SS2106 Physical Activity and Leisure for Special Populations
[Lectures: 29 hours; Tutorials: 10 hours; Pre-requisites: None; Academic Unit: 3.0]

Learning Objective

This is an experiential course designed to introduce students to the world of adapted physical activity, leisure and sport for individuals with special needs. Students will gain an overview of the various recreational and sporting activities available in Singapore, and be introduced to the different disability conditions and the sports played by different disability groups. Principles, guidelines and strategies for activity instruction will be gleaned through hands-on participation, class discussions and personal reflections.

Content

1. Adapted Physical Activity (APA), Leisure & Sport for Individuals with Special Needs
   - Philosophical & Historical Perspective
   - Aims & Objectives of APA
   - Personal Philosophy and Attitude

2. History of APA & Disability Sports in Singapore

3. Classification, Characteristics, Instructional Strategies & Implications
   - Intellectual Disabilities
   - Autism Spectrum Disorder
   - Cerebral Palsy
   - Spina Bifida
   - Spinal Cord Injuries
   - Muscular Dystrophy
   - Asthma
   - Amputations

4. Disability Sports & Recreation Organisations
   - Singapore Disability Sports Council
   - Singapore National Paralympic Council
   - Special Olympics Singapore
   - Voluntary Welfare Organisations in Singapore
   - International Paralympic Committee
   - International Disabled Sport Organisations (IDSO)
Course Outline

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<th>S/N</th>
<th>Topic</th>
<th>Lecture Hours</th>
<th>Tutorial/ Practical Hours</th>
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<td>Introduction to APA &amp; Disability Sports</td>
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<td>Aims &amp; Objectives of APA</td>
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<td>History of APA &amp; Disability Sport</td>
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<td>4</td>
<td>Characteristics of Disability conditions</td>
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<td>Disability sports (hands-on activities)</td>
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<td>Disability Sport Classifications</td>
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<td>Disability Sport Organisations</td>
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<td>APA &amp; Disability Sport Issues</td>
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Learning Outcome
At the completion of this course, students should be able to:

- understand the need for, and scope of, adapted physical activity, leisure and sports for individuals with special needs in Singapore
- identify the main characteristics of selected disability conditions and understand how these characteristics must be considered when adapting physical activities and during instruction
- reflect on their own learning journey and identify the opportunities for personal and professional growth in working with individuals with special needs.

Student Assessment
Students will be assessed by:

a. Continuous assessment (100%)
   i) Practical Sessions (40%)
      - Participation (10%)
      - Reflections (30%)
   ii) Project/Assignment (20%)
   iii) Written Class Test (40%)

Textbook / References

c. Adapted Physical Activity Quarterly
d. Medicine & Science in Sports & Exercise
e. Research Quarterly in Exercise & Sport Science
f. Pediatric Exercise Science
g. Palaestra
h. Exceptional Children