

- 1. Course:** Disabled sports
- 2. Lectures** – 5 hours,
classes – 15 hours
- 3. Credit** – exam,
- 4. Semester** – winter,
- 5. Total** – 20 hours
- 6. Syllabus**

The course covers theoretical and practical parts. 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; to instruct how to teach disabled persons some techniques of transfer, choosing and adjust wheelchairs, and also the technique of getting about on wheelchairs; and active part in the organization of sports competitions for the disabled.

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 training.

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 secure the wheelchair users, to teach them to overcome architectural barriers, make the transfer techniques and to choose and adjust the wheelchair according to the disabled needs.
- 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 - I and II degree

Student is able to plan and implement physical activities and sports for people with different kind of disabilities and in all ages.

9. Unit – Department of Adapted Physical Activity and Sports, Institute of Applied Sciences

10. Persons engaged in the subject:

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

11. Conditions of realization the subject:

lectures: polish and foreign students
classes: only foreign students

12. ECTS points: 4 ECTS

13. On-line classes 6 hours, practically 14 hours