
UNIVERSITY OF THESSALY

“EUROPEAN MASTER IN SPORT AND EXERCISE PSYCHOLOGY”
INFORMATION ABOUT THE MODULE

TITLE OF MODULE: **Psychology of Adapted Physical Activity**

CODE OF MODULE:

MAIN LECTURER: Kokaridas Dimitrios e-mail: dkokar@pe.uth.gr

OTHER LECTURERS: Thomas Kourtessis

MODE OF TEACHING/CONDUCT: Twelve 3-hour meetings

IDENTIFICATION OF MODULE: Module of the 2nd semester

Key-words:

Adapted Physical Education, Disabilities, Sport Psychology, Basic Theories, Application

AIM OF THE MODULE

This module aims to provide students with a good understanding of adapted physical education in relation to sport psychology and application of psychological techniques according to disability and individual differences. The overall intention is to examine the extent to which a connection between adapted physical education and sport psychology can be established for the benefit of students in their everyday practice.

LEARNING OUTCOMES

At the end of this module students should:

Have a knowledge background concerning relative theory of adapted physical education and disabilities.

Know how to develop and apply an individualized education program (IEP) in relation to disability and individual needs that will include assessment, setting of goals and application of psychological techniques according to case.

Obtain an understanding on how psychological principles could be applied within different adapted physical education contexts.

Practice in therapeutic swimming and PE programming in psychiatry units.

9. TEACHING METHODS

Lectures, Seminars, Practice, Workshops

10. TIMETABLE & PLANNING

/	Lecturer	Topic
1	Kokaridas Dimitrios	Introduction to Adapted Physical Education and Sport
2	Kokaridas Dimitrios	Individualised Education Program (I.E.P.) and Assessment
3	Kokaridas Dimitrios	Psychological techniques and disabilities
4	Kokaridas Dimitrios	Psychiatric Disorders – Psychosis
5	Kokaridas Dimitrios	Psychiatry Unit Practice
6	Kokaridas Dimitrios	Mood & Anxiety Disorders
7	Thomas Kourtessis	Learning Difficulties I
8	Thomas Kourtessis	Learning Difficulties II
9	Kokaridas Dimitrios	Therapeutic Swimming
10	Kokaridas Dimitrios	Therapeutic Swimming Practice
11	Kokaridas Dimitrios	Les Autres & Chronic Illnesses Conditions
12	Kokaridas Dimitrios	Students' presentations: Issues in adapted physical education and sport psychology

11. EVALUATION:

Assignments 40%

Presentational and communication skills 20%

1 Essay (40%)

12. SUGGESTED HANDBOOKS

Auxter, A.D., Pyfer, J., & Huettig. (2001). *Principles and methods of adapted physical education and recreation* (9th Ed.). Boston: McGraw-Hill.

American College of Sports Medicine. (1997). *ACMS' exercise management for persons with chronic diseases and disabilities*. Champaign: Illinois: Human Kinetics Publishers.

Depauw, ., and Gavron, S. (2005). *Disability Sport*. Champaign, IL: Human Kinetics Publishers.

Gallague, D. L. (1996). *Developmental Physical Education for Today's Children*. Boston: McGraw-Hill.

Lepore, M, G. Gayle, W & Stevens, S.F. (2007). *Adapted Aquatics Programming: A Professional Guide*. Champaign, IL: Human Kinetics.

Payne, V., & Isaacs, L.D. (2005). *Human Motor Development: A Lifespan Approach* (6th ed) Blacklick, OH: McGraw Hill Companies

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.

Singer, R.N., Hausenblas, H.A., & Jenelle, C.M. (2001). *Handbook of Sport Psychology* (2nd Edition). New York: Wiley.

Sherrill, C. (2004). *Adapted physical activity, recreation and sport: Crossdisciplinary and lifespan* (6th Ed). Dubuque, IA: Brown & Benchmark.

Tenenbaum, G., Eklund, R.C. (Eds.) (2007). *Handbook of Sport Psychology* (3rd Edition). New York: Wiley.

Weinberg, R.S., & Gould, D. (2007). *Foundations of sport and exercise psychology*. New York: Human Kinetics.

