

COURSE OUTLINE

MASTER PROGRAM	CREATIVE AND ADAPTED PHYSICAL EDUCATION
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1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCES AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCES		
LEVEL OF STUDIES	POSTGRADUATE - LEVEL 7		
COURSE CODE	ΠΕ07	SEMESTER	2 nd or 3 rd
COURSE TITLE	SPORTS AND PEOPLE WITH DISABILITIES		
TEACHING ACTIVITIES	TEACHING HOURS PER WEEK	ECTS CREDITS	
	3	10	
COURSE TYPE	ELECTIVE COURSE SPECIALIZATION: SPECIAL PHYSICAL EDUCATION		
PREREQUISITES:	NO		
TEACHING & EXAMINATION LANGUAGE:	GREEK ENGLISH FOR ERASMUS ⁺ STUDENTS		
COURSE OFFERED TO ERASMUS STUDENTS:	YES		
COURSE URL:	https://eclass.duth.gr/courses/GYM124/		

2. LEARNING OUTCOMES

Learning Outcomes
<p>The aim of this course is for students to:</p> <ol style="list-style-type: none"> Gain an understanding of competitive sport of individuals with disabilities and the various sports available for each type of disability. Learn the general principles of classification for each sport and the fundamentals of designing training and implementing exercise programs. <p>Upon successful completion of this course, students will be able to:</p> <ol style="list-style-type: none"> Understand the role of competitive sports for individuals with disabilities and the sports in which they can participate, depending on the type of disability. Be familiar with athlete classification regulations and the rules applied in sports competitions for individuals with disabilities. Acquire expertise in research methods used to assess physical and motor parameters, as well as psychological characteristics, of athletes with disabilities. Design and implement awareness programs aimed at educating students without disabilities about their peers with disabilities.
General Skills

Search, analysis and synthesis of data and information, using the necessary technologies
 Autonomous work - Teamwork
 Exercise of criticism and self-criticism
 Adaptation to new situations and Decision making
 Promotion of free, creative and inductive thinking
 Production of new research ideas
 Respect of diversity and multiculturalism.
 Demonstration of social, professional and ethical responsibility and sensitivity to gender issues

3. COURSE CONTENT

1. Sports and people with disabilities
2. Paralympic movement – Summer Paralympic Games
3. Swimming for people with mobility and vision problems.
4. Athletics: Track events for people with mobility and sensory impairments.
5. Athletics: Throw and jump events for people with mobility and sensory impairments.
6. High performance sports of people with disabilities: Coaching approach and applied practices.
7. Team sports for people with mobility problems (wheelchair basketball, wheelchair Rugby)
8. Team sports for people with mobility problems (football, Handball, sitting volley ball)
9. Team sports for people with vision problems (Goal ball, Football)
10. Racket sports for people with mobility problems
11. Unified sports
12. Winter Paralympic Games.
13. Adapted Strength Training for people with disabilities.

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD	Distance Learning	
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT)	Use of ICT in Teaching and Communicating with students (Teams, e-class, webmail)	
TEACHING ORGANIZATION	Activity	Workload/semester
	Lectures	50
	Literature review	70
	Individual project	45
	Group project	47
	Project presentation	35
	Examen	3
	Total	250
STUDENT EVALUATION	Formative Individual written project (60%) Presentation of work/Interim exams (20%) Final written/oral exam (20%)	

5. SUGGESTED BIBLIOGRAPHY

1. Κοκκαρίδας Δ. (2021). Ειδική Φυσική Αγωγή. Αφοι Κυριακίδη – ΕΚΔΟΣΕΙΣ Α.Ε.
2. Davis R. (2002). Inclusion through Sports: A Guide for Enhancing sport Experiences. Human Kinetics.
3. Horvart M., Block M., & Kelly L. (2011). Μέτρηση και αξιολόγηση στην προσαρμοσμένη κινητική αγωγή. Μετ. Σκορδίλης Εμ., & Γραμματοπούλου Ε. Εκδ. Τελέθριον, Αθήνα
4. Sherrill, C., (2015). Adapted Physical Activity Recreation and Sport. Cross - disciplinary and Lifespan. 6th Ed. Επιμ. Ευαγγελινού Χ. Εκδ. Πασχαλίδη Αθήνα
5. Winnick, J., & Porretta, D. (Eds.). (2016). Adapted Physical Education and Sport, 6E. Human Kinetics.
6. Lösel D. (2022). Strong in a Wheelchair: Athletic Training for Wheelchair Users. Εκδόσεις Pflaum Verlag GmbH & Co. KG..
7. Highcock D. (2016). Zero Assistance Resistance Training: 100% wheelchair-based workout program. Εκδόσεις Let's Tell Your Story Publishing.
8. Hall K. & Myers L. (2017). Para Throws Coaching Manual.
<http://bcwheelchairsports.com/sites/default/files/images/Para%20Throws%20Coaching%20Manual%20Complete%20Version.pdf>
9. O’Riordan A. (2017) Inclusive Coaching Guidance for Ambulant Athletes
<https://www.limbpower.com/application/files/3315/1461/9407/Inclusive-Coaching-Guidance-Ambulant-Athletes-v11.pdf>
10. National Center on Health, Physical Activity and Disability (2014). DISCOVER ACCESSIBLE FITNESS- Wheelchair User’s Guide for Using Fitness Equipment.
https://www.beneficialdesigns.com/wp-content/uploads/2022/04/Discover-Accessible-Fitness_2014-06-25.pdf

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Fani Berberidou, Specialised Teaching Staff
Contact details:	fbermper@phyed.duth.gr
Supervisors:	No
Evaluation methods:	Individual written project (60%) Presentation of project (20%) Final written exam (20%)

Implementation Instructions:

The project must be submitted via e-class ("Εργασίες") by a date specified by the instructor.

- The written exam for the course will take place through the e-class platform, where an "Exercise" with questions will be scheduled on the exam day, which will be announced by the Secretariat.

At the same time, students must log into the Teams platform, where they will be redirected to the exam room via a link that will be sent exclusively to the institutional accounts of the course's students.

The camera of the exam takers must remain on throughout the exam.

Before the exam begins, students must show their ID to the camera for identification purposes.

Each student must answer multiple-choice questions and/or open-ended questions. Each question will be graded from 0.5 to 2.0 points, depending on the type of question.

- The project will be presented via Teams in a ppt format, during a pre-scheduled class. The date, topic, and maximum presentation duration will be determined by the instructor.