

Creativity in Selection of Physical and Sport Activities for Persons with Disability,

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Definition - Determinations – Skills

Chapter One: A Historical Overview of Physical and Sports Activities for People with Disabilities:

- A historical overview of sports for people with disabilities.
- A historical overview of the Deaflympics.
- A historical overview of the Paralympic Games.
- A historical overview of the Special Olympics.
- The fundamental differences between the Olympic Games and the Paralympic Games.
- The classification system for athletes in the Paralympic Games.
- Athlete evaluation for classification purposes.
- Organizational characteristics of classification assessment.
- The Olympic Spirit and the Paralympic Spirit.
- Characteristics of engagement in the Paralympic Games.

Chapter Two: Concepts and Terminology in Disability, Physical and Sports Activities, and Their Significance:

- Disability and society.
- The importance of physical and sports activities for people with disabilities.
- General objectives of physical and sports activities.
- Objectives of engaging in physical and sports activities for people with disabilities.
- Concepts in disability, physical and sports activities for people with disabilities.
- The concept of sports for people with disabilities.
- Qualities and skills of educators and coaches in physical and sports activities for people with disabilities.
- Mechanisms of engaging in physical and sports activities for people with disabilities.
- Criteria for selecting physical and sports activities, and their educational methods for people with disabilities.

- Methods of adapting physical and sports activities for people with disabilities.

Chapter Three: Physical and Sports Activities for Individuals with Physical Disabilities:

- Physical and sports activities for individuals with physical disabilities.
- Mobility impairment.
- Cerebral palsy.
- Classification of cerebral palsy.
- Classification of cerebral palsy based on affected area.
- Classification of cerebral palsy according to the International Sports Federation for Persons with Cerebral Palsy.
- General principles for engaging individuals with cerebral palsy in physical and sports activities.
- Necessary considerations when engaging individuals with cerebral palsy in physical and sports activities.
- Most commonly used sports activities for individuals with cerebral palsy.
- Rehabilitation of individuals with cerebral palsy.
- Spinal cord injuries.
- Paraplegia.
- Sport classification for individuals with spinal cord injuries.
- Rules for engaging in physical and sports activities for individuals with spinal cord injuries.
- Considerations when designing a training program for individuals with spinal cord injuries.
- Using the Rating of Perceived Exertion (RPE) scale.
- Most practiced sports by individuals with spinal cord injuries and paraplegia.
- Stretching exercises examples for spinal cord injury and paraplegia patients.
- Proposed model for motor rehabilitation of individuals with lower hemiplegia.
- Proposed model for underwater motor rehabilitation of individuals with hemiplegia.
- Musculoskeletal impairments.
- Amputation.
- Physical and sports exercises for amputees.
- Leg care for amputees.

- Epilepsy.
- Considerations when dealing with epilepsy during physical or sports activities.
- Prioritizing physical and sports exercises for individuals with epilepsy.
- Common challenges faced by individuals with mobility impairments.
- Asthma.
- Physical and sports activities for individuals with asthma.
- Types of cardiovascular diseases.
- Training recommendations for individuals with cardiovascular issues.
- Diabetes patients.

Chapter Four: Physical and Sports Activities for Individuals with Intellectual Disabilities:

- Physical and sports activities for individuals with intellectual disabilities.
- Intellectual disability.
- Causes of intellectual disabilities.
- Classification of intellectual disabilities based on intelligence level.
- Down syndrome.
- Physical and sports activities for individuals with intellectual disabilities.
- Training individuals with intellectual disabilities.
- Considerations when dealing with individuals with intellectual disabilities in sports programs.
- Most practiced physical activities and sports games for individuals with intellectual disabilities.
- Trainable individuals with intellectual disabilities and their engagement in physical and sports activities.

Chapter Five: Physical and Sports Activities for Individuals with Sensory Disabilities:

- Visual and auditory sensory disabilities.
- Visual disability.
- Considerations when dealing with individuals with visual disabilities in the sports field.
- Most practiced sports games for individuals with visual disabilities.

- Training recommendations for individuals with visual disabilities.
- Health benefits of sports activities for the visually impaired.
- Therapeutic sports exercises for the visually impaired.
- Auditory disability.
- Considerations when dealing with individuals with auditory disabilities in physical and sports activities.
- Speech and language impairments.
- Proposed physical and sports activities for individuals with speech disabilities.

Chapter Six: Physical and Sports Activities for Individuals with Behavioral, Social, and Educational Disorders:

- Physical and sports activities for individuals with behavioral, social, and educational disorders.
- Autism.
- TEACCH program for individuals with autism spectrum disorders.
- Physical and sports activities for individuals with autism spectrum disorders.
- Considerations when dealing with individuals with autism spectrum disorders in sports and physical activities.
- Teaching and training physical and sports activities for individuals with autism spectrum disorders.
- Physical and sports activities program from preschool to third grade.
- Physical and sports activities program from fourth to sixth grade.
- Physical and sports activities program from middle school to high school.
- Special considerations in designing physical and sports activities programs.
- Attention-deficit disorders.
- Physical and sports activities for individuals with attention-deficit and hyperactivity disorders.
- Individuals with emotional and behavioral disorders.
- Proposed physical and sports activities for individuals with emotional and behavioral disorders.
- Transitioning between exercises in the gym.
- Learning difficulties.

- Tips for teaching individuals with learning difficulties in sports.
- Individuals who struggle with social adaptation.
- Training recommendations for individuals who struggle with social adaptation.

Chapter Seven: Paralympic Summer and Winter Games:

- Paralympic Summer Games.
- Wheelchair fencing.
- Wheelchair rugby.
- Wheelchair tennis.
- Five-a-side football for the visually impaired.
- Para-triathlon.
- Athletics.
- Boccia.
- Cycling.
- Equestrian.
- Wheelchair basketball.
- Rowing for individuals with disabilities.
- Taekwondo for individuals with disabilities.
- Para-badminton.
- Swimming.
- Wheelchair dancing.
- Goalball.
- 7-a-side football.
- Archery.
- Judo.
- Powerlifting for individuals with mobility impairments.
- Rowing.
- Shooting.

- Table tennis.
- Sitting volleyball.
- Paralympic Winter Games.
- Alpine skiing.
- Biathlon.
- Cross-country skiing.
- Ice hockey.
- Wheelchair curling.
- Snowboarding.

Chapter Eight: Physical and Sports Activities for Individuals with Disabilities: A Forward-looking Perspective:

- The importance of a forward-looking vision.
- Scope of the forward-looking perspective.
- Features of the upcoming decades.
- Characteristics of the current state of the sports community for individuals with disabilities.
- Information Technology Revolution.
- Current situation analysis.
- Guiding principles.
- Key actions.
- Future directions for physical and sports activities for individuals with disabilities.
- Current situation assessment.
- Determinants and challenges facing physical and sports activities for individuals with disabilities.
- Suggestions for problem-solving.
- Aspirations, interventions, and policies.
- Program evaluation.