

<b>Module Title:</b>	Adapted Physical Activity
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	7
<b>Module Delivered In</b>	No Programmes
<b>Teaching &amp; Learning Strategies:</b>	This module will be delivered in 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).
<b>Module Aim:</b>	The aim of this module is to provide students with an understanding of Adapted Physical Activity and the knowledge to plan, implement and evaluate physical activity sessions for people with disabilities.
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Understand and explain the various terms, principles, models, barriers and laws related to disability, adapted physical activity and sport
LO2	Plan, implement and evaluate sport and recreational adapted physical activity sessions for people with disabilities
LO3	Explain the pathophysiology and associated conditions of a broad range of disabilities and understand their implications for physical activity and sport
LO4	Develop communication skills for working with and coaching people with disabilities
LO5	Explore the opportunities available for people with disabilities to participate in sport and physical activity (for example through Paralympics, Special Olympics, National Governing Bodies of Sport, etc.)
<b>Pre-requisite learning</b>	
<b>Module Recommendations</b> <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
<b>Incompatible Modules</b> <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
<b>Co-requisite Modules</b>	
No Co-requisite modules listed	
<b>Requirements</b> <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.	1,2,3,4,5	50.00	n/a

No Project

**Practical**

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Practical assessment on the planning, delivery and evaluation of a practical session	2,4	50.00	End-of-Semester

No End of Module Formal Examination

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

**Module Workload**

<b>Workload: Full Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	30 Weeks per Stage	0.50
Practicals	30 Weeks per Stage	1.00
Estimated Learner Hours	30 Weeks per Stage	2.00
Total Hours		105.00

