

Course Unit	Sport for Special Populations		Field of study	Sport Sciences	
Bachelor in	Sports - Minor in Recreation and Leisure		School	School of Education	
Academic Year	2023/2024	Year of study	3	Level	1-3
Type	Semestral	Semester	2	ECTS credits	4.0
Code	9563-625-3202-00-23				
Workload (hours)	108	Contact hours	T 5	TP 40	PL -
			TC -	S -	E -
			OT -	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. know the evolution of adapted sport and the programs adopted throughout history
2. Understand the importance of adapted sport in the process of inclusion in the educational, recreational, competitive and therapeutic processes
3. Know the structures of organization of the adapted sport and different sport modalities
4. Know and identify the different types of disability and the functional classification of people with special needs
5. Recognize the contribution of physical exercise as a promoter of health and quality of life in people with special needs
6. Understand the benefit / risk relationship associated with physical exercise in people with special needs
7. Understand the importance of sport in the aging process
8. Understand the benefit / risk relationship associated with physical exercise in the elderly

### Prerequisites

Not applicable

### Course contents

Adapted sport; Scope of the adopted sport; Adapted sport organizations; Type of disabilities; Discontinuation of concepts of illness, handicap and disability; Functional classification of people with special needs; Auditory disability; Visual disability; Neuro-motor disability; Physical disability; Exercise in elderly; Benefits of physical exercise in aging.

### Course contents (extended version)

1. Adapted sport
  - Historic evolution
  - Adopted programs
2. Scope of the adapted sport
  - Educational
  - Recreational
  - Competitive
  - Therapeutic
3. Adapted sport organizations
  - Paralympic Committee of Portugal
  - International Paralympic Committee
  - Sports classification
4. Type of impairments
  - Congenital
  - Acquired
5. Deconstruction of concepts of illness, handicap and disability
6. Functional classification of people with special needs
  - Mental disability
  - Physical disability
  - Motor disability
  - Sensory disability
  - Multiple Disability
7. Auditory disability
  - Classification and etiology
  - Strategies and handicaps for sports activities
  - Sports modalities
8. Visual disability
  - Classification and etiology
  - Strategies and handicaps for sports activities
  - Sports modalities
9. Neuromotor disability
  - Classification and etiology
  - Strategies and handicaps for sports activities
  - Sports modalities
10. Physical disability
  - Classification and etiology
  - Strategies and handicaps for sports activities
  - Sports modalities
11. Exercise in aging
12. Benefits of exercise in aging
  - Physical and physiological changes
  - Psychological changes
  - Physical fitness changes
  - Exercise prescription

### Recommended reading

1. ACSM (2013). ACSM's guidelines for exercise testing and prescription (9th ed. ). Baltimore: 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. Champaign IL: Human Kinetics
4. WHO. International Classification of Functioning, Disability, and Health. Geneva: WHO, 2004
5. Winnick, J. ; Porretta, D. (2016). Adapted Physical Education and Sport, 6 ed. Champaign IL: Human Kinetics

**Teaching and learning methods**

Projection of slides exposure to theoretical and practical content of the program. Working individually and in groups on the content addressed in theoretical and practical lessons. Applicability of knowledge acquired, in activities or sports events held in the populations studied.

**Assessment methods**

1. Continuous Evaluation - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 70% (Written test)
  - Practical Work - 30% (Practical work group)
2. Exam Evaluation - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100% (Written test)

**Language of instruction**

1. Portuguese
2. Portuguese, with additional English support for foreign students.

**Electronic validation**

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11-01-2024	25-02-2024	26-02-2024	27-02-2024