

ATHENS PROGRAM 2018

**INCLUSION IN SPORT:
PROMOTING SPORT PARTICIPATION OF PEOPLE WITH
DISABILITIES THROUGH TECHNOLOGY AND SCIENCE**

Sala internacional “Felipe Gayoso”, INEF, UPM

March 19 – 23rd, 2018. Madrid, Spain



Fundación
Sanitas



CEDI

Cátedra Fundación Sanitas
de Estudios sobre
Deporte Inclusivo



ACADEMIC PROGRAMME

COURSE: INCLUSION IN SPORT:

PROMOTING SPORT PARTICIPATION OF PEOPLE WITH DISABILITIES THROUGH TECHNOLOGY AND SCIENCE

Introduction

The Chair “Fundación Sanitas” for Inclusive Sport Studies (CEDI) and the Faculty of Physical Activity and Sport Sciences (INEF) of the Technical University of Madrid (UPM) organize this course within the ATHENS program during the academic year 2017 – 2018, as an opportunity to promote students exchange opportunities in the field of sport sciences, and especially in adapted physical activity and inclusive sports. From an academic perspective, the main aim is to address the importance for participation into physical activity from a health and sport perspective, in order to promote personal autonomy and quality of life.

Students will have the chance to know up to date research applications and examples of good practice and to participate in adapted and Paralympic sports using inclusive context. Practical participation is important along course development, and sport gear is required for the sport practices (also in activities at the swimming pool). Organizers are thankful to the Higher Sports Council, for its collaboration in the permission to use some of the sports facilities.

Aims

- To address the importance of inclusion in sport as an important topic in Adapted Physical Activity and Sport Sciences.
- To present the more actual trends (from research and practice) in innovation, technology, educational programs and international ongoing projects in the field of inclusion in sport.
- To use sport as a tool to promote inclusion at all levels (educational, sport initiation, development and competition, fitness and rehabilitation, active leisure and tourism) using research and examples of good practice.
- To promote international exchange and opportunities for European students interested in this issue and to inspire bachelor degree students from all around Europe in the field.

March 19th 2018, Monday

Why to do it?

Inclusion through sport from a health and human rights perspective

10.00 h.	Reception and welcoming Mr. Javier Pérez-Tejero, PhD. Course and CEDI director. INEF UPM professor.
10.30 h.	Visit to the INEF Museum, Faculty and to the Higher Sports Council (CSD) facilities Ms. Celia Garrote, CEDI predoctoral researcher
11.30 h.	Coffee break
12.00 h.	Inclusion in sport: the CEDI case Mr. Javier Pérez-Tejero, PhD. Course and CEDI director. INEF UPM professor.
13.45 h.	Lunch
15.00 h.	“Inclusive Sport at the School”: an educational program to promote adapted and Paralympic sports in Physical Education” Ms. Carmen Ocete, PhD. CEDI posdoctoral researcher
16.00 h.	“Inclusive Sport at the School”: audiovisual and online applications Mr. Augusto Jiménez, CEDI predoctoral researcher
17.00 h.	Session ends

March 20th 2018, Tuesday 2018

How to do it?

Technology, participation and performance enhancement in adapted and Paralympic sports

10.00 h.	New technologies applied to physical activity and sports sciences Mr. Manuel Sillero, PhD. INEF UPM professor.
11.00 h.	Tecnological support for in wheelchair basketball (I): biomechanical applications Mr. Javier Pérez-Tejero, PhD. Course and CEDI director. INEF UPM professor.
12.00 h.	Coffee break
12.15 h.	Tecnological support for in wheelchair basketball (II): applications for performance enhancement Mr. Javier Pérez-Tejero, PhD. Course and CEDI director. INEF UPM professor.
13.15 h.	Lunch and transfer to swimming pool
14.30 h.	Adapted and inclusive swimming: practice in the swimming pool* Mr. Alberto Almena, PhD. CEDI posdoctoral researcher *CSD central pavilion swimming pool
15.30 h.	Break and transfer to “Sala internacional”
16.00 h.	Swimming for persons with disabilities: technological approach Mr. Alberto Almena, PhD. CEDI posdoctoral researcher
17.30 h.	Break and transfer to the swimming pool
18.00 h.	Adapted swimming workshop: with swimmers with disabilities Mr. Alberto Almena, PhD. CEDI posdoctoral researcher.
19.00 h.	Session ends

Wednesday 21st March, 2018

Where to do it?
Programmes in Physical Education and Sport initiation:
“Inclusive Sport at the School”

08:15 h.	Meeting at Faculty entrance: bus to “TRES OLIVOS” High School
09.00-11.00 h.	Visit to “TRES OLIVOS” high school. Practical application “Inclusive Sport at the School”
11.00 – 11.45	Transfer to the Faculty
11.45 – 13.00	New technologies applied to the life of persons with disabilities: sport pplications Mr. Javier Pérez-Tejero, PhD. Course and CEDI director. INEF UPM professor.
13.00 - 14.00	Lunch
14.00-15.00 h.	Enhancing personal autonomy and sport participation using technology (workshop)
15.00-15.30 h.	Break and transfer to CSD sport facilities
15.30 h.	Athletics, sitting volleyball and 5 a side soccer: inclusive practice Ms. Celia Garrote, Mr. Jorge Blanco and Ms. M ^a José López. CEDI technical staff.
17.00 h.	Session ends

Thursday 22nd March, 2018

With whom to do it?
Ongoing European projects on inclusion, sport and disability

9.00 h.	Physical activity and sports after brain injury (theory and practice)* Ms. Marta Pérez. CEDI posdoctoral researcher. <ul style="list-style-type: none"> Municipal Sport Centre “Alberto García” (Calle Reguera de Tomateros s/n)
11:00 h.	Break and transfer to “Sala internacional” INEF
12.00 h.	European projects at CEDI: sport and disability Ms. María Casas, CEDI international Project coordinator. Ms. Celia Garrote. CEDI predoctoral researcher.
13.30 h.	Lunch and transfer to CSD sport facilities
14.45 h.	7 a side soccer and boccia: inclusive practice Mr. Jorge Blanco and Ms. M ^a José López. CEDI technical staff.
16.00 h.	Goalball and wheelchair basketball: inclusive practice Ms. Laura Jiménez, PhD. Universidad Católica de Valencia researcher and proffesor. Mr. Ignacio Polo. CEDI predoctoral researcher.
17.00	Session ends

Friday 23rd March 2018

Examinations and course assessment

10.00 h.	Examinations and course assessment
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11.30 h.	Session ends
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For more information, please contact admon.cedi.inef@upm.es
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