

Adapted Physical Activity lab



**and social responsibility
related to UN agenda 2030**

Adapted Physical Activity Lab (APALab)

is part of the School of Physical Education and Sport Science of the National & Kapodistrian University of Athens (NKUA).

□ Under the direction of Professor Dimitra Koutsouki, the Lab aims to contribute to our knowledge concerning the individual differences and different learning processes that individuals with special educational needs or/and disability experience during the whole lifespan.

The research mission of the **APALab** is to conduct basic and applied research:

- ☐ to evaluate the level of cognitive-motor abilities of children and adolescents with and without disabilities,
 - ☐ to evaluate the physical conditioning and socio-emotional level of individuals with and without disabilities,
 - ☐ to develop intervention educational programs,
 - ☐ to investigate the ways that physical activity promotes health, well-being, recreation and a better quality of life for special populations.
- ✓ The research is accomplished in special education schools and foundations, sport halls and sport clubs, sports facilities, day care centers and regular schools.

Among the aims of the **APALab** is:

- ❑ the contribution to education of undergraduate and graduate student, training of future physical education (PE) teachers and coaches,
- ❑ the collaboration with national and international research centers and Academic Institutions with common scientific interests,
- ❑ the provision of services to national public organizations as well as private institutions,
- ❑ the collaboration with other countries' graduate and post graduate educational programs either through direct commission, or through European Union Programs,
- ❑ the design and realization of seminars, conferences, lectures, speeches or other scientific events, publications, scientific books, e-learning programs, etc.

Social Responsibility (SR) of APALab

is the responsibility of the lab for the impacts of its decisions and activities within its sphere of influence - as i.e. on university community, society and the environment- through transparent and ethical behavior that:

- ✓ contributes to sustainable development, including the health , wellbeing and welfare of society,
- ✓ takes into account the expectations of Laboratory stakeholders,
- ✓ Is in compliance with applicable law and consistent with international norms of behavior, and
- ✓ Is integrated throughout the University of Athens organization and practiced in its relationships.

