



**3rd International Scientific Conference**  
**People With Disabilities in Sport – Theory and Practice**  
**May 9 – 11, 2019**

Airport Hotel Okęcie, 17 Stycznia Street 24, 02-148 Warsaw

**Under the Honorary Patronage of His Magnificence,  
Rector of Jerzy Kukuczka Academy of Physical Education in Katowice  
Professor Adam Zając**

**Scientific Committee**

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Dear Sirs,

3rd International Scientific Conference *People With Disabilities in Sport – Theory and Practice* is honouring 20 years membership of the Polish Paralympic Committee in the international organizations. This is the third edition of the Katowice Scientific Conference and its goal has always been to connect theorists and practitioners. It features program, which was created in cooperation by the Polish Paralympic Committee, Polish Association for the Disabled Start and the Institute of Sport-PIB.

During the conference which will be held on 9th till 11th of May 2019, besides the scientific part, there will also take place "Para Coach" project. This project founded by Erasmus+ programme is executed by the Sport-PIB Institute and European partners. Its aim is to improve the teaching, mobility and employment of coaches of disabled athletes throughout the European Union.

The final results of the project, will be available as the free online course for trainers' (coaches) staff, the project's website. In addition they will be used to develop the European Coaches' Framework of sportsmen with disabilities. Moreover, during the last day of Conference there will be held workshops on the following topics: *Motor Preparation During Convalescence* and *Interpretation of the Results of Functional and Physiological Tests in Sport*, and *Sport of Disabled People - Medical Classification of Sportsmen* funded by Ministry of Sport and Tourism.

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## Introduction

The conference in Warsaw is one of the stages of the Para Coach project which aims to improve the teaching, mobility and employment of sports coaches throughout the European Union.

## May 9th

Para Coach Project & 3rd Edition of International Scientific Conference: *People With Disabilities in Sport – Theory and Practice*

09.05.2019		
08:00am – 8:55am	Arrival and registration	<i>Airport Hotel Okęcie street 17 Stycznia 24 02-148 Warszawa</i>
09:00am – 9:05am	Opening and greeting of guests	Anna Zwierzchowska, Assoc. Prof., Ph.D <i>AWF Katowice</i>
<b>PARA COACH PROJECT</b>		
09:05am – 9:25am	Overview of the Para Coach Project <i>plus 5 min for questions</i>	Tabo Huntley <i>Director of ParaCoachEU, Liverpool John Moores University</i>
09:25am – 9:50am	Para Coach Project Work Force Audit Preliminary Findings <i>plus 5 min for questions</i>	Tabo Huntley <i>Director of ParaCoachEU, Liverpool John Moores University</i>
09:50am – 10:15am	Para Coach Project Best Practice Case Studies <i>plus 5 min for questions</i>	Tabo Huntley <i>Director of ParaCoachEU, Liverpool John Moores University</i>
10:15am – 11:00am	ParaCoach Feedback & Evaluation Workshop	Tabo Huntley <i>Director of ParaCoachEU, Liverpool John Moores University</i>

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11:00am – 11:30am	Coffee Break	
COACH EDUCATION		
11:30am – 11:45am	Coach Education and Framework	John Bales <i>President, ICCE</i>
11:45am – 12:00am	Education of coaches for the Para sport from Polish perspective	Piotr Marek <i>The Sport Institute</i>
12:00am – 12:15am	Education of coaches for the Para sport from Dutch perspective	Lars Cornelissen <i>NOC*NSF</i>
12:15am – 12:30am	Education of coaches for the Para sport from Hungarian perspective	Ferenc Csuri <i>HUN NPC, Sports manager</i>
12:30am – 12:45am	Education of coaches for the Para sport from European Paralympic Committee perspective	Ratko Kovačić <i>President, The European Paralympic Committee</i>
12:45am – 1:00pm	Coffee Break/ transition to working group	
1:00pm – 1:45pm	GROUP A: Reflective workshop - learning to be a Para coach - needs, opportunities and barriers	Tabo Huntley <i>Director of ParaCoachEU, Liverpool John Moores University, Loughborough University</i>
1:00pm – 1:45pm	GROUP B: Reflective workshop - learning to be a Para coach - needs, opportunities and barriers	Piotr Marek <i>The Sport Institute</i> Charlotte Williams <i>Liverpool John Moores University</i>
1:45pm – 2:00pm	Feedback from groups A and B	Group A and B leader

