


| UNIVERSITY OF ZULULAND | STUDY GUIDE | ADAPTED PHYSICAL ACTIVITY (PAPER 2) SHMS211 |
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| Biokinetics and Sport Science |  | Lecturer: Ms van Biljon |
| NQF Level: 7 | | Contact: 035 902 6555 |
| Credit Value: 16 | | E-mail: vanbiljona@unizulu.ac.za |
| Pre-requisite modules: SHMS112 | | Internal Moderator: Mr G. Breukelman |
| Programme: B.Sc Sport Science | | |

Purpose of the Module:

This course will provide the qualifying learner with specialized knowledge and competence in adapted physical activity skills suitable for working as part of the health team in the three main fields of adapted physical activity, namely the development, the maintenance of present physical abilities and skills and the rehabilitative at all levels of health care delivery.

Module Outcomes:

- ▶ Acquire knowledge about principles of teaching and coaching sports skills for persons with disabilities;
- ▶ Develop an understanding of issues relation to inclusion in “regular” physical education and sport programmes;
- ▶ Demonstrate adequate knowledge and skills with regards to: Handling the body, implements, projectiles and aquatics;
- ▶ Skillfully perform stroke techniques;
- ▶ Describe various aquatic coaching considerations;
- ▶ Design and adapt swimming activity lessons for different populations.

Prescribed Text Books

The course will be derived from a number of different sources.

Class Schedule

| CHAPTER OUTLINE | WEEK |
|--|------|
| CHAPTER 1: Instructional Models for Beginners | 1-2 |
| Sherrill water fun and success model | |
| Common faults and remedies | |
| CHAPTER 2: Activities for the: | 3-5 |
| 1. Explorer | |

| | |
|--|-------|
| 2. Advanced explorer | |
| 3. Floater | |
| CHAPTER 3: Strokes | 6-9 |
| Freestyle | |
| Butterfly | |
| Breaststroke | |
| Backstroke | |
| PRAC TEST (Chapter 1-3) | |
| CHAPTER 4: Adapted Aquatics | 10 |
| Benefits of adapted aquatics | |
| General teaching suggestions | |
| Facility and equipment considerations | |
| CHAPTER 5: Meeting Unique Needs of Participants | 11-12 |
| Cerebral palsy | |
| Intellectual disabilities | |
| Deaf | |
| Orthopedic disabilities | |
| Seizure prone | |
| Blind or visually impaired | |
| CHAPTER 6: Coaching Consideration | 13 |
| Coaching the younger age group | |
| Coaching within a group | |
| Coaching the elderly | |
| Coaching evaluation | |
| TEST 1 (CHAPTER 4-6) | |
| REVIEW | 14 |

Practicums

The focus of the practical part of this course will be to equip students with basic “Learn to Swim” knowledge and to apply this knowledge to improve their own swimming proficiency. *The student will be asked to perform one practical in final practical examination.*

Assignments

Full details of the requirements for each assignment will be given in class. Please follow these guidelines when completing assignments:

1. All assignments must have an attached declaration.
2. All assignments must be typed.
3. Use 12 times new roman font, and 1.5 line spacing.
4. The front page should reflect your personal information.
5. Make provision for a table of contents.
6. Reference all outside sources that you use.

Assignments turned in late are deducted by 15% per day; assignments submitted more than 1 week late are given a zero unless prior arrangements have been made with the lecturer.

Types of delivery and estimated notional study hours:

| Contact Study | Notional Hours | Self-Study | Notional Hours |
|-----------------------|----------------|--------------------------|----------------|
| Lectures | 40 | Lecture related | 40 |
| Practicals | 30 | Practical related | 15 |
| Fieldwork | 27 | Assignment study | 8 |
| Total contact: | 97 | Total Self Study: | 63 |

Total Notional Hours: 160

Methods of Assessment to be used: (% weighting)

| | |
|---------------------|------------|
| Tests | 10 |
| Assignments: | 10 |
| Practicals | 20 |
| Terminal assessment | 60 |
| Total | 100 |

Attendance

A minimum attendance of 80% is required for this module and will be monitored by the lecturer in class. Unexcused absences will result in the automatic failure of this module. If the student has missed a class, test, or exam, it is the student's responsibility to inform the lecturer of the reason for the absence and will only be counted as excused if accompanied by a medical certificate or appropriate documentation.

Medical Certificates

Students who miss tests and exams due to illness or for other reasons must submit a copy of medical certificates or other acceptable to the lecturer.

Plagiarism

Using someone else's ideas or phrasing and representing those ideas or phrasing as our own, either on purpose or through carelessness, is a serious offense known as plagiarism. The penalties for academic dishonesty at University of Zululand are very severe and range from failure in a course, to suspension.



**FACULTY OF SCIENCE & AGRICULTURE
SPORT SCIENCE & BIOKINETICS**

DECLARATION

1. I know that “plagiarism” means using another person’s work and ideas without acknowledgement, and pretending that it is one’s own. I know that plagiarism not only includes verbatim copying, but also the extensive (albeit paraphrased) use of another person’s ideas without acknowledgement. I know that plagiarism covers this sort of use of material found in theses, textbooks, journal articles AND on the internet.
2. I acknowledge and understand that plagiarism is wrong, and that it constitutes academic theft.
3. I understand that my research must be accurately referenced.
4. This assignment is my own work, or the unique work of a group, if a group assignment.
5. I have not allowed, nor will I in the future allow, anyone to copy my work with the intention of passing it off as his or her own work. I also accept that submitting identical work to someone else constitutes a form of plagiarism.

Surname _____

Student Number _____

Signature _____