

## Module 4 Lesson 13 The benefits of Adaptive Physical Education

Semester: 2 Trainer: Guldana Ispambetova

Module: Access Liaison Officer

Day: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Date	Content covered	Task(s) for student	Notes
	<p>The role of Adaptive Physical Education in human life</p> <p>The main provisions, types, goals, tasks, means, methods and forms of adaptive physical education.</p> <p>Physical exercises for people with various diseases (with visual, hearing, speech, orthopedic, etc.) (seminar)</p>	<p>The role of Physical activities in human life according to students' experience</p> <p>Discussion: similarities and differences in the organization and conduct of physical education classes between different disability groups</p> <p>Test (TRUE-FALSE):</p> <p>Humanistic teaching employs physical activity practices to help individual's self-esteem and self-</p>	<p>Key messages: health improvement, benefits of physical activity</p> <p>Differences in conducting physical education classes for various disability groups.</p> <p>Audience orientation, segmentation, behavior focus, evaluation, upstream &amp; midstream target audiences, value</p>

		understanding in learning.	exchange, recognition of competition, 4Ps, sustainability
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