
UNIT - 4

Physical Education and Sports for Differently Abled

Key Points :-

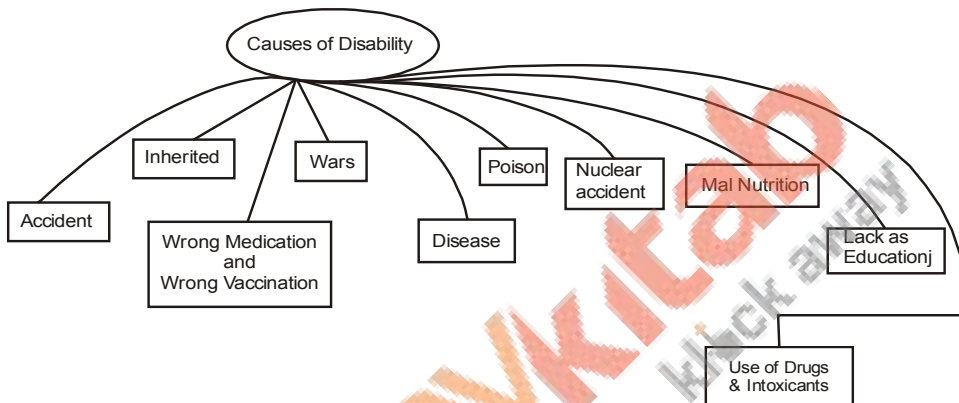
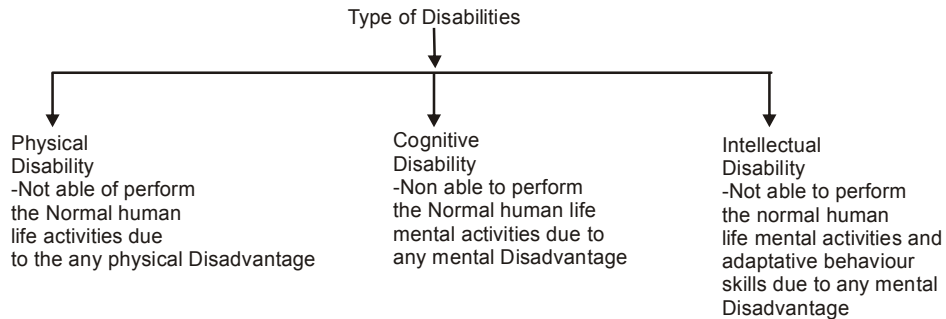
- 4.1 Concept of disability & disorder
- 4.2 Types of disability (Cognitive disability intellectual disability, physical disability)
causes and nature of Disabilities
- 4.3 Type of disorder ADHD, SPD, ASD, ODD, OCD cause & Nature of Disorder
- 4.4 Disability Etiquettes
- 4.5 Advantages of physical Activities for children with special needs
- 4.6 Strategies to make physical activities assessable for children with special needs.

4.1. Disability & Disorder

Disability :- Any disadvantage due to which an individual is not able to perform the activities of normal human life is known as disability.

Disorder : Any disruption due to which an individual is not able to perform his daily human activities is known as disorder.

