

Subject	Adapted Physical Activity, Disease and Disability		
Type	Type	Semester	ECTS
	MANDATORY (M)	V	5
Lecturer	Dr.Sc. Sami Sermakhaj		
Aims and Objectives	The aim of the course is to enable students to understand and learn theoretical and practical principles of adapted physical activity, disease and persons with special needs. Additionally, students will be provided with the foundations and rationale for adapting physical activity, and programming considerations for people with special needs, specific health related issues and diseases.		
Learning Outcomes	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> ✓ Understand the need for, scope of and structure of adapted physical activity adaptations for people with disabilities. ✓ Acquire theoretical basis and the techniques of prevention and treatment of postural alternations. ✓ Identify the appropriate exercise programs for the prevention and the treatment of diverse pathological states. ✓ Acquire the knowledge of various diseases and disabilities, as well as basic information on the incidence, prevalence, etiology, illustrative behaviors and programming strategies for such problems. ✓ Apply the theoretical knowledge of adapted physical activity to work with individuals with specific needs. 		
Content	Week	Topics	
	1	Course Plan	
	2	General laws of skeletal development and muscle functioning, methods of applying muscle contraction to different types of joint excursion, joint and muscle kinetic chains, methodologies and techniques of muscle stretching	
	3	Physical activity and disabled people	
	4	Physical activity and metabolic diseases	
	5	Physical activity and cardiovascular diseases	
	6	Physical activity and obesity	
	7	Mid-term exam – 1	
	8	Physical activity and diabetes	
	9	Physical activity and cancer	
	10	Physical activity and osteoporosis	
	11	Posture: prevention and treatment of postural alterations	
	12	The spine; The morpho-functional evaluation	
	13	Prevention and treatment of postural alterations; General principles of ergonomics	
	14	Scoliosis, etiology, evolution, three-dimensionality and biomechanics of the scoliotic spine, evaluation of the scoliotic and screening principles, general principles of kinesiological prevention of scoliosis, scoliosis and sports activity.	
	15	Mid-term exam – 2	
Teaching/Learning Methods	Activity	Weight (%)	
	Lectures	30%	
	Lab	30%	
	Research	10%	
	Independent learning	30%	
Assessment Methods	Methods of assessment:	%	
	Participation	10%	
	a) Mid-term exam -1	30%	
	b) Mid-term exam - 2	30%	
	Lab	30%	
Resources	Resources	Number	
	Lectures	1	
	Presentations	1	

	Web of science	1	
	PubMed	1	
	Scopus	1	
Literature	<ul style="list-style-type: none">• Winnick, J. (2011). Adapted physical education and sport. Human Kinetics.• Yabe, K., Kusano, K., & Nakata, H. (Eds.). (2012). Adapted Physical Activity: Health and Fitness. Springer Science & Business Media.• Dishman, R. K., Heath, G. W., & Lee, I. M. (2012). Physical activity epidemiology. Human Kinetics. <p>Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.</p>		
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	2	24
	Lab	1	12
	Independent learning	n/a	64
	Examination preparation	n/a	25
Ethical standards	This course follows UBT College’s Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College’s academic integrity policies.		
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