

**Subject card**

<b>Subject name and code</b>	Sports for Individuals with Disabilities, PG_00193977						
<b>Field of study</b>	Sport Management						
<b>Date of commencement of studies</b>	October 2026	<b>Academic year of realisation of subject</b>				2028/2029	
<b>Education level</b>	Bachelor's studies	<b>Subject group</b>				Obligatory subject group in the field of study	
<b>Mode of study</b>	full-time studies	<b>Mode of delivery</b>				at the university	
<b>Year of study</b>	3	<b>Language of instruction</b>				Polish	
<b>Semester of study</b>	5	<b>ECTS credits</b>				2.0	
<b>Learning profile</b>	academic	<b>Assessment form</b>				credit	
<b>Conducting unit</b>							
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		dr Sabina Nowak				
	<b>Teachers</b>						
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	<b>Number of study hours</b>	0.0	30.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
<b>Learning activity and number of study hours</b>	<b>Learning activity</b>	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	<b>Number of study hours</b>	30		1.0		19.0	50
<b>Subject objectives</b>	<p>The aim of the course is to provide students with knowledge about the possibilities and conditions for participation of people with disabilities in sport in the broad sense, and to raise awareness of the need to increase access to popular and competitive sports for people with special needs. The specificity of the selection of means, forms, and training methods in various sports disciplines, taking into account individual starting groups, will be discussed. Practical exercises are aimed at understanding the specific needs and individual adaptations in SON.</p>						
<b>Learning outcomes</b>	<b>Course outcome</b>		<b>Subject outcome</b>			<b>Method of verification</b>	
	[ZSSML3_K02] Is ready to perform professional roles responsibly, adhere to professional ethics and require the same of others, and care for the achievements and traditions of professions related to management and the sports market.		Can apply sports knowledge by selecting appropriate sports disciplines and training programs for people with various disabilities, and feel responsible for their own health and safety, as well as for others'.			[SK2] presentation/project/paper/report [SK6] demonstration of practical skills	
	[ZSSML3_U11] Can engage and collaborate in teams, assuming different roles.		Works as part of a team, applying the principle of fair play.			[SU8] observation of student's independent or team work	

Subject contents	<ol style="list-style-type: none"> <li>1. Introduction to issues related to sports for people with disabilities. History and organizational structure of SON in Poland and worldwide.</li> <li>2. Specifics of conducting sports classes with ON and medical classification and division into groups and start classes occurring in SON. Savoir vivre of people with disabilities</li> <li>3. The role of sport in the physical and mental rehabilitation of people with special needs and all issues related to accessibility.</li> <li>4. Organization of sports training and competitions for people with disabilities. Regular sports events for people with disabilities in Poland and worldwide.</li> <li>5. Sports disciplines and the possibility of participating in them depending on the type of disability. Sports equipment used in individual sports disciplines and the specifics of conducting training sessions.</li> <li>6. Elements of technique and tactics in sports training for people with visual impairments, using the example of goalball and Nordic walking.</li> <li>7. Elements of technique and tactics in sports training for people with motor impairments, using the example of boccia, table tennis, and sitting volleyball.</li> <li>8. Specifics of sports training for people with intellectual disabilities, using the example of athletics, badminton, etc.</li> <li>9. Organization of mini sports tournaments for people with disabilities.</li> </ol>		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	project/presentation	51.0%	100.0%
Recommended reading	Basic literature	<ol style="list-style-type: none"> <li>1. Kosmol A.: Teoria i praktyka sportu osób niepełnosprawnych. AWF Warszawa 2010.</li> <li>2. Kosmol A., Molik B., Morgulec- Adamowicz M.: Sport niepełnosprawnych dla fizjoterapeutów i terapeutów</li> </ol>	
	Supplementary literature	<ol style="list-style-type: none"> <li>1. Kowalik S.: Kultura fizyczna osób z niepełnosprawnością. Dostosowana aktywność ruchowa GWP Gdańsk 2009</li> </ol>	
	eResources addresses		
Example issues/ example questions/ tasks being completed			
Work placement	Not applicable		

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