Unit-4



Nature of Disability

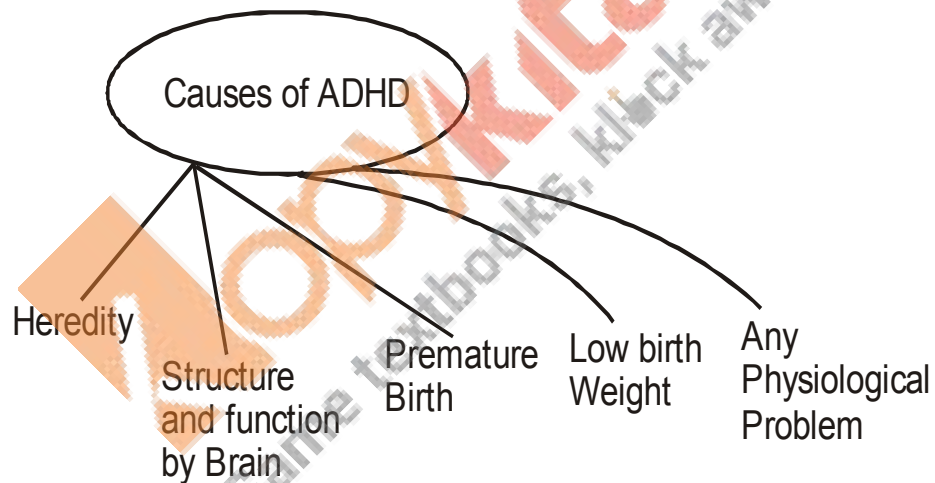
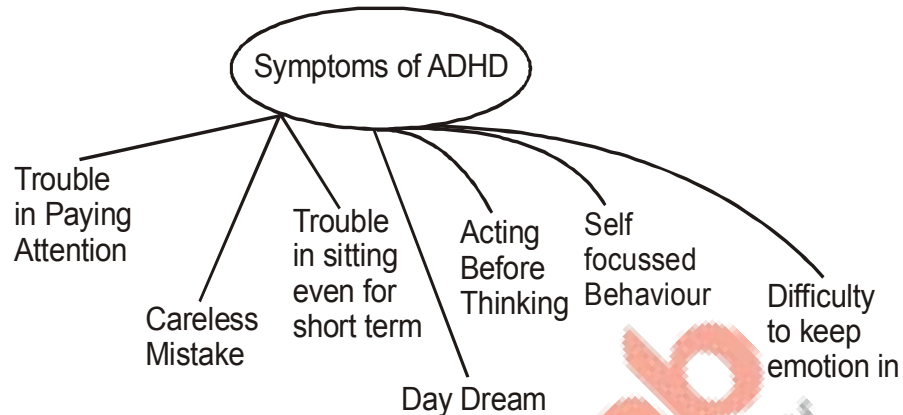
- Loss of power or ability due to any disadvantage
- May be by Birth or gained in the life
- It is permanent or likely to be parmanent.
- It may concerned with physical disadvantages or combination of all these.
- It limits activity performance

Type of Disorder

- ADHD : Attention Deficit Hyper activity Disorder
- SPD : Sensory Processing Disorder
- ASD : Autism Spectrum Disorder
- OCD : Obsessive Compulsive Disorder
- ODD : Opporitional Defiant Disorder

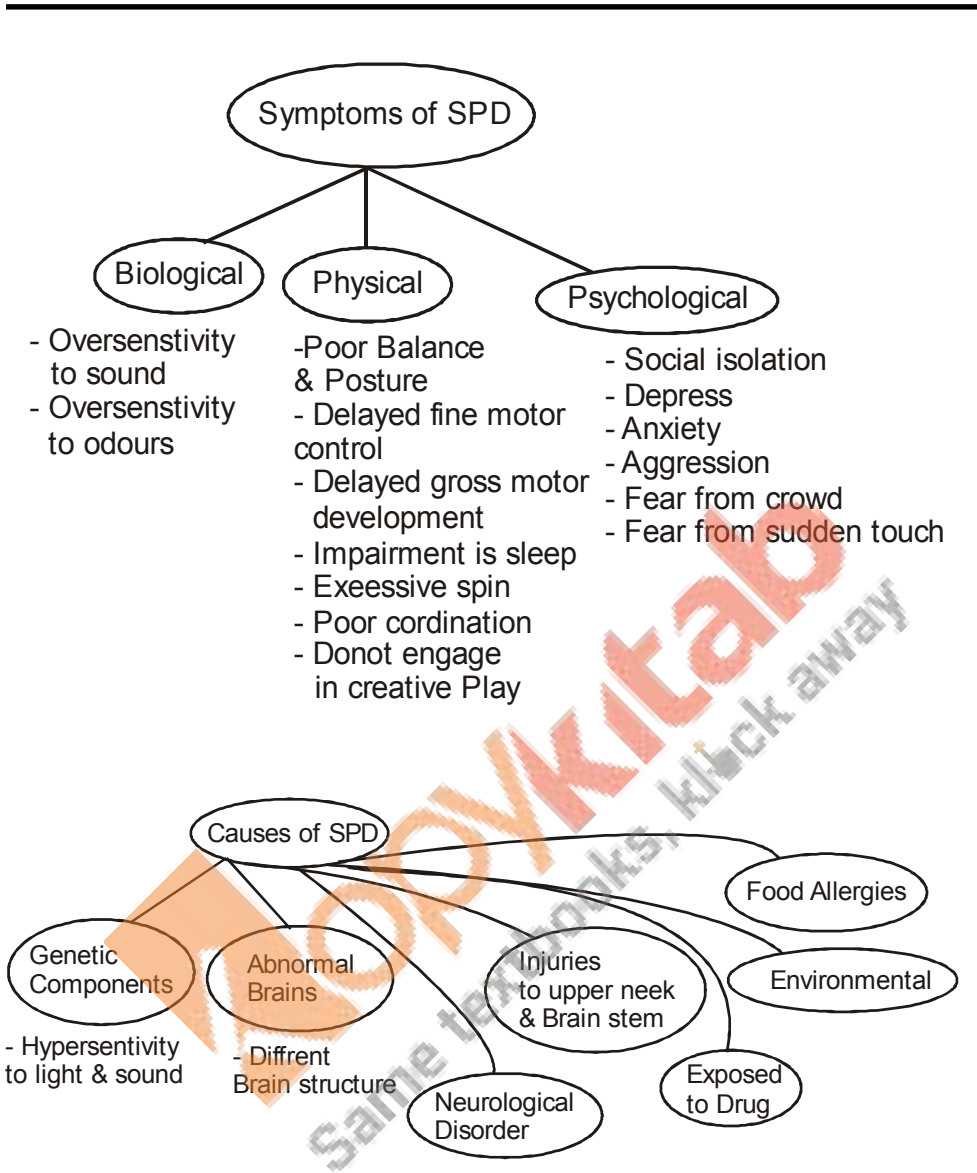
1. ADHD (Attention Deficit Hyper activity Disorder)

