

Wednesday, November 22

Large 2

14:50 – 15:30

Inclusive and Adapted Physical Activities

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and Sport

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

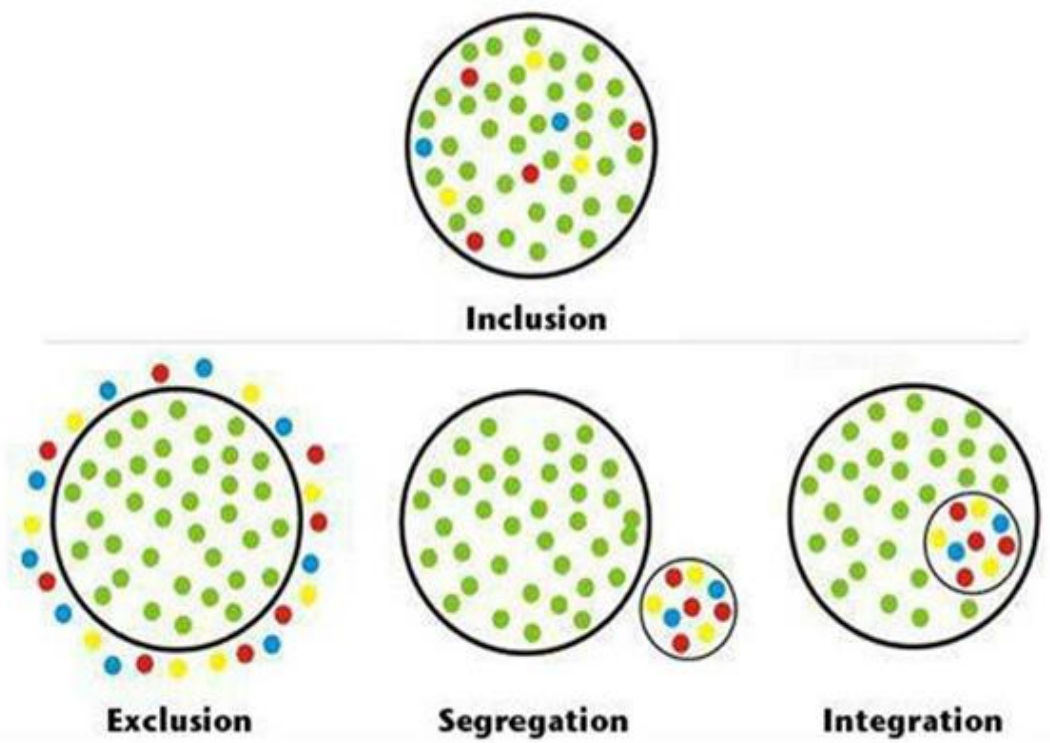
- Let us define some important terms
- Studying about special needs in PE and sport
- International collaboration
- Example of good practice – BIP in Portugal

What does it mean „inclusive“?



PE and sport for everyone

Inclusion spectrum



Equity vs. Equality



Blended Intensive Program experience



BIP in general

- minimum 15 participants from abroad
- Students – Learning Agreement Student Mobility for Studies
- 3 ECTS
- Teachers – 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



A
COIMBRA

U C



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 😊

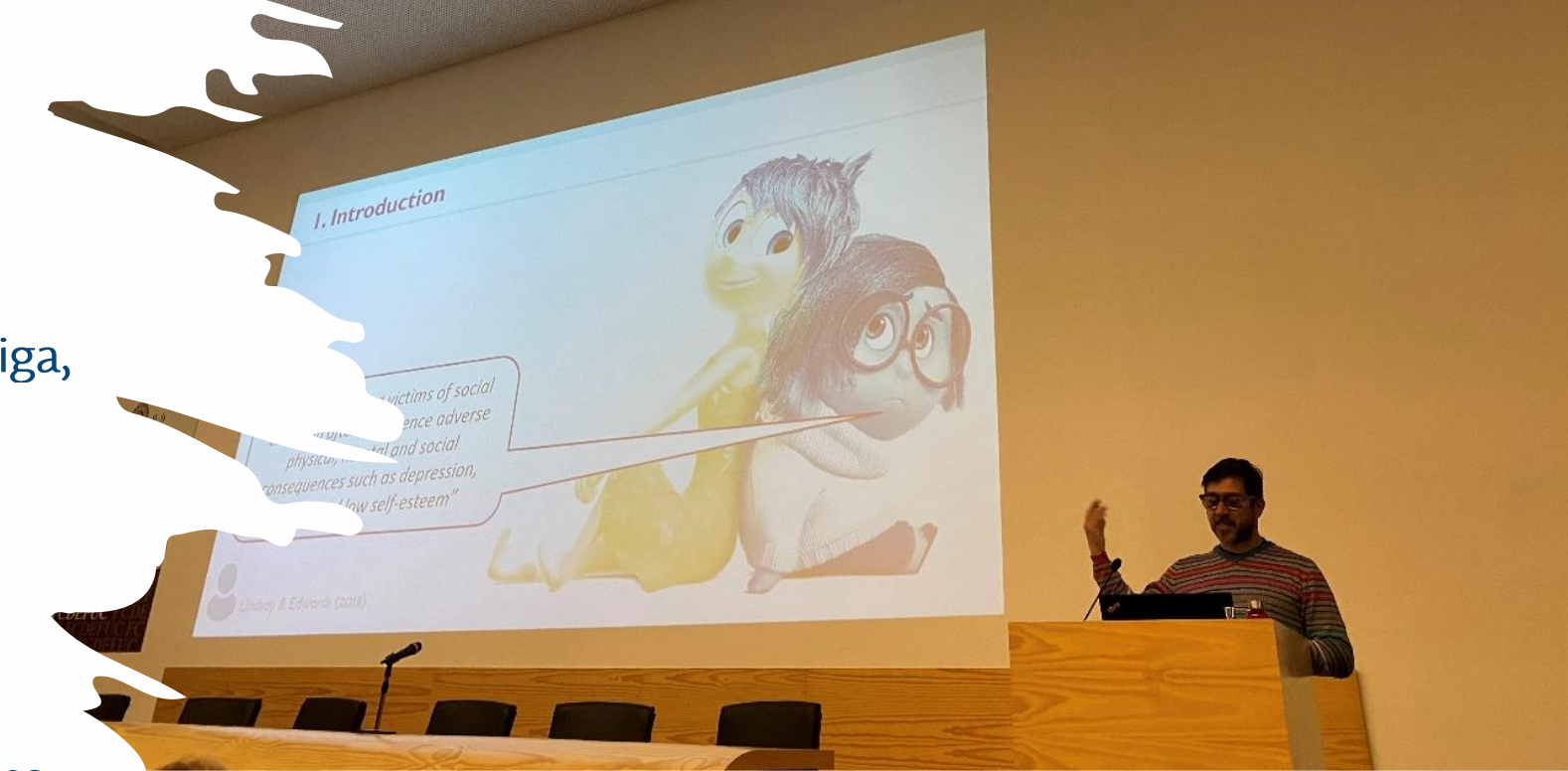


Lectures

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

Topics:

- 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



Workshops



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

AIM: to share experience with all the participants and to give the opportunity of having fun in a context outside their institutions

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



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.“



Thank you!



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