



TRAINING COACHES FOR SOCIAL INCLUSION THROUGH SPORTS

WHEN

29th May 2018

9:30 – 18:00

30th May 2018

9:15 – 14:00

VENUE

Centro Sanatorio Marítimo de Gijón

Avda. José García Bernardo, 708

33203 Gijón, Spain



Co-funded by the
Erasmus+ Programme
of the European Union

Tuesday, 29th of May 2018

09:30 - 10:00 *Welcome and introductions – Catalina del Río (CDM)*

10:00 - 11:00 *Good practices for training people with intellectual disabilities*

- Strategies to run a basketball practice for people with intellectual disabilities (CDM)
- Good practice in athletics (CDM)
- A tennis warm-up guideline for trainers who work with people with intellectual disability – Birgit Schneidhofer (LBB)
- Good practice in swimming - Stefan Reisacher (LBB)

11:00 - 11:30 **Coffee Break**

11:30 - 13:00 *Professional's qualifications and Evidence-based research*

- Evidence-based research on the health benefits that sport competitions bring to persons with disabilities - Celia Garrote (UPM-CEDI)
- Evidence-based research to empower trainers in including persons with disabilities in fitness and sport - Augusto Jiménez (UPM-CEDI)
- Necessary skills of an Adapted Physical Activity coach - María Casas (UPM-CEDI)

13:00 - 13:30 *Adapted sports in IIH-CRPSF – Rui Santos*

13:30 - 15:00 **Lunch Break**

15:00 - 17:00 *Visit to facilities and training centre*

17:00 - 18:00 *Brainstorming session: "Sharing training experiences"*

20:30 **Networking event**

Wednesday, 30th of May 2018

09:15 - 10:00

Athletes' testimonies

- Basketball - M^a José Fernández (CDM)
- Athletics - Santiago Díaz (CDM)
- Tennis - Stefan Reisacher (LBB)

10:00 - 11:30

Promotion of training programmes, regulations and safety standards

Moderator: Celia Garrote (UPM-CEDI)

Participants:

- José Ramón Tuero (General Director of Sports – Regional Authority of Asturias)
- Jesús Martínez (Councillor of Tourism, Sports, Festivities and Youth – Gijón)
- Alfredo Salazar (Technical Director - FEDDI)
- Osvaldo Márquez (Technical Director Valencia - FEDDI)
- José Alberto Álvarez (President - FEDDF)

11:30 -12:00

Coffee Break

12:00 - 14:00

Peer assessment of the meeting (IIH)

Follow-up activities and tasks for Action Plans

ACRONYMS:

DISPLAY Partners:

CDM: Sanatorio Marítimo Sports Club, Spain

IIH-CRPSF: Centre for Psychopedagogical Rehabilitation of the Holy Family, Portugal

LBB: Steiermark Residential and Day Services, Austria

UPM-CEDI: Centre for Inclusive Sport Studies, Spain

Other institutions:

FEDDI – Spanish Sports Federation for People with Intellectual Disabilities

FEDDF – Spanish Sports Federation for People with Physical Disabilities



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