Effected person will be hyper active and unable to controll their impulse.



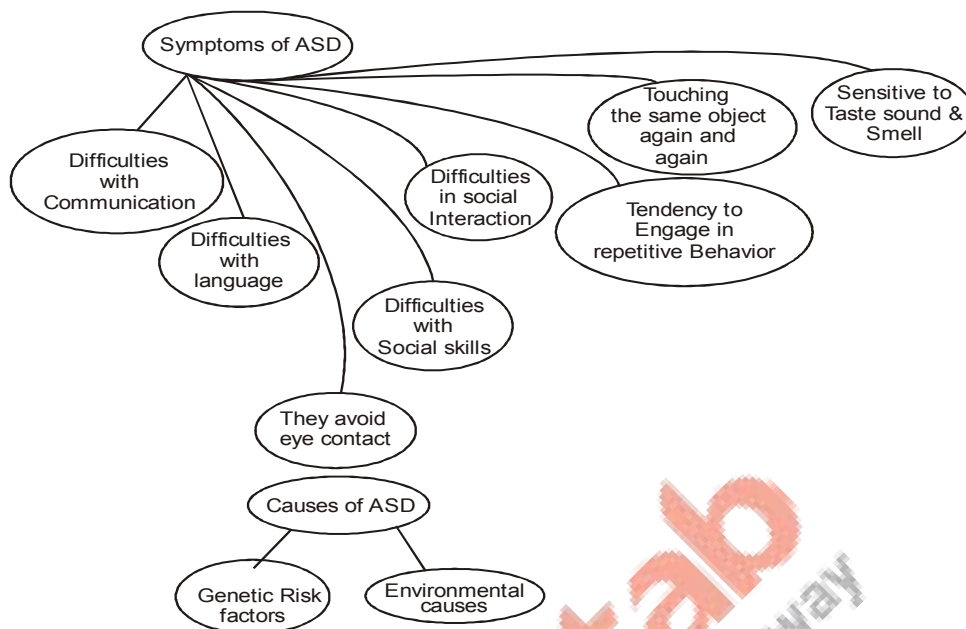
2. SPD (Sensory Processing Disorder)

In this disorder effected person has problem in his nervous system to receive the information that comes through the sensory organs.



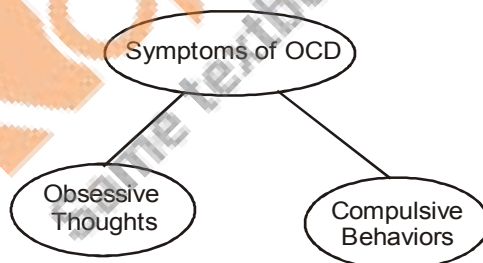
3. ASD (Autism Spectrum Disorder)

It is a neurological and developmental disorder in this disorder affected person repeat the sentence again & again.



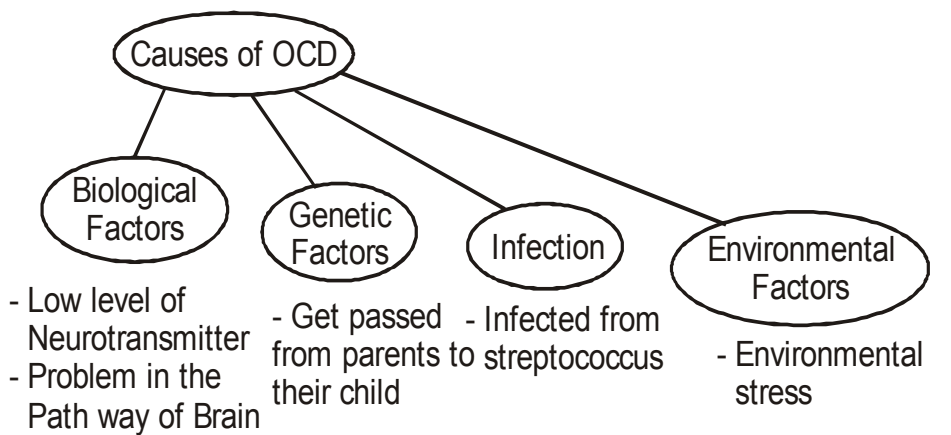
4. **OCD (Obsessive Compulsive Disorder)**

