



Central International University-CIU

Diversity Learning Institute-DLI

Twikatane e.V Germany

Skills Curriculum/Syllabus

Course Duration: 3 to 6 months

Course: Sports Creation, Counselling and Management For The Disabled (For Children, Youths, Men, and Women)

What is Sports Creation, Counselling and Management For The Disabled?

"Sports Creation, Counselling, and Management for the Disabled" is a program or initiative that focuses on promoting sports and physical activities for individuals with disabilities. The aim of this program is to create opportunities for disabled individuals to engage in sports, receive counseling and support, and effectively manage their involvement in sports activities. The program may include various components to cater to the specific needs of disabled individuals and provide them with holistic support.

The program typically covers the following areas:

1. Sports Creation: This involves the development and adaptation of sports activities to suit the abilities and needs of disabled individuals. It may include creating inclusive sports programs, modifying existing sports, or introducing new sports specifically designed for individuals with disabilities. The emphasis is on providing equal opportunities for disabled individuals to participate and excel in sports.

2. **Counselling and Support:** Disabled individuals often face unique challenges, both physical and psychological. The program offers counseling services to address their specific needs and help them overcome barriers and build resilience. Counseling may cover areas such as self-esteem, motivation, goal setting, and coping strategies. It aims to empower individuals with disabilities to maximize their potential through sports participation.
3. **Training and Skill Development:** The program provides training and skill development opportunities for disabled individuals, focusing on enhancing their sports abilities and technical skills. This may include coaching sessions, specialized training programs, and workshops conducted by experienced coaches and trainers who understand the unique needs of disabled athletes.
4. **Sports Management:** Managing sports activities for disabled individuals involves organizing competitions, events, and leagues specifically tailored for individuals with disabilities. It includes tasks such as scheduling matches, coordinating teams, ensuring proper equipment and facilities, and managing logistics for travel and accommodation during tournaments or events.
5. **Inclusion and Advocacy:** The program promotes inclusion and advocates for equal opportunities for disabled individuals in the wider sports community. It aims to raise awareness, challenge stereotypes, and eliminate discrimination against individuals with disabilities in sports. It may involve collaborating with sports organizations, community groups, and government bodies to create inclusive policies and practices.

Overall, "Sports Creation, Counselling, and Management for the Disabled" focuses on providing disabled individuals with opportunities to engage in sports, receive emotional and psychological support, develop their skills, and actively participate in the sports community. It aims to improve the overall well-being and quality of life for individuals with disabilities through their involvement in sports.

The Objectives

The objectives of "Sports Creation, Counselling, and Management for the Disabled" can vary depending on the specific program or initiative. However, some common objectives may include:

1. **Inclusion and Accessibility:** To promote the inclusion of individuals with disabilities in sports activities and create accessible opportunities for their participation. This involves breaking down physical, social, and attitudinal barriers that prevent disabled individuals from engaging in sports.
2. **Physical and Mental Well-being:** To enhance the physical fitness, health, and overall well-being of individuals with disabilities through sports participation. Regular physical activity can improve cardiovascular health, strength, flexibility, and coordination, leading to better overall physical health and functional abilities. Additionally, sports involvement can contribute to mental well-being, self-esteem, and a sense of achievement.
3. **Skill Development:** To provide disabled individuals with opportunities to develop their sports skills and abilities. This includes offering coaching, training, and skill development programs tailored to the needs and abilities of individuals with disabilities. The objective is to enable participants to improve their technical skills, strategic understanding of the sport, and overall performance.
4. **Empowerment and Self-confidence:** To empower individuals with disabilities by fostering self-confidence, self-belief, and a positive self-image. Through sports participation, individuals can build resilience, overcome challenges, and develop a sense of accomplishment. This can have a positive impact on their personal lives, relationships, and future aspirations.
5. **Social Integration and Community Building:** To facilitate social integration and community building among individuals with disabilities through sports. By participating in sports activities, disabled individuals can interact with peers, form friendships, and develop a support network. It also provides opportunities for disabled individuals to engage with the wider sports community, promoting understanding, acceptance, and respect.
6. **Advocacy and Awareness:** To advocate for the rights and needs of individuals with disabilities in sports and raise awareness about disability inclusion. This includes promoting inclusive policies, challenging stereotypes, and educating the broader community about the capabilities and potential of disabled athletes.

7. Sustainable Sports Programs: To establish sustainable sports programs and initiatives for individuals with disabilities. This involves developing long-term strategies, securing funding and resources, and building partnerships with relevant stakeholders. The objective is to ensure the continuity and growth of sports opportunities for disabled individuals.

By achieving these objectives, "Sports Creation, Counselling, and Management for the Disabled" aims to create a more inclusive, empowering, and supportive environment for individuals with disabilities in the field of sports, leading to improved physical and mental well-being, social integration, and a sense of belonging.

(A) Syllabus Outline of the course:

Module 1: Introduction to Sports for Individuals with Disabilities

Duration: (10 hours)

Module 2: Understanding Disabilities and Inclusion

Duration: (12 hours)

Module 3: Adapted Sports Creation and Modification

Duration: (15 hours)

Module 4: Sports Counselling and Support

Duration: (10 hours)

Module 5: Skill Development for Disabled Athletes

Duration: (20 hours)

Module 6: Sports Management for Disabled Athletes

Duration: (15 hours)

Module 7: Advocacy and Community Engagement

Duration: (10 hours)

Module 8: Final Project and Assessment

Duration: (8 hours)