



UNIVERSITY OF NIŠ

Course Unit Descriptor

Faculty

Faculty of Sport and Physical Education

GENERAL INFORMATION

Study program

Basic Professional Studies, Sport

Study Module (if applicable)

Course title

Adaptive physical activity

Level of study

Bachelor academic
 Bachelor professional Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

Second

Number of ECTS allocated

6

Name of lecturer/lecturers

Marko Aleksandrović, Ph.D, associate professor; Bojan Jorgić, Ph.D

Teaching mode

Lectures Group tutorials Individual tutorials
 Laboratory work Project work Seminar
 Distance learning Blended learning Other

PURPOSE AND OVERVIEW (max. 5 sentences)

Institutional, organizational and essential inclusion of the disabled persons into the system of health and physical education and organized taking up recreational and sports activities in line with the possibilities and interests of the individuals. Students will be familiarized with the organizational forms and possibilities of APE in contemporary society. Application of APE in the function of psycho-somatic therapy and recreation.

SYLLABUS (brief outline and summary of topics, max. 10 sentences)

Scientific bases of formation of the system of Adapted Physical Activity (APA) in persons with disability. Establishment of IFAPA (International Federation for Adapted Physical Activities). Therapeutic value and defining the goals and possibilities of applying APA programs. Definition of APA program, International Classification of types of disorder and disability in persons with specific needs. Theory and methods of application of APA program for people with special needs; study opportunities for practicing sports activities for people with health disabilities. Institutional providing application APA programs for people of different sex and age, APA in physical education, sport and recreation. APA includes, without limitation: physical education, sport, recreation, dance and creative arts, nutrition, health education and rehabilitation (IFAPA, 2004). Integrating disabled persons in physical education in schools and units specifically organized for the APA program. Trends in the development of IF for the APA program, application of APA programs in

various disorders and injuries: a support apparatus, internal organs, mental defects, sensory organs and nervous system, application of APA programs in adult females, victims of various forms of mental and physical abuse and misuse.

LANGUAGE OF INSTRUCTION

- Serbian (complete course)
 English (complete course)
 Other _____ (complete course)
 Serbian with English mentoring
 Serbian with other mentoring _____

ASSESSMENT METHODS AND CRITERIA

Pre exam duties	Points	Final exam	points
Theory + practicals	10	Report of professional practice	10
Colloquia Special Olympics - Test capability	25	Written: Winter Paralympic Games	15
Professional Practice - measurements	10	Oral: Summer Paralympic Game	15
Seminar paper - Presentation	15		
		OVERALL SUM	100

*Final examination mark is formed in accordance with the Institutional documents