In this disorder effected person feel to check the things again & again & perform certain routine activity repeatedly such as cleaning & washing hand



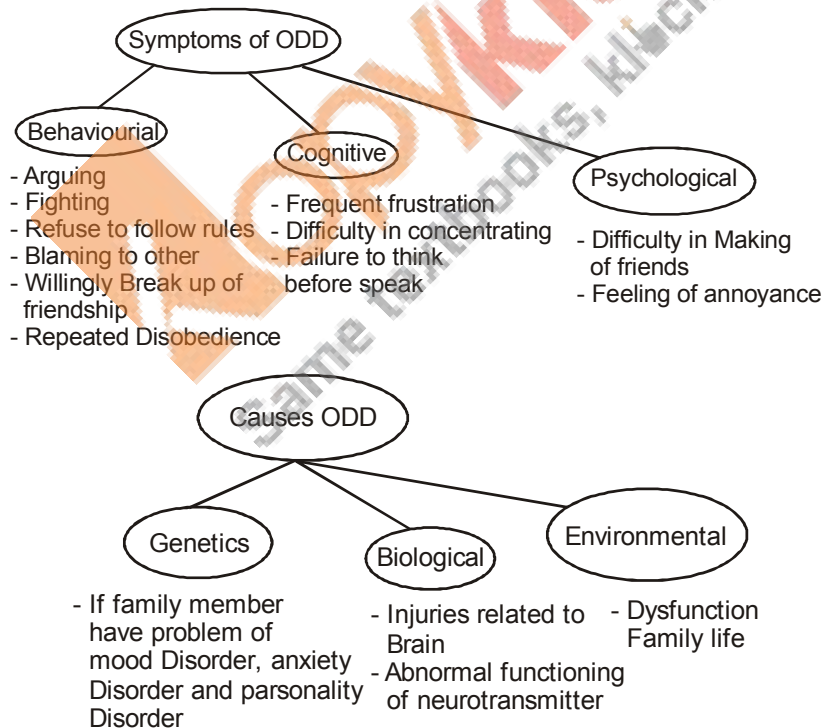
- Fearing of contamination by germs
- Excessive Focus on religious Achivites
- Fearing of losing the things
- Superstitious

- Dubble Checking of Things
- Repeatedly checking of safety of love ones
- Repeating of certain words
- Spending a lot of time in washing & cleaning
- Ordering or arranging Things
- Preying excessively
- Accumulating Junk



