SS3412 Adapted Physical Activity and Recreation
[Lectures: 22 hours; Tutorials: 15 hours; Pre-requisites: SS2106 Physical Activity and Leisure for Special Populations; Academic Unit: 3.0]

Learning Objective
Individuals with special needs, like everyone else, need to be involved in regular physical and sporting activities. They can, and should, be equipped with the necessary skills and knowledge to participate in modified and/or regular games and sporting events. This course builds on the knowledge gained from the foundational course and introduces students to the instruction, delivery and management of adapted physical/sporting activities. This course requires students to complete a 15 hours attachment.

This course will enable students to better understand disability sports and apply theoretical knowledge and understanding in coaching athletes with disabilities. Students will develop instructional coaching skills and learn how to plan, adapt and teach physical activities/sports & games that cater to the needs of individuals with special needs via the practical attachment.

Content

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Learning Outcome
At the completion of this course, students would be able to:
- have a better understanding of the various adapted physical/leisure activities and sport made available to individuals with special needs by different organisations in Singapore
- apply appropriate instructional methods & strategies in the delivery and instruction of a physical activity/leisure or sport experience to a selected special needs population through a short hands-on attachment experience.
- identify and complete a project to address an area of interest/need in adapted physical activities or disability sport.
- be aware of the different opportunities in the disability sport sector.

Student Assessment
Students will be assessed by:
a. Continuous assessment (100%)
   i) **Practical Attachment & Reflections.** Students will be attached to a disability sport organization (15 hours) and will learn how to apply theoretical knowledge to adapt activities/instructions and coach athletes in a specific disability sport. (40%)
   ii) **Attachment Presentation** (10%)
   iii) **Project Assignment.** Student will explore an area of interest related to disability sport and identify a simple research question to investigate, collect data and explain the findings. (50%)

**Textbook/ References**


**Journals**

d. Adapted Physical Activity Quarterly

e. Medicine & Science in Sports & Exercise

f. Palaestra

g. Research Quarterly in Exercise & Sport Science