

## **WORKSHOP on “Aquatherapy and swimming for people in wheelchairs”**

University of Iceland, Iceland, 8-10.07.2015

Workshop will be conducted on University of Iceland for students from Poland and Iceland. Teaching will be done in English by Icelandic and Polish academic teachers. Practical classes will be with participation of people with different disability including individuals in wheelchair. The main emphasis will be on adapted physical activity and inclusion in outdoor and water activities such as safety, swimming and kayaking. Theoretical reading material about each topic will be given out 3 weeks before beginning of the workshop and discussed again before each practical session.

*Draft of the agenda:*

*Day 1 Water safety and rescue in open water, including special consideration for individuals with disability. Visit to summer camp for disabled children.*

*Day 2 Kayak skills and a day trip on boats on the lakes and rivers around campus.*

*Day 3 Swimming for individuals with disabilities, training, adaptation and classification.*

## **WORKSHOP TUTORS**

### **Ingi Thor Einarsson**



Ingi Þór Einarsson is working as a Lecturer in the Department of health and sport science in University of Iceland. He teaches anatomy, biomechanics and adapted physical activity. He is national team coach for Paralympic swimming team of Iceland and has coached many Paralympic and world champions. He is one of main classifiers for swimmers with intellectual impairment for IPC.

## Hafþór Birgir Guðmundsson



Hafþór Guðmundsson is working as an Assistant Professor and department head in the Department of health and sport science at University of Iceland. He teaches swimming and swimming science, social science and safety and rescue in water. He is on the board of Nordic lifesaving federation, and is a leading person in educating people about safety and procedures in and around water.

## Anna Ogonowska-Słodownik



Anna Ogonowska-Słodownik is working as an assistant in the Department of Adapted Physical Activity. She is teaching Swimming for Disabled and Therapeutic swimming courses 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:** Ingi Thor Einarsson

**Dates:** from 8<sup>th</sup> to 10<sup>th</sup> July 2015 (travel days for Polish students 7<sup>th</sup> and 11<sup>th</sup> of July 2015)

**Location:** University of Iceland, Iceland, <http://english.hi.is/>

**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 Polish 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 10 students from University of Iceland and 4 students from AWF Warsaw will be admitted to the course. Candidates are required to send by e-mail ([info@apafss.eu](mailto: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-3/>)

The final selection is made at the home university and will be announced on project website [www.apafss.eu/en/workshop/workshop-3/](http://www.apafss.eu/en/workshop/workshop-3/).

## PARTICIPANT PREPARATION

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