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2:00pm – 2:45pm		Lunch
WORKSHOP FOR COACHES		
2:45pm – 4:45pm	Motor preparation during convalescence	Krzysztof Ficek, Assoc. Prof., Ph.D. <i>Galen Rehabilitation, AWF Katowice</i> Kamila Kluczniok, MSc Radosław Skowronek, MSc Magdalena Strózik, MSc
4:45pm – 5:00pm	Hearing devices - technology vs reality	Grzegorz Grajewski <i>Oticon Medical</i> <i>Manager of Hearing Implants &amp; Diagnostic Division</i>
5:00pm – 7:00pm	Interpretation of the results of functional and physiological tests in sport	Aleksandra Żebrowska, Assoc. Prof., Ph.D. <i>AWF Katowice</i> Barbara Hall, Ph.D. <i>The University of Manchester, UK</i> Robert Trybulski, Ph.D. <i>Rehabilitation Center Provita Żory, GWSH Katowice</i>

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May 10th

3rd Edition of International Scientific Conference: *People With Disabilities in Sport – Theory and Practice*

10.05.2019		
Scientific Conference		
Hour	Subject	Leader
08:30am - 09:00am	Arrival and registration	Reception <i>Airport Hotel Okęcie Street 17 Stycznia 24 02-148 Warszawa</i>
09:00am - 09:10am	Opening and greeting of guests	Anna Zwierzchowska, Assoc. Prof., Ph.D. <i>AWF Katowice</i> Łukasz Szeliga <i>President, PKPar</i>
<b>09:10am – 10:30am</b>	<b>Plenary Session</b>	<b>Adam Zając, Prof., Ph.D.,</b> <i>AWF Katowice</i> <b>Andrzej Kosmol, Prof., Ph.D.,</b> <i>AWF Warszawa</i> <b>Tomasz Tasiemski Prof., Ph.D.</b> <i>AWF Poznań</i>
09:10am – 09:30am	Coach development for creating a Kaizen (continuous improvement) culture	Masamitsu Ito, Ph.D. <i>Nippon Sport Science University</i>
09:30am – 09:50am	Optimisation of sports situations and life activation in people with disabilities	Stanisław Kowalik, Prof., Ph.D., <i>AWF Poznań</i>
09:50am – 10:10am	The image of a Polish Paralympian	Joanna Sobiecka, Assoc. Prof., Ph.D. <i>AWF Kraków</i>
10:10am – 10:30am	Preparing a Polish paralympic for the Olympic Games in Rio - Project Olympian	Andrzej Folga, MD, Ph.D Jarosław Krzywański, MD, Ph.D <i>COMS</i>
<b>10:30am – 10:45am</b>	<b>Coffee Break</b>	

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10:45am – 12:10am	<p align="center"><b>I Scientific Session</b></p> <p><b>Theory and methodology of sports training of people with disabilities - modern techniques in shaping and assessing strength and power</b></p>	<p><b>Paweł Ciężczyk, Prof., Ph.D.,</b> <i>AWFiS Gdańsk</i></p> <p><b>Marta Wieczorek, Assoc. Prof.,</b> <i>AWF Wrocław</i></p> <p><b>Aleksandra Żebrowska, Assoc. Prof., Ph.D</b> <i>AWF Katowice</i></p>
10:45am – 11:05am	Paralympic sport and the use of modern techniques in strength and power training (case study)	Adam Zając, Prof., Ph.D., <i>AWF Katowice</i> Artur Gołaś, Ph.D.
11:05am – 11:25am	Monitoring training workloads with the ACWR	Andrzej Kosmol, Prof., Ph.D., <i>AWF Warszawa</i>
11:25am – 11:40am	Reliability and validity field based tests for evaluation short time efforts with maximal intensity in wheelchair basketball	Bartosz Molik, Assoc. Prof., Ph.D. <i>AWF Warszawa</i> Jolanta Marszałek, Ph.D. Andrzej Kosmol, Prof., Ph.D., Natalia Morgulec-Adamowicz, Assoc. Prof., Ph.D., Anna Mróz, Ph.D., Karol Gryko, Ph.D., Aija Klavina, Ph.D., <i>Latvian Academy of Sports Education</i> Kestutis Skucas, Ph.D., <i>Lithuanian Sports University</i> José Antonio Navia, Ph.D., <i>Universidad Politécnica de Madrid</i>
11:40am – 11:55am	Variation the characteristics of running with audio stimulation in athletes with visual impairments	Andrii Yefremenko, Ph.D. <i>Kharkiv State Academy of Physical Culture, Ukraine</i>
11:55am – 12:10am	Alpine skiing without barriers - sports training of people with physical dysfunction and sight impairment	Barbara Hall, Ph.D. <i>The University of Manchester, UK</i>
12:10am – 12:25am	<b>Coffee Break</b>	

