

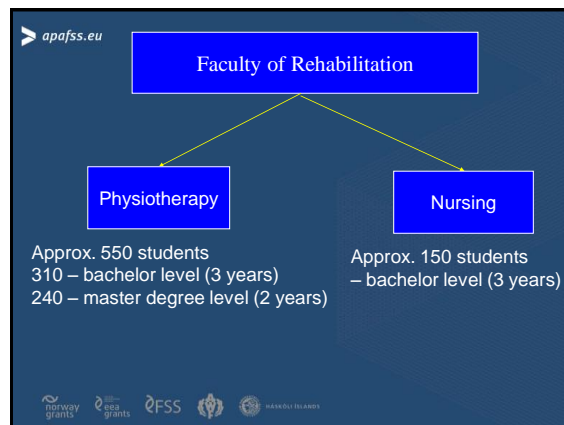
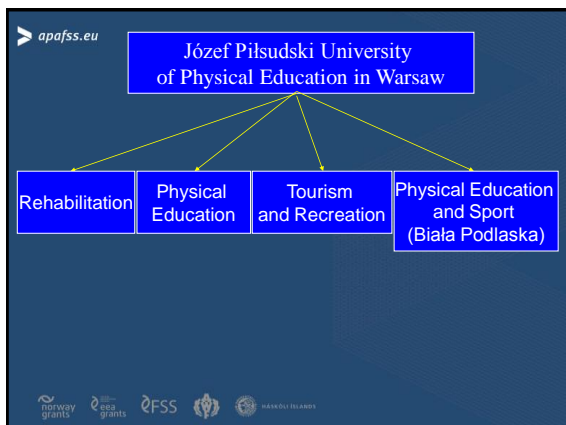
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Adapted Physical Activity / theory and practice
Adaptowane Aktywności Fizyczne / teoria i praktyka
Aðlagðá hreyfing / kenningar og verkfærni

Faculty of Rehabilitation

Bartosz Molik

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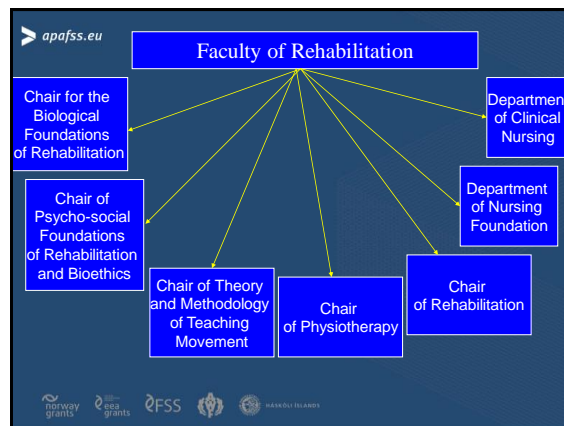
Józef Piłsudski University of Physical Education in Warsaw (www.awf.edu.pl)



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Authority of Faculty of Rehabilitation

- Dean
Prof. Andrzej Kosmol Ph.D
- Vice Dean for Science
Assoc. Prof. Bartosz Molik, Ph.D., P.T.
- Vice-Dean for Students Affairs and Didactics
Ph.D. Paweł Targosiński P.T.



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Chair of Theory and Methodology of Teaching Movement

Department of Sport for Persons with Disabilities	Department of Adapted Physical Activity	Department Theory and Methodology of Physical Education for Persons with Disabilities
 Izabela Rutkowska  Andrzej Kosmol  Bartosz Molik  Judita Lencse-Mucha	 Natalia Morgulec-Adamowicz  Grzegorz Bednarczuk  Kalina Kaźmierska-Kowalewska  Anna Ogonowska-Słodownik	 Waldemar Skowroński  Jolanta Marszałek

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II grade (master degree)	Sport for persons with disabilities (theory) (2 ECTS)
	Adapted physical activity (theory) (4 ECTS)
	Sport team games (2 ECTS)
	Swimming and lifeguarding (1 ECTS)
	Athletics (2 ECTS)
I grade (bachelor degree)	Physical education-conditioning (1 ECTS)
	Physical education-gymnastics and music exercises (1 ECTS)
	Therapeutic swimming (4 ECTS)
	Sport team games for persons with disabilities (2 ECTS)
	Games and activities for persons with disabilities (1 ECTS)
Therapeutic recreation (1 ECTS)	
Theory and methodology of movement development (5 ECTS)	

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Skills

Active rehabilitation - wheelchair maneuverability




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Skills

Wheelchair basketball



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Skills

Wheelchair rugby



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Skills

Swimming



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Gymnastics and wheelchair dance



