Course Title	**ADAPTED PHYSICAL EDUCATION**				
Course Code	SSADA207-1				
Course Type	MANDATORY				
Level	BSc (Level 1)				
Year / Semester	2nd / Fall				
Teacher's Name	Dr Garyfallos Anagnostou, Dr Evangelinou Christina				
ECTS	6	Lectures / week	3	Laboratories / week	-
Course Purpose	Upon successful completion of the course, students will have the basic knowledge regarding the theoretical approach, methods of detection and evaluation of people with disabilities. The course also aims to familiarize them with the rules of designing personalized exercise programs and the physical activities in which people with disabilities can participate.				
Learning Outcomes	Upon completion of the course, students will be able to: • Recognize forms of disability • Explain the particularities of people with disabilities in exercise and sports • Explain the methods of adapted physical education and activities for people with disabilities. • Design and plan leisure and physical activity programs for people with disabilities. • Organize, implement and evaluate practical applications of adapted physical activities. • Present and list the basic motor skills developed in the context of adapted physical education. • Apply the methods of motor assessment in relation to people with disabilities. • Recognize and explain the limitations that different types of disabilities bring about in the ability to exercise.				
Prerequisites	No	Corequisites	No		
Course Content	1. Concept of disability 2. Adapted Physical Education / Activity				

	3. High sport organization and disability 4. Education and disability 5. School integration and disability 6. Individual Differences: Intellectual Disability 7. Individual Differences: Pervasive Developmental Disorders 8. Individual differences: Cerebral palsy 9. Individual Differences: Spinal Cord Injuries & Amputation 10. Individual differences: Sensory disorders (blindness, deafness) 11. Kinetic Assessment
Teaching Methodology	**Theory** The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods such as case studies, clinical scenarios, discussion, questions/answers are used in the teaching methodology depending on the course's nature. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.
Bibliography	Sherill, C. (2015). Προσαρμοσμένη φυσική δραστηριότητα, αναψυχή και σπορ. Κύπρος: Πασχαλίδης. Κοκαρίδας, Δ. (2010). Άσκηση και αναπηρία: εξατομίκευση, προσαρμογές και προοπτικές ένταξης. Θεσσαλονίκη: Χριστοδουλίδη <u>Supplementary bibliography:</u> Kelly, L. E. (2019). Adapted Physical Education National Standards. Human Kinetics. Hodge, S., Murata, N., Block, M., Lieberman, L. (2017) Case Studies in Adapted Physical Education: Empowering Critical Thinking. Taylor & Francis. Hodge, S., Lieberman, L., Murata, N. (2017). Essentials of Teaching Adapted Physical Education: Diversity, culture and inclusion. Routledge, Taylor and Francis Group 4. Winnick, J., Porretta, DL. (2016). Adapted Physical Education and Sport. Human Kinetics. Block, M. E. (2016). A Teacher's Guide to Adapted Physical Education Including Students with Disabilities in Sports and Recreation Fourth Edition. Paul Brooks Publishing Co. Winnick, J.P. (2011). Adapted physical education and Sport. 5thEd. Human Kinetics, Champaign, Illinois, USA. ISBN: 978-0-7360-8918-7. Horvat, M., Block, M.E. & Kelly, L.E.(2011). Μέτρηση και αξιολόγηση στην προσαρμοσμένη κινητική αγωγή. Εκδόσεις Τελέθριον, Αθήνα, Ελλάδα. ISBN: 978-960-8410-41-1.

	Emes, C. & Velde, B.P. (2005). Practicum in adapted physical activity. Human Kinetics, Champaign Illinois, USA. ISBN: 978-0-7360-4561-9.
Assessment	• **Written midterm exam (20%)** and consists of multiple choice, short answer, open-ended questions and/or essay questions, which are aligned with the learning outcomes, in order to assess the theoretical knowledge acquired. The questions ensure that students demonstrate a deep understanding of the subject and apply their knowledge to solve problems or analyze scenarios • **The thesis (30%)** concerns a literature review of a topic and provides opportunities for students to apply their theoretical knowledge in a practical way. The work is designed in a way that requires critical thinking, research, analysis and synthesis of information. The work is individual and must be aligned with the learning outcomes. Students are assessed on the quality of their work, the depth of understanding they demonstrate, and their ability to explain their ideas effectively. • **Final exam (50%):** Comprehensive final exam to assess students' overall theoretical knowledge. These assessments cover a wider range of topics and learning outcomes from across the curriculum, to assess students' understanding and integration of knowledge in various areas.
Language	Greek / English