



UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

Course Code SPSC-404	Course Title Inclusive Physical Education	ECTS Credits 6
Department Sports Science	Semester Spring or Fall	Prerequisites SPSC-140, SPSC-306
Type of Course Required	Field Physical Education	Language of Instruction Greek
Level of Course 1 st Cycle	Year of Study 4 th	Lecturer Dr Szilvia Dimitriou
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None
Recommended Optional Programme Components: N/A		

Objectives of the Course:

The aim of the course is to enable students to develop knowledge of current concepts and trends in adapted/comprehensive physical education and the ability to assess, plan, and implement a physical education program designed to meet the unique needs of individuals. Topics such as legislation and disability, categories of disability, overview of aetiology and incidence of disabilities, public facilities adaptations for disabled individuals, integration and inclusion in schools and the community adapted physical activity programming, principles, content and implementation and integration problems, sport and disability and adapted physical activity infrastructure in Europe and Cyprus will be covered.

Learning Outcomes:

Students successfully completing this course will be able to:

1. Learn current concepts and trends in adapted physical education
2. Demonstrate the ability to assess physical education abilities of a student requiring adapted physical education
3. Demonstrate the ability to successfully implement an adapted physical education program to a student with a disability
4. Understand the influence of selected diseases, conditions, or disabilities on the learning and performance of physical education activities
5. Demonstrate the ability to modify physical education activities to meet student needs and abilities
6. Demonstrate a knowledge of sport opportunities available to students with disabilities
7. Understand ways to modify teaching methods to meet unique student needs
8. Demonstrate a positive attitude when teaching a student with a disability
9. Be aware of unique functions required to implement a program in an inclusive setting

Course Contents:

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| <ul style="list-style-type: none">I. An introduction to adapted physical education and sport<ul style="list-style-type: none">a. Definitionsb. Historyc. Relevant court cases and lawsd. Contemporary statusII. Planning and developing an individualized adapted physical education program<ul style="list-style-type: none">a. Components of an individualized education programb. Measuring and assessing studentsc. Criteria for eligibility for adapted physical educationd. Alternative instructional placements in physical education and sporte. Teaching in the inclusive settingIII. Instructional and behavior-management strategies<ul style="list-style-type: none">a. General educational styles and strategiesb. Teaching styles and adapted physical educationc. Ways of facilitating skill acquisitiond. Behaviour-management approaches emphasized in adapted physical educationIV. Children and youth with unique needs<ul style="list-style-type: none">a. Intellectual disabilitiesb. Learning disabilities and attention deficitsc. Behavioral disordersd. Pervasive development disabilitiese. Visual impairmentsf. Deafnessg. Cerebral palsy, stroke, and traumatic brain injuryh. Spinal cord disabilitiesi. Amputations, dwarfismj. Other health impairedk. Students without disabilities with unique needsV. Developmental areas<ul style="list-style-type: none">a. Physical fitnessb. Motor developmentc. Perceptual–motor developmentd. Early childhood adapted physical educationVI. Activity areas and adapted physical education<ul style="list-style-type: none">a. Team sportsb. Individual, dual, gymnastic, and adventurec. Aquaticsd. Rhythmic movement and dance |
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Learning Activities and Teaching Methods:

Lectures and practical application from the students
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Assessment Methods:

Midterm examination, Attendance/participation	Final examination,	Essay/assignment,
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Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Winnick, Joseph P. (ed.)	Adapted Physical Education and Sport (4th ed.)	Champaign, IL: Human Kinetics	2005	073605216X
Susan L. Kasser	Inclusive Games: Movement fun for everyone	Human Kinetics	1992	ISBN-13: 9780873226394 ISBN-10: 0873226399

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Winnick, Joseph P. & Short, Francis X	The Brockport Physical Fitness Test Manual.	Champaign, IL: Human Kinetics.	1999	