Winnick, J. (Ed.) (2000). *Adapted physical education and sport*. Champaign, IL: Human Kinetics.

Winnick, J., & Short, F. (Eds.). (1999). *The Brockport physical fitness training guide*. Champaign, IL: Human Kinetics Publishers.

OUTLINE

Lecture 1

Title	Content	Key-words
Introduction to Adapted Physical Education and Sport	Adapted physical activity: Definition, aims, goals and objectives. Disability conditions. Classification of disabilities according to physical education. Inclusion	Adapted physical education Disability Aims and objectives Inclusion Research questions
Readings	<p>Auxter, A.D., Pyfer, J., & Huettig. (2001). <i>Principles and methods of adapted physical education and recreation</i> (9th Ed.). Boston: McGraw-Hill.</p> <p>Gallague, D. L. (1996). <i>Developmental Physical Education for Today's Children</i>. Boston: McGraw-Hill.</p> <p>Payne, V., & Isaacs, L.D. (2005). <i>Human Motor Development: A Lifespan Approach</i> (6th ed) Blacklick, OH: McGraw Hill Companies</p> <p>Winnick, J. (2000). <i>Adapted physical education and sport</i>. Champaign, IL: Human Kinetics.</p>	

Lecture 2

Title	Content	Key-words
Individualised Education Program (I.E.P.) and Assessment	Adaptation theory. Adapting teaching to individual needs. Structure and principles of an I.E.P. Purpose, goals and objectives. Short-term objectives and annual goal(s). Holistic evaluation approach. Evaluating IQ, personality, behavior and motor abilities prior adaptation of physical activity programs. I.E.P. development and lesson planning. Teaching process and outcomes. Strategies, techniques.	Adaptations Individualised Education Program (I.E.P.). Holistic approach I.E.P. development. Lesson planning.
Readings	<p>Sherrill, C. (2004). <i>Adapted physical activity, recreation and sport: Crossdisciplinary and lifespan</i> (6th Ed). Dubuque, IA: Brown & Benchmark.</p> <p>Short, F. (2005). Individualized education programs. In J. Winnick (Ed.) <i>Adapted physical education and sport</i> (4th ed.). Champaign, IL: Human Kinetics, pp. 47-60.</p>	

Lecture 3

Title	Content	Key-words
Psychological techniques and disabilities	Disabilities and the role of sport psychology in educational and sport contexts. Overview of goal setting, self-talk and mental imagery application to individuals with disabilities.	Disabilities Athletic psychology Basic psychological techniques Self-talk, goal setting, mental imagery
Readings	<p>Singer, R.N., Hausenblas, H.A., & Jenelle, C.M. (2001). <i>Handbook of Sport Psychology</i> (2nd Edition). New York: Wiley.</p> <p>Tenenbaum, G., Eklund, R.C. (Eds.) (2007). <i>Handbook of Sport Psychology</i> (3rd Edition). New York: Wiley.</p> <p>Weinberg, R.S., & Gould, D. (2007). <i>Foundations of sport and exercise psychology</i>. New York: Human Kinetics.</p>	

Lecture 4

Title	Content	Key-words
Psychiatric disorders -Psychosis	Emotional and behavioral disorders. Internalizing and externalizing behavior. Identification of neurotic and antisocial behavior. Structuring of	Neurotic behaviour Antisocial behaviour Psychiatric disorders

	environment. Teaching strategies and adaptations. Psychiatric disorders. Psychosis. Token economy system and physical activity.	Token economy system Autism Behaviourism
Readings	<p>Davis, K. (1990). <i>Adapted physical education for students with autism</i>. Springfield, Ill: C.C. Thomas.</p> <p>Faith B. Dickerson, Tenhula W.N., & Green-Paden, L.D.(2005). The token economy for schizophrenia: review of the literature and recommendations for future research. <i>Schizophrenia Research</i>, 75 (2), 405-416.</p> <p>Rutter, M.E. (2008). <i>Rutter's Child and Adolescent Psychiatry</i>. Malden, US: Wiley-Blackwell.</p> <p>Rutter, M.E. (2002). <i>Handbook of Assessment and Treatment Planning for Psychological Disorders</i>. New York, Guilford Press.</p>	

