



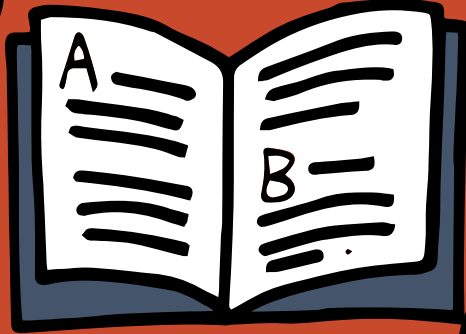
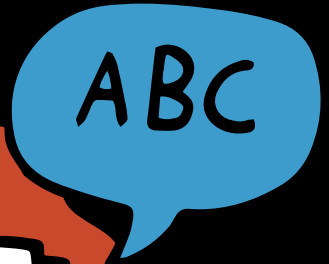
# Unit -4

Physical Education



**Course on**

**Physical Education & Sports  
for CWSN...!!**



# UNIT CONTENTS :



**4.1**

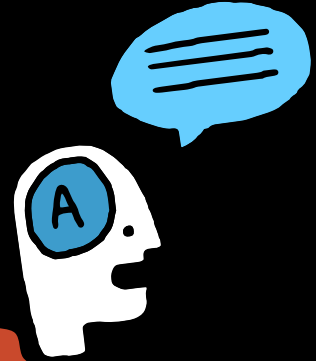
**Concept of  
Disability  
and  
Disorder**

**4.2**

**Types of Disability,  
its causes &  
nature  
(Intellectual  
disability, Physical  
disability)**

**4.3**

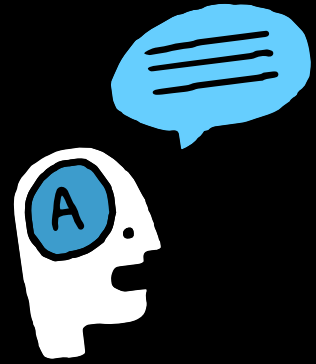
**Aim &  
Objective of  
Adaptive  
Physical  
Education**



# UNIT CONTENTS :



4.4



**Role of various professionals for children with special needs  
(Counsellor, Occupational Therapist, Physiotherapist,  
Physical Education  
Teacher, Speech Therapist & special Educator)**

## 4.1 Concept of Disability & Disorder

### Concept of Disability :

Disability is understood as a condition that produces a **long-term impairment** that affects activities of daily living, such as eating, walking, and maintaining personal hygiene.



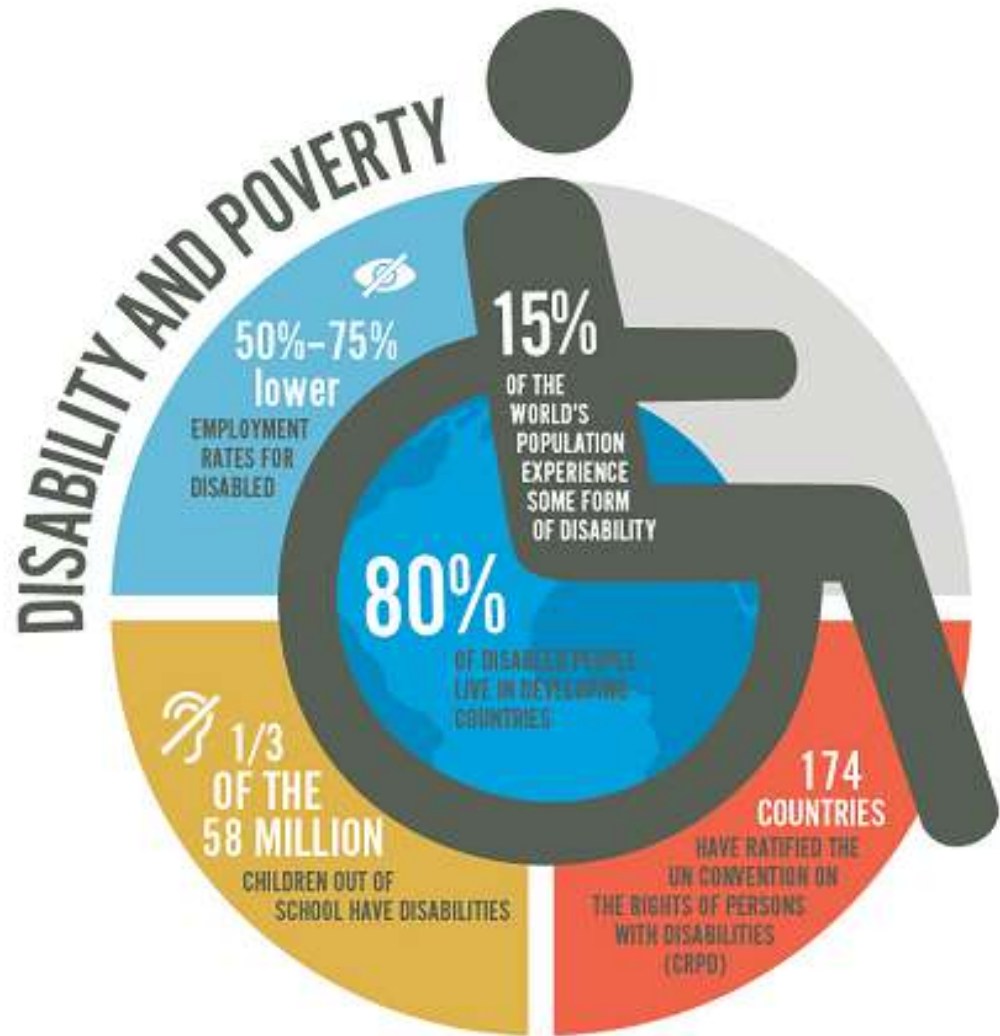
It **affects the everyday activities** of the individual to a considerable amount. It may be present in an individual from birth or occur during one's lifetime.