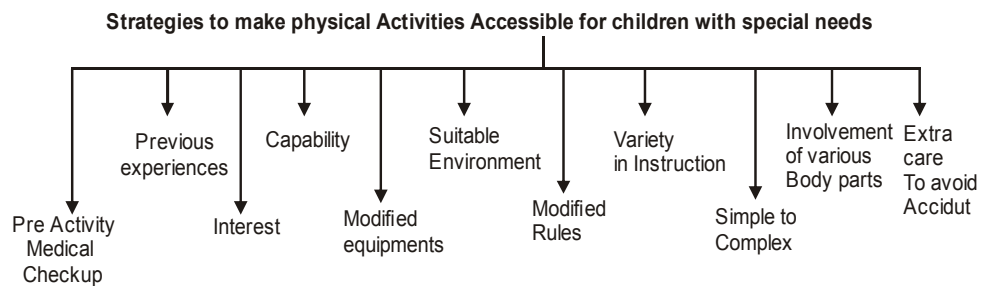
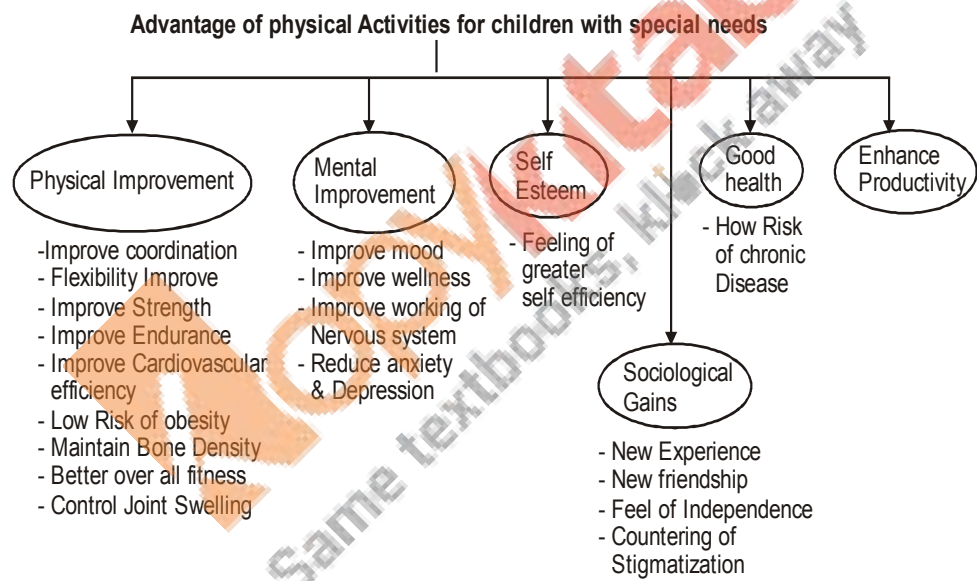
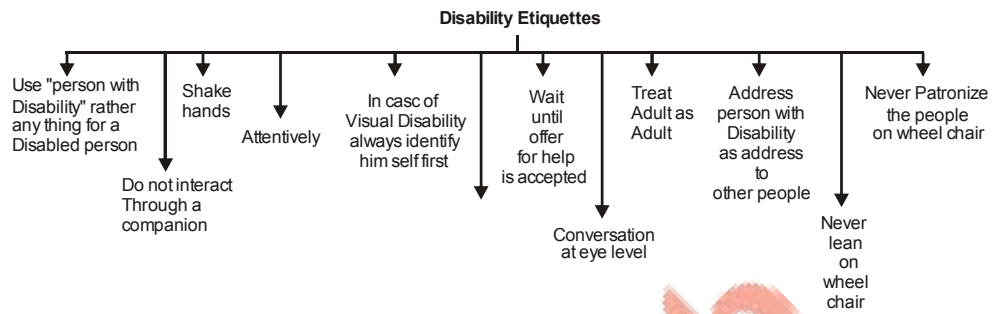
5. ODD (Oppositional Defiant Disorder)

It is a group of behavioural disorders called disruptive behaviour disorder. In this disorder effected person always try to disrupt those are around him.



4.4. Disability Etiquettes

These are guidelines which are to be followed when deals with any disabled person.



Very Short Type Questions Answer 1 Mark

Q.1. What do you understand by Disability?

Ans. Disability is the condition in which an individual is not able to perform normal human life activities due to any disadvantage.

Q.2. What are the common types of disabilities.

Ans. * Physical disability
* Intellectual disability
* Cognitive Disability

Q.3. What do you understand by physical disability.

Ans. In physical disability an individual is not able to perform his daily life activities due to any physical disadvantage.

Q.4. What do you mean by cognitive disability.

Ans. In cognitive disability an individual is not able to perform his daily life mental activities due to any mental disadvantage.

Q.5. What do you understand by intellectual disability.

Ans. In intellectual disability an individual is not able to perform the normal human life mental activities and adaptive behavior skills due to any mental disadvantage.

Q.6. Explain the meaning of Disorder

Ans. Any disruption due to which an individual is not able to perform his daily life human activities effectively is known as disorder.

Q.7. Write down the different types of disorder.

Ans. ADHD (Attention Deficit hyper activity disorder).
* SPD (Sensory processing disorder)
* ASD (Autism spectrum disorder)
* OCD (Obsessive compulsive disorder)
* ODD (Oppositional defiant disorder)

Q.8. What do you understand by ADHD (Attention Deficit Hyperactivity disorder)

Ans. In this disorder affected person become hyperactive & is unable to control his impulses.

Q.9. What do you understand by SPD (sensory processing disorder)

Ans. In this disorder effected person has problem in his nervous system to receive the information that comes through the sensory organs.

Q.10. What do you understand by ASD (Autism spectrum disorder)

Ans. In this disorder effected person repeat the sentence again and again. He does not want to interact with other. It is a neurological & Devlopmental disorder.

Q.11. What is you understand by the “OCD” (obsessive compulsive disorder)

Ans. In this disorder effected person check the things again & again and perform certain routines activities repeatedly such as cleaning & washing of hands.

