

Faculty of Medicine



IEPR2161 Sports and physical activities adapted for handicapped people

[15h+45h exercises] 2.5 credits

Teacher(s): Daniel Theisen
Language: French
Level: Second cycle

Aims

Comprehension and control of the more specific aspects of the motricity of the disciplines of physical and sporting education for an adequacy Sport and Handicap. To allow an improvement in physical and sporting activities adapted with people having specific needs. To put the student in real situation by a contact, in practice sporting, with handicapped people.

Main themes

Fundamental aspects and knowledge of the adapted physical activities. Application to the handicap mental, sensory, driving and medical within the framework of the leisures and the competition. Study and application of the principles of réentraînement to the effort with an aim of professional reintegration, leisure and competition according to the specific needs in order to reach a true adequacy sport - handicap - work. Deepening of the knowledge of the specificity of the techniques and the organization of the sports practised so much in the field of the leisures and the competition. Music: Physical activities and handicap.

Content and teaching methods

Theory:

Analysis of the different concepts of adapted physical activity (therapy, spécial physical education, adapted sports for individuals with a disability) and their specific aims, study of the national and international federations governing adapted sports, the paralympic movement, medical and functional classification systems, technical aids and adaptations in sports, the paralympic sports and adapted recreational activities.

Practical training:

sports for individuals with a physical disability (wheelchair sports)
 sports for individuals with a sensory disability (blind and bad-sighted athletes)
 sports for individuals with an intellectual disability

Other credits in programs

EDPH22	Deuxième licence en éducation physique	(2.5 credits)	Mandatory
IEPR3DS/TM	Diplôme d'études spécialisées en sciences de la motricité (Thérapie manuelle)	(2.5 credits)	Mandatory
KINE21	Première licence en kinésithérapie et réadaptation	(2.5 credits)	
KINE21/PS	Première licence en kinésithérapie et réadaptation	(2.5 credits)	