Disability has different meanings in different societies of the world. Disability is an injury that **restricts the functions** or movements of an individual.



All persons with all types of disabilities must enjoy all **human rights** and **fundamental freedoms**.

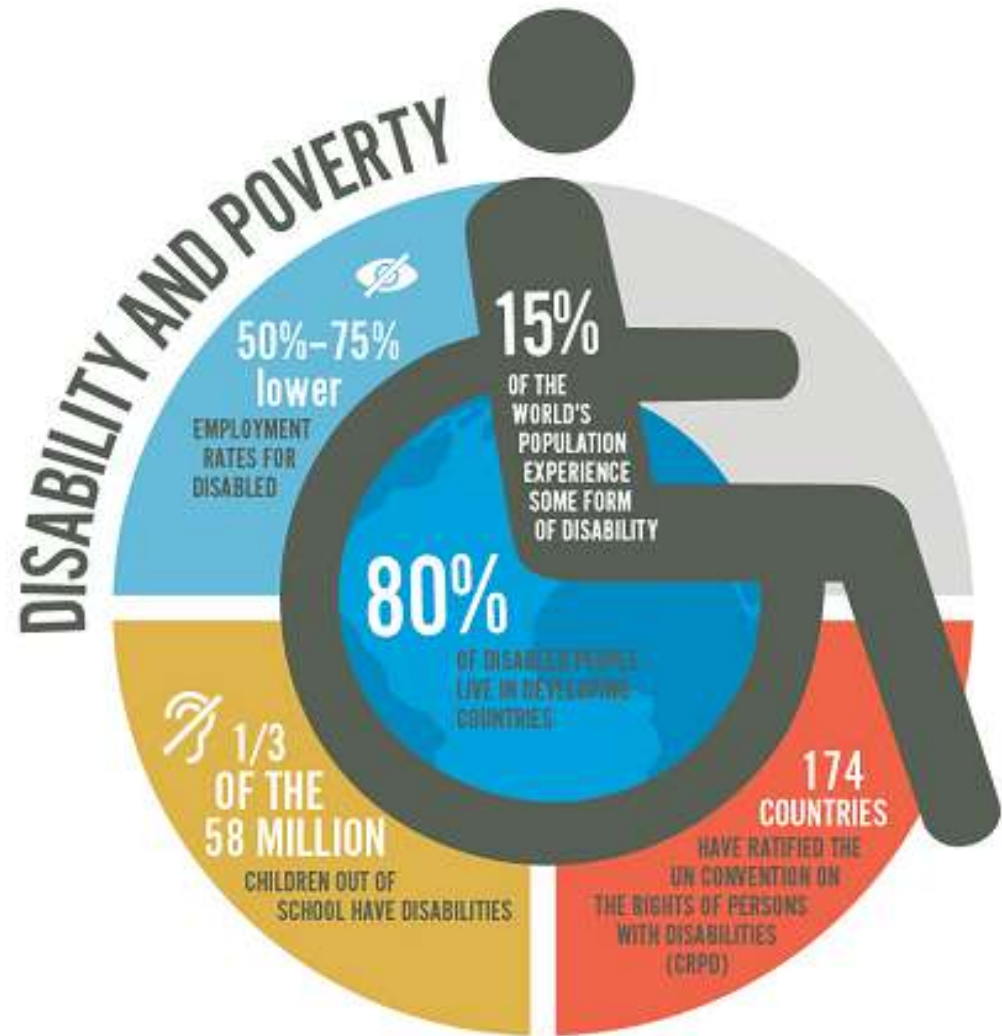
To give the effect to the United Nations Convention on the Rights of Persons with Disabilities an act names the **Rights of Persons with Disabilities Act 2016 (RPWD Act 2016)** was passed by Indian Parliament on **27<sup>th</sup> December 2016**.



