

**COURSE DATA****Data Subject**

<b>Code</b>	33225
<b>Name</b>	Physical exercise for human groups with special needs
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	6.0
<b>Academic year</b>	2020 - 2021

**Study (s)**

<b>Degree</b>	<b>Center</b>	<b>Acad. year</b>	<b>Period</b>
1312 - Degree in Physical Activity and Sport Sciences	Faculty of Physical Education and Sport Sciences	3	Other cases
1331 - Degree in Physical Activity and Sport Sciences (Ontinyent)	Faculty of Physical Education and Sport Sciences	3	Other cases

**Subject-matter**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
1312 - Degree in Physical Activity and Sport Sciences	21 - Physical exercise for people with special needs	Obligatory
1331 - Degree in Physical Activity and Sport Sciences (Ontinyent)	21 - Ejercicio físico para poblaciones con necesidades especiales	Obligatory

**Coordination**

<b>Name</b>	<b>Department</b>
COLADO SANCHEZ, JUAN CARLOS	122 - Physical and Sports Education

**SUMMARY**

Physical Exercise for Populations with Special Needs refers to physical activity designed and systematically developed with special emphasis on the needs, interests and abilities of those people who, beyond their normal evolutionary process, have a reduced and particular conditions due to single or combined health problems, disability and / or socio-economic level.

For all this, in this subject will show a broad theoretical and practical view of the most important and scientifically agreed guidelines for physical exercise prescription that demarcate the professional performance for some of the many different groups that may be susceptible to benefit from different types of programs and exercises tailored to their singularities.



To promote greater coherence and rigor in the applicability to the field of sport and physical education of the different conceptual, procedural and attitudinal content to be developed in this course, will be done, preliminary and transversely, a contextualization to help understand better the regulatory framework and social context of reference in which they will have to professionally develop the future graduates in Science of Physical Activity and Sport.

## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

### Other requirements

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements are not needed, moreover of the requirements by the own enrollment restrictions and also related to the approval of other subjects.

Students need a recommended cross-sectional analysis in order to relate the knowledge of this subject with previous developed in other subjects.

## OUTCOMES

### 1312 - Degree in Physical Activity and Sport Sciences

- Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.
- Promote and evaluate the acquisition of enduring and autonomous habits of practising physical activity and sport.
- Plan, implement and evaluate physical activity and sports programmes targeted at special populations.
- Identify health risks derived from inappropriate physical and sporting activities and propose alternatives.
- Evaluate physical fitness and prescribe health-oriented physical exercises.
- Develop habits of professional excellence and quality.
- Know and understand the behavioural, social and legal factors that determine the practice of adapted physical activity.
- Know and understand the effects of the practice of physical exercise on the psychological and social dimensions of people with disabilities.



- Plan, implement and evaluate physical activity and sports programmes targeted at people with disabilities.
- Promote and evaluate the acquisition of enduring and autonomous habits of practising physical activity in people with disabilities.
- Identify health risks in the practice of physical activity and sports in people with disabilities.
- Select and know how to use sports material and equipment suitable for people with disabilities.
- Build habits of professional excellence and quality in the area of adapted physical activity.
- Apply the fundamental rights of equal opportunities and universal accessibility for people with disabilities.
- Prescribe physical exercise programmes for populations with special needs to improve and/or maintain their quality of life based on its determinants and on a comprehensive model for building healthy habits.
- Know the different areas of competence and the environments for promoting adapted physical activity to improve quality of life.
- Use the sources of certified scientific knowledge in the field of physical activity sciences applied to the maintenance of the quality of life.
- Develop capacities to operate according to the principles of excellence and ethics in the field of physical activity for the improvement of the quality of life.
- Develop appropriate skills for individual and group work in the field of physical activity for the improvement of the quality of life.

## LEARNING OUTCOMES

It is expected that students know the basics to ensure the proper prescription and application of Physical Activity for People with Special Needs. To achieve this requirement, the students should know how to analyze, select, adapt and devise different methods, programs, activities and physical /sports exercises according to the interests, abilities and skills of different people, meeting their diverse needs, difficulties, shortcomings and/or disabilities.

## DESCRIPTION OF CONTENTS

### 1. Conceptualization about exercise for people with special needs applied to improving quality of life.

Retrospective and prospective analysis of adapted physical activity.

Legal criteria and areas of performance for the Bachelor of Science in Physical Activity and Sport.

**2. Prescription of physical exercise and healthy habits recommendations.**

People with metabolic syndrome.  
Obesity, hypertension, type 2 diabetes mellitus, and dyslipidemia. Consulting applied in nutrition habits.  
People with lung disease.  
For example: asthma and chronic obstructive pulmonary disease.  
People with musculoskeletal disorders.  
For example: rheumatoid arthritis, osteoarthritis and knee pain and lower back.  
People with mental disorders.  
For example: muscle dysmorphia, depression and stress.  
Other special groups.  
For example: extreme poverty, immigration and prison inmates.

**3. Adapted physical activity on disability.**

Regulatory framework, classification of disability, definitions and terminology.  
Basic guidelines for adapted prescription programs of physical activity, exercise and sports on disabled people.

**WORKLOAD**

ACTIVITY	Hours	% To be attended
Theory classes	45,00	100
Classroom practices	15,00	100
Attendance at events and external activities	10,00	0
Development of group work	10,00	0
Development of individual work	5,00	0
Study and independent work	20,00	0
Readings supplementary material	10,00	0
Preparation of evaluation activities	10,00	0
Preparing lectures	5,00	0
Preparation of practical classes and problem	5,00	0
Resolution of case studies	10,00	0
Resolution of online questionnaires	5,00	0
<b>TOTAL</b>	<b>150,00</b>	



## TEACHING METHODOLOGY

### Teaching methodology

The subject will be taught in conjunction and coordination with the various subjects from this module.