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<b>12:25am – 2:10pm</b>	<b>II Scientific Session</b>	<b>Stanisław Kowalik, Prof., Ph.D.,</b> <i>AWF Poznań</i> <b>Eugeniusz Bolach,</b> <b>Prof., Ph.D.,</b> <i>AWF Wrocław</i> <b>Andrzej Myśliwiec, Assoc.</b> <b>Prof., Ph.D.</b> <i>AWF Katowice</i>
12:25am – 12:40am	Possible applications of genetic researches in sport of disabled people	Paweł Ciężczyk, Prof., Ph.D. <i>AWFiS Gdańsk</i> Monika Michałowska-Sawczyn, Ph.D., Kinga Humińska- Lisowska, Ph.D., Waldemar Moska, Assoc. Prof., Ph.D. Ewelina Lulińska-Kuklik, Ph.D.
12:40am – 12:55am	Problems of doping in sport of disabled people	Andrzej Małecki Prof., Ph.D. <i>AWF Katowice</i>
12:55am – 1:10pm	Sexual-procreative disorders in people with spinal cord injuries	Tomasz Tasiemski, Prof., Ph.D. <i>AWF Poznań</i>
1:10pm – 1:25pm	Physiological aspects of optimization of physical training of people with disabilities	Aleksandra Żebrowska, Assoc. Prof., Ph.D. <i>AWF Katowice</i>
1:25pm – 1.40pm	The challenges of modern physical therapy in physical training for people with disabilities	Robert Trybułski, Ph.D. <i>Rehabilitation Center Provita Żory,</i> <i>GWSH Katowice</i>
1.40pm – 1.55pm	The Development of Medical Care in Polish Paralympic Sport	Wojciech Gawroński, Ph.D. <i>UJ Kraków</i> Joanna Sobiecka, Assoc. Prof., Ph.D. <i>AWF Kraków</i>
1.55pm – 2.10pm	Physical activity and health – athletes with physical disabilities	Jerzy Widuchowski, Prof., Ph.D. <i>Regional Consultant of Sports</i> <i>Medicine, WSF Wrocław</i>
2:00pm – 3:00pm	<b>Lunch</b>	
<b>3:00pm – 4:00pm</b>	<b>III Special Session</b> <b>Injuries in orthopedics and convalescence in practice</b>	<b>Jerzy Widuchowski, Prof.,</b> <b>Ph.D.,</b> <i>Regional Consultant of Sports</i> <i>Medicine; Krzysztof Ficek, Assoc.</i> <b>Prof., Ph.D.,</b> <i>AWF Katowice</i> <b>Andrzej Bugajski, Ph.D.,</b> <i>PTMS</i>
3:40pm – 4:00pm	Temporary disability of patients after orthopedic surgeries, on the example of anterior cruciate ligament reconstruction and Achilles tendon sewing	mgr Kamila Kluczniok <i>Galen Rehabilitacja</i> Magdalena Strózik MSc Radosław Skowronek MSc Wojciech Kubasik MSc Filip Humpa MSc

