

- 1. Course:** Disabled sports
- 2. Lectures** – 4 hours, **classes** – 16 hours
- 3. Credit** – individual work/ project,
- 4. Semester** – summer,
- 5. Total** – 20 hours
- 6. Syllabus**

The aim of the course: The aim of the course is to familiarize students with possibilities: to conduct sports training sessions with persons with sensory disabilities, motor disabilities, intellectual impairments - in selected sports and competitions;

Prerequisites: Knowledge of anatomy, physiology

Content: The course covers theoretical and practical parts. Practical part include the observation of and participation in sports activities for persons with damaged sight organ, for persons with impaired hearing organ and for persons who are intellectually impaired to a moderate and considerable degree, and also observation of and participation in wheelchair basketball or amp football training. The course include also observation and training some techniques of disabled persons transfer's, choosing and adjust wheelchairs, and the technique of getting about on wheelchairs; and active part in the organization of sports competitions for the disabled.

7. Learning outcomes

- Student specifies and describes the aims and tasks of physical activity and sport in the process of comprehensive physical rehabilitation of disabled persons, indications and contraindications for exercises, classifications in the sports practised by disabled persons and the rules of sports.
- Student can choose the type of physical activity and sports to the capabilities and needs of people with any type of disability and of all ages.
- Student can teach the blind a new movement and lead the blind during physical activities.
- Student play different roles in the preparation and realization sports events for the disabled.

8. Qualification – physiotherapy, I and II degree

9. Unit – Department of the Sports for the Disabled, Faculty of Motor Physical Rehabilitation

10. Persons engaged in the subject:

- dr hab. Joanna Sobiecka
- dr Marta Kądziołka
- dr Paweł Żychowicz

11. Conditions of realization the subject:

lectures: didactic room, all foreign students

classes: gym, facility in Cracow, group of max. 15 persons

12. ECTS points: 4 ECTS