

## Inclusive and Adapted Physical Activities

Klára Daďová, Charles University, Faculty of Physical Education and Sport

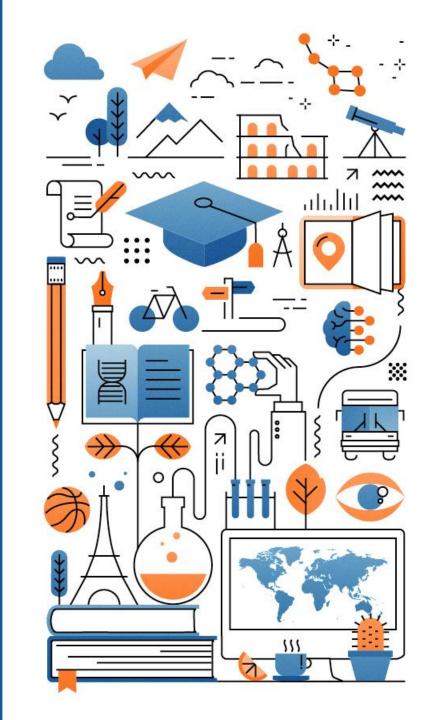


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Klára Daďová Charles University, Prague







## **INTERNATIONALISATION FOR ALL**

Can internationalisation change our life? Why is this topic important? We all are different... Where are the barriers?

## Content of the presentation

- Let us define some important terms
- Studying about special needs in PE and sport
- International collaboration
- Example of good practice BIP in Portugal

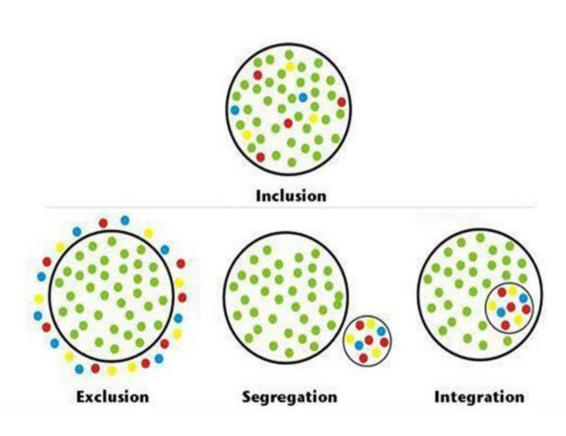


## What does it mean "inclusive"?



#### **PE and sport for everyone**

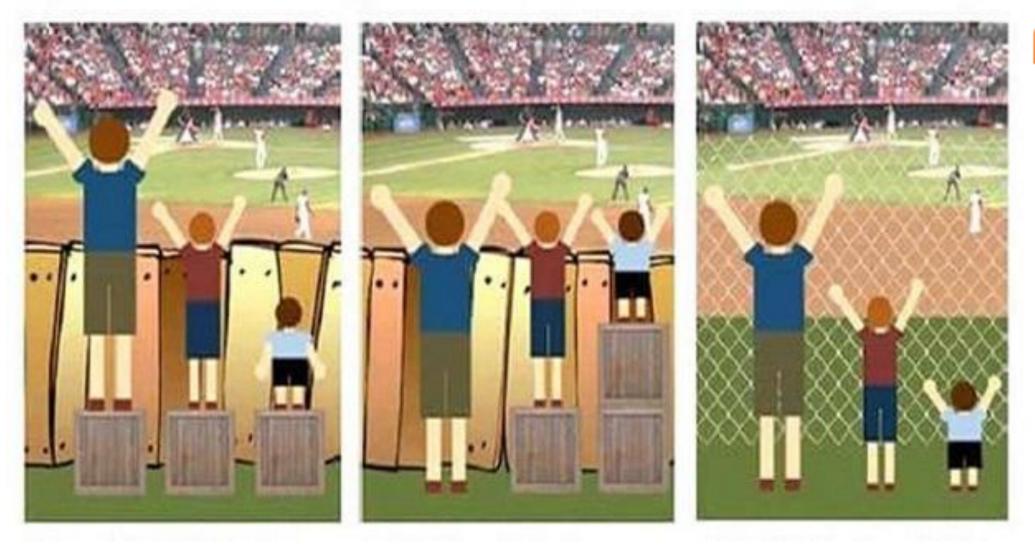
#### **Inclusion spectrum**





https://sportsconflict.org/wpcontent/uploads/2014/12/Inclusion.jpg

## **Equity vs. Equality**

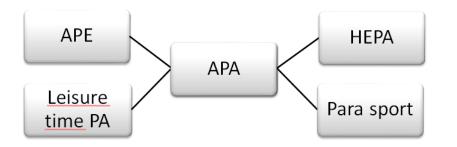




https://theinclusionsolution.me/equity-vs-equality-eliminating-opportunity-gaps-education/

