COURSE OUTLINE ADAPTED STRENGTH TRAINING FOR PEOPLE WITH DISABILITIES

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C028	**SEMESTER**	3RD and 4TH
COURSE TITLE	ADAPTED STRENGTH TRAINING FOR PEOPLE WITH DISABILITIES		

TEACHING ACTIVITIES *If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.*	**TEACHING HOURS PER WEEK**	**ECTS CREDITS**
	2	3

COURSE TYPE *Background, General Knowledge, Scientific Area, Skill Development*	SKILL DEVELOPMENT
PREREQUISITES:	NO
TEACHING & EXAMINATION LANGUAGE:	GREEK
COURSE OFFERED TO ERASMUS STUDENTS:	NO
COURSE URL:	https://eclass.duth.gr/courses/170501/

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

Upon successful completion of the course, students will be able to:

- *Recognize various types of physical impairments and their impact on movement and performance.*
- *Adapt training modalities to accommodate movement impairments and behavioral differences*
- *Develop strategies for promoting safe and inclusive training environments.*
- *Design and implement personalized mobility and stretching programs to meet the specific needs and functionality of individuals with disabilities.*
- *Apply targeted strength exercises to enhance independence.*
- *Understand the special nutritional needs that promote physical and mental well-being of individuals with disabilities.*

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information,
ICT Use
Adaptation to new situations
Decision making
Autonomous work
Teamwork
Working in an international environment
Working in an interdisciplinary environment
Production of new research ideas
Project design and management
Equity and Inclusion
Respect for the natural environment
Sustainability
Demonstration of social, professional and moral responsibility and sensitivity to gender issues
Critical thinking
Promoting free, creative and inductive reasoning

- *Search, analysis, and synthesis of data and information, ICT use*
- *Adaptation to new situations and decision-making.*
- *Production of new research ideas.*
- *Demonstration of social, professional, and moral responsibility.*
- *Critical thinking and self-reflection.*
- *Promotion of free, creative, and inductive thinking.*
- *Respect for diversity and multiculturalism.*
- *Teamwork*

3. COURSE CONTENT

1. *Anatomical and physiological characteristics of disability. Performance differentiation.*
2. *Special topics and requirements: Accessibility - Posture and breathing -Corrective exercises - Flexibility - Aerobic training.*
3. *Training planning for strength development in individuals with disabilities - Special aids and precautions during training.*
4. *Exercises with resistance bands for warm-up and strengthening-Practical application.*
5. *Strengthening with Free Weights – Precautions, Assistance, and Practical Application.*
6. *Strengthening with Machines – Precautions, Assistance, and Practical Application.*
7. *Exercises with Medicine Ball, Straps, and Bodyweight – Practical Application.*
8. *Core Muscle Strengthening – Practical Application. Station Training and Interval Training – Practical Application.*
9. *Station Training and Interval Training – Practical Application.*
10. *Functional Training through Proprioceptive, Balance, and Coordination Exercises.*
11. *Assessment Tests in the Training Process: Body Composition Assessment-Nutrition-Medication Intake-Quality of Life.*
12. *Design of Training Programs for Strength Development in Individuals with Disabilities.*
13. *Presentation of Programs.*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD *Face to face, Distance learning, etc*	Theoretical teaching and practical application in person (remote only under special circumstances)
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) *Use of ICT in Teaching, in Laboratory Education, in Communication with students*	Use of ICT in Teaching and Communication with Students • Digital presentations • Videos • MsTeams / e-class, webmail
TEACHING ORGANIZATION *The ways and methods of teaching are*	***Activity*** | ***Workload/semester***

described in detail. *Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.* *The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.*	Lectures: 26 Practical application: 24 Study and analysis of literature: 10 Preparation and presentation of essays: 12 Examinations: 3 **Total Course: 75**
STUDENT EVALUATION *Description of the evaluation process* *Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others* *Please indicate all relevant information about the course assessment and how students are informed*	• Written/Oral Examination: 50% • Preparation and presentation of essay: 50%. Language: Greek Multiple Choice Test, Development Questions, Written Essay Explicitly defined evaluation criteria are accessible on e-class.

5. SUGGESTED BIBLIOGRAPHY

1. *Lösel D. (2022). Strong in a Wheelchair: Athletic Training for Wheelchair Users. Published by Pflaum Verlag GmbH & Co. KG. ISBN 978-3948277994.*
2. *Kokkaridas D. (2019). Exercise and Disability: Individualization, Adaptations, and Prospects for Inclusion. Published by Afoi Kyriakidi – EKDOSEIS A.E. ISBN 978-960-602-075-9.*
3. *Highcock D. (2016). Zero Assistance Resistance Training: 100% Wheelchair-Based Workout Program. Published by Let's Tell Your Story Publishing. ISBN 1910600067.*
4. *Sherill C. (2014). Adapted Physical Activity, Recreation, and Sport: Interdisciplinary and Lifelong Education. Published by Broken Hill Publishers Ltd. ISBN 978-960-489-259-4.*

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Fani Berberidou (Specialized Staff)
Contact details:	fbermper@phyed.duth.gr
Supervisors:	YES

Evaluation methods:	Written exam with online methods (50%). Essay (50%)
Implementation Instructions:	The exam for the course will take place on e-class, where an 'Exercise' with questions will be scheduled on the day of the exam, according to the exam schedule announced by the Secretariat. Students will be simultaneously connected to the Teams platform. The link will be sent exclusively to the institutional email accounts of the students who have registered for the exam and have acknowledged the terms of the remote examination. Students must join the exam room via their institutional email account, with the camera on during the exam. Before the exam begins, they must show their ID to the camera for identification purposes. Each student must answer multiple-choice questions and/or open-ended text development questions. Each question is graded from 0.5 to 2.0 points, depending on the type of question. The essay must be submitted via e-class by the specified date.