

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM

COURSE TITLE:

People with disability and exercise II

COURSE CODE:

N550

E.C.T.S. CREDITS

8

RESPONSIBLE FOR THE COURSE:

NAME	Sophia Batsiou		
POSITION	Assistant Professor		
SECTOR	Exercise and Health		
OFFICE	B2 - 22		
TEL. / E-MAIL	25310 - 39708	smpatsio@phyed.duth.gr	
CO-INSTRUCTORS			

SEMESTER:

1st 2nd 3rd 4th
 5th 6th 7th 8th

COURSE TYPE:

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

HOURS (per week):

4

DIRECTION (only for 3rd & 4th year courses):

Exercise for Special Population

SPECIALIZATION (only for 3rd & 4th year courses):

Adapted Physical Education & Activity

LANGUAGE OF TEACHING:

Greek English

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

The aim of this course is to make students able to: 1) accomplish research in the area of paralympic sports and interpret the results, 2) teach and coach people with disability in paralympic sports, 3) teach paralympic sports to people without disability so as they change their attitudes for people with disability and 4) design and apply exercise programs related to multiple dimensions of wellness (i.e., health functional fitness, etc.).

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

1. Methods of research - Assessment tools in adapted physical activity.
2. Practice (assessment of fitness of people with disability).
3. Practice (assessment of neuromuscular coordination).
4. Practice (motor skills of people with mental retardation - basketball, football).
5. Paralympic movement.
6. Rules of athletics.
7. Practice in track and field I.
8. Practice in track and field II.
9. Rules of swimming.
10. Practice in swimming.
11. Rules of wheelchair basketball, wheelchair rugby, sitting volleyball.
12. Practice in wheelchair basketball.
13. Practice in wheelchair rugby.
14. Practice in sitting volleyball.
15. Rules of football (blind and cerebral palsy), goal ball, boccia.
16. Practice in football (blind).
17. Practice in goal ball.
18. Practice in boccia.
19. Rules and practice in power lifting.
20. Rules and practice in wheelchair tennis - Table tennis.
21. Rules of equitation, cycling, archery, shooting, sailing, judo, fencing.
22. Practice (exercise programs for students with and without disabilities I - mental retardation).
23. Practice (exercise programs for students with and without disabilities II - sensory problems).
24. Practice (exercise programs for students with and without disabilities III - movement problems).
25. Practice (Paralympic day).
26. Practice (Paralympic day).

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

1. Lectures
2. Practice.

ASSESSMENT METHOD(S):

Problem solving projects
Exercise program
Final exams

LEARNING OUTCOMES:

Upon the completion of this course the student will be able to: 1) select and apply the appropriate methods of assessment (fitness, motor skills), 2) take part in paralympic sports, 3) teach and coach paralympic sports to people with disability, 4) apply exercise programs so as people change their attitudes about people with disability.
--

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Student Work Load (hours)</i>
Ability to select and apply the appropriate methods of assessment.	Lectures, problem solving projects, home study.	Problem solving project, final written exams.	60
Ability to take part in paralympic sports.	Lectures, practice, home study.	Mid term exams, problem solving project, final exams.	50
Ability to teach and coach paralympic sports to people with disability.	Lectures, problem solving projects and study.	Problem solving project, exercise program, final exams.	70
Ability to apply exercise programs so as people change their attitudes about people with disability.	Exercise program design, problem solving projects and study.	Problem solving project, exercise program, final exams.	60
		TOTAL	240

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

<ol style="list-style-type: none"> Lepome, M., Gayle, G.W. & Stevens, S. (1998). Adapted aquatics programming: a professional guide. Champaign, IL: Human Kinetics. Davis, R. (2002). Inclusion through sports. Champaign, IL: Human Kinetics. Depauk, K. & Susan, G. (2005). Disability sport. 2nd edition, Champaign, IL: Human Kinetics. Evaggelinou, Ch. & Batsiou, S. (2003). Teaching lessons: organization and rules of Paralympic Games. Komotini: Sakkoulas (in Greek). Sherill, C. (1993). Adapted physical activity, recreation and sport: cross disciplinary and lifespan. 4th edition, Baltimore: Brown & Benchmark.
--