



## Information about the subject

**Degree:** Bachelor of Sciences of Physical Activity and Sport

**Faculty:** Faculty of Physical Activity and Sport Sciences

**Code:** 280215 **Name:** Adapted Sport and Inclusive Physical Activity

**Credits:** 6,00 **ECTS Year:** 2 **Semester:** 2

**Module:** 2) Obligatory Formation module

**Subject Matter:** Sports Fundamentals **Type:** Compulsory

**Field of knowledge:** Health Sciences

**Department:** Physical-Sports Disciplines and Activities

**Type of learning:** Classroom-based learning

**Languages in which it is taught:** Spanish

### Lecturer/-s:

|        |                                                                       |                                                                |
|--------|-----------------------------------------------------------------------|----------------------------------------------------------------|
| 1164DT | <u>Maria Laura Jimenez Monteagudo</u> ( <b>Responsible Lecturer</b> ) | <a href="mailto:laura.jimenez@ucv.es">laura.jimenez@ucv.es</a> |
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## Module organization

### 2) Obligatory Formation module

| Subject Matter                       | ECTS  | Subject                                       | ECTS | Year/semester |
|--------------------------------------|-------|-----------------------------------------------|------|---------------|
| Manifestations of human motor skills | 18,00 | Body Language                                 | 6,00 | 1/1           |
|                                      |       | Perceptual Motor Skills                       | 6,00 | 1/2           |
|                                      |       | Physical Activity in Nature                   | 6,00 | 2/2           |
| Sports Fundamentals                  | 42,00 | Adapted Sport and Inclusive Physical Activity | 6,00 | 2/2           |
|                                      |       | Adversary Sports                              | 6,00 | 2/1           |
|                                      |       | Individual Sports                             | 6,00 | 2/1           |
|                                      |       | Motor Learning and Development                | 6,00 | 1/1           |
|                                      |       | Native Sports and Games                       | 6,00 | 1/2           |
|                                      |       | Team Sports                                   | 6,00 | 2/2           |
|                                      |       | Training Theory and Practice in PA            | 6,00 | 2/2           |



## Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 Actively participate in physical and sports activities, demonstrating favorable and supportive attitudes toward people with disabilities.
- R2 Identify different types of disabilities, discerning the most suitable physical-sports activities for each person based on their characteristics and context.
- R3 Differentiate and implement various physical-sports modalities for people with disabilities, considering both material and personnel support.
- R4 Identify barriers to participation and learning, both environmental and personal, in physical-sports activities to ensure inclusivity.
- R5 Design, implement, and evaluate inclusive physical-sports activities in different environments and contexts.

## Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

| Weighting |   |   |   |  |
|-----------|---|---|---|--|
| 1         | 2 | 3 | 4 |  |
|           |   |   |   |  |
|           |   |   |   |  |



## Assessment system for the acquisition of competencies and grading system

| Assessed learning outcomes | Granted percentage | Assessment method                         |
|----------------------------|--------------------|-------------------------------------------|
| R1, R2, R3, R4, R5         | 40,00%             | Written and/or practical tests.           |
| R1, R2, R3, R5             | 30,00%             | Individual or Group Work / Project.       |
| R1, R2, R3, R4, R5         | 20,00%             | Exercises and Practices in the Classroom. |
| R1, R2, R3, R4, R5         | 10,00%             | Diary, Portfolio or Notebook.             |

### Observations

- The student will be able to keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is necessary to obtain a 50% in the following instruments:
  - Written and/or practical tests
  - Individual or group work/project.
- According to article 4.2. of the Guidelines for Evaluation at UCV, the limit of absences that may be due to eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.
- If any of these criteria is not met, the student will be graded with a maximum of 4.5.

### SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

#### Individual/group work/project

The student will choose between two types of work:

For students choosing cooperative group work:

Written presentation, monitoring and exhibition of a cooperative work of a Paralympic or adapted sport, or any physical activity related to any field related to disability.

For students who choose APS work:

Intervention of at least 4 sessions in a center or association related to Physical Activity and disability. Presentation of the intervention report taking into account all the phases of the APS. Presentation and exposition to the group-theoretical class of the APS intervention carried out. A 50% must be obtained in both parts of any of the two types of work to pass this evaluation instrument.

#### Written and/or practical tests



The exam consists of a single final test on the dates of the official call and consists of two parts :  
Type test (30%): 30 questions with 3 answer options. Standard penalty system: 1 wrong answer subtracts 50%.Development (10%): question/s of development and practical application of knowledge.

