

## Kinesiology and Health Sciences

### COURSE OUTLINE – Fall 2022

#### PE2070 (A2): Adapted Sport and Physical Activity for Diverse Populations – 3 (3-0-1) 60 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

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<b>OFFICE HOURS:</b>	Upon request		

**CALENDAR DESCRIPTION:** This is an introduction to current trends in theory and practice in adapted sport and physical activity for diverse populations. The course includes a survey of diverse populations and their implications for service delivery.

**PREREQUISITE(S)/COREQUISITE:** None

**REQUIRED TEXT/RESOURCE MATERIALS:** NCCP Coaching Athletes With A Disability eLearning Module (instructions for access will be provided in class)  
All other course materials will be provided through an Open Educational Resource on Myclass

**DELIVERY MODE(S):** This course will be delivered via in-person person classes and labs. Participation by zoom may be accommodated at the discretion of the instructor.

#### **COURSE OBJECTIVES:**

1. To dispel common myths and stereotypes related to special populations and to examine the relationship between attitudes(s) and service delivery.
2. To acquire knowledge about important characteristics of people with a disability or special need(s) and the relationship of these characteristics to the development of services in physical activity and leisure.

3. To introduce the students to the process of integration in the school and community settings.
4. Through the completion of projects and assignments, students will have an opportunity to develop some basic skills and leadership techniques in working with special population.
5. To provide students with the opportunity to conduct research into a particular area of special populations (e.g. persons with brain injuries, youth at risk, elderly persons, persons with alcohol or substance abuse problems or in poverty, etc.).
6. To expose students to physical activity and leisure resources, programs and services currently provided to persons with disabilities or special needs.

### **LEARNING OUTCOMES:**

After successful completion of this course, students will be able to:

1. Identify, and describe basic information including the cause, symptoms, characteristics and physical considerations, for a variety of disabilities.
2. Identify the importance of physical activity for all people.
3. Discuss and apply the concept of seeing people’s “strengths before their challenges” in order to enable persons with disabilities to participate in physical activity.
4. Describe and apply inclusive principles when planning and teaching of motor skills and various sports for individuals with disability.
5. Identify information about the support systems, programming and community resources available to practitioners/educators (locally, provincially and nationally).
6. Express beliefs and values around people who communicate, move, think, and learn in different ways.
7. Observe and practice sport for individuals with disabilities.
8. Describe and practice the creation of inclusive environments

### **TRANSFERABILITY:**

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**\*\* Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

### **EVALUATIONS:**

Mid-term #1	20%	Wednesday, October 28 <sup>th</sup>
Final Exam	30%	TBA
Teaching Assignment	10%	TBA
Practical Experience Project	20%	Friday, December 9 <sup>th</sup>
Labs	20%	Labs will be due before the start of the following weeks lab.

**GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)**

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

### COURSE SCHEDULE/TENTATIVE TIMELINE:

Lectures: 1:00-2:20 Wednesday & Friday.

Labs: 10:00-10:50 Wednesday.

\*This is a tentative schedule and may change based on progress as a class. Change will be communicated both in class and through myclass.

Date	Topic	Due
Week 1	Course Introduction Labs: None	
Week 2	Introduction to Adapted Physical Activity Labs: None	
Week 3	Introduction to Adapted Physical Activity, Laws & regulations Labs: General Adaptations	
Week 4	Physical disabilities Lab: Sitting Volleyball (Gym)	
Week 5	Physical Disabilities Labs: Wheelchair Basketball (Gym)	
Week 6	Old & Young, Wheelchair instruction Lab: Working out for older adults	
Week 7	Reading Week	
Week 8	Behavioral & Learning Disabilities Midterm #1 Lab: Wheelchair Basketball (Gym)	
Week 9	Intellectual Disabilities Lab: Wheelchair basketball	

Week 10	Monday: Sensory Impairments Wednesday: Sensory Impairments Lab: Wheelchair Rugby	
Week 11	Inclusion, Communication & Language, In-class case study Lab: Sensory Impairments	
Week 12	Person Centered Programming, Organized Sport Lab: Boccia (Gym)	
Week 13	Building Audit – Accessibility, Inclusion Lab: Sledge Hockey (Coca Cola Centre)	
Week 14	Rethinking Disability Lab: Goal Ball (Gym)	
Week 15	Dec 9 – Review	

### **STUDENT RESPONSIBILITIES:**

- All assignments are expected to be submitted on the due date. Late assignments will be deducted 10% per day up to 4 days late. After 4 days late, assignments will not be accepted. If you have a significant issue or concern (e.g., illness or family emergency), contact the instructor as soon as possible.
- Regular attendance is a key to success in this and every other course. Please contact the instructor if you have to miss class. It is the student's responsibility to acquire any materials and content missed due to absence.
- If you are participating via zoom your camera must be on and you must be in an appropriate learning environment.
- Missed labs cannot be made up unless there is a significant issue and the instructor has given permission to make up the lab.
- Lectures/Slides will be provided to students in a format of the instructors choosing. You may not always receive complete slides or there may be alterations to the ones posted. It is the student's job to ensure they are taking appropriate notes.

### **STATEMENT ON PLAGIARISM AND CHEATING:**

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

\*\*Note: all Academic and Administrative policies are available on the same page.