Q.12. What do you understand by ODD (oppositional defiant disorder)

Ans. In this disorder effected person always try to disrupt those are around him. It is disrptive behavioural disorder.

Q.13. What do you understand by the term “Disability etiquettes”

Ans. Disability etiquettes are the guidelines which should be followed when deal with the person with any disability.

Short Type Question Answers (3 Marks)

Q.1. Explain about the different type of disability with examples.

Ans. **(a) Physical disability:** Due to any physical disadvantage an individual is not able to perform his daily life activities examples

- * Blindness: Total absence of sight
- * Partially blind : Very low vision
- * Cerebral palsy: Abnormal motor control
- * Hearing impairment: Loss of hearing

(b) Congnitive disability: Due to any mental disadvantage an individual is not able to perform daily life activities

examples.

- * Difficulty in mental task such as learning counting, understanding of various words etc. due to physiological cause.

(c) **Intellectual Disability:** Due to mental disadvantage individuals are not able to perform various mental tasks & adaptive behaviour skills. Example.

- * Mental task: Learning problems, reasoning problems
- * Adaptive behaviour: Collection of social skills & conceptual skills.

Q.2. Differentiate between disability & disorder

Ans. **Disability**

– Disadvantage

– No chances to become normal

– often concerned with various parts of the body

– Physical disability, Cognitive disability, Intellectual disability.

Disorder

disruption

– High chances to become normal

– often concerned with mental ability

eg– ADHD, SPD, ASD, OCD, ODD.

Q.3. Write down the symptoms of ADHD

Ans.

- * Trouble in paying attention toward a particular topic
- * Trouble in sitting still for even a short time. They run around they do not enjoy quiet activities such as reading, learning etc.
- * Wait for his turn & sharing is harder for them. This makes it difficult to play with other children.
- * Affected person makes quick decisions before thinking.
- * Affected person never keeps their emotions.
- * Affected persons are day dreamers.

* Affected person always leads to careless mistakes.

Q.4. What are the symptoms of SPD.

- Ans. (a) **Behavioural symptoms:** Oversensitive towards the sound, oversensitivity towards the odours, affected person do not engage in creative play, difficult to calm after getting upset.
- (b) **Physical symptoms:** Poor Balance, poor posture, fine motor control is always delayed, poor hand writing, motor development takes more time, excessive spin in the body parts, poor coordination impairment in sleep.
- (c) **Psychological Symptoms :** Social isolation, depressed, Anxiety, Aggression, feel fear from crowd, feel fear from surprise touch.

Q.5. Write down the symptoms of ASD

Ans. Difficulty in communication, feel difficulty in reading loudly, difficulty in various social skills, difficult in social interaction, Tendency to engage in repetitive Behaviours, Avoid the eye contact, Touching the same object again & again, Sensitive towards sound, taste & smell. Frequent repetition of set words and phrase, To communicate use single word instead of complete sentence, react negatively when asked to do something, not being aware of other person's space. Prefer to play alone, strong like & dislike to for certain foods on the basis of texture or colour of the food.

Q.5. Write down the Symptoms of OCD.

- Ans. (a) **Obsessive Thoughts :** Always feel fear of contaminants by the germs & dirt, excessive focus on religion, feel fear of losing or not having things superstitious about various things some are felt lucky & some are felt unlucky, always feel fear of harming himself.

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- (b) **Compulsive behaviour:** Dabble checking of their things, Repeatedly check their love one that they are safe. Repeating of certain words, spending a lot of time in washing & cleaning praying to god excessively. Accumulating junk items in their house.

Q.6. Write down the Symptoms of ODD.

- Ans. (a) **Behavioural:** Always argue with other, aggressive & Tends to start the fight, refuse to follow the rules imposed on him, always try to blame to other willingly break the friendship, Repeated disobedience can be seen. premature born: May leads towards the ADHD
- (b) **Cognitive :** Frequent frustration, feel difficulty in concentration on a particular topic, failure to think before to speak.
- (c) **Psychological symptoms :** Difficulty in making friends, loss of self esteem, feeling annoying.

Long Question Answers (5 Marks)

Q.1. What are the causes of ADHD.

- Ans. (1) **Heredity :** If parents or sibling of child is with ADHD then person has 4 to 5 time more prone towards ADHD
- (2) **Brain function & structure :** Certain area of brain is smaller than the brain area of NON "ADHD", Neuro transmitter imbalance can be seen in case of ADHD.
- (3) **Premature Born :** may leads towards the ADHD.
- (4) **Low Birth wt:** May leads towards the AD HD
- (5) **Brain damage:** In the womb or 1st few years of life leads towards ADHD
- (6) **Drinking Alcohol smoking & use of Drugs:** has bad effect on the working of nervous system and may leads

towards the ADHD.

