

## Physical activity in disability

**Course teacher:** Prof. Yeshayahu Hutzler [shayke@wincol.ac.il](mailto:shayke@wincol.ac.il)

### 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	Remarks
1		Health concerns and physical activity (PA) in persons with disabilities	
2		UN Convention on Rights of Persons with Disabilities (CRPD) and WHO International Classification of Function and Disability (ICF) as frameworks of good practice	
3		PA in persons with cerebral palsy	
4		PA in persons post stroke	
5		PA in persons with spinal cord injury	
6		PA in persons with Traumatic Brain Injury (TBI)	
7		PA in persons post Poliomyelitis	
8		PA in persons with multiple sclerosis	
9		PA in persons with Parkinson disease	
10		PA in persons with arthritis disorders	
11		PA in persons with intellectual and developmental disability	
12		PA in persons with autism spectrum disorders (ASD)	
13		PA in persons with mental health challenges	
14		PA in persons with visual impairments	

## Students' Workload

30 contact hours + home workload 5 ECTs

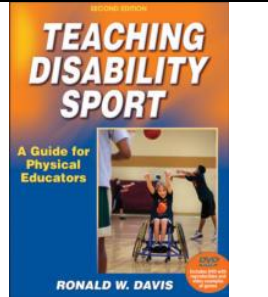
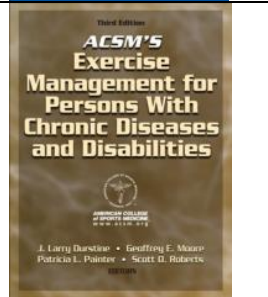
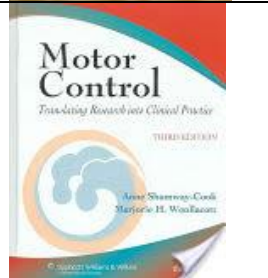
## Student's Obligations:

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:

<p>Davis, R. (2011). <i>Teaching Disability Sport: A Guide for Physical Educators</i>, (2<sup>nd</sup>. ed.). Champaign, IL: Human Kinetics.</p>	
<p>Durstine, J. L., Moore, G., Painter, P., &amp; Roberts, S. (Eds.) (2009). <i>ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities</i> (3<sup>rd</sup> ed.). Champaign, IL: Human Kinetics.</p>	
<p>Shumway-Cook, A., &amp; Woollacott, M. H. (2007). <i>Motor control: Translating research into clinical practice</i>. Philadelphia: Lippincott Williams &amp; Wilkins.</p>	
<p>Rahl, R. L. (2010). <i>Physical activity and health guidelines: Recommendations for various ages, fitness levels and conditions from 57 authoritative sources</i>. Champaign, IL: Human Kinetics. Chapter 13: Neuromuscular diseases pp 219-238.</p>	