According to the **Rights of Persons with Disabilities Act, 2016**, definition of

### “Person with disability”

A person with long term physical, mental, intellectual or sensory impairment which, in interaction with barriers, hinders his full and effective participation in society equally with others.



## Concept of Disorder :

Disorder is usually used for **mental disabilities**. Disorder is any ailment that disturbs the health of an individual.

Disorder creates **hindrance in an individual's performance** and reduces his efficiency. In the beginning disorder seems to be ordinary but they usually grow or spread in a harmful manner in an individual.



It is a matter of confusion for many as to what is the right term – Disability/Disorder/ Children with Special Needs/Divyangjan.

As per the **Disability Act 2016**, “**Person with Disability**” or **Divyangjan** are the acceptable terms.

Disorders are used frequently in medical terminology whereas **Children with Special Needs (CWSN)** is more frequent in educational set up.

1/2

## Taking Care of Children With Special Needs (CWSN) in Times of COVID-19



my  
GOV  
मेरी सरकार



Make predictable daily time table & do not break the routine-cycle of the child



Maintain a basic routine for sleep & wake up time, play time, TV time, etc. Keep the child's screen time to the minimum



Teach daily living skills. Involve them in doing activities like washing hands, brushing, dressing, etc.



Ensure that the child feels secure and not anxious, encourage activities that the child is familiar with & comfortable doing



Ensure adequate physical activity time. Include motor activities, play activities & structured simple home games

## 4.2 Types of disability

### 1. Cognitive Disability:

It is a **neurological disorder** that creates hindrances or obstruction for an individual to store, process and produce information.

This ability can affect an individual's ability to read, compute, speak and write.



The individual's, who have this type of disability, usually have following symptoms:

**i) Memory disorder :**

An individual who has auditory problems or difficulty in remembering something that he heard, said or saw before sometime.



**ii) Hyperactivity:** An individual with cognitive disability may not have attention for along period. He finds it difficult to stay at one place.

**iii) Dyslexia:** An individual with cognitive disability may exhibit dyslexia. It means he may have difficulty in writing, reading, speaking, etc.



## 2. Intellectual disability:

It is a disability characterized by significant limitations both in intellectual functioning (reasoning, learning, problem solving) and in adaptive behavior, which covers a range of everyday social and practical skills. Indeed, this disability is related to the individual's thought process, communication, memory, learning, problem solving and judgment.



### 3. Physical disability :

It is a limitation on individual's physical functioning, mobility, dexterity or stamina. Other impairments such as respiratory disorders, blindness, epilepsy and sleep disorders, which limit other facets of daily living are also included in physical disabilities.

Physical disability may either be motor deficiency or sensory impairment.



## Type of Disabilities

```
graph TD; A[Type of Disabilities] --> B[Physical Disability]; A --> C[Cognitive Disability]; A --> D[Intellectual Disability];
```

Physical  
Disability  
-Not able of perform  
the Normal human  
life activities due  
to the any physical  
Problem or disturbance

Cognitive  
Disability  
Non able to perform  
the Normal human life  
mental activities due to  
any mental  
Problem or disturbance

Intellectual  
Disability  
-Not able to perform  
the normal human  
life mental activities and  
adaptative behaviour  
skills due to any mental  
Problem or disturbance



