



APLIKOVANÉ POHYBOVÉ AKTIVITY

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What APA is...

- **Interdisciplinary academic discipline focused on the identification and solution of individual differences in the field of physical activities**
- **They promote access to an active lifestyle and sports**
 - **Physical education**
 - **Sports**
 - **Recreation and rehabilitation**

Physical education and APA

Adapted physical education - focus on pupil, student, athlete with SEN

- Segregated form
- Parallel form
- Inclusive form

Technical VS attitude barriers - **does a student with a disability belong to ordinary TV ???**

- PE support options:
- **Integration without support and without content modification**
- **Integration with content and conditions editing**
- **Integration with the use of peer partners / tutors**
- **Integration with the use of a teacher's assistant**
- **Combined forms of teaching**
- **Collaboration with organizations in the school or student community**
- **Further teaching of a segregated style**

Inclusive TV



<http://www.fsps.muni.cz/impact/aplikovana-telesna-vychova/apa-osob-s-telesnym-postizenim/integrace-osob-se-zdravotnim-postizenim/>

Sport and APA

- Paralympic games - <https://www.youtube.com/watch?v=locLkk3aYlk>
- Special olympic - <https://www.specialolympics.org/>
- Deaflympics - <https://www.deaflympics.com/>
- National championships, regional sports

Sport and APA

- **Very little interest of Czech paralympic comitee in cooperation with universities**
- Apart from SO, there is basically no system of coach training
- **We are relatively successful when the coach training is working - athletics, alpine skiing, deaflympics, especially Olympic sports, sports for athletes with mentally impaired**
- Minimal interest in school sports in involving pupils with disabilities
- **No connection with „sports for healthy people" associations - <https://www.youtube.com/watch?v=ESeY2CzQyh8>**
- The necessary "professionalization" of the approach; often the absence of vision and systemic cooperation
- The journey of "straightening out" the financing of sport has begun

Recreation and APA

[Expedice přes Bar](#)

- <https://www.youtube.com/watch?v=DqGx7l6q7bc>
- The course for students FTK UPOL
- Requirements - Organization, clients, marketing and promo before and after, foundation, accommodation, transportation, sport condition, crisis scenario, planning of trips, equipment's, modification, weekend teambuilding
- Practical impact
- Independent
- Experience for everybody

Emil open



Championchips of rhythmic gymnastics for Mentally impaired



Project IVČA

<https://is.muni.cz/elport>



Self defense for specific groups



Movies about people with disability

- Temple Grandin – true story about PAS
- My left foot – with charismatic Daniel Day Luis (won Oscar), from the Ireland
- The upside - The film follows a paralyzed billionaire ([Bryan Cranston](#)) who strikes up an unlikely friendship with a recently paroled convict ([Kevin Hart](#)) whom he hires to take care of him.

