MTDS: Adapted Physical Activity

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	
On successful completion of this module the learner should be able to:	
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 *This is prior learning (or a practical skill) that is recommended before enrolment in this module.*
No recommendations listed
Incompatible Modules *These are modules which have learning outcomes that are too similar to the learning outcomes of this module.*
No incompatible modules listed
Co-requisite Modules
No Co-requisite modules listed
Requirements *This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.*
No requirements listed

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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

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Module Workload

Workload: Full Time		
Workload Type	*Frequency*	*Average Weekly Learner Workload*
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_BBSBC_B	Bachelor or Arts (Honours) in Sport, Business and Coaching	7	Elective