

COURSE OUTLINE

GENERAL

SCHOOL	School of Sports, Physical Education Sciences and Dietetics		
DEPARTMENT	Department of Physical Education & Sport Science		
STUDY LEVEL	Postgraduate Master Program		
COURSE CODE	M07	STUDY SEMESTER	2 nd
COURSE TITLE	Psychology of Adapted Physical Activity		
SELF CONTAINED TEACHING ACTIVITIES	TOTAL TEACHING HOURS		COURSE CREDITS
	36		7
COURSE TYPE	Psychology of Adapted Physical Activity		
PREREQUISITE MODULES	None		
TEACHING AND EXAM LANGUAGE	English		
COURSE IS AVAILABLE TO ERASMUS STUDENTS	Yes		
COURSE WEB PAGE (URL)	https://eclass.uth.gr/courses/PE_P_136/		

LEARNING OUTCOMES

Learning Outcomes
<p>At the end of this module students should:</p> <ul style="list-style-type: none"> • Have the knowledge on special issues and situations that arise in sport, physical activity and rehabilitation settings that may require their services in disability issues • Understand the theoretical background of adapted PE and its connection with sport psychology. • Work ethically and provide a safe environment for individuals with disabilities • Apply -individually or in small groups- techniques often involved in adapted PE and sport psychology settings • Be able to provide solid services so as to work effectively with individuals with disabilities in various settings • Choose the best techniques and methods to promote quality of life of individuals with disabilities • Provide feedback and professional support to individuals with disabilities
General Competencies
<p>At the end of this module students will be able for:</p> <ul style="list-style-type: none"> • Adaptation to new situations • Decision making, • Working Independently, • Working in a team, • Working in an interdisciplinary environment, • Production of new research ideas • Respect for diversity and multiculturalism • Showing social, professional and ethical responsibility and sensitivity to gender issues • Promotion of free, creative and inductive thought

COURSE CONTENT

Course Content
<ul style="list-style-type: none"> • Introduction to Adapted PE and its relation to sport psychology

- Individualized assessment and programming
- Development of IEP programming - workshop practice
- Psychiatric disorders (psychosis, mood and anxiety disorders)
- Psychiatric disorders and adapted PE
- Psychiatry Unit Practice
- Case study presentation - workshop practice
- Therapeutic swimming – Hydrotherapy (introduction, description of terms, main methods)
- Therapeutic swimming – Hydrotherapy (aquatic assessment and ICF framework)
- Therapeutic swimming – Hydrotherapy (toward a collaborative aquatic approach in rehabilitation settings)
- Interview of a patient with disability - workshop practice and essay assignment
- Therapeutic swimming practice

TEACHING AND LEARNING METHODS - EVALUATION

TEACHING METHOD	In person	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY	E-class	
TEACHING ORGANIZATION	Activity	Semester Workload
	Lectures	36
	Work	12
	Workshop in class	9
	Essay writing	130
	Presentation of a case study	8
	Practice	15
	Module Total	210
STUDENT ASSESSMENT	<p>Evaluation language: English Case study presentations Written essay</p> <p>Evaluation criteria for case study presentations and written essay:</p> <ul style="list-style-type: none"> • The coursework will be evaluated based on students' ability to accurately reflect on case study presentations and practice. Points are awarded based on students' ability to: • Respond with insight, clarity, precision and detail • Write competently at graduate level (word-processed document) 	

READING LIST

Recommended references:

- Gabršček, L., Kokaridas, D., Maggouritsa, G., Loules, G., Stoforos, P., Theodorakis, Y., & Krommidas, C. (2019). The effect of a goal setting exercise program on improving upper body strength, lower extremity strength, balance and commitment to exercise of patients with schizophrenia. *European Journal of Physical Education and Sport Science*.
- Kokaridas, D. (2021). *Adapted Physical Education*. Thessaloniki: Kyriakidis Publishing.

- Kokaridas, D., Maggouritsa, G., Stoforos, P., Patsiaouras, A., Theodorakis, Y. & Diggelidis, N. (2013). The Effect of a Token Economy System Program and Physical Activity on Improving Quality of Life of Patients with Schizophrenia: A Pilot Study. *American Journal of Applied Psychology*, 2(6), 80-88.
- Lepore, M, G. Gayle, W & Stevens, S.F. (2007). *Adapted Aquatics Programming: A Professional Guide*. Champaign, IL: Human Kinetics.
- Maggouritsa, G., Kokaridas D., Theodorakis, I., Patsiaouras, A., Mouzas, O.,Dimitrakopoulos, S., & Diggelidis, N. (2014). The effect of a physical activity programme on improving mood profile of patients with schizophrenia. *International Journal of Sport and Exercise Psychology*, 12 (3), 273–284.
- Maggouritsa, Kokaridas, D., Stoforos, P., Patsiaouras, A., Diggelidis, N., & Theodorakis, Y. (2014). The Effect of a Physical Activity Program on Improving Body Cathexis and Self - Esteem of Patients with Schizophrenia. *Inquiries in Sport and Physical Education*, 12 (1), 40 –51.
- Rutter, M.E. (2008). *Rutter's Child and Adolescent Psychiatry*. Malden, US: Wiley-Blackwell.
- Rutter, M.E. (2002). *Handbook of Assessment and Treatment Planning for Psychological Disorders*. New York, Guilford Press.
- Sherrill, C. (2004). *Adapted physical activity, recreation and sport: Crossdisciplinary and lifespan (6th Ed)*. Dubuque,
- IA: Brown & Benchmark.
- Winnick, J. (Ed.) (2000). *Adapted physical education and sport*. Champaign, IL: Human Kinetics.