The theoretical content of the topics will be showed in class through classroom activities, using documentary sources of highest scientific rigor and recently updated (both in Spanish and English). These classes serve to fix the knowledge associated with the established capabilities. In addition, in the practical classes some of these contents will be experienced with the immersion method developing new knowledge applied, being used as a whole for that purpose all technological and procedural means as may be appropriate.

From these theoretical and practical classes, in those content that teachers deem necessary may propose to learners performing certain theoretical and practical personal or group work, if this will be the case, for whose implementation they will have the support of the teacher in supervised sessions where students can share with peers and the teacher doubts, get solution to them and begin to independently to develop the skills of the module.

In addition to achieve competencies in a more meaningful way, students will have to develop an individual work of study and assimilation of the theoretical and practical knowledge, and to prepare possible proposed works, it is also recommended to attend complementarily to an academic act and / or practical that can complement and / or reinforce the contents in the subject.

## EVALUATION

### Subject evaluation system

To evaluate the acquisition of the final competences, the students must carry out:

- (a) A theoretical final exam on all the contents developed in the subject. It will be a test type exam to choose in each question among different answer options. The theoretical exam will have a value of 75% of the final grade and must be compulsorily passed to be able to mediate with the rest of the marks of the subject and thus choose to pass it.
- (b) Obligatory presentation in written and oral form of a final expository work in group, its value will correspond to 25% of the final grade, that is to say, it will be able to score up to 2.5 points, having to reach at least 1.75 points to be considered adequate (apt). If you are not adequate (apt), you will not be able to pass the course. The oral presentation will be compulsory for all members of the group.





(c) Throughout the development of the subject, the teaching staff may request the delivery of some workshops for the practical application of content as a result of the experience of the theoretical-practical sessions of the subject. These workshops will be compulsory delivery and will be classified as suitable (apt) or unsuitable, and must have the qualification of suitable (apt) to have the option to pass the course.

(d) The overcoming of the quota of absences marked by the university for the practical part of the subject will suppose, in addition to the overcoming of the rest of the previously marked criteria (a, b, c), the additional delivery of compensatory written works, that according to the student's casuistry will be determined by the teacher and that they will be delivered the day of the final theoretical exam. These works will be compulsory and will be classified as suitable (apt) or unsuitable, having to have the qualification of suitable to have the option to pass the course.

## REFERENCES

### Basic

- Ainsworth BE, Haskell WL, Whitt MC, et al. Compendium of physical activities: an update of activity codes and MET intensities. *Med Sci Sports Exerc.* 2000 Sep;32(9 Suppl):S498-504.
- Ainsworth BE, Haskell WL, Herrmann SD, et al. 2011 Compendium of Physical Activities: a second update of codes and MET values. *Med Sci Sports Exerc.* 2011 Aug;43(8):1575-81.
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- Pescatello LS, MacDonald HV, Lamberti L, Johnson BT. Exercise for Hypertension: A Prescription Update Integrating Existing Recommendations with Emerging Research. *Curr Hypertens Rep.* 2015 Nov;17(11):87.
- Pedersen BK, Saltin B. Exercise as medicine - evidence for prescribing exercise as therapy in 26 different chronic diseases. *Scand J Med Sci Sports.* 2015 Dec;25 Suppl 3:1-72.
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- Zwinkels M, Verschuren O, Janssen TW, et al. Exercise training programs to improve hand rim wheelchair propulsion capacity: a systematic review. *Clin Rehabil.* 2014 Sep;28(9):847-61.

#### **Additional**

- Brandt M, Sundstrup E, Jakobsen MD, Jay K, Colado JC, Wang Y, Zebis MK, Andersen LL. Association between Neck/Shoulder Pain and Trapezius Muscle Tenderness in Office Workers. *Pain Res Treat.* 2014;2014:352735.
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#### **ADDENDUM COVID-19**

**This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council**

ADENDA CONVID-19 (1º y 2º CUATRIMESTRE CURSO 2020-2021)

**ADDENDUM TO THE TEACHING GUIDE MOTIVATED BY COVID 19 - 1st and 2nd FOURTH MONTH (1st AND 2nd ANNOUNCEMENT)**



**Adenda guía docente 2º cuatrimestre curso 2020/2021:**

La docencia a partir del mes de febrero de 2021 se iniciará el día 8 de febrero, siendo en modalidad online y síncrona, y se mantendrá hasta que el Consell de Govern de la Universitat de València informe de su finalización y/o modificaciones.

**Blended teaching**

All classes would be taught, but with limited capacity as indicated by Health Spanish Service. The forecast is for a part of the students to be present in class, and the rest by synchronous videoconference, on a rotating basis. If this addendum is applied, the teaching schedule of each subject will be adjusted to its approved schedule in the Board of the Center, taught in person and synchronous videoconference. The calculation of the percentage of attendance to the practical classes of the subject will be determined based on the number of days to be attended, taking into account the established rotary system.

**Contents**

They are maintained according to those initially collected in the teaching guide.

**Volume of work and temporary planning of teaching**

They are maintained according to those initially collected in the teaching guide.

**Evaluation**

It is maintained as initially stated in the teaching guide.