



CURRICULUM DESIGN_DEAF WRESTLE

The DEAF WRESTLE consortium has created the Online Training Course, composed by 8 modules, with the purpose of facilitating the training process of Greco – Roman Wrestling coaches, athletes, referees on tackling discrimination and inclusion of people with deafness in sport. We therefore provide you with an overview of the content of each module:

1. Sign Language about Greco-Roman terminology

In this module we will explain how Sign Language can have an important impact on the athlete's achievement, sports performance and complete communication with the coach. Examples of deaf athletes in Greco-Roman wrestling will be cited and the glossary created with 30 terms in International Sign Language and Italian, Greek, Bulgarian, Serbian and Macedonian Sign Language will be mentioned.

2. Basic information about d/Deafness, d/Deaf culture, d/Deaf pride and d/Deaf rights

In this module, you will find clear explanations of the definition of deafness from a medical point of view as opposed to a cultural and social view. In fact, deaf people who use sign language belong to a culturally and linguistically diverse community, simply called the Deaf community. In conclusion, the articles of the UN Convention in relation to the rights of deaf people will be mentioned.

3. Team bonding guidelines for hearing and deaf teammates

This module explains how Greco-Roman wrestling can increase self-acceptance as a result of athletic participation in training and matches, thus helping them in the fight against prejudice and stigma. A series of practical exercises that deaf and hearing athletes can perform and thus implement full inclusion will be explained.

4. Deaf friendly sport mentality

In this module you can find tips and tricks on how to create an inclusive and stimulating sports environment for deaf and non-deaf athletes. Indeed, sport in general can create connections and communication bridges between all participants if the correct guidelines are followed to enable full accessibility.



5. Basic instructions for referees

Greco-Roman wrestling follows rules that must be observed to ensure the smooth running of any wrestling match. During competitions between athletes, referees are the people who ensure that these rules are respected. This module will explain the basic instructions for the proper conduct of matches.

6. Psychological support and empowerment methods

The aim of this module is to provide psychological support and empowerment methods tailored to the specific needs of deaf wrestlers. By offering resources and strategies to improve mental well-being and resilience, this module aims to help deaf wrestlers improve both on and off the wrestling field.

7. Possible risk injuries in the game (regarding their ears-cochlear implants-risk identification)

This module will implement an understanding of the various potential risks of injury during Greco-Roman wrestling practice and explain how preventive measures can be applied to ensure the safety, inclusion and well-being of deaf wrestlers with cochlear implants in wrestling.

8. Linguistic/Communication barriers

This module will explain the language and communication barriers faced by deaf wrestlers in Greco-Roman wrestling practices and their impact on communication with their coach. It will also provide practical tips on how to implement such communication.