

Module Title:	Adapted Physical Activity
Language of Instruction:	English
Credits:	5
NFQ Level:	8
Module Delivered In	2 programme(s)
Teaching & Learning Strategies:	This module will be delivered via a one-hour lecture and one two-hour practical per week. The theory class will include lecture, Q&A, group discussion, case studies, presentations and guest lectures where appropriate. Practical work will involve demonstration, planning, implementing and evaluating practical adapted physical activity sessions for people with a range of disabilities (e.g. physical, intellectual, visual etc).
Module Aim:	This aim of this module is to develop students knowledge and understanding of adapted physical activity and the skills to plan, organise, implement and evaluate physical activity sessions for people with disabilities.
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Display an understanding of and explain the various terms, principles, models, barriers and laws related to disability, adapted physical activity and sport along with the opportunities available for people with disabilities to participate in sport and physical activity.
LO2	Explain the pathophysiology and associated conditions of a broad range of disabilities and understand their implications for physical activity and sport
LO3	Plan, implement and evaluate sport and recreational adapted physical activity sessions for people with disabilities
Pre-requisite learning	
Module Recommendations <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
Incompatible Modules <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
Co-requisite Modules	
No Co-requisite modules listed	
Requirements <i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>	
No requirements listed	

Module Content & Assessment

Indicative Content

Adapted Physical Activity

Historical and European perspectives of APA. Principles and models of adaptation and inclusion. Disability Awareness. Physical, psychological and social benefits of sport and physical activity for people with a disability.

Programme Design, Implementation and Evaluation

Models of programme design in APA. Reflective Practice and evaluation. Effective communication.

Pathophysiology and implications for sport and exercise

Physiological implications of exercise on people with a range of disabilities (including, but not limited to, intellectual disability, head injury, muscular dystrophy, dyspraxia, physical disabilities and sensory impairments) and reflection of this in programme planning and implementation.

Disability Sport and Exercise

Examination of sport structures and provision for disability sport. Classification systems for competition.

Assessment Breakdown

	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	The continuous assessment strategy may incorporate essays, presentations, reflective logs, case studies and written reports.	1,2	50.00	n/a

No Project

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	The student will be observed participating in a range of practical activities and will be assessed on their ability to plan, organise, implement and evaluate physical activity sessions for people with a disability. Reflective practice may also be incorporated into the practical assessment strategy.	3	50.00	n/a

No End of Module Formal Examination

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

Module Workload

Workload: Full Time		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	12 Weeks per Stage	1.00
Practicals	12 Weeks per Stage	2.00
Independent Learning	15 Weeks per Stage	5.93
Total Hours		125.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	Bachelor of Arts (Honours) in Sport Management and Coaching	7	Elective
CW_BBIBC_B	Bachelor of Arts (Honours) in Sport, Business and Coaching	7	Elective