SPORT FOR ALL: EMPOWERMENT OF PROFESSIONAL COMPETENCES BY APA EDUCATION

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APA: Adapted Physical activity

are modified conditions for sport and active way of spending leisure time, in educational system for PE for people with special needs
• Introduction: WHY I AM HERE? Expectations
• Our University, What is APA
• Education in the field of APA
• Czech Association of Adapted Physical Activities
• Working position Consultant of APA
• Examples of good/bad practice
Czech Republic

10 000 000 inhabitans

Prague

Olomouc

Brno

250 km
Olomouc – University city

- Student and historical city with unmistakable character
- Second oldest University in the Czech Republic, founded in 1573 / Ljubljana 1919
- 100,000 inhabitants – 300,000 Ljubljana
- 25,000 students – 60,000 students
The first post-war rector was the only foreigner in this position - Czech Prof. Alois Král (1945-46) (Wikipedie, 2018)
Video University
Palacky University

The Palacký University has eight faculties (in historical order)

- theology,
- philosophy,
- art,
- law,
- medicine and dentistry,
- education,
- physical culture,
- health science
Faculty of Physical Culture
PALACKY UNIVERSITY OLOMOUC
Czech Republic

ADAPTED PHYSICAL ACTIVITY
FACULTY OF PHYSICAL CULTURE

- Department of Social Sciences in Kinanthropology
- Department of Natural Sciences in Kinanthropology
- Department of Adapted Physical Activities
- Department of Sport
- Department of Recreology
- Department of Physiotherapy
- Institute of Active Lifestyle
## Study programs

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Research Centre BALUO
Swimming pool with underwater cameras
Testing centre:
VO2 max, handgrip, evaluation of movement on the court
Artificial skiing slope
Adapted physical activity: wheelchair basketball, adapted fitness centre
Sport in Olomouc
Recreation in Olomouc and the region
We are looking forward to see you in Olomouc, Czech Republic
What is it

adapted physical activity

APA

???
APA: Adapted Physical activity

• are modified conditions for sport and active way of spending leisure time, in educational system for PE for people with special needs

• It is a service delivery profession and an academic field of study which:
  – supports an attitude of acceptance of individual differences,
  – advocates enhancing access to active lifestyles and sport
  – promotes innovation and cooperative service delivery and empowerment systems.
APA

- Adapted Physical Activity includes:
  - Physical education – at school
  - Sport – coaching
  - Recreation – offer, accessibility, attitudes
  - Rehabilitation – medical part, after accident/surgery OR born disability OR as a partner for training process
APA

• Adapted Physical Activity includes:

• All lifespan (from newborn, preschool children to elderly)

• All kind of restriction/need for adaptation (disability)

• INN medical diagnosis, chronic diseases, cancer – ADHD hyperactivity – elderly; autism

• Inclusion/integration/sport for all X segregated settings
APA What we adapt?

- Environment
- Equipment
- Sport/play games
- Rules
- Exercises

- Age adaptation – since early childhood to elderly
- HAVE TO KNOW MOVEMENT DEVELOPMENT

Attitudes towards to be different/otherness
Rationale and (re)search in the field of APA
RATIONALE: research

- People with disability less active
- Less participate in sport/PE/leisure time clubs
- Women with disability less participate than men
- Need to move, be active … have a right to participate
- Health, Independency, freedom …
- Saving money to society …

MOTIVATION

- COACH, ASSISTANT, TEACHER
- SOCIAL NET (MEMBERS OF TEAM, CLUB, PARENTS, CLASMATES …) ………….. be the best 😊
Evaluation of enables and barriers
Where to start?

- Two general ways

IOC, IPC Czech O(para)lympics committee

family, school, local clubs … children
Situation in CZECH
High level of disability sport

<table>
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<tr>
<th>Paralympics</th>
<th>Year</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>Total</th>
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<td>7</td>
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<tr>
<td>Winter</td>
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<td>Nagano</td>
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<tr>
<td>Winter</td>
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Deaflympics, Special olympics
Remarks

• „Very little“ interest of Czech PC in cooperation with universities X Paralympic school day

• No good system of training of trainers
  Separated system of licenses, no APA knowledges, rare
  Special olympics, Univ. licenses APA

• If exist good system and cooperation, we are relatively successful - athletics, alpine skiing, deaflympics, Special Olympic sport, intellectual disability sport at INAS-FID
<table>
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<tr>
<th>Sport</th>
<th>Zlato</th>
<th>Stříbro</th>
<th>Bronz</th>
<th>Celkem</th>
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<td>8</td>
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<tr>
<td><strong>Celkem</strong></td>
<td><strong>41</strong></td>
<td><strong>41</strong></td>
<td><strong>47</strong></td>
<td><strong>129</strong></td>
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• Interconnection between „disabled sport clubs“ and so-called „non-disabled sports" organizations already started and we have to keep it on to finalize it

• Required is "professionalization"; often lack of vision and system collaboration

• Changing rules for financing sport in more fair way, but difficult

• Little interest in school sport for the involvement of pupils with disabilities
EDUCATION
in the field of APA
# Study programs

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APA specialist (Bc., Mr. degree)  
Career opportunities, future

- Adapted PA instructors in recreational settings.
- Adapted PE teachers and consultants.
- APA instructors in rehabilitation settings.
- Consultants in healthy lifestyle, sport and PA of persons with disabilities

**GROVING**

- International cooperation (sharing teaching and methods across universities);
- Gaining certification
- Doctoral studies at Palacký University Olomouc
APA specialist (content of study)

• Inclusive and adapted physical education; Disability sports;
• Therapeutic recreation;
• Counseling in special education, active lifestyle;
• Disability studies;
• Management in physical activity (PA);
• Research methodology in health sciences, monitoring of PA;
• Factors related to lifestyle behavior changes;
Internships in adapted physical activity and special education

Offered internships allow students to gain professional experience in all segments of APA: schools, outdoor facilities, sport, fitness and rehabilitation centers.
Adapted physical education

- Major of APA
- Major of PE
- Minor special education

APA Psychomotor Therapist

- Near future – Master degree – mainly for Bc.
  In physiotherapy, psychomotor therapy

Questions?

