

WORKSHOP 1 SCHEDULE

„Wheelchair settings, wheelchair maneuverability and assessment of physical activity in wheelchair users”

2nd of June, Monday

- 21.05 Arrival of workshop participants from Iceland
- 22.00 Dinner for workshop participants from Iceland in *Hotel Meksyk*

3rd of June, Tuesday

- 7.00 – 7.45 Breakfast for workshop participants from Iceland in *Hotel Meksyk*
- 8.00 – 8.30 Workshop Opening /*classroom 15 in the Main Building/*
- 8.30 – 10.00 Wheelchair adjustment to individual user needs (based on lightweight ACTIVE wheelchair) [Theory Session] /*classroom 15 in the Main Building/*
- 10.00 – 10.30 Coffee Break /*Museum in the Main Building/*
- 11.00 – 13.00 Wheelchair adjustment to individual user needs (based on lightweight ACTIVE wheelchair) [Practical Session] /*Sector 1 of J. Kusociński Sport Hall in the Main Building/*
- 13.00 – 14.00 Lunch /*Club Relax/*
- 14.30 – 16.30 Wheelchair skills – from basic to advanced skills [Practical Session] /*Gym Hall no 4 in the Main Building/*
- 16.30 – 17.00 Coffee Break /*Museum in the Main Building/*
- 17.00 – 19.00 Moving and handling techniques [Practical Session] /*Gym Hall no 4 in the Main Building/*
- 20.00 Dinner for workshop participants from Iceland in *Hotel Meksyk*

4th of June, Wednesday

- 7.00 – 7.45 Breakfast for workshop participants from Iceland in *Hotel Meksyk*
- 8.00 – 10.00 Characteristic of exercises for wheelchair users. Laboratory and field based tests [Theory Session] /*room 39 at the temporary building of the Faculty of Rehabilitation/*
- 10.00 – 10.30 Coffee Break /*room 39/*

10.30 – 13.00	Sport activities for wheelchair users [Theory Session] /room 39 at the temporary building of the Faculty of Rehabilitation/
13.00 – 14.00	Lunch /Club Relax/
14.30 – 16.30	Evaluation of aerobic and anaerobic performance in wheelchair users – laboratory tests [Practical Session] /Central Research Laboratory in the Main Building/
16.30 – 17.00	Coffee Break /room 39/
17.00 – 19.00	Evaluation of athletes by observation – example of classification system in wheelchair basketball [Theory Session] /room 39 at the temporary building of the Faculty of Rehabilitation/
20.00	Dinner for workshop participants from Iceland in Hotel Meksyk

5th of June, Thursday

7.00 – 7.45	Breakfast for workshop participants from Iceland in Hotel Meksyk
8.00 – 10.00	Wheelchair Skill Tests and field based tests [Theory Session] /classroom 15 in the Main Building/
10.00 – 10.30	Coffee Break /Museum in the Main Building/
11.00 – 13.00	Field-based tests for wheelchair users [Practical Session] /Gym Hall no 4 in the Main Building/
13.00 – 14.00	Lunch /Club Relax/
14.00 – 16.00	Wheelchair Skill Tests [Practice Session] /Gym Hall no 4 in the Main Building/
16.00 – 16.30	Coffee Break /Museum in the Main Building/
16.30 – 18.30	Wheelchair plays and games [Practical Session] /Gym Hall no 4 in the Main Building/
18.45	Exam /room 39 at the temporary building of the Faculty of Rehabilitation/
20.00	Dinner for workshop participants /Club Relax/