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 Adapted Physical Activity / theory and practice
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Workshop 1 in Poland
„Wheelchair settings, wheelchair
maneuverability and assessment of physical
activity in wheelchair users”
– June 2014

Bartosz Molik – Coordinator of Workshop 1











 apafss.eu **Workshop 1 in Poland: „Wheelchair settings, wheelchair maneuverability and assessment of physical activity in wheelchair users”**

Workshop will be held in English at the AWF Warsaw for students from Iceland and Poland and Icelandic academic teacher.





Date: 3-5 June 2014







 apafss.eu **Workshop 1 in Poland: „Wheelchair settings, wheelchair maneuverability and assessment of physical activity in wheelchair users”**

Recruitment:
 Target group: physiotherapy students from the bachelor program level (2nd and 3rd year) and master program level (1st year).
 Documents:
 Candidates are required to send by e-mail (info@apafss.eu) and submit the signed paper versions to the Project Office of:




- signed CV Europass in English
- signed consent for personal data use







 apafss.eu **Workshop 1 in Poland: „Wheelchair settings, wheelchair maneuverability and assessment of physical activity in wheelchair users”**





Recruitment:
 Application deadline: 25th of April 2014


The main criterion for the final workshop selection will be the average grade from the previous academic year or semester.


 apafss.eu **Workshop 1 in Poland: „Wheelchair settings, wheelchair maneuverability and assessment of physical activity in wheelchair users”**





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

 apafss.eu **Workshop 1 in Poland: „Wheelchair settings, wheelchair maneuverability and assessment of physical activity in wheelchair users”**

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

Two theoretical test will be perform – at the first and last day of workshop.

apafss.eu Workshop 1 in Poland: „Wheelchair settings, wheelchair maneuverability and assessment of physical activity in wheelchair users”

PARTICIPANT PREPARATION

Tomasz Tasiemski

REHABILITATION AFTER SPINAL CORD INJURY

Activities of daily living and wheelchair mobility training


A Guide for the patients, their relatives, caregivers and healthcare professionals

Yegor Blambani

Physiology of Wheelchair Racing in Athletes with Spinal Cord Injury

Field-Based Physiological Testing of Wheelchair Athletes

Victoria L. Goosey-Tolfrey • Christof A. Leicht




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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



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Final test (2 ECTS)

After all theoretical and practical classes.



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Tutors:



Prof. Tomasz Tasiemski – External Expert



Prof. Bartosz Molik




Anna Ogonowska – Slodownik, M.Sci.



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Classes will be practical (setting the wheelchair, driving technique, overcoming obstacles, evaluation of driving techniques in a wheelchair, the assessment of physical activity – laboratory and field tests) supplemented by theoretical information on specificity of working with wheelchair users and methods to assess their physical activity.



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Program draft - day 1:


| Day 1 – 3rd June | Topic | Room |
|------------------|---|------|
| 8:00-8:30 | Workshop opening | s.15 |
| 8:30-10:00 | Wheelchair adjustment to individual user needs (based on lightweight ACTIVE wheelchair) [Theory Session] | s.15 |
| 10:00 - 10:30 | coffee break | |
| 11:00 - 13:00 | Wheelchair adjustment to individual user needs (based on lightweight ACTIVE wheelchair) [Practical Session] | sg.4 |
| 13:00-14:00 | lunch | |
| 14:30 - 16:30 | Wheelchair skills – from basic to advanced skills [Practice Session] | sg.4 |
| 16:30 - 17:00 | coffee break | |
| 17:00 - 19:00 | Moving and handling techniques [Practice Session] | sg.4 |



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Program draft - day 2:

| Day 2, 4th June | Topic | Room |
|-----------------|--|---------------|
| 8:00-10:00 | Characteristic of exercises for wheelchair users. Laboratory and field based tests [Theory Session] | RW |
| 10:00 - 10:30 | coffee break | |
| 10:30 - 13:00 | Sport activities for wheelchair users [Theory Session] | RW |
| 13:00-14:00 | lunch | |
| 14:30 - 16:30 | Evaluation of aerobic and anaerobic performance in wheelchair users – laboratory tests [Practice Session] | Central. Lab. |
| 16:30 - 17:00 | coffee break | |
| 17:00 - 19:00 | Evaluation of athletes by observation – example of classification system in wheelchair basketball [Theory Session] | RW |



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Program draft - day 3:


| Day 3, 5th June | Topic | Room |
|-----------------|--|------|
| 8:00-10:00 | Wheelchair Skill Tests and fieldbased tests [Theory Session] | s.15 |
| 10:00 - 10:30 | coffee break | |
| 11:00 - 13:00 | Field-based tests for wheelchair users [Practice Session] | sg.4 |
| 13:00-14:00 | lunch | |
| 14:30 - 16:30 | Wheelchair Skill Tests [Practice Session] | sg.4 |
| 16:30 - 17:00 | coffee break | |
| 17:00 - 19:00 | Wheelchair plays and games [Practice Session] | sg.4 |



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Deadline - 15 May:


- 1 – description of recruitment [Iceland];
- 2 – final list of participants (with CV Europass and signed consent for personal data - scan) [Iceland];
- 3 – webside in all three languages – workshop 1 [Iceland]
- 4 – materials for participants' preparation
- 5 – set up all details according practical classes (i.e. wheelchairs, ergometers, wheelchair treadmill, research team, wheelchair athletes)



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Material for implementation (for discussion):

- 1 – presentations in pdf;
- 2 – description of wheelchair skill test;
- 3 – article (?).



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Thank you

