



Disability Education Program (DEP)

BACKGROUND

It is far more challenging for people with disabilities to enjoy the same opportunities to participate in sport, recreation or physical activity as people without disabilities.

While society is changing, people with disabilities still face physical and attitudinal barriers every day.

Sport, recreation and physical activity are excellent vehicles for change. Regular teachers, coaches and community leaders are becoming more flexible and accepting of individual difference and people with disabilities are also beginning to force the issue.

The Australian Sports Commission funds the Disability Education Program (DEP).

The DEP will accelerate change and provide teachers, coaches and community leaders, clubs and associations with education, training, resources and support to assist them in redressing barriers to participation facing people with disabilities in sport, recreation and physical activity.

The program aims to:

- Influence the attitudes of regular providers to the full participation of people with disabilities in regular programs
- Promote disability awareness and acceptance
- Provide practical strategies to assist with the inclusion of people with disabilities
- Encourage the development of innovative techniques to assist inclusion
- Provide appropriate acknowledgement and accreditation for providers in the field
- Increase the enjoyment of sport, recreation and physical activity for people with disabilities.

How the Disability Education Program works

The DEP operates through a national network of State Coordinators who manage and coordinate State programs in collaboration with the Australian Sports Commission.

Most State Coordinators manage a network of regional coordinators and presenters in the organisation and arrange delivery of local DEP modules and courses. The regional coordinator system has been successful with a core of dedicated coordinators and presenters delivering courses to more than 10,000 people since 1995.

The DEP is a general sport, recreation and physical activity awareness modular training program aimed at teachers, community leaders and sport and recreation club officials and volunteers.

DEP courses are practical in nature with emphasis on:

- Learning by doing;

- Appropriate methods of adapting and modifying regular sports and activities;
- Interaction with people with disabilities; and
- Avoiding potentially unsafe and dangerous practices.

Courses offer opportunities for providers to acquire greater understanding of the needs of people with disabilities and gain knowledge in the development of innovative techniques to assist inclusion.

There are six DEP modules. Each module is three hours duration. Modules can be combined to make full day programs tailored to suit individual group needs. :

Module One ... Count Me In

A general sport, physical activity and disability awareness workshop suitable for anyone interested or involved with the inclusion of people with disabilities in regular sport and physical activity programs.

On completing this unit course participants will have:

- The ability to clearly demonstrate, through practical activities, the concept of disadvantage and how we can adapt and modify regular activities to suit individual needs;
- An understanding of the broad nature of inclusion and work within a framework to provide the best possible opportunities in sport and physical activity for people with disabilities; and
- Gained a practical insight into the principles of adapting and modifying for individual differences.

Module Two ... Getting Ready for School

A physical activity and disability awareness workshop designed for all teachers, examining the issues of inclusion in regular school settings.

On completing this unit course, participants will:

- Have an understanding of the broad nature of inclusion in the school setting recognising the nature of disadvantages and be able to identify strategies to minimise disadvantages for students with disabilities;
- Be able to plan for the successful inclusion of students with a disability within the curriculum including issues relevant to assessment; and
- Be able to identify the environmental factors impacting on the participation of people with a disability, conducting an abilities based analysis of an activity and make appropriate modifications to ensure participation of all students.

Module Three ... Opening Doors for People with a Disability

A sport, physical activity and disability awareness workshop designed to assist sport and recreation organisations and clubs to attract and retain people with disabilities as members.

On completing this unit course, participants will:

- Identify and understand why they should actively encourage people with disabilities to join their organisations;
- Understand access issues from a broad perspective and be able to develop some strategies to create accessible environments;
- Be able to develop specific strategies to assess issues highlighted from performing an audit of activities; and
- Have a good understanding of where to seek assistance to attract and retain people with disabilities as members through the development of specific marketing strategies.

Module Four ... Play by the Rules - The Disability Discrimination Act

A practical and useful workshop that looks at the Disability Discrimination Act 1992. The workshop will assist sport providers include people with disabilities in sport and physical activity.

On completing this unit course, participants will:

- Have a better understanding of the main components of the *Disability Discrimination Act (1992)*;
- Understand that access encompasses a whole range of issues of which physical activity is only one; and
- Be able to transfer the concepts learned, regarding *the Act* to their situation.

Module Five ... Understanding Disability (Coaching Athletes with Disability)

A practical workshop that demystifies what disability sport is all about, dealing with issues of classification and Paralympic sport.

This module is designed to explain the CAD program and accreditation requirements and includes the following unit goals:

- Address societal attitudes to disability and investigate appropriate attitudes and terminology.
- Assist participants understand the major characteristics of some of the main disabilities.
- Assist participants to understand the relationship between inclusion and participation

- Assist participants understand the appropriate safety, medical and conditioning considerations for athletes with disability.

Module Six ... Coaching Considerations for People with a Disability (CAD)

A coach-oriented module that will enhance current knowledge and promote the inclusion of athletes with a disability.

This module is designed to achieve the following unit goals for the participants;

- Provide, through practical activities, coaching considerations relevant for coaching an athlete with a disability.
- Provide participants with an opportunity to design a coaching session plan appropriate for athletes with a disability.
- Participants will implement their coaching session plan with people with a disability in a supportive environment.
- Participants are provided an opportunity to learn from athletes with a disability by asking questions related to sport and disability.

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