

Course Unit	Option I - Exercise and Adapted Sport for Special Populations		Field of study	-	
Master in	Special and Inclusive Education		School	School of Education	
Academic Year	2023/2024	Year of study	1	Level	2-1
Type	Semestral	Semester	1	ECTS credits	6.0
		Code	5073-800-1105-01-23		
Workload (hours)	162	Contact hours	T	-	TP
			35	PL	-
			TC	-	S
			E	-	OT
			10	O	-

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) António Miguel de Barros Monteiro

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Characterize the different special needs (SN);
2. Characterize the type of exercise intervention and sports practice in people with SN;
3. Describe types of exercise and adapted sports for the studied SN;
4. Acquire pedagogical and didactic skills appropriate to a specific intervention with these populations in the context of exercise and adapted sports;
5. Understand the importance of exercise and adapted sports in the process of inclusion in the educational, recreational, competitive and therapeutic;
6. Recognize the contribution of exercise and sport as promoters of health, quality of life and well-being;
7. Understand the benefit-risk relationship of physical exercise in people with SN;
8. Know adapted sports organizations.

Prerequisites

Before the course unit the learner is expected to be able to:
No have.

Course contents

Different Special Needs;
Areas of exercise and adapted sports and their contribution to health, quality of life and well-being;
Adapted sports organizations.

Course contents (extended version)

1. Different Special Needs
2. Classification based on time of onset
 - Congenital
 - Acquired
3. Other classifications
 - Physical-motor problems
 - Sensory problems
 - Neuro-motor problems
 - Intellectual and developmental disabilities
 - Multifunctionality
4. Strategies, intervention practices and handicaps for exercise and sports
5. The contribution of exercise to health, quality of life and well-being
 - Educational
 - Recreational
 - Competitive
 - Therapeutic
 - Relationship benefit/risk of exercise for people with special needs
6. Adapted sports organizations
 - Portuguese Paralympic Committee
 - International Paralympic Committee
 - Sport classification

Recommended reading

1. ACSM (2013). ACSM's guidelines for exercise testing and prescription (9th ed.). Lippincott Williams & Wilkins
2. Block, M., Obrušnikova, I. (2007). Inclusion in physical education: a review of the literature From 1995-2005. Adapted Physical Activity Quarterly
3. Spirduso, W. W., Francis, K. L., & MacRae, P. G. (2005). Physical dimensions of aging. 2 ed. Human Kinetics
4. WHO (2004). International classification of functioning, disability, and health. WHO
5. Winnick, J., Porretta, D. (2016). Adapted physical education and sport, 6 ed. Human Kinetics

Teaching and learning methods

Oral presentation of content, using multimedia and/or interactive means. Research, analysis and interpretation of scientific texts.

Assessment methods

1. Continuous Assessment - (Regular, Student Worker) (Final)
 - Final Written Exam - 70%
 - Practical Work - 30%
2. Exam Assessment - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

English

Electronic validation			
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15-01-2024	25-02-2024	09-03-2024	24-03-2024

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