- (7) Exposure of high level of toxic: Exposure to toxic in early age below 3 years has bad effect on the working nervous system that may lead towards ADHD (e.g. lead)

Q.2. Write down the causes of SPD

- Ans. (1) Genetic components: Some of genetic components which we get from our parents such as hypersensitivity to light & sound may lead towards SPD.
- (2) Abnormal Brain structure: Due to any cause if the structure of brain is not proper it may lead towards SPD.
- (3) Injuries: at upper neck and Brain stem region may effect the working of nervous system and leads towards SPD.
- (4) Not being exposed to appropriate amount of stimulation during crucial developmental stage.
- (5) Food allergies May lead towards SPD.
- (6) Being exposed to Drugs: While in utero may lead to SPD.

Q.3. Write down the causes of ASD.

- Ans. **Genetic Risk factors:** In case of twins if one is suffered from ASD than 30% to 40% more chances that other will be also suffered from ASD and In case of sibling 10% to 20% more chances to be suffered from ASD. ASD tend to occur more often in people who have certain genetic or chromosomal condition such as Fragile X Syndrome. No single gene is responsible for ASD rather multiple genes are involved in ASD.
- Environmental causes:** When maternal exposure to certain viruses such as measles, mumps, Rubella, herpes, syphilis, cytomegalovirus and chemicals such as thalidomide, valproic acid

during pregnancy. Children born to older parents has greater risk to get suffer from ASD. Cerebral dysgenesis (Abnormal development of brain) is also caused to ASD. Inborn error of metabolism is also is the cause of ASD.

Q.4. Write down and explain the causes of OCD.

- Ans. (1) Biological factor: OCD arises from the problem in the pathways of brain that link the area dealing with judgement and planning with another area that filter message involved in body movement.
- (2) Genetic factors: Get passed from parents to their child such as genetic disorder.
- (3) Infection: That is caused by the STREPTOCOCCUS have linked with OCD. If this infection is untreated it may lead to development of OCD.
- (4) Environmental factors may leads to get suffer from OCD such as change in living situation, illness, death of loved, one, school related problem and relationship concern.

Q.5. Write down & Explain the causes of ODD.

- Ans. (1) Genetic factors: If parents have the problem of mood disorder, anxiety disorder, personality disorder then there will be a lot of chances that their child may get suffered from ODD.
- (2) Biological factors: Injuries related to Brain can cause to ODD and Abnormal functioning of brain chemical or neuro transmitter can also leads to ODD.
- (3) Environmental factors: Family history, dysfunctional of family life, depression may lead towards ODD.

Q.6. What do you understand by disability Etiquettes. Explain in detail.

Ans. Disability etiquettes are those guidelines which should be

followed when deal with the disabled person. These are following.

- (1) **Term used:** We should not used the term as handicaped, mentally challenged, physically challenged & disabled person for any disable human being rather should called as “person with disability” or “DIVYANG”.
- (2) **Companion:** Never talk to person with disability through a companion.
- (3) **Shake hand:** When deals with person with disability always offer him to shake hand first.
- (4) **Assistance:** If assistance is offered to the person with disability then wait until the offer is accepted.
- (5) **Adult:** Always treat Adult as an adult.
- (6) **Address:** Address the people who have disability by their first name only as address to other.
- (7) **Identify:** Your self and other person who are with you when interact to any person with disability or Divyang.
- (8) **Patronize:** Never patronize the person on the wheel chair by patting him on the shoulder or back.
- (9) **Lean:** Never lean on the wheel char.

Q.7. Explain the advantages of physical a activities for children with special needs.

Ans. (1) **Physical improvement:** Improvement is concentration.

- * Improvement in flexibility
- * Improvement in strength
- * Improvement in endurance
- * Improvement in cardiovascular efficiency
- * Decrease the Risk of obesity
- * Better over all fitness.
- * Improvement in Motor ability
- * Minimize joint swelling.

(2) Mental improvement

- * Improvement in mood
- * Improvement in wellness
- * Improvement the working of nervous system.
- * Brain release endorphins that help to feel good and ease from depression anxiety.

(3) Improved the sense of self esteem

- * feeling of greater self efficiency

(4) Sociological Gains

- * New experiences
- * New friendship
- * feel of independence
- * countering of stigmatization

(5) Good health

- * Low risk of disease

(6) Enhance Productivity

- * Improve the working efficiency

Q.8. Explain the strategies to make physical activities accessible for children with special needs.