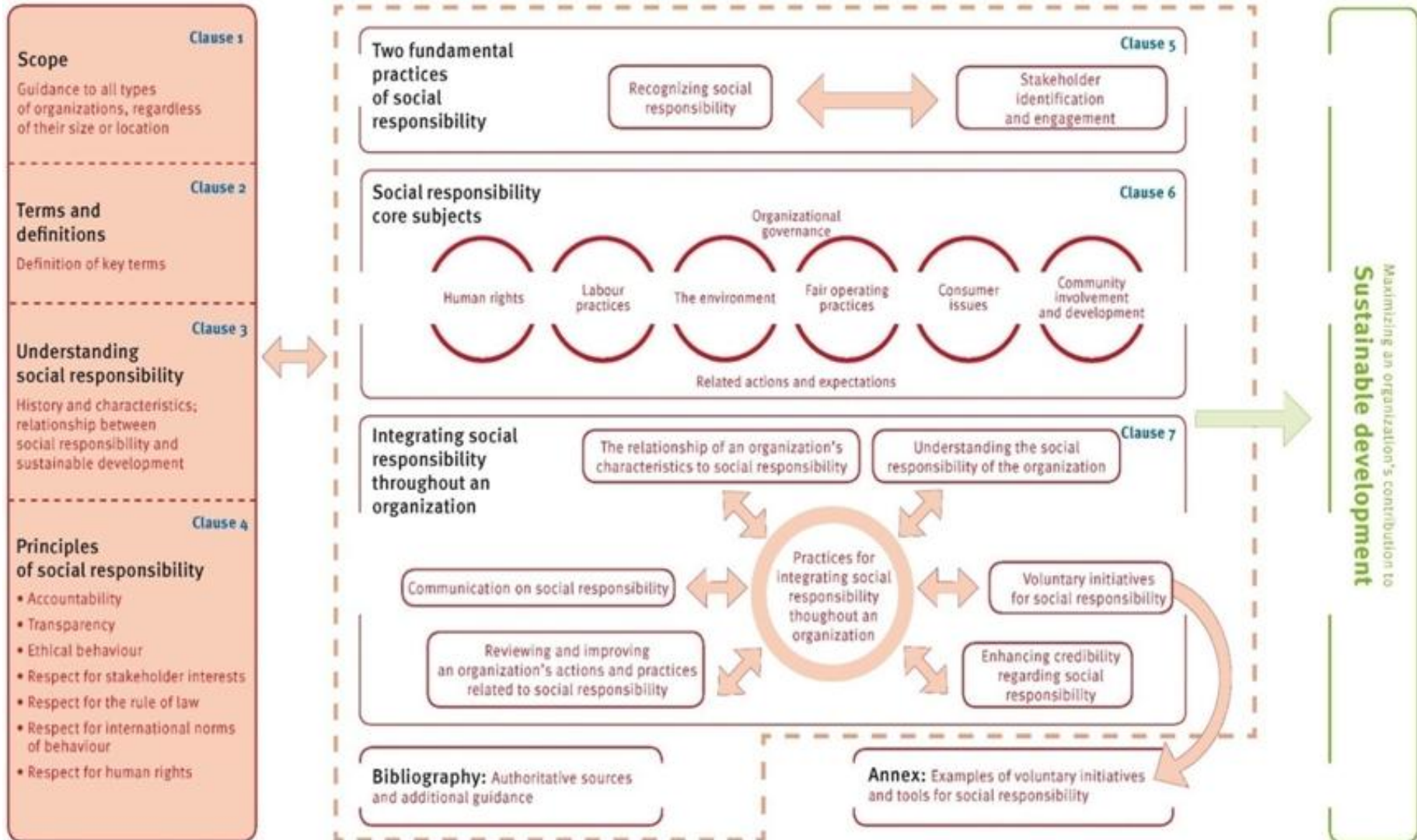
APA LAB & ISO 26000 :2010

**Adaptive Physical Activity Laboratory
is following the guidelines of
ISO 26000:2010**

- ☐ **On guidance and recommendations on how to structure, evaluate, and improve its social responsibility, including stakeholder relationships and community impacts.**

- ☐ **Providing with a set of societal expectations of what constitutes responsible behavior, based on authoritative international instruments.**

Schematic overview of ISO 26000



ISO 26000 and connection with UN SDGs




Lab activities related with UN SDGs agenda 2030


30 activities of the APA lab aligned with 6 targets 






Lab activities related with UN SDGs 1/4

1. “National Action Plan for Public Health: Presentation, Prevention and Treatment of Childhood Obesity-Actions to exercise and healthy diet”, (2012- 2015). NSRF 2007-2013, program for development. Funding: Partnership agreement 2007- 2013 (EU) & Hellenic Ministry of Education. **Goal 3** 



2. “Evaluation of Special Education’s infrastructure- Developing and Setup a software application of continuous monitoring and evaluation structures and critical parameters of Special Education” (2011- 2014). NSRF 2007-2013, program for development. Funding: Partnership agreement 2007- 2013 (EU) & Hellenic Ministry of Education.



Goal 4 

3. “Curricula of Special Education: Physical disabilities” (2003-2004). Funding: Operational Programme for Education and Initial Vocational Training (EU)- Hellenic Ministry of Education. Available in: http://www.pi-schools.gr/special_education_new/index_gr.htm. Click on Research-Surveys-Special Education Mapping. **Goal 4** 



4. “Entrepreneurship in Sport Field-Integrated Intervention for the Promotion of Business and Professional Activities in the Sport Field” - Community program 'EQUAL' relevant to combating discrimination and inequalities in connection with the job market in the sports field (2002- 2005). Funding: Ministry of Labour and Social Security and the EQUAL Community Initiative Program Special Management Service. **Goals 10 and 16**  



5. “Promoting physical activity programs to special schools: aiming the social inclusion of students with physical/ multiple disabilities” (2007-2008). Funding: Operational Programme for Education and Initial Vocational Training (EU) - Hellenic Ministry of Education. **Goals 4 and 10**  

6. “Reform and upgrade of primary and secondary education programs for people with serious health problems, who are in hospitals or at home for long” (2004 -2006). Funding: Operational Programme for Education and Initial Vocational Training (EU) - Hellenic Ministry of Education. **Goals 4 and 10**  



7. “Evaluation of the motor behaviour and athletic performance of Gifted / Talented students and support, integration with the help of sports activities” (2004-2006). Funding: General Secretariat for Youth Program. **Goals 4 and 10**  



Lab activities related with UN SDGs 2/4

8. “Construction of database for performance assessment (biological & technical) of athletes with disabilities” (2003-2005). Funding: a) Ministry of Development-General Secretariat of Research & Technology, b) Anonymous Commercial Company Galanis Sports Data Processing Inc. **Goals 3 and 10**  



9. Scientific Director of the “Professional Practice Students” Program of the National & Kapodistrian University of Athens (NKUA) (2009-2019). Funding: Special Operational Program Management “*Education and Lifelong Learning*”. NSRF 2007-2013/2014-20, program for development. Funding: Partnership agreement 2007- 2013/2014-20 (EU) & Hellenic Ministry of Education. **Goals 17 and 4**  




10. “Detection and evaluation of developmental-motor disorders in preschool children” (2015-2017). Funding: Special Account for Research Grants/NKUA. **Goals 3 and 4**  




11. “Evaluation of Cognitive and Motor Skills in Students with and without Special Learning Disabilities – Dyslexia” (2011-12). Funding: Special Account for Research Grants/NKUA. **Goals 3 and 10**  