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Games and plays for persons with disabilities



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Athletics (Track and Field)



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Goalball



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Sitting volleyball

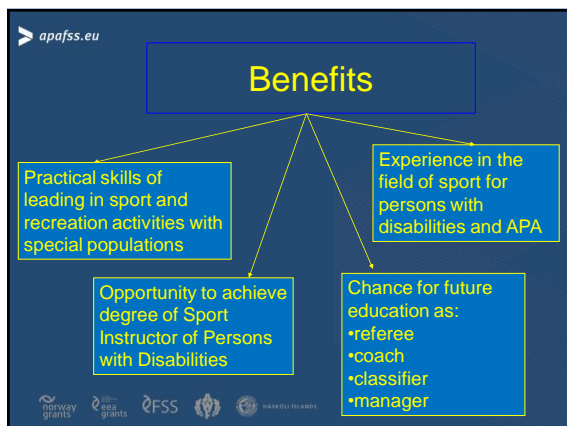


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Floor hockey



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APA & Sport for Persons with Disabilities

Continuation of clinical rehabilitation program. Wide program of our patients' treatment.

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Research projects:

Chair of Theory and Methodology of Teaching Movement

2012 - *Game performance blind and partially-blind athletes in goalball.* (IPC project - London 2012; coordinator prof. Natalia Morgilec Adamowicz)

2010 - *Game performance person with disabilities in ice sledge hockey.* (IPC project - Vancouver 2010; coordinator prof. Bartosz Molik)

2008 - 2010 EUSAPA: „Educational Standards in Adapted Physical Activity” (Main investigator, Palacky University in Olomouc, Czech Republic; prof. Martin Kudlacek).

2004 - 2009 THENAPA II: „Aging and disability” (Main investigator, Katholieke Universiteit Leuven, Belgium ; prof. Herman van Coppenolle)

2004 - 2006 Joint Actions Project “Sports and Physical Activity for Persons with Disabilities – Awareness, Understanding, Action” (Main investigator, Katholieke Universiteit Leuven, Belgium ; prof. Herman van Coppenolle).

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Research projects:

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2014 –

- „Evaluation of sitting volleyball performance (anaerobic performance, skill tests, game performance) „
- „Anaerobic performance of persons with intellectual disabilities”
- „Anaerobic performance children and youth with spinal cord injuries and spina bifida”
- „Evaluation of field-based physiological tests”
- „Evaluation of activity of elderly population”
- „Analyzes of gross motor function children with and without disabilities”

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Research projects:

Chair for the Biological Foundations of Rehabilitation

5 grants of National Science Centre (Poland)

Bibliography (2009– 2014) - examples:

- „Muscle force distribution during forward and backward locomotion”
- „Lower limb laterality versus foot structure in men and women”
- „Comparison of sensitivity coefficients for joint angle trajectory between normal and pathological gait”
- „Associations between gait patterns, brain lesion factors and functional recovery in stroke patients”
- „Gait classification in post-stroke patients using artificial neural networks”
- „Use of artificial neural networks for assessing parameters of gait symmetry”

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Research projects:

Chair of Psycho-social Foundations of Rehabilitation and Bioethics

1 grant of National Science Centre (Poland)

Bibliography (2009 – 2014) - examples:

- „Parenting stress and coping styles in mothers and fathers of pre-school children with autism and Down syndrome”
- Book „Bioethics”
- Sexual rehabilitation.

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Research projects:

Chair of Physiotherapy

Bibliography (2009 – 2014) - examples:

- „The effect of a short-term combined conditioning training for the development of leg strength and power”
- „Biomechanics assessment of long term consequences of talocrural joint sprain in conservatively treated males”
- „Back pain and its consequences among Polish air force pilots flying high performance aircrafts”
- „Postural stability disorders in patients with osteoarthritis of the hip”
- „Rehabilitation protocol for patellar tendinopathy applied amongst 16-19 year old volleyball players”




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Research projects:

Chair of Rehabilitation

Bibliography (2009 – 2014) - examples:

- „Evaluation of selected therapeutic methods in patients with primary Raynaud's Syndrome”
- „Disturbance of postural control in children with hemiplegic cerebral palsy”
- „The importance of physiotherapy to children with spinal muscular atrophy (SMA)”
- „Assessment of visual perception in adolescents with a history of central coordination disorder in early life - 15-year follow-up study”
- „Influence of the structural deformity of the spine on the gait pathology in scoliotic patients”
- „Role of breathing exercise in geriatrics and in respiratory system diseases”



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Thank you

