**Physical activity and disability (FAF)**
**60 ECTs, one year full time study, approx. 20 students**

NIH Institutt for lærerutdanning og friluftslivsstudier
NORGES IDRETTSHØGSKOLE

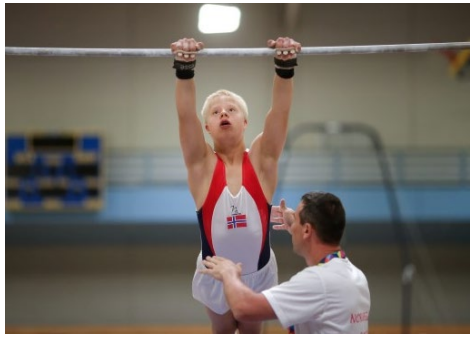
# Aims

- During FAF, our students learn how to adapt for physical activity for persons with various disabilities.
- They meet various approaches and philosophies that affect adaptations. The study is organized as teaching and practicum where our students get aqquainted with pedagogical adaptations, assistive aids and different ways of organizing APA.
- The main aim is that our students are capable of adapting physical avtivity for a broad specrtum of disabilities, in example:
    - Loss of senses, physical impairments, autism spectrum diagnoses, intellectual disabilities, psycho-sociial difficulties, psychiatry, drug addictions and crime.

# Organisation

- Six courses of 10 ECTs
  - FAF310 Adapted Physical Activity and Pedagogy (autumn).
  - FAF311 Perspectives on disability and interaction (autumn).
  - FAF312 Physical education and sports for persons with disabilities (spring).
  - FAF313 Physical activity and mental health (spring).
  - FAF314 Practicum (autumn and spring).
  - FAF315 Embodied learning (spring).
- Each course ends with an exam. Various courseworks throughout the year.

# Practicum and our four subject areas



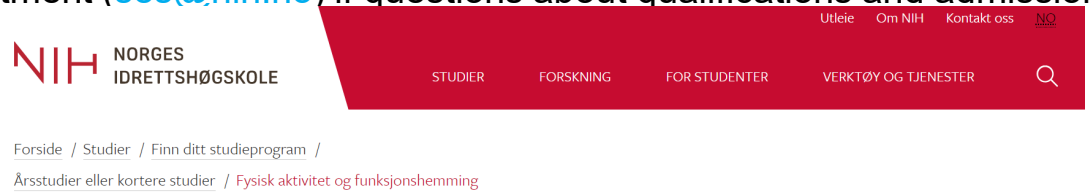
- Beitostølen health sport center (BHSS): Practicum week 38 and 45, 46, 47 and 48
- BHSS: Teaching week 39 and 40
- Pedagogical Practicum week 2 and 3
- Practicum Para-sports week 6
- Practicum mental health care week 15, 16 and 17

# Possible career

- If grades from bachelor and FAF are good enough, students can be accepted at master`s programme at NSSS/NIH. They can also continue in the field of their bachelor.
- What kind of job our students are qualified for after FAF depends on what kind of bachelor they started out with (sport sciences, health sciences, social sciences, pedagogical/educational sciences). Former students now work within:
    - rehabilitation (Sunnaas hospital, Catosenteret, BHSS, Valnesfjord HSS).
    - Mental health care (Mortensrud DPS, Blakstad hospital, prison).
    - Physical education teachers in inclusive schools, special schools and adapted groups, or as sports pedagogues in kindergarten.
    - Sports associations like para-sports consultants or in larger sports clubs.

# Questions? Please contact:

- Head of study program Kristin Vindhol Evensen (k.v.evensen@nih.no) if questions about the study as such.
- Study department (ses@nih.no) if questions about qualifications and admission.



# Present research projects at NSSS:

PhD-student Lotte Stang Aune: Longitudinel effects for participation in physical activity after rehabilitation in specialist health service for young persons.

Associate professor Marte Bentzen: Motivation for physical activity in mental health care.

Associate professor Ellen Berg: Social justice in PE; models for coorperation between physiotherapists and PE-teachers; Experiences from physical activity when grown-ups have achondroplasia.

PhD-student Linn Engdal-Høgåsen: What facilitates sports participation when young persons have impairments?

Associate professor Kristin Vindhol Evensen: Severe intellectual disabilities and adaptive physical activity.

PhD-stiudent Guro Grøthe: Activity and participation during childhood. A study of children with complex needs in APA-rahbilitation and home environment..

PhD-student Linn Christin Risvang and researcher Kristin Jonvik: BoneWheel, a project that investigates the effect of 24 weeks weight-training and optimalized nutritionstatus in relation to sceleton health in a population of active and non-active participants.

Senior-resarcher Kathrin Steffen, projekt manager Hilde Berge and prosektcoordinator Adeleide Bergsaker:  Pilot-project YoungParaFRISK investigates health as a limiting factor when being physically active with an impairment. Aims to include 200 participants, aged 16-40, with visual or physical impairments that do recreational sports.

PhD-student Pia Wedege:  Peer mentorship community-based programs in rehabilitation of children, young persons and adults with aqquired brain damage. Longitudinal, qualitative study.