12. Paralympics 2004: attitudes and perceptions of pupils and students about the Paralympic Games” (2001–2002). Funding: Special Account for Research Grants/NKUA. **Goals 10 and 16**  

13. “Evaluation of special programs entitled Sports for All” (1996–2002). Funding: General Secretariat of Sports - Ministry of Culture. **Goals 10 and 16**  


14. Intercultural project entitled “Intercultural differences in motor competence and physical fitness found in preschool age from Greece, Iceland and Italy” (2017-it continues). Funding: Adapted Physical Activity Lab/NKUA - Department of Psychology, Norwegian University of Science and Technology, Norway- Centro di Ricerca Sullo Sviluppo Motorio nell'Infanzia- Laboratorio 0246, Treviso-University of Verona, Italy. **Goals 17 and 4**  


15. Sports for All and for children with disabilities” program (2019-2022). The Lab in cooperation with Stavros Niarchos Foundation Cultural Center (SNFCC) organizes several events and actions to promote the social inclusion of people with disabilities such as the “Funding: SNFCC. **Goals 3, 10 and 16**   


16. Erasmus+ SPORT project “Swim your Way”, creating a Guide that will be used by swim instructors, teachers, trainers and school units as a curriculum on how to teach swimming to disabled students. Funding: Education, Audiovisual and Culture Executive Agency (EACEA) (2019-2021). **Goals 17, 10 and 16**   



Lab activities related with UN SDGs 3/4



17. Erasmus+ SPORT the project “Broadcasting of water polo for people with visual impairment/VIWAS”, providing the opportunity to blind and visually impaired people to attend and experience water polo events as active spectators through the “VIWAS Guide”. Funding: Education, Audiovisual and Culture Executive Agency (EACEA) (2020-2022). **Goals 17, 10 and 16**   

18.WOMENTORS is a program of Lambrakis Foundation and partner the “Human Mission” aimed at empowering young women through education and skills development for greater participation, decision making, strength and action, so that they can take full control of their lives in relation to their economic activity, public / political area and achieve the harmonization of the professional with the family / personal time, the guarantee of their rights at work and in all the sectors of their life and health (2020-it continues). Funding: as part of the Active citizens fund program. Financial Institution: EEA Grants-European Economic Area (EEA) 2014 - 2021. **Goal 5** 


19.E-learning program entitled “Coaching Health, Wellbeing, Exercise and Longevity” (2019-it continues). Funding: Adapted Physical Activity Lab/NKUA. **Goal 3** 

20.E-learning program entitled “Natural Medical and Supplementary Therapies” (2018-it continues). Funding: Adapted Physical Activity Lab/NKUA. **Goal 3** 

21.E-learning educational program entitled “Sports and School Integration of Students with Special Educational Needs” (2017-it continues). Funding: Adapted Physical Activity Lab/NKUA. **Goal 3 and 10**  

22.E-learning educational program entitled “Special Education: Developmental Disorders-Cognitive-motor tools Evaluation and Intervention Methods” (2015-it continues). Funding: Adapted Physical Activity Lab/NKUA. **Goal 3 and 10**  

23.Collaborative member in the E-learning program entitled “Spa Management: A Holistic Approach to the Provision of Services” (2018-it continues). Funding: NKUA. **Goal 3** 

24.Collaborative member in the International Motor Competence Network. The mission of the network is to promote international collaborative research and knowledge translation in the field of motor competence (2018-it continues). **Goal 17** 

Lab activities related with UN SDGs 4/4

25.Descriptio method. Visible sports for all . An Integrated Audio Descriptive Commentary Media System (ADCms) for blind and partially sighted persons. Sport events in Greece in “visible” experience worldwide. Erasmus 2019 in Equal sports for all program . Awarding 1st prize. Cooperation with Noriaki Kano Laboratories”

Goal 10



26.EXEDRAMark S2 a for disabled persons Creation & Implementation of Protocol “EXEDRAMark 776 S2 “ for Wheelchairs Basketball clubs. Serving as the «de facto» National Protocol in Wheelchairs Basketball clubs in Greece. Erasmus 2019 in Equal sports for all program . Awarding 1st prize. Cooperation with Noriaki Kano Laboratories” **Goal 10**



27. VIWAS method “Broadcasting of water polo for people with visual impairment”.Erasmus+ 2020 in co-operation with organizations in 4 countries . Worldwide innovation. **Goals 10,17**



28.Inclusive athletics in inclusive cities.”inclusive athletics“ . initiative of the Lab for activities promoting the accessibility and inclusiveness in Greek cities. **Goals 10, 17**



20. Safe and inclusive sports. Innovation hub. Initiative for a National Protocol for Safety Health and Hygiene of Athletic Infrastructures and Facilities.2020-2023. **Goals 3,10,17**



30. Promoting artistic target 10 in Greece . Goal 10





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