## **Adapted Physical Activity**

- professional branch directed toward persons who require adaptation for participation in the context of physical activity
- directed toward persons of all ages underserved by the general sport sciences, disadvantaged in resources, or lacking power to access equal physical activity opportunities and rights
- involves individuals with disabilities, but its principles may also apply to obese, aged or other individuals with restricted participation in regular (non-adapted) physical activity.
- to **promote full participation** in physical activity, regardless of the population being engaged (Sherrill & Hutzler, 2008)





## Adapted Physical Education and Sport for people with special needs

- At Charles University (FTVS) since **1992**
- Bachelor (3 years) level, Master (2 years) level
- Students with special needs are welcome
- Promotion of Erasmus+ experience
- International experts as **guests** in our programme
- **Cooperation** with MAiSI programme (Erasmus Mundus Master in Sport Ethics and Integrity)
- Teachers and students **attending EUCAPA**



# Examples of international programmes in APA in

- EMDAPA European Master in APA 1991 2005, coordinated by KU Leuven (Belgium) – 29 EU universities involved – 1 year with possible extention
- EMMAPA Erasmus Mundus Master in APA 2005-2015 (Belgium, Norway, Ireland, CZ) – 2 years
- EUDAPA European University Diploma in APA – since 2010 - coordinated by Haaga Helia University of Applied Sciences in Vierumäki (Finland) – 3 months intensive course



## **Blended Intensive Program experience**

#### **BIP in general**

- minimum 15 participants from abroad
- <u>Students</u> Learning Agreement Student Mobility for Studies
- 3 ECTS
- <u>Teachers</u> Erasmus staff mobility
- online lectures and meetings of students before the "real" mobility
- Accomodation and most of the meals provided by the organising institution

#### **BIP in APA**

Faculty of Sport Science and Physical Education

Coimbra, Portugal

**17 participants** 

**4 countries** (Portugal, Czech Republic, Latvia and Spain)

13-17 March 2023



## **Czech group**

#### 2 teachers

4 students – 2nd year bachelor, Adapted PE and sport for people with special needs

3 students with special needs (supported by Charles University)

Inclusion in practice 🕲



## Lectures

 experts in APA from participating institutions (Latvian Sport Academy - Riga, Universidade de Coimbra, Charles University - Prague, Miguel Hernández University - Elche)

#### <u>Topics</u>:

- The role of PE teachers to improve attitudes towards inclusion in PE
- Basis for classification in para sport
- Medical issues in APA for people with intellectual disabilities
- Collaborative learning and inclusion in PE
- Physical activity to improve employability skills in people with intellectual disabilities









## Leadership JUST KEEP CALM AND ADAPT! AND ENJOY :)



**a sporting event for more than 100 local participants with intellectual disabilities organised by the students**, for Special Movement FCDEF-UC

#### Friday 17-03-2023

# Ideas gathered from the students before the BIP started

Local coordinator prepared program based on the proposals (topics, activities, games etc.) – icebreakers, zumba dance, circuit activities AIM: to share experience with all the participants and to give the opportunity of having fun in a context outside their institutions



#### What did the program bring to our students?

"BIP in Coimbra was a wonderful experience. We met people from different countries. Through the week we heard many interesting lectures on sport and education for people with disabilities. We had opportunity to try workshops focusing on topics from presentations - classification and testing in parasport, neurotraining, inclusive activities. I heard few new thoughts. An interesting topic for me was peer tutoring."



I really liked BIP. It gave me a lot of new information and insights. It gave me the opportunity to get to know new town and new people and new friends. It inspired me in the new exercise I use in athletics. I liked the individual approach to my disability from the lecturers."



#### What did the program bring to our students?

"I really liked this trip, I gained experience from travelling, not just from school. ... this program was very active, and I liked that. I expected it to be challenging and that I would have problems because I am deaf, but I found that they were able to help me and try to communicate clearly... People at this university were great and put a lot of energy into the program. I have learned quite a few interesting things. And it was not difficult for me to work with people with mental disabilities, because most of them could not speak. Every group that gave lectures and workshops had an original idea. I had a problem listening during the lectures, so I got written documents for the presentation. ... Portugal is a beautiful country, ... and people often have positive energy, and this also applies to education."













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https://ifapa.net/blended-intensive-programmes-inclusive-and-adapted-physical-activities/