



Graduate School

Physical activity in disability: Spring semester 2020 **Course 5321.0300**

Course teacher: Prof. Yeshayahu Hutzler
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Office hours: Thursday 11:00 – 12:00

Course objectives:

1. The student will understand the need for physical activity and exercise in persons with disabilities
2. The student will acquire knowledge about the international classification of function and disability and how to address intervention goals and outcomes in line with this classification
3. The student will acquire knowledge about major disability conditions, restricting physical activity performance and participation
4. The student will acquire the skills and competency of adapting physical activities to persons with particular disability conditions.

Short Course Description:

The course will include 14 sessions, each addressing a specific topic. The course will be taught both at the class and using online materials and quizzes for rehearsal and self-evaluation. In addition to the availability of the on-line modules, study materials will be discussed and exercised in class sessions.

Course Program:

| # | Date | Topic | Assignment |
|---|--------------|--|---------------------------------|
| 1 | Oct. 31.2019 | Health concerns and physical activity (PA) in persons with disabilities | Read materials |
| 2 | No. 7. 2019 | Legal theory: UN Convention on Rights of Persons with Disabilities (CRPD) and WHO International Classification of Function and Disability (ICF) as frameworks of good practice | Read materials |
| 3 | Nov. 14.2019 | Social theory: The medical and social models of disability. Universal Design and the Inclusion Spectrum | Adaptation data-base assignment |
| 4 | Nov.21.2019 | Sport science theory: Adapted Physical Activity, | Adaptation experiment |
| 5 | Nov.28.2019 | PA in persons with visual impairments | Personal video assignment |
| 6 | Dec. 5.2019 | PA in persons with severe mental health illnesses (SMA) | Quiz |

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| 7 | Dec.12.2019 | PA in persons with Attention Deficits and Hyperactive Disorders (ADHD) | Exercise assignment |
| 8 | Dec.19.2019 | PA in persons with autism spectrum disorders (ASD) | Quiz |
| 9 | Dec.26.2019 | PA in persons with intellectual and developmental disability (IDD) | Quiz |
| 10 | Jan.2.2020 | PA in persons with cerebral palsy (CP) | Quiz |
| 11 | Jan.9.2020 | PA in persons post stroke | Quiz |
| 12 | Jan.16.2020 | PA in persons with spinal cord injury (SCI) | Quiz |
| 13 | Jan.23.2020 | PA in persons with Parkinson disease | Quiz |
| 14 | Jan.30.2020 | PA in persons with amputations | Quiz |
| | Feb. 7. 2020 | | Literature review assignment |

Students' Workload

14 sessions of online coursework: 5 ECTs

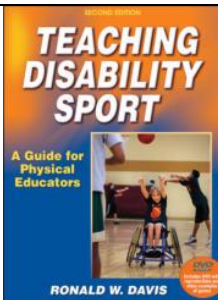
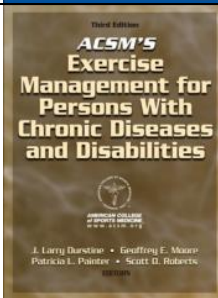
Student's Obligations:

1. To read the online materials addressed in all online modules
2. To take the online quizzes
3. To write a paper about the content and practical implications of a research paper
4. To participate in class discussions

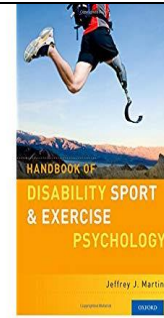
Assessment Criteria:

1. 60% final examination
2. 20% written paper
3. 20% online assignments and quizzes

References:

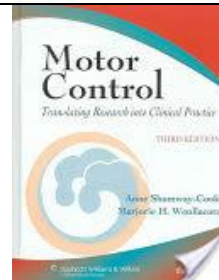
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| <p>Davis, R. (2011). <i>Teaching Disability Sport: A Guide for Physical Educators</i>, (2nd. ed.). Champaign, IL: Human Kinetics.</p> |  |
| <p>Durstine, J. L., Moore, G., Painter, P., & Roberts, S. (Eds.) (2009). <i>ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities</i> (3rd ed.). Champaign, IL: Human Kinetics.</p> |  |

Martin, J. (2016). Handbook of disability sport and exercise psychology. New York, N.Y.: Oxford University Press.



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Shumway-Cook, A., & Woollacott, M. H. (2007). *Motor control: Translating research into clinical practice*. Philadelphia: Lippincott Williams & Wilkins.



Rahl, R. L. (2010). *Physical activity and health guidelines: Recommendations for various ages, fitness levels and conditions from 57 authoritative sources*. Champaign, IL: Human Kinetics. Chapter 13: Neuromuscular diseases pp 219-238.