INTERSHIP
Students with disability
Video BEZBA
Czech Association of Adapted Physical Activities (ČAAPA)
The goal of the ČAAPA
Overcoming barriers in participation and “fight” for professionals in the field of APA
http://www.caapa.cz/
Barriers (DePauw and Gavron, 2005)

a) lack of awareness of people without disabilities how to involve people or athletes with disability adequately in a club in general and a team and a sport specifically;
b) lack of opportunities and programs for training and competition;
c) not enough accessible facilities due to physical barriers and
d) limited information and access to resources.
European Federation of APA (EUFAPA)

• re-establishment of which took place in 2006, with federation headquarters office being placed in the Czech Republic
• APA Centre running since 2007, officially since 2011

• established as part of the Faculty of Physical Culture (www.apa.upol.cz)
• Offers experts in the field

• Lends equipment (wheelchairs, sport wheelchairs, bikes, ricerunners, any types of skiing resources – monoski, byski …)

• Organizes licenses (skiing instructor for persons with disability, monoski instructor…)
Journal of APA (since 2010)

• members of the association have a free printed version, online version available at
  https://apa.upol.cz/novinky-apa#casopisapa

Section introducing:

• activities of universities in the field of APA;
• clubs, institutions and other bodies working in the field of sport and PA of people with special needs (disability);
• section How to do it, with methodological procedures;

• reviewed section for academic articles
National APA conferences
Integration – different journey

is provided by the main partner Universities:

• Palacký University Olomouc,
• Charles University in Prague.
• Masaryk University in Brno and
• many other partners
Working position Consultant of APA

PE and leisure time
The most frequently perceived limits at schools to include a child into PE is the (by analysis):

- low support for integration in the context of school PE in the Czech Republic
- training of pedagogical staff,
- lack of aids and time-consuming preparation,
- problematic to get into PE in the first year of elementary school, or transitions to secondary level or high school education.
1) unpreparedness of schools and the school system in PE and other PA realized by the school and out-of-school organizations,
2) insufficient competencies of PE teachers and pedagogical staff,
3) insufficient material conditions, absence of teaching methodological materials,
4) low awareness of the professionals and public about the possibilities of physical development of pupils with SEN,
5) absence of extracurricular movement activities,
6) widespread and inconsistent (somewhat discriminatory) phenomenon of PE release.
Solving the problem?

14 APA consultants

- start their work in all regions of the CZ
- can offer help to teachers who are often "thrown into inclusive waters" without personal or methodical support

Centres of colleague support

Offering meetings
Seminars
Education
Examples of good practice
Paralympics school days
pAPA play for preschoolers
Student thesis

• Ofer and accessibility services

• Evaluations of accessibility of sport centres, swimming pools, track, etc.

• Evaluation of educational system and licenses system in different organizations
Examples of good practice

• ADAPTED.CZ
  • https://www.adapted.cz/michal-kosik?gclid=EAIaIQobChMI1rfNlb723gLIZLftCh1dkwHXEAAYASAAEgLfn_D_BwE

• SPECIAL OLYMPICS and FAČR (Football association of ČR)

• SO and International film festival for children in Zlín
APA in European parliament in Brussels
Thank you for your attention

Any questions?

• julie.wittmannova@upol.cz
Academics (Exchange) Programs
Disability Sports

- Topics for lectures and seminars:
  - 1-2. Principles of adaptations in Special Olympics
  - 3-6 Sports for athletes with visual impairments
  - 7. Sports for athletes with physical disabilities - introduction
  - 8-10. Sports for athletes with physical disabilities - wheelchair sports
  - 11-12. Sports for athletes with physical disabilities - CP sports
  - 13. Sports for athletes with physical disabilities - track and field
Therapeutic Recreation

- The importance of the APA in the life of people with special needs; quality of life; life style of the people with special needs.
- Support of adapted physical activity, policy, system at international, national and region level.
- Planning and the barriers of the APA programs.
- Outdoor inclusive games - examples, principles of adaptations.
- Examples of good practice - projects, organizations, authorities.
- Experience education; adventure therapy; therapeutic recreation.
- Adapted equipment for outdoor activities; innovation of equipment.
- Inclusion in outdoor programs; feedback; evaluation; team spirit; education by "dis" ability.
Inclusive and Adapted Physical Education

- Introduction - PAPTECA model
- EUSAPA model - competencies for teaching in APE
- Conditions for inclusive physical education in general schools
- Conditions for physical education in special schools
- Curriculum development
- Assessment and evaluation
- Individual education plan in physical education
- Lesson planning
- Principles of adaptations
- In service training and life-long learning
- Cooperation and communication in APE
- Advocacy and legislation
- Models of change for adapted physical education