### Exercises and practices in the classroom

Assignments made during the practical and theoretical sessions. These tasks can only be done by the students attending the classes.

### Journal, Portfolio or Notebook

It will be possible to add up to 10% of the grade by presenting the portfolio with the activities carried out and through the practice diary. The Portfolio will consist of all the activities performed: Presentation of completed document (from the platform) as a result of attendance at events and / or competitions related to the subject, accessibility, intervention in centers to student proposals accepted by the teacher.Practical applications of the subject in the student's immediate environment.Participation in seminars related to the subject and/or those activities proposed by the teacher and/or the students, susceptible to improve this section.

*The detailed explanation (procedure of the tasks) as well as the evaluation instruments (cards or rubrics) of each section will be published in the platform of each group at the student's disposal.*

## Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- |    |                                         |
|----|-----------------------------------------|
| M1 | Attendance at practices.                |
| M2 | Resolution of problems and cases.       |
| M3 | Discussion in small groups.             |
| M4 | Practical laboratories.                 |
| M5 | Presentation of content by the teacher. |
| M6 | Practical lesson.                       |
| M7 | Group dynamics and activities.          |



## IN-CLASS LEARNING ACTIVITIES

|                                                                                                                                                                                                                                                                                | LEARNING OUTCOMES  | HOURS        | ECTS        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|--------------|-------------|
| <p>THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.</p> <p>M4, M5, M7</p>                                                                                                | R2, R3             | 7,50         | 0,30        |
| <p>PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity.</p> <p>M3, M4, M6, M7</p> | R1, R2, R3, R4, R5 | 46,50        | 1,86        |
| <p>EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.</p> <p>M6, M7</p>                                                                                                          | R1, R2, R3         | 4,00         | 0,16        |
| <p>TUTORING: Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher.</p> <p>Presentation of diagrams and indexes of the proposed works.</p> <p>M5</p>                                    | R1, R4             | 2,00         | 0,08        |
| <b>TOTAL</b>                                                                                                                                                                                                                                                                   |                    | <b>60,00</b> | <b>2,40</b> |



## LEARNING ACTIVITIES OF AUTONOMOUS WORK

|                                                                                                                                                                                                      | LEARNING OUTCOMES  | HOURS        | ECTS        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|--------------|-------------|
| GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring.<br>M6, M7                                                                       | R1, R2, R3, R4, R5 | 40,00        | 1,60        |
| SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces.<br>M6, M7 | R1, R2, R3         | 50,00        | 2,00        |
| <b>TOTAL</b>                                                                                                                                                                                         |                    | <b>90,00</b> | <b>3,60</b> |



## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

| Content block | Contents                                                                                                                                                                                                        |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| BLOCK 1       | Introduction to the basic concepts surrounding disability from a historical perspective. Use of inclusive language.                                                                                             |
| BLOCK 2       | Sensitization towards people with disabilities through different didactic resources and experimentation of their limitations with motor practices.                                                              |
| BLOCK 3       | Description of the different types of disability from the competence paradigm.                                                                                                                                  |
| BLOCK 4       | Analysis and detection of the different barriers (architectural, urban, social, communication, etc.) that impede accessibility to spaces, services, relationships, rights or any other dimension of the person. |
| BLOCK 5       | Historical evolution of the different paradigms in the field of disability: from exclusion to inclusion.                                                                                                        |
| BLOCK 6       | Strategies and design of activities for an inclusive Physical Education.                                                                                                                                        |
| BLOCK 7       | Sport and people with disabilities in different physical-sports environments.                                                                                                                                   |
| BLOCK 8       | Participation and experimentation of different physical-sports activities with and for people with disabilities in different environments.                                                                      |



## Temporary organization of learning:

| Block of content | Number of sessions | Hours |
|------------------|--------------------|-------|
| BLOCK 1          | 2,00               | 4,00  |
| BLOCK 2          | 4,00               | 8,00  |
| BLOCK 3          | 3,00               | 6,00  |
| BLOCK 4          | 2,00               | 4,00  |
| BLOCK 5          | 2,00               | 4,00  |
| BLOCK 6          | 4,00               | 8,00  |
| BLOCK 7          | 9,00               | 18,00 |
| BLOCK 8          | 4,00               | 8,00  |



## References

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