**JIMMA UNIVERSITY**

**COLLEGE OF NATURAL SCIENCES**

**DEPARTMENT OF SPORT SCIENCE**

**Introduction to Adapted Physical Exercises and sports course out line**

**Degree Program -BSC Degree in Sport Science**

**Module Category -Core Course**

**Module Title -Therapeutic Science in Sport**

**Course Title /code** - Introduction to Adapted Physical Exercises and sports

**Course Weight- 5 ECTS/3Crhrs**

**Semester II**

**Instructor’s Name-Merera Negassa(Lectrer)**

**Instructor’s Contact** **Information**

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**Course** **Description/Content**

This course is designed to equip students with the knowledge of understanding ***types and classification of disabilities,*** ***characteristics of disabilities, Characteristics of sport activities for disabilities, exercises for disabilities and also about Paralympics***

**Course Objective**

At the end of the course students will be able to:

* Identify types of disability;
* examine the characteristics of disability;
* Organize exercise program for different types of disability with understanding of characteristics of sports for disability;
* To recommend & prescripts different exercise for different disabilities & conduct exercise;
* Organize competitions for specific disabilities

**Chapter 1.** Introduction to adapted physical activity

1.1. Who are those individuals with disabilities?

1.2. General characteristics of disabilities

**Chapter 2**. Psychological aspect of disabilities

2.1. Self-concept

2.2. Body image

**Chapter 3.** Fundamental motor skills

3.1. Causative factors of low motor skills

3.2. Learning and performance

3.3. Intervention strategies

**Chapter 4:** Different types of disabilities

4.1. Learning disabilities

4.1. Possible causes and diagnosis

4.2. Verbal and nonverbal disorders

4.3. Behavior modification

4:2. Mental retardation

4:2.1. Definition

4:2.2. Selected activities

4.3. Hearing impairment

4.3.1. Definitions

4.3.2. Fundamental motor skills

4.3.3. Selected physical activities

4.4. Visual impairments

4.4.1. Definitions and causes

4.4.2. Physical activity how much and for whom ?

4.5. Cerebral palsy

4.5.1. Definitions

4.5.2. Classifications

4.5.3. Activities and rehabilitation

**Chapter 5.** Components of perceptual motor efficiency

5.1 Postural and locomotors awareness

5.2. Visual perception

5.3. Auditory perception

5.4. Kinesthetic perception

5.5. Tactile perception

5.6. Body awareness

5.7. Laterality and directionality

5.8. Evaluating perceptual \_motor efficiency

**Chapter 6**: Emotional disturbance

6.1. Definitions

6.2. Degrees of emotional disturbance

6.2.1. Behavioral disorder

6.2.2. Neuroses

6.2.3. Psychoses

**Chapter 7;** Fitness games and activities for different physical qualities

7.1. Straddle in trees, Squirrels and Circle hook-on

7.2. Jump the shot, Inch worm and hot potato relay and tag

**Chapter 8**. Paralympics

8.1. Definition

8.2. Types of competition

**Teaching Methods**

**Lecture, group discussion, case study**

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| **Type of Assessment**  | **Assessment Date**  | **Weight** | **Assessment** |
| **Individual Assignment** | **Week 1** | **10%** | **Chapter 1** |
| **Group Paper Assessment** | **15%** | **Chapter 2 and 3** |
| **Quize** | **Week 2** | **15%** | **Chapter 4** |
| **Practical Test** | **Week 3** | **20%** | **Chapter 5,6 and 7** |
| **Final Examination** | **Week 4** | **40%** | **Chapter 1, 2,3,4,5,6,7 and 8** |

References

* Margaret Hollis. (1998), *Massage for Therapists*, 2nd edition.
* Patricia J. Benjamin and Scott P. Lamp. (2005), *Understanding Sport Massage*, 2ndedition.
* Ramella Mills and Shanon Parker. (2004), *Sports Massage*, 2nd edition.
* Winnick, Joseph P.,(2017)*Adapted Physical Education and Sport,Sixth Edition*.