exams 2h	Portfolio 3h

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### **4.5. Bibliography and recommended resources**