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4:00pm-4:30pm	IV Poster Session	<b>Krystyna Gawlik, Assoc. Prof., Ph.D.,</b> <i>PWSZ Biała Podlaska</i> <b>Andrzej Małecki, Prof. Ph.D.</b> <i>AWF Katowice</i> <b>Adam Maszczyk, Assoc. Prof., Ph.D.,</b> <i>AWF Katowice</i>
	Functional training of swimmers in paralympic sports	Galyna Boyko, Prof., Ph.D. <i>Poltava Institute of Economics and Law, Ukraine</i> Larysa Voloshko, Assoc. Prof., Ph.D. <i>Poltava National Technical Yuri Kondratyuk University, Ukraine</i> Illia Kalaida, MSc <i>Lead coach of the Ukrainian National Paralympic Swimming Team, Ukraine</i>
	The phenomenon of doping in global paralympic sport - documented use of prohibited substances and methods	<b>Wojciech Gawroński, Ph.D.</b> <i>UJ Kraków</i>
	Athletes with disabilities nutrition peculiarities as a means of their body restoring	<b>Lina Rybalko Prof., Ph.D.</b> <i>Poltava National Technical Yuri Kondratyuk University, Ukraine</i>
	Relationship between strength and balance in people with mild intellectual disabilities	<b>Zbigniew Ossowski Ph.D.</b> <i>AWFiS Gdańsk</i>
	Evaluation of mobility of shoulder joints of Special Olympics athletes using the FMS - Shoulder Mobility Test	<b>Grzegorz Mikołajowski MSc</b> <i>AWF Katowice</i> <b>Piotr Rodak MSc, Damian Kania Ph.D., Tomasz Szurmik Ph.D.</b> <i>UŚ Cieszyn</i> <b>Karol Bibrowicz Ph.D.</b> <i>Wyższa Szkoła Edukacji i Terapii w Poznaniu</i> <b>Jacek Barszcz MSc,</b> <i>AWF Katowice</i> <b>Robert Michnik Ph.D. Eng.</b> <i>Politechnika Śląska w Gliwicach</i> <b>Andrzej Myśliwiec Assoc. Prof., Ph.D.</b> <i>AWF Katowice</i>

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<b>4:30pm-5:30pm</b>	<b>Conference summary - debate</b>	<b>moderator:</b> <b>Bartosz Molik, Assoc. Prof., Ph.D. AWF Warszawa</b>
	<b>Discussion on the challenges and direction of scientific research in the sport of people with disabilities. Presentation of the thesis for the activities of coaches in the Paralympic sport: strengths and weaknesses of the coaching workshop</b>	<b>Łukasz Szeliga</b> <i>President, PKPar</i> <b>Ryszard Plinta, Assoc. Prof., Ph.D.</b> <i>SUM Katowice</i> <b>Ratko Kovačić</b> <i>President, The European Paralympic Committee</i> <b>Tabo Huntley</b> <i>Director of ParaCoachEU, Liverpool John Moores University</i> <b>John Bales</b> <i>President of ICCE</i> <b>Piotr Marek</b> <i>The Sport Institute</i> <b>Jakub Adamczyk, Assoc. Prof., Ph.D. AWF Warszawa</b> <b>Wojciech Gawroński, Ph.D.</b> <i>UJ Kraków</i>
<b>5:30pm-5:40pm</b>	<b>Closing of the scientific part of the conference</b>	<b>Anna Zwierzchowska, Assoc. Prof., Ph.D. AWF Katowice</b>

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## Sport of the disabled people medical classification of sportsmen

**May 11th**

**Place:** Warsaw, Instytut Sportu-PIB

TRAINING ACADEMY WORKSHOP		
Hour	Subject	Leader
08:45am - 09:00am	Registration and coffee	Reception Second floor
09:00am - 09:05am	Welcome	Urszula Włodarczyk, Ph.D. <i>Director of the Institute of Sport-PIB</i>
09:05am - 09:10am	Information on trainings at the Coaching Academy 2018/2019	Piotr Marek <i>The Coaching Academy, The Institute of Sport-PIB</i>
09:10am - 10:00am	Classification issue at the sport for disabled athletes. The latest solutions and guidelines	Bartosz Molik, Assoc. Prof., Ph.D. <i>AWF Warszawa</i>
10:00am - 12:00am	Protocol and rules for the classification of the athletes	Rudi Van den Abbeele <i>International Paralympic Committee</i>
12:00am - 12:15am	Coffee Break	
12:15am - 1:45pm	Identification of the athletes and recruitment for the Paralympic sport	Andrzej Kosmol, Prof., Ph.D. <i>AWF Warszawa</i>
1:45pm - 2:30pm	Lunch	
2:30pm - 3:30pm	Recruitment of athletes for the Paralympic sport – classifier practice	Beata Urbańska <i>Polish Boccia Association</i>
3:30pm – 3:45pm	Coffee Break	
3:45pm – 5:00pm	Discussion and summary of the workshop	Rudi Van den Abbeele, <i>International Paralympic Committee;</i> Bartosz Molik, Assoc. Prof., Ph.D. <i>AWF Warszawa;</i> Andrzej Kosmol, Prof., Ph.D. <i>AWF Warszawa;</i> Beata Urbańska <i>Polish Boccia Association</i>

Registration for workshop by the workshop panel on [www.akademiatrenerska.pl](http://www.akademiatrenerska.pl)

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