

**COURSE DATA****DATA SUBJECT****Code:** 33236**Name:** Physical activity and disability**Cycle:** Undergraduate Studies**ECTS Credits:** 4.5**Academic year:** 2026-27**STUDY (S)**

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Facultat de Ciències de l'Activitat Física i Esports	4	First quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	Physical activity and disability	ELECTIVES

COORDINATION

MADERA GIL JOAQUIN

SUMMARY

Sporting activity in populations with (some kind of) disability has evolved in terms of participation and social impact up similar to the standard sport levels. The large number and variety of disabilities arising situations in the various activities that the teacher or coach must be able to resolve (material, regulatory changes, etc.).

Both sports included in the Paralympics and Special Olympics as those who are not calendar represent a wide range of physical activity for a group with special needs.

Therefore, the ultimate goal of this course is that students know how to apply the sport in these populations as training and socializing activity.

PREVIOUS KNOWLEDGE**RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE**

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS



COMPETENCES / LEARNING OUTCOMES

1312 - Degree in Physical Activity and Sport Sciences

Aplicar los derechos fundamentales de igualdad de oportunidades y de accesibilidad universal de las personas con discapacidad.

Apply information and communication technologies (ICTs) in the field of physical activity and sport sciences.

Apply the fundamental rights of equal opportunities and universal accessibility for people with disabilities.

Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.

Build habits of professional excellence and quality in the area of adapted physical activity.

Conocer y comprender los efectos de la práctica del ejercicio físico sobre los aspectos psicológicos y sociales de las personas con discapacidad.

Conocer y comprender los factores comportamentales y sociales que condicionan la práctica de la actividad física adaptada.

Desarrollar hábitos de excelencia y calidad para el ejercicio profesional en el área de la actividad física adaptada.

Develop habits of professional excellence and quality.

Develop leadership, interpersonal and teamwork skills.

Evaluar la condición física, prescribir y desarrollar ejercicios físicos orientados a la salud de personas con discapacidad.

Evaluate physical fitness and prescribe health-oriented physical exercises.

Identificar riesgos para la salud, en la práctica de actividad física y deportiva en personas con discapacidad.

Identify health risks derived from inappropriate physical and sporting activities and propose alternatives.

Know and understand the bases of the classification and categorisation systems of Paralympic athletes.

Know and understand the behavioural, social and legal factors that determine the practice of adapted and Paralympic sports.

Know and understand the structure of Paralympic sport.

Know the use and suitability of health products linked to nursing care, paying special attention to differences according to age and gender.

Plan, implement and evaluate adapted sports programmes targeted at people with disabilities.



Plan, implement and evaluate physical activity and sports programmes targeted at special populations.

Planificar, desarrollar y evaluar programas de actividad física y deporte dirigidos a personas con discapacidad.

Promote and evaluate the acquisition of enduring and autonomous habits of practising physical activity and sport.

Promover y evaluar la formación de hábitos perdurables y autónomos de práctica de actividad física en personas con discapacidad.

Seleccionar y saber utilizar material y equipamiento deportivo, adecuado para personas con discapacidad.

Select and know how to use adapted sports material and equipment that is suitable for people with disabilities.

1331 -

Aplicar los derechos fundamentales de igualdad de oportunidades y de accesibilidad universal de las personas con discapacidad.

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Promote and evaluate the acquisition of enduring and autonomous habits of practising physical activity and sport.

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DESCRIPTION OF CONTENTS

1. Adapted Sport: Concept, definition, perspectives

Unit 1.1. Concept and definition of adapted sport.

Unit 1.2. Current situation and perspectives of adapted sport.

2. Paralympic sport and Special Olympics. Organisational and federative structure

Theme 2.1. The Paralympic Committee.

Theme 2.2. Special Olympics.



3. The assessment, classification and categorisation of Paralympic athletes.

Topic 3.1. The functional classification system. Justification and concepts.

Topic 3.2. Application of the functional classification system to Paralympic sports.

4. Paralympic summer sports. Basic regulatory and technical aspects

Topic 4.1. Arc

Theme 4.2. Athletics

Theme 4.3. Boccia

Theme 4.4. Horse riding

Theme 4.5. Football 5

Theme 4.6. Football 7-a-side

Topic 4.7. Goalball

Topic 4.8. Judo

Theme 4.9. Canoeing (2016)

Theme 4.10. Cycling

Track 4.11. Triathlon

Track 4.12. Weightlifting

Item 4.13. Rowing

Category 4.14. Sailing

Theme 4.15. Olympic Shooting

Sport Volleyball

Track 4.17. Swimming

Theme 4.18. Table Tennis

Section 4.19. Basketball

Section 4.20. Fencing

Topic 4.21. Rugby

Item 4.22. Tennis

5. Winter Paralympic sports. Basic regulatory and technical aspects

Topic 5.1. Alpine skiing

Topic 5.2. Biathlon

Topic 5.3. Nordic skiing

Topic 5.4. Ice Hockey

Topic 5.5. Curling

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Theory	30,00
Classroom practices	15,00



Total hours	45,00
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NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	10,00
Individual or group project	12,00
Independent study and work	0,00
Preparation of lessons	10,00
Preparation for assessment activities	0,00
Resolution of case studies	5,50
Total hours	37,50

TEACHING METHODOLOGY

1. Group learning with the teacher:

The general contents of the subject will be exposed in the theoretical sessions. During the practical classes, different aspects of teaching adapted and Paralympic sports will be developed.

2. group work

content for students (group) plan adapted sports sessions arise. During the practical sessions, students will develop teaching-learning adapted physical activities.

3- Tutoring

The tutorials will be made individually or in groups, by using the opening hours of students, school hours or through the virtual classroom.

4- The individual study and participation in discussion forums

It is directing the student in learning-oriented activities. The model to be applied is participatory where the student gathers information, analyzes, presents activities and draws conclusions.

EVALUATION

First call.

SECTION 1: Theorist

An examination type test of 30 questions to be held on the date and time marked for the final exam of the subject in Centre Board. This section represents 50% of the final grade. The choice questions arise 4 possible options, and only one of them will be true. Each correct answer will add 0.33, while each wrong answer subtract 0.11.

SECTION 2: Practical *

This section represents 50% of the final grade. It will consist of three tests:

- Classify two athletes with disabilities by functional classification system adapted swimming (50% note of this section).
- Identify and relate adapted sports and non Paralympics Paralympics (10% note of this section).
- Develop two complete sessions of two inclusive sports in the school environment (40% of the mark in this section).

* This section may be subject to continuous evaluation if it meets active assistance to the practical classes (minimum attendance of 80%) and corresponding theoretical. Continuous assessment will result from:



- Assistance to practical sessions active and corresponding theoretical participation. It will be valued up to 40% of the final grade of paragraph 2, if you have attended at least 80% of these classes. Absences, though justified, will not be considered as assistance with active participation.

Complementary activities. Attendance during the course of a congress of Adapted Sports or related to Disability and Physical Activity estimate with a maximum of 1 point in the final grade for the course. This score depends on the judgment that teachers have of this congress and duration. The only note of these jobs will be added to the final mark should have obtained the minimum passing score (≥ 5) in Sections 1 and 2.

Second call.

The evaluation criteria are the same as in the ordinary call of January.

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