<table>
<tr><td>Subject</td><td colspan="3">Physical Activity in Behavioral Disorders, Mental Illness and Neurodegenerative Diseases</td></tr>
<tr><td rowspan="2">Type</td><td>Type</td><td>Semester</td><td>ECTS</td></tr>
<tr><td>MANDATORY (M)</td><td>3</td><td>4</td></tr>
<tr><td>Lecturer</td><td colspan="3">Dr. Sc. Adelina Ahmeti Pronaj</td></tr>
<tr><td>Aims and Objectives</td><td colspan="3">The course aims to make students competent about physical activities in Behavioral Disorders, Mental Illness, and Neurodegenerative Diseases and aware of their effects. The course also aims to make students able to prepare and implement specific physical activity programs in people with the various forms of behavior disorders, mental illness, and neurodegenerative diseases, and to be competent of what are appropriate or inappropriate exercises in the various conditions.</td></tr>
<tr><td>Learning Outcomes</td><td colspan="3">Upon completion of this module, students shall be able to:
Defining the basic concepts related to exercise and sports in individuals with the various behavior disorders.
Defining the basic concepts related to exercise and sports in individuals with the various forms of mental illness.
Defining the basic concepts of exercise and sports related to individuals with the various neurodegenerative diseases.
Explaining the importance of exercise and sports in the education of individuals with these degenerative diseases.
Being able to prepare physical activity programs for motor and mental development in people with diseases such as behavior disorders, mental illnesses, and neurodegenerative diseases.</td></tr>
<tr><td>Content</td><td colspan="3"><table>
<tr><td>Week</td><td>Topics</td></tr>
<tr><td colspan="2">Syllabus presentation</td></tr>
<tr><td>1</td><td>General information about performance in about physical activities in Behavioral Disorders, Mental Illness, and Neurodegenerative Diseases.</td></tr>
<tr><td>2</td><td>Physical activity performance in Behavioral Disorders, Mental Illness, Migraine, Tension-type Headache, Trigeminal Neuralgia.</td></tr>
<tr><td>3</td><td>Physical activity performance in Hemiparesis Hemiplegia and Paralysis disabilities.</td></tr>
<tr><td>4</td><td>Physical activity performance in Spinal Cord disorders.</td></tr>
<tr><td>5</td><td>Physical activity performance in Parkinson Syndrome, Neuropathy and Demyelinating disease.</td></tr>
<tr><td>6</td><td>Physical activity performance in Stroke, Depression and Psychological Distress.</td></tr>
<tr><td colspan="2">Mid-term exam – 1</td></tr>
<tr><td>7</td><td>Impact of physical activities in mental illness and neurodegenerative disease.</td></tr>
<tr><td>8</td><td>Principles of the tests selection, flexibility and mobility in neurological disorder.</td></tr>
<tr><td>9</td><td>Strength, coordination and speed in neurological disorder.</td></tr>
<tr><td>10</td><td>Nutrition, exercises and rehabilitation activities mental illness and neurological disorder.</td></tr>
<tr><td>11</td><td>Balance and stabilities in mental illness and neurological disorders</td></tr>
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	12	Challenges of measurements and evaluation in mental illness and neurological disorder.	
	Mid-term exam – 2		
Teaching/Learning Methods	Activity		Weight (%)
	Lectures		40
	Lab		40
	Research		10
	Independent learning		10
Assessment Methods	**Methods of assessment:**		Weight %
	Participation		10
	a) Mid-term exam -1		20
	b) Mid-term exam – 2		20
	Lab		20
	Individual and group work		30
ECTS Workload	**Activity**	**Weekly hours**	**Workload**
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	44
	Examination preparation	n/a	20
Literature	1. Robert D. Steadward (2003). Adapted Physical Activity, ISBN: 978-0888643759. University of Alberta Press 2. Martin E. Block (2016). A teacher's guide to Adapted Physical Activity (Including students with disabilities in sport and recreation), 4th edition, ISBN: 978-1598576696 3. Thomas, N. ve Smith, A. (2008). Disability, Sport and Society. Routledge, England		
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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