
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: MB05

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 Activity, Disabilities, Sport Psychology, Practice.

AIM OF THE MODULE

This module, mainly through practice, aims to provide students with a good understanding of adapted physical activity 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 activity 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 exercise for people with disabilities.

Know how to develop and apply individualized programming in relation to disability and individual needs that will include assessment, setting of goals and application of psychological techniques according to case.

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

Practice in psychiatry unit, rehabilitation centres and therapeutic swimming.

9. TEACHING METHODS

Lectures, Practice.

10. TIMETABLE & PLANNING

A/A	Lecturer	Topic
1	Kokaridas Dimitrios	Introduction to Adapted Physical Education
2	Kokaridas Dimitrios	Individualised assessment and programming
3	Kokaridas Dimitrios	Psychological techniques and disabilities
4	Kokaridas Dimitrios	Psychiatric Disorders – Psychosis
5	Kokaridas Dimitrios	Mood & Anxiety Disorders
6	Kokaridas Dimitrios	Psychiatry Unit Practice
7	Thomas Kourtessis	Learning Difficulties I
8	Thomas Kourtessis	Learning Difficulties II
9	Kokaridas Dimitrios	Practice in Therapeutic Center of Chronic Illnesses
10	Kokaridas Dimitrios	Rehabilitation Unit Practice
11	Kokaridas Dimitrios	Therapeutic Swimming
12	Kokaridas Dimitrios	Practice in Therapeutic Swimming

11. EVALUATION:

Practice (70%)

Essay (30%)

12. SUGGESTED HANDBOOKS

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. *Schizophrenia Research*, 75 (2), 405-416.

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

Kokaridas, D. (2010). *Exercise and disability: Individualization, adaptations and inclusion issues*. Thessaloniki: Christodoulidis 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.

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 Activity	Adapted physical activity: Definition, aims, goals and objectives. Disability conditions. Classification of disabilities according to physical activity Inclusion	Adapted physical activity Disabilities Inclusion
Readings	Gallague, D. L. (1996). <i>Developmental Physical Education for Today's Children</i> . Boston: McGraw-Hill. Kokaridas, D. (2010). <i>Exercise and disability: Individualization, adaptations and inclusion issues</i> . Thessaloniki: Christodoulidis Publishing. Payne, V., & Isaacs, L.D. (2005). <i>Human Motor Development: A Lifespan Approach</i> (6th ed) Blacklick, OH: McGraw Hill Companies Winnick, J. (2000). <i>Adapted physical education and sport</i> . Champaign, IL: Human Kinetics.	

Lecture 2

Title	Content	Key-words
Individualised assessment and programming	Adaptation theory. Adapting teaching to individual needs. Holistic evaluation approach. 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	Kokaridas, D. (2010). <i>Exercise and disability: Individualization, adaptations and inclusion issues</i> . Thessaloniki: Christodoulidis Publishing. Sherrill, C. (2004). <i>Adapted physical activity, recreation and sport: Crossdisciplinary and lifespan (6th Ed)</i> . Dubuque, IA: Brown & Benchmark. Short, F. (2005). Individualized education programs. In J. Winnick (Ed.) <i>Adapted physical education and sport (4th ed.)</i> . Champaign, IL: Human Kinetics, pp. 47-60.	

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 Sport psychology Self-talk, goal setting, mental imagery.
Readings	Kokaridas, D. (2010). <i>Exercise and disability: Individualization, adaptations and inclusion issues</i> . Thessaloniki: Christodoulidis Publishing. Singer, R.N., Hausenblas, H.A., & Jenelle, C.M. (2001). <i>Handbook of Sport Psychology</i> (2 nd Edition). New York: Wiley. Tenenbaum, G., Eklund, R.C. (Eds.) (2007). <i>Handbook of Sport Psychology</i> (3 rd Edition). New York: Wiley. Weinberg, R.S., & Gould, D. (2007). <i>Foundations of sport and exercise psychology</i> . New York: Human Kinetics.	

Lecture 4

Title	Content	Key-words
Psychiatric disorders -Psychosis	Psychiatric disorders. Psychosis. Token economy system and physical	Psychiatric disorders Token economy system

	activity.	Autism Behaviourism
Readings	<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>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. <i>American Journal of Applied Psychology</i>, 2(6), 80-88.</p> <p>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. <i>International Journal of Sport and Exercise Psychology</i>, 12 (3), 273–284.</p> <p>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. <i>Inquiries in Sport and Physical Education</i>, 12 (1), 40 – 51.</p>	

Lecture 5

Title	Content	Key-words
Mood & Anxiety disorders	Mood disorders, depression, bipolar disorder Anxiety disorders, Phobias Physical activity adaptations & programming	Mood Anxiety
Readings	<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 6

Title	Content	Key-words
Psychiatric Unit Practice	Visit to a psychiatry unit – Practice with patients with schizophrenia using a token economy system approach- Workshop	Application of physical activity & token economy program
Readings		

Lectures 7 & 8

Title	Content	Key-words
Learning Difficulties I & II	Introduction to Developmental Coordination Disorder- Definitions-Terminology. Affective, social & academic implication of DCD. 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
Practice in Therapeutic Center of Chronic Illnesses	Visit to chronic illnesses' unit – Interviewing and individualized practice with three patients	Application of physical activity and psychology program

	with spinal cord injury, brain stroke and myasthenia Gravis, respectively.	
Readings		

Lecture 10

Title	Content	Key-words
Rehabilitation Unit Practice	Visit to a rehabilitation unit – Application of music supported group activity program to patients with chronic conditions.	Application of music supported activity program
Readings		

Lecture 11

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

Lecture 12

Title	Content	Key-words
Therapeutic Swimming Practice	Practice in the swimming pool	Adapted swimming and water therapy, handling and relaxation techniques, application
Readings		