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## Causes of disability

### a) Genetic cause :

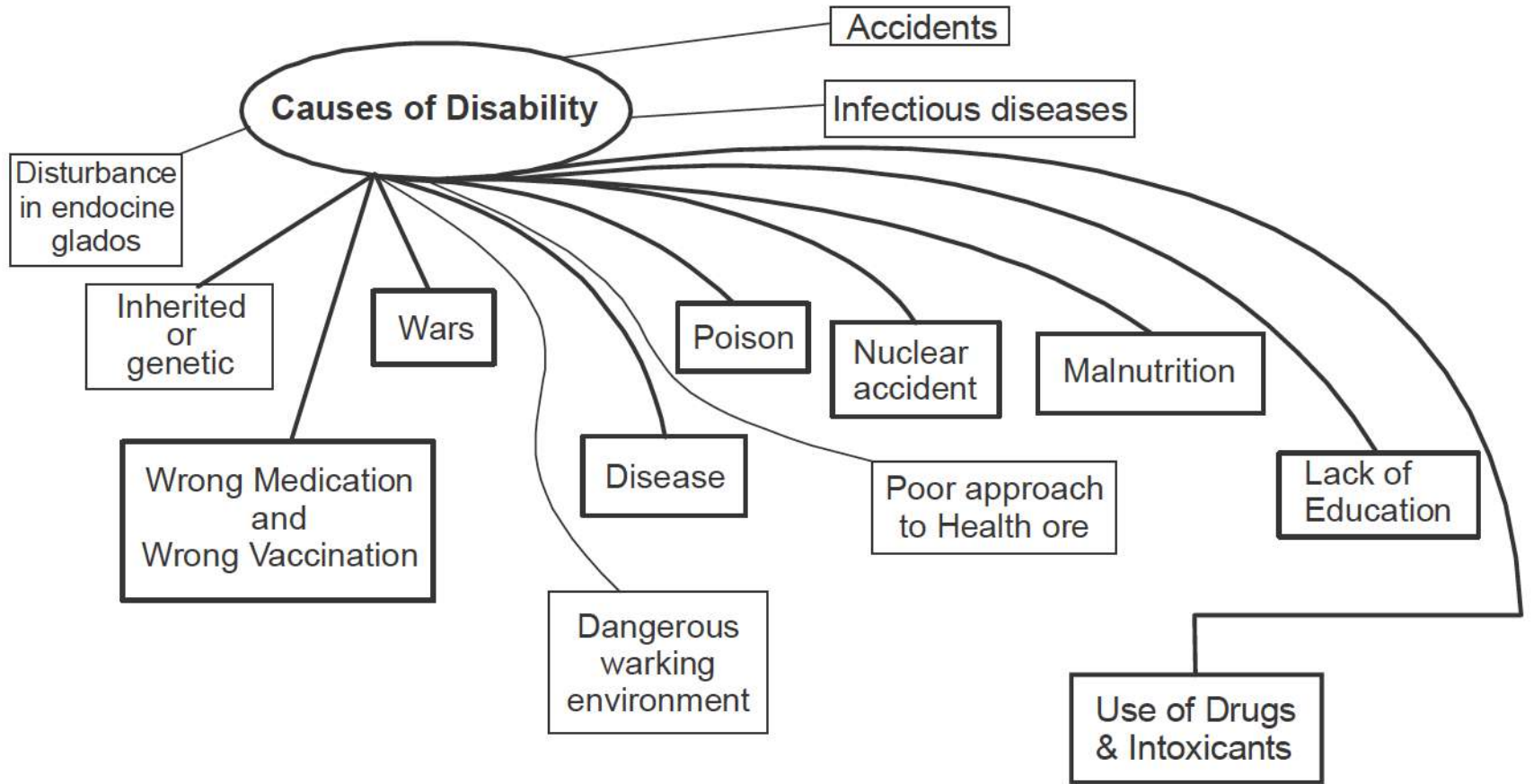
Abnormalities in genes and genetic inheritance cause intellectual disability in children. Sometimes, diseases, illness and over exposure to x-rays may cause genetic disorder.



**b) Mental health problems :**  
Problems such as depression, bipolar disorder etc. may lead to disability. They tend to be some of the most misunderstood disabilities.

**c) Accidents :**  
Accidents may occur anywhere, anytime and to anyone. These accidents may happen at workplace, on the roads or in the air. These accidents may lead to disability.



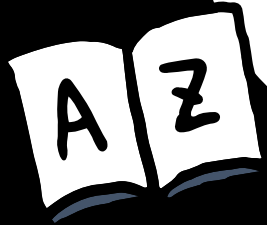




### 4.3 WHAT IS ADAPTIVE PHYSICAL EDUCATION

With the introduction of the **Right to Education**, which makes education a Fundamental Right of every child between the ages of **6 and 14**.