- Ans. (1) **Pre Activity medical check up:** To know about the disability, medical aid must be available for that disability at the time of exercise.
- (2) **Previous experience :** Previous experience of participation in the physical activities should be considered at the time of selection of sport activities.
- (3) **Interest:** Selected physical activities can be accessible if it is according to the interest of the person having disability.
- (4) **Capability:** The selected physical activities must be according to the capability of the person with disability.

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- (5) **Modified equipments:** As per the capability of the person with disability equipment must be modified so they can be used easily.
 - (6) **Suitable Environment :** At the time of play environment must be pleasanter. All kinds of facilities must be available such as proper lightening, proper ground, proper marking etc.
 - (7) **Variety of Instruction:** Instruction used during the exercise must be according to the nature of disability for example for the person with hearing impairment visual instructions should be used.
 - (8) **Modified Rules:** Rules of the sports for the exercises must be modified according to the capability of the person with disability.
 - (9) **Simple to complex:** When prepare the activity schedule for person with disability principle of simple to complex must be followed in starting we should take easy exercise then we should progressively increased the degree of load.
 - (10) **Involvement of various body parts:** In activity plan for person with disability the selection of activities should be in such a way that involvement of maximum body parts is done.
 - (11) **Extra care:** Extra care should be taken to avoid any accident during the exercise.

Very Short Questions

- Q.1. What is the full form of ASD.
- Q.2. What is the full form of ADHD.
- Q.3. What is the full form of SPD.
- Q.4. OCD stands for what.
- Q.5. ODD stands for what.
- Q.6. What are the characteristics of the disability.
- Q.7. What are the characteristics of the disorder.
- Q.8. Blindness is form of which type of disability.
- Q.9. A person has a disruption due to which he can not do his daily routine activities properly. Name that condition?
- Q.10. A condition in which a person is not able to perform mental task & adaptive behavioural skills due to any mental disadvantage. Name that condition?
- Q.11. Explain the term "Disability" Etiquette"
- Q.12. Name of the condition in which affected person becomes hyperactive & unable to control impulses.
- Q.13. If a person repeats the sentence again & again he is suffered from which type of disorder.
- Q.14. If a person disrupts those around him he is suffered from which type of disorder.
- Q.15. If a person repeats certain routine tasks again he may be suffered from which type of disorder.
- Q.16. If a person is unable to receive information from the sensory organ he may be suffered from which of disorder.

Short Questions Answer.

- Q.17. If a person is suffered from ADHD what symptoms can be seen in the person.

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- Q.18. On the Basis of whose characteristics SPD suffered person can be identified.
- Q.19. On the basis of whose symptoms ODD suffered person can be identifies
- Q.20. We can noticed what type of characterstics in the OSD suggered person.
- Q.21. Distinguish between physical disability and intellectual disability.
- Q.22. Distinguish between cognitive & Intellectual disability.
- Q.23. Write down the factors responsible for ADHD.
- Q.24. Write down the factors responsible for SPD.
- Q.25. Write down the factors responsible for ASD.
- Q.26. Write down the factors responsible for OCD.
- Q.27. Write down the factors responsible of ODD.
- Q.28. Write down any three Advantage of physical activity on a person with disability.
- Q.29. Write down any three cause of disatrility & Explain then.
- Q.30. Write down any three Disability etiquettes.

Long Questions Answer

- Q.31. Write down causes & Nature of disability.
- Q.32. What is disorder? Discuss its various types in detail.
- Q.33. What are the causes & symptoms of ADHD.
- Q.34. What are the main causes & symptoms of SPD.
- Q.35. Explain the causes & symptoms of OCD.
- Q.36. We must follow the disability etiquette discuss then in details.
- Q.37. Explain the need of physical activity for person with disability.
- Q.38. What things use kept in our mind when we prepare the activity plan for a person with disability.

Value based Question

Rohit was from a labour class family and could not walk properly. His friend, neighbour Nitish has a very poor vision and could not see properly. Both were suffering from financial problems and disabilities. Though, they had limitations but they decided to go to school for getting education. They made a mutual consent that Rohit would read books for Nitish and Nitish would support and Nitish would support him, while going school. Both the families welcomed their decision school provided special facilities for differently-abled viz. Ramp, Toilet, class room at ground floor. Teachers and class mates also helped them.

In such supportive environment they were able to achieve their goals.

- In view of above passage answer the following questions.
1. What do you understand by disability?
 2. What types of facilities are available in schools for differently abled children?
 3. What values do you learn from the above passage.