



# Course Outline

## PHSED3102 ADAPTIVE PHYSICAL ACTIVITY

**Title:** ADAPTIVE PHYSICAL ACTIVITY

**Code:** PHSED3102

**Formerly:** HM816

**School / Division:** School of Health Sciences

**Level:** Advanced

**Pre-requisites:** Nil

**Co-requisites:** Nil

**Exclusions:** (HM816) (HM806 and HM816)

**Progress Units:** 15

**ASCED Code:** 92101

### Objectives:

After successfully completing this course, students should be able to:

#### Knowledge:

- Discuss the factors, including the barriers, that influence participation in physical activity and recreational experiences for people with varying needs
- Describe the implications of the Disability Discrimination Act for both education and community based programs
- Discuss and identify the implications of different conceptual frameworks such as segregation and integration policy
- Acquire knowledge of causes, characteristics and management of specific areas of need
- Recognise both contraindicated and appropriate activities for people with a disability or other needs
- Describe the different sporting and recreational opportunities available for people with disabilities, including an understanding of the classification systems used in major competitive sports
- Develop an awareness of how negative community attitudes affect participation in recreation programs for people with varying abilities

#### Skills:

- Analyse and evaluate activity designed for people with varying needs
- Plan to incorporate steps in a program that helps minimise barriers to equity and access
- Locate appropriate support and sporting organisations that may be of assistance to people with a disability or other need



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- Communicate, liaise and work effectively with an external organisation dealing with people with special needs
- Encourage and accept participation in a cooperative learning environment

### Values:

- Accept the need for social justice, equity and equal opportunity while demonstrating empathy and an understanding of various community attitudes
- Appreciate the importance of physical activity, recreation and leisure in the lives of all people
- Understand and accept that there is difference in others
- Appreciate the value of physical activity for all its personal and social benefits

### Content:

Topics may include:

- Terminology
- Participation in physical activity
- Disability Discrimination Act, attitudes
- Structural classification versus functional classification in sport
- Frameworks for Assessment and Planning
- Programs and services for people with varying needs
- Catering for individual differences
- Emotional and psychological disturbances including mental disorders
- Learning difficulties; intellectual disability; acquired brain injury, cerebral palsy and stroke
- Sensory impairment
- Spinal cord dysfunction
- les autres conditions
- Other health related conditions requiring consideration

### Learning Tasks & Assessment:

Learning Task	Assessment	Weighting
Disability Experience	Written report	5-10%
Major Assignment	Written report	30-50%
Tutorial Presentation	Practical Activity	15-25%
Review of theoretical Material	Written Test	20-40%

### Adopted Reference Style:

APA

### Handbook Summary:

This course is offered as part of the Exercise Rehabilitation minor sequence and as an elective course in the Sports Coaching minor sequence of study. It is designed to introduce students to the factors that influence participation in physical activity for people with special needs and to understand the conceptual and legal frameworks applicable to governing the provision of recreational services. The course is also designed to enable students to identify appropriate



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support agencies and to develop the capacity to liaise and work effectively with organisations dealing for people with special needs through providing the opportunity to analyse, design and evaluate programs within a practical, community-based setting.