

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200624] Atividade Física e Populações Especiais II [3181200624] Physical Activity and Special Needs Populations II		
Plano / Plan:	2007/2008		
Curso / Course:	Desporto e Atividade Física Sport and Physical Activity		
Grau / Diploma:	Licenciado		
Departamento / Department:	CDM - Ciências do Desporto e Motricidade		
Unidade Orgânica / Organic Unit:	Escola Superior de Educação de Viseu		
Área Científica / Scientific Area:	Ciências do Desporto		
Ano Curricular / Curricular Year:	2		
Período / Term:	S2		
ECTS:	4		
Horas de Trabalho / Work Hours:	0108:00		
Horas de Contacto/Contact Hours:			
(T) Teóricas/Theoretical:	0045:00	(TC) Trabalho de Campo/Fieldwork:	0000:00
(TP) Teórico-Práticas/Theoretical-Practical:	0000:00	(OT) Orientação Tutorial/Tutorial Orientation:	0000:00
(P) Práticas/Practical:	0000:00	(E) Estágio/Internship:	0000:00
(PL) Práticas Laboratoriais/Practical Labs:	0000:00	(O) Outras/Others:	0000:00
(S) Seminário/Seminar:	0000:00		

Docente Responsável / Responsible Teaching

[2201] Antonino Manuel De Almeida Pereira

Outros Docentes / Other Teaching

[2201] Antonino Manuel de Almeida Pereira

[2344] Carla Cristina Vieira Lourenço

Learning Outcomes of the Curricular Unit

- i. Get global knowledge about the various types of disabilities.
- ii. To provide a scientific background that helps to promote the quality of life and well-being of citizens with disabilities.
- iii. Understanding the physical activity and sport as a way to respond to the specific needs of disabled citizens.
- iv. To analyze the sport in all its dimensions educational, recreational, therapeutic and competitive.
- v. Develop capacity to design and implementation sessions and projects within the physical activity and sports for citizens with disabilities.

Learning Outcomes of the Curricular Unit (Lim:1000)

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Syllabus (Lim:1000)

1. Analysis of the evolution of concepts related to disability.
2. Citizens with disabilities in today's society.
 - . The situation in Portugal.
 - . Opportunities and constraints.
3. Study of the different types of disability in their various parameters: etiology, classification, risk factors, diagnosis and evaluation.
4. Physical and sporting activity and people with disabilities.
 - . Evolution in international and national terms. Paralympic sport.
 - . The organization of adapted sport
 - . Potential and benefits
 - . . International and national developments. Paralympic sport.
 - . The international and national organization of adapted sport
 - . Potential and benefits.
 - . Types of disability and sports disciplines
 - . Pedagogical and methodological guidelines.
 - . Rehabilitation, recreation, competition and high performance: case studies.
 - . Intervention programs: examples of good practices.

Demonstration of the syllabus coherence with the curricular units' learning objectives

Objective i) and ii)

Contents:

1. The disabled citizen in society today.
2. Study of various types of disabilities in its various parameters: etiology, classification, risk factors, diagnosis and evaluation.

Objectives iii), iv) and v)

Contents:

3. The adapted sports.
4. Physical activity and sport for citizens with disabilities.

Teaching Methodologies (Including evaluation; Lim:1000)

This curricular unit is based mainly on lectures on the subjects listed in the program. It used the lecture method, using audiovisual aids, followed by discussion of the topics presented.

Presentation of group work on program content based on literature research.

The teacher agrees with students topics for research papers and encourages them to interact and participate in the construction of learning. Is provided to students of all mandatory elements of study and indicated a supplementary bibliography. The evaluation follows the Frequency and

Evaluation Regulation of Scholl of Education and are based on the following elements of interpretive character: written test (60%), research work (30%) and activity report (10%).

Demonstration of the coherence between the teaching methodologies and the learning outcomes

In the development of skills sought by this course, this curricular unit seeks to contribute to: i) acquisition of basic scientific training applied in various contexts of sport and physical activity, ii) the development of knowledge in planning, development and control assessment and exercise prescription to people with disabilities.

In this context, this curricular unit aims to develop a reflection on the importance of physical activities and sports, health and well-being in people with disabilities and provide a set of knowledge and skills that allow interventions at this level.

This curricular unit have an interpretative dimension.

As such, the theoretical exposition, reflection and research literature allow to achieve the objectives of this course

Bibliografia / Bibliography (Lim:1000)

Comité Paralímpico Español (2014). *La inclusión en la actividad física y deportiva*. Badalona: Paidotribo

Fitzgerald, H. (2011). Disabling experiences of physical education and youth sport. In K. Armour (Ed.), *Sport pedagogy: an introduction for teaching and coaching* (pp. 153-164). Harlow: Pearson Education

Jacobs, P. (Ed.) (2018). *NSCA's Essentials of Training Special Populations*. Champaign: H.K.

Ríos Hernández, M., Rodríguez, A., Carol Gres, N. & Bonany, T. (2019). *El juego y los alumnos con discapacidad*. Barcelona: Paidotribo

Rivas, D. & Vaíllo, R. (2012). *Actividades físicas y deportes adaptados para personas con discapacidad*. Barcelona: Ed. Paidotribo

Tejero, J. (2012). Actividad físico deportiva para personas con discapacidad física. In B. Corrales, V. Haro & J. Blas (Eds.), *Actividad física en poblaciones especiales: salud y calidad de vida* (pp. 97-112). Sevilla: Wanceulen Ed. Deportiva

Winnick, J. (Ed.) (2022). *Adapted physical education and sport* (7th Ed.). Champaign: H.K.

Comité Paralímpico Español (2014). *La inclusión en la actividad física y deportiva*. Badalona: Paidotribo

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