Lecture 5

Title	Content	Key-words
Psychiatric Unit Practice	Visit to a psychiatry unit – Practice with patients with schizophrenia - Workshop	Application of PE program
Readings		

Lecture 6

Title	Content	Key-words
Mood & Anxiety disorders	Mood disorders, depression, bipolar disorder Anxiety disorders, Phobias Physical activity adaptations & programming	Mood Anxiety
Readings	<p>Davis, K. (1990). <i>Adapted physical education for students with autism</i>. Springfield, Ill: C.C. Thomas.</p> <p>Faith B. Dickerson, Tenhula W.N., & Green-Paden, L.D.(2005). The token economy for schizophrenia: review of the literature and recommendations for future research. <i>Schizophrenia Research</i>, 75 (2), 405-416.</p> <p>Rutter, M.E. (2008). <i>Rutter's Child and Adolescent Psychiatry</i>. Malden, US: Wiley-Blackwell.</p> <p>Rutter, M.E. (2002). <i>Handbook of Assessment and Treatment Planning for Psychological Disorders</i>. New York, Guilford Press.</p>	

Lectures 7 & 8

Title	Content	Key-words
Learning Difficulties I & II	Learning difficulties, ADHD, motor clumsiness. Behavioral characteristics and teaching challenges. Motor performance.	Learning difficulties ADHD Motor clumsiness
Readings	<p>Krebs, P. (2005). Mental retardation. In J. Winnick (Ed.) <i>Adapted physical education and sport (4th ed.)</i>. Champaign, IL: Human Kinetics, pp. 111 – 126.</p> <p>Krebs, P. (2005). Learning disabilities and attentional deficits. In J. Winnick (Ed.) <i>Adapted physical education and sport (4th ed.)</i>. Champaign, IL: Human Kinetics, pp. 127 – 142.</p> <p>Sherrill, C. (2004). <i>Adapted physical activity, recreation and sport: Crossdisciplinary and lifespan (6th Ed)</i>. Dubuque, IA: Brown & Benchmark.</p>	

Lecture 9

Title	Content	Key-words
Therapeutic Swimming	Therapeutic Swimming. Main Methods.	Water Specific Therapy.
Readings	<p>Lepore, M, G. Gayle, W & Stevens, S.F. (2007). <i>Adapted Aquatics Programming: A Professional Guide</i>. Champaign, IL: Human Kinetics.</p>	

Lecture 10

Title	Content	Key-words
Therapeutic Swimming Practice	Practice in the swimming pool	Water therapy, application
Readings		

Lecture 11

Title	Content	Key-words
Les Autres & Chronic illnesses conditions	Les Autres & Chronic illnesses conditions Physical education programming for muscular weakness conditions. Psychological treatment and support.	Les Autres Neuro-muscular disorders Support
Readings	<p>American College of Sports Medicine. (1997). <i>ACMS' exercise management for persons with chronic diseases and disabilities</i>. Champaign: Illinois: Human Kinetics Publishers.</p> <p>Borg, G.A. (1998). <i>Borg's perceived exertion and pain scales</i>. Champaign, IL: Human Kinetics</p> <p>Shephard, R.J. (1990). <i>Fitness in special populations</i>. Champaign, IL: Human Kinetics Publishers.</p> <p>Porretta, D.L. Amputations, dwarfism and les autres. In J. Winnick (Ed.) <i>Adapted physical education and sport (4th ed.)</i>. Champaign, IL: Human Kinetics, pp. 199 – 215.</p> <p>Winnick, J., & Short, F. (Eds.). (1999). <i>The Brockport physical fitness training guide</i>. Champaign, IL: Human Kinetics Publishers.</p>	

Lecture 12

Title	Content	Key-words
Students' presentations: Issues in adapted physical education and sport psychology	Presentation of assignments.	Literature Review Presentations skills
Readings	<p>Thody, A. (2006). <i>Writing and Presenting Research</i>. London: Sage.</p> <p>Thomas, J.R., Nelson, J.K., & Silverman, S.J. (2007). <i>Research methods in physical activity (5th edition)</i>. Windsor: Human Kinetics.</p>	