All children – including those who are physically and mentally challenged, or afflicted with various types of disabilities and disorders – **have the right to come to school** to develop their abilities through the process of education.

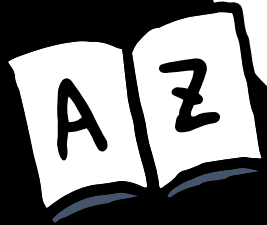




### 4.3 WHAT IS ADAPTIVE PHYSICAL EDUCATION

Adapted Physical Education is the art and science of developing, implementing, and monitoring a carefully designed **Physical Education instructional programme** for a learner with a disability, based on a comprehensive assessment, to give the learner the skills necessary for a lifetime of rich leisure, recreation, and sport experiences to enhance physical fitness and wellness.

Adapted Physical Education (APE) generally refers to school-based Programmes for students aged 3–21 years. It is a structured way to make Physical Education and sports accessible for CWSN as per their ability.



## Do you know?

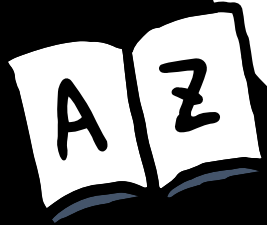


Padma Shri & Arjuna Award winner Deepa Malik became India's first female para-athlete to win a medal at the Paralympics. She won silver medal in the shot put at the 2016 Paralympic Games in Rio. Deepa Malik has successfully proved that physical limitations can not deter a strong mind. She was diagnosed with a spinal tumour in 1999. Although she underwent three surgeries, she was left paralyzed from the waist down. Deepa did not let her physical impairment deter her and started her sports career at the age of 36. This all-rounder is the first paraplegic Indian woman biker, swimmer, carriage driver, entrepreneur and social activist.



## 4.3 Aims and Objectives of Adaptive Physical Education

**Aim** : The chief aim of Adapted Physical Education (APE) is to provide every individual an opportunity to participate in Physical Education and sports and to make Physical Education accessible to all as per their need.



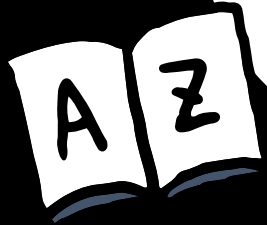


## 4.3 Aims and Objectives of Adaptive Physical Education

### Objectives :

The main objectives of adaptive physical education include

1. To build a Programme to meet the needs of CWSN



2. To build in CWSN the **capacity** to be **functionally active** for lifetime
3. To provide a **safe and accessible** PE and sports Programme as per the needs of the individual
4. To ensure active participation or transition towards the integrated or regular PE Programme (Inclusion)
5. Helping to develop **self-esteem** in CWSN
6. To promote **regularity** and **discipline**
7. To promote **sportsmanship**



4.4 Role of various professionals for children with special needs (Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)

### Need of Inclusion :

Inclusion in physical education helps the students with disabilities to **increase their social skills and in making friends.**

A child feels that he/she also belongs to the entire group of class so a **feeling of belongingness is developed.**

Inclusion helps a child to **increase his/her motor skills** and experience success with peers.



## Inclusion Implementation :

To make inclusion work, general classroom teachers, support specialist, parents and students themselves **must work together** to create the best educational environment possible.

With knowledge of inclusive practices and strategies, teachers can manage, classrooms that **encourage learning and discovery among all students**, regardless of physical abilities.



**School principals** must cooperate and share the message that all staff members, not just special education teachers, all of them are expected to be involved in education children with disabilities.

Inclusion also requires **specially trained staff**. Since classroom teachers need training and ongoing support to effectively teach many types of learners, they must meet regularly with inclusion specialists.



## School Counselor :

Special education counsellors work with special need children in elementary school, middle schools and high schools to ensure they have the support services they need in order to achieve their highest potential in the areas of academics, personal and social and career development.



## Physical Education Teacher :

Physical education **program** plays a very progressive role in improving cognitive functions and academic performance.

Social skills and collaborative team work can also be enhanced through the different programs of physical education.

The physical education teacher helps in executing these programs.



## Speech Therapist :

Speech therapist is known by many names like speech language pathologist, speech pathologist and speech teacher.

Speech teacher helps your child with speech, talking and communication.



## Special Education Teacher :

Special education teachers work in classrooms or resource centers **that only include students with disabilities.**

Students with disability may attend classes with general education students also known as inclusive classrooms. special education teacher's duties vary by the type of setting they work in, student disabilities and teacher specialty.

