

WORKSHOP on “Wheelchair settings, wheelchair maneuverability and assessment of physical activity in wheelchair users”

Józef Piłsudski University of Physical Education in Warsaw, Faculty of Rehabilitation, Poland, 3-5.06.2014

Adapted Physical Activity (APA) is academic discipline still under the development in the European countries. APA is aiming towards the improvement in quality of life and independence of individuals with special needs. The number of wheelchair users is high and increasing. Many wheelchair users suffer from acute or chronic injuries/diseases due to wheelchair use, what further even more restrict their social participation and professional activity. It has been shown that sport and physical activity in general can lead to the empowerment and support of those who have both acquired and congenital disability. The workshop will provide training for physiotherapy and physical education professionals who will be responsible in the future for the inclusion of individuals with special needs in the areas of physical activities.

WORKSHOP CONTENT

- > Wheelchair adjustment to individual user needs (based on lightweight ACTIVE wheelchair) /Theoretical Session, 2h/
- > Wheelchair adjustment to individual user needs (based on lightweight ACTIVE wheelchair) /Practical Session, 2h/
- > Wheelchair skills – from basic to advanced skills /Practical Session, 2h/
- > Moving and handling techniques /Practical Session, 2h/
- > Characteristic of exercises for wheelchair users. Laboratory and field based tests /Theory Session, 2h/
- > Sport activities for wheelchair users /Theoretical Session, 2.5h/
- > Evaluation of aerobic and anaerobic performance in wheelchair users – laboratory tests /Practical Session, 2h /
- > Evaluation of athletes by observation – example of classification system in wheelchair basketball /Theoretical Session, 2h/
- > Wheelchair Skill Tests and field based tests /Theoretical Session, 2h/
- > Field-based tests for wheelchair users /Practical Session, 2h/
- > Wheelchair Skill Tests /Practical Session, 2h/
- > Wheelchair plays and games /Practical Session, 2h/

WORKSHOP TUTORS

Tomasz Tasiemski



Prof. Tomasz Tasiemski is worldwide known expert of adapted physical activity for wheelchair users. He is Associate Professor at the Department of Physical Culture of Disabled People at the University of Physical Education in Poznań, Poland. Prof. Tomasz Tasiemski is a wheelchair user himself and has been recognized as international expert in teaching wheelchair skills to persons with spinal cord injury (SCI). He has been invited to deliver wheelchair skills training to professionals as well as persons with SCI in: Romania, Malaysia, Albania, UK, Thailand, Vietnam, Zimbabwe, Uganda, Nepal, India, and Georgia. He has published 2 handbooks related to physical activity and wheelchair skills training following SCI, and number of articles in internationally recognized journals (e.g. Adapted Physical Activity Quarterly). A member of International Spinal Cord Society, Multidisciplinary Association of Spinal Cord Injury Professionals and Polish Scientific Association of Adapted Physical Activity.

Bartosz Molik



Associate Professor at the Faculty of Rehabilitation, Józef Piłsudski University of Physical Education in Warsaw, Poland. He is author more than 150 original publications. Participated in more than 100 scientific conferences. Member of Polish Physiotherapy Society (PTF), Polish Rehabilitation Society (PTReh), Polish Scientific Association of Adapted Physical Activity (PTN-AAF), European and International Federation of Adapted Physical Activity (EUFAPA, IFAPA). He cooperate with many research centers in United States, Spain, Lithuania, Latvia, Portugal, and Turkey. Scientific Editor of Polish Journal of Rehabilitation Research and Advances in Rehabilitation journals. Member of editorial board of European Journal of Adapted Physical Activity. International classifier and international classifier-instructor of athletes with disabilities in wheelchair basketball.

Anna Ogonowska-Słodownik



Anna Ogonowska-Słodownik is working as an assistant in the Department of Adapted Physical Activity. She is teaching Sport Team Games for Individuals with Disability (sitting volleyball, wheelchair rugby, goalball, wheelchair basketball, wheelchair maneuverability) in master and bachelor study program. She attended many national and international conferences with presentations in the field of adapted physical activity. She is also teaching students abroad as a part of Erasmus Exchange program. Member of Polish Scientific Association of Adapted Physical Activity (PTN-AAF) and International Federation of Adapted Physical Activity (IFAPA). Member of Editorial Board of Journal Advances in Rehabilitation.

WORKSHOP ORGANIZATION

Workshop Coordinator: prof. Bartosz Molik

Dates: from 3rd to 5th June 2014 (travel days for Icelandic students 2nd and 6th of June 2014)

Location: Józef Piłsudski University of Physical Education in Warsaw, Faculty of Rehabilitation, Poland www.awf.edu.pl

Language: English

Certificates: all participants attending workshop sessions will get certificates

Academic credits: interested students after completing the evaluation test will be awarded 2 ECTS points

Fees: workshop will be free of charge. Additionally for Icelandic students all costs connected with accommodation, travel and alimentation will be covered by project budget

REGISTRATION

The Workshop is targeted at physiotherapy and physical education students. A maximum 4 students from University of Iceland and 10 students from AWF Warsaw will be admitted to the course. Candidates are required to send by e-mail (info@apafss.eu) to the Project Office:

- > signed CV Europass in English (<http://europass.cedefop.europa.eu/en/home>) with the following obligatory fields: personal information with e-mail address and personal skills / other languages / English
- > signed consent for personal data use (<http://apafss.eu/en/workshop/workshop-1/>)

The final selection is made at the home university and will be announced on project website www.apafss.eu/en/workshop/workshop-1/.

PARTICIPANT PREPARATION

After final selection participants will get reading assignments connected with the content of the of the workshop.