

**DEMOCRITUS UNIVERSITY OF THRACE**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE**

*UNDERGRADUATE PROGRAM*

**COURSE TITLE:**

Adapted physical education

**COURSE CODE:**

N034

**E.C.T.S. CREDITS**

3

**RESPONSIBLE FOR THE COURSE:**

NAME	Batsiou Sophia		
POSITION	Assistant Professor		
SECTOR	Exercise and health		
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CO-INSTRUCTORS			

**SEMESTER:**

1<sup>st</sup>       2<sup>nd</sup>       3<sup>rd</sup>       4<sup>th</sup>   
5<sup>th</sup>       6<sup>th</sup>       7<sup>th</sup>       8<sup>th</sup>

**COURSE TYPE:**

Obligatory   
Direction   
Specialization   
Prerequisite for specialization   
Elective (*open*)

**HOURS (per week):**

2

**DIRECTION (only for 3<sup>rd</sup> & 4<sup>th</sup> year courses):**

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**SPECIALIZATION (only for 3<sup>rd</sup> & 4<sup>th</sup> year courses):**

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**LANGUAGE OF TEACHING:**

Greek [X]

English [ ]

**AIM OF THE COURSE (acquired skills & learning outcome):**

The aim of this course is for students to be able to recognize the types of disability and their special characteristics, have knowledge of official games for people with disabilities, acknowledge the rules of planning individualized exercise programs as like the activities in which people with disabilities can take part.

**COURSE CONTENTS** (*outline – titles of lectures*):

1. Demographic characteristics of people with disability - Historical going back of attitude of society towards people with disability - Individuals with disability.
2. The effects of physical activity and exercise as they relate to health and functional fitness of people with disability - Adapted physical education.
3. Characteristics of an individual with mental retardation. Down syndrome. Rules of exercise. Individual with mental retardation.
4. Characteristics of an individual with spinal cord injury, amputee. Rules of exercise. Individual with Spinal Cord Injury- Amputee
5. Characteristics of an individual with Cerebral Palsy. Rules of exercise. Individual with Cerebral Palsy
6. Characteristics of an individual with visual impairments. Rules of exercise. Individual with Blindness
7. Characteristics of an individual with hearing impairments. Rules of exercise. Individual with deafness.
8. Characteristics of an individual with spina bifida, hydrocephalus, epilepsy. Rules of exercise. Individual with Congenital Disturbances of Nervous System-Epilepsy
9. Characteristics of an individual with muscular dystrophy, achondroplasia, poliomyelitis. Rules of exercise. Individual with neuromuscular diseases.
10. Characteristics of an individual with attention deficit hyperactivity disorder and learning disabilities. Rules of exercise. Individual with Neurodevelopment Disturbances.
11. Characteristics of an individual with depression, neurosis, schizophrenia. Rules of exercise. Individual with emotional disturbances.
12. Characteristics of an individual with autism. Rules of education and exercise. Individual with behavioral disturbances
13. Paralympic games, Special Olympics, Deaflympics. Official sports games for people with disability.

**TEACHING METHOD(S)** (*lectures – labs – practice etc.*):

Lectures.

**ASSESSMENT METHOD(S):**

1. Mid term exams
2. Final written exams.

**LEARNING OUTCOMES:**

Upon the completion of this course the students will be able to:

1. Determine and combine the physical, social and psychological characteristics of people with disability as well as the limitations in exercise programs.
2. Designate the necessary adaptations with regards to people with disability will be able to participate in physical activities.
3. Select and apply the appropriate methods in order to increase participation in athletics and general physical activity.
4. Teach the paralympic games in school, with regards to pupils without disability will be more sensible to people with disability.

**LEARNING OUTCOMES – CONTINUED:**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load ( hours)</i>
Determine and combine the physical, social and psychological characteristics of people with disability as well as the limitations in exercise programs.	Lectures and home study.	Mid term exams, final written exams.	50
Designate the necessary adaptations with regards to people with disability will be able to participate in physical activities.	Lectures, problem solving projects, home study.	Mid term exams, problem solving project, final written exams.	15
Select and apply the appropriate methods in order to motivate people with disability to deal with sports.	Lectures, problem solving projects, home study.	Problem solving project, home study.	10
Teach paralympic sports in school, with regards to pupils without disability will be more sensible to people with disability.	Lectures, exercise program design, problem solving projects, home study.	Problem solving project, exercise program, final exams.	15
		<b>TOTAL</b>	<b>90</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. Aggelopoulou – Sakadami, N. (2004). Special education: developmental disorders & chronic impairments. Thessaloniki: University of Macedonia (in Greek).
2. Kokkaridas, D. (2010). Exercise and disability. Thessaloniki: Christodoulidis (in Greek).
3. Polichronopoulou, S. (2001). Pupils and adolescents with special needs and responsibilities: new tendencies in education and special support. 4<sup>th</sup> edition, Athens: Self edition (in Greek).
4. Koutsouki, D. (2008). Special physical education: theory and practice. Athens: Self edition (in Greek).