



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education in Nis**

## GENERAL INFORMATION

Study program	Basic academic studies, physical education and sport
Study Module (if applicable)	
Course title	Adaptive physical activity
Level of study	<input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Bachelor professional <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral
Type of course	<input type="checkbox"/> Obligatory <input checked="" type="checkbox"/> Elective
Semester	<input type="checkbox"/> Autumn <input checked="" type="checkbox"/> Spring
Year of study	Third
Number of ECTS allocated	5
Name of lecturer/lecturers	Marko Aleksandrović, Ph.D, full professor; Bojan Jorgić, Ph.D, associate professor
Teaching mode	<input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group tutorials <input type="checkbox"/> Individual tutorials <input type="checkbox"/> Laboratory work <input type="checkbox"/> Project work <input type="checkbox"/> Seminar <input type="checkbox"/> Distance learning <input type="checkbox"/> Blended learning <input checked="" type="checkbox"/> Other

## PURPOSE AND OVERVIEW (max. 5 sentences)

*Institutional, organizational and essential inclusion of the disabled persons into the system of health and physical education and organized taking up recreational and sports activities in line with the possibilities and interests of the individuals. Students will be familiarized with the organizational forms and possibilities of APE in contemporary society. Application of APE in the function of psycho-somatic therapy and recreation.*

## SYLLABUS (brief outline and summary of topics, max. 10 sentences)

Scientific bases of formation of the system of Adapted Physical Activity (APA) in persons with disability. Establishment of IFAPA (International Federation for Adapted Physical Activities). Therapeutic value and defining the goals and possibilities of applying APA programs. Definition of APA program, International Classification of types of disorder and disability in persons with specific needs. Theory and methods of application of APA program for people with special needs; study opportunities for practicing sports activities for people with health disabilities. Institutional providing application APA programs for people of different sex and age, APA in physical education, sport and recreation. APA includes, without limitation: physical education, sport, recreation, dance and creative arts, nutrition, health education and rehabilitation (IFAPA, 2004). Integrating disabled persons in physical education in schools and units specifically organized for the APA program. Trends in the development of IF for the APA program, application of APA programs in

various disorders and injuries: a support apparatus, internal organs, mental defects, sensory organs and nervous system, application of APA programs in adult females, victims of various forms of mental and physical abuse and misuse.

**LANGUAGE OF INSTRUCTION**

Serbian (complete course)       English (complete course)       Other \_\_\_\_\_ (complete course)  
 Serbian with English mentoring       Serbian with other mentoring \_\_\_\_\_

**ASSESSMENT METHODS AND CRITERIA**

Pre exam duties	Points	Final exam	points
Theory + practicals	10	Exam	40
Colloquia	40		
Seminar paper -	10		
		<b>OVERALL SUM</b>	<b>100</b>

\*Final examination mark is formed in accordance with the Institutional documents