

## UNIT - 4

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# Physical Education and Sports for CWSN (Children with Special Needs–Divyang)

### Key Points :-

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

### 4.1. Concept of 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.

### Multiple Choice Questions (1 Marks)

Q.1. Which is not a disability :

- (a) Hearing
- (b) Speech
- (c) Vision
- (d) ADHD

Q.2. Most suitable word used for disable person:

- (a) Handicapped
- (b) Retarded
- (c) Divyang
- (d) Blind

Q.3. Olympics for physical handicapped categories

- (a) Winter Olympics
- (b) Paralympics
- (c) Summer olympics
- (d) Deefolympics

Q.4. Which is a disorder:

- (a) Disrupts a person's performance
- (b) It is a mental illness
- (c) Lethal Gradually
- (d) It is a physical inability

### Short Question Answer [3 Marks 80-90 words]

a. Differentiate between Disability and Disorder

- | Disability  | Disorder   |
|---|--|
| (1) It is a physical, mental, cognitive, condition that impairs, interferes with or limit a person's ability to engage in certain | 1. It is an illness or dysfunctional factor that affect or disrupt the person physical or mentally |

action of participate in  
daily activities and  
interaction

- |   |  |
|---|--|
| (2) There is no chances to become normal                                  | 2. High chances to become normal                 |
| (3) Disability is concerned with various parts of the body                | 3. Disorder is concerned with mental ability     |
| (d) Disability is 3 tyres a physical, cognitive & intellectual disability | 4. Disorder is 5 types ADHD, SPD, ASD, OCD & ODD |

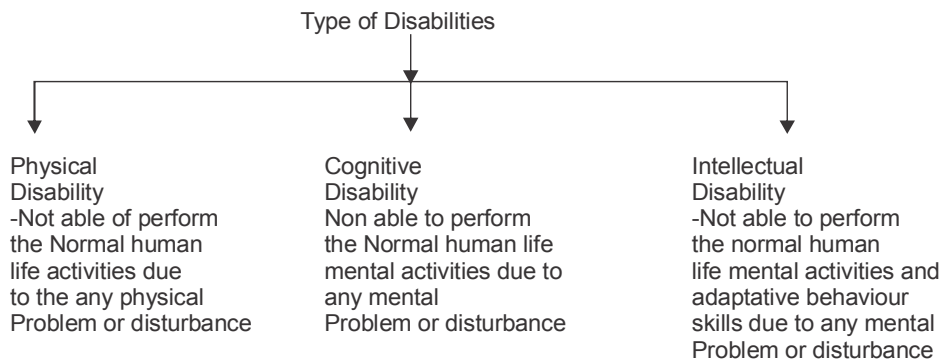
**Practical question : (3 marks 30 to 50 words)**

- a. Briefly discuss the concept of disability?
- b. Explain the concept of disorder?

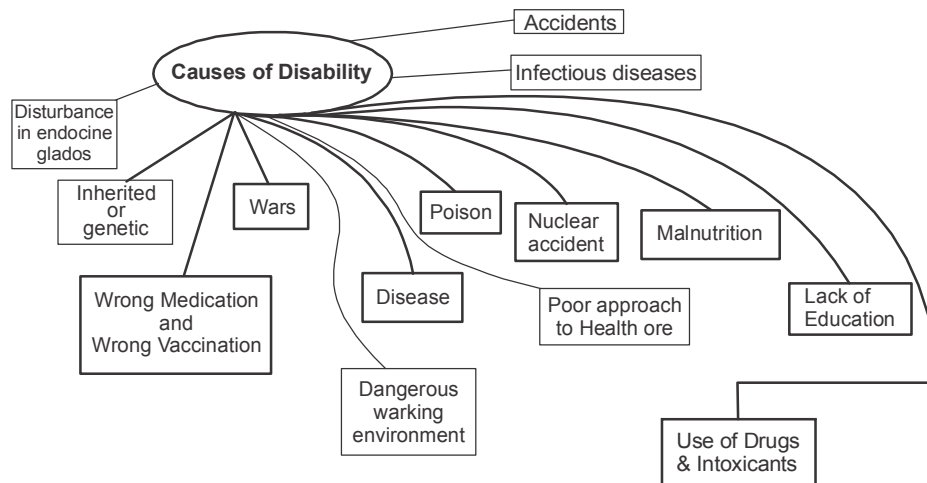
**(Long Answer Question–5 Marks–150–200 Words)**

- a. Discuss the concept and nature of disability.

**4.2 (A)**



## 4.2 (B)



## 4.2 (C) Nature of Disability

- A. Cognitive disability** in children ranges from profound intellectual impairments with minimal functioning to mild impairments in specific operations. Cognitive disability is an inclusive term used to describe impairment in an individual's mental processes that lead to the acquisition of information and knowledge, and drive how an individual understands and acts in the world.
- B. The nature of intellectual disability:** is the onset of both intellectual and adaptive functioning deficits the developmental period which refers to the span of time prior to the age 18. Children with this disorder may evidence delayed developmental milestones, while milder levels may not become identified until school age. Intellectual disability is non-progressive and generally lifelong; however, concurrence with specific genetic disorders may manifest with periods of cognitive deterioration.
- C. A physical disability** is any condition that permanently prevents normal body movement and/or control. In the early

years, children may have some difficulties in learning to move skillfully. This is not unusual. However, for some children, the muscles and nerves that control body movements may not be properly formed or may become damaged causing a physical disability. There are many different types of physical disabilities.

**Multiple Choice Question–1 Mark**

1. Cognitive disability is not dealign with disrupt of . ....  
(a) Learnign                    [ ] (b) speaking                    [ ]  
(c) solving skills                [ ] (d) walking                    [ ]
2. Disability is caused by  
(a) Heredity                    [ ] (b) Accidents                    [ ]  
(c) Balance diet                [ ] (d) **both (a) & (b)**                [ ]
3. Types of disability are –  
(a) mental disability        [ ] (b) physical disability        [ ]  
(c) emotional disability [ ] (d) walking disability        [ ]
4. Physical disability is a condition which deals  
(a) mobility or movement                    [ ]  
(b) speak & learn                    [ ]  
(c) Process of information                    [ ]  
(d) Calculation                    [ ]
5. The main reason of Intellectual disability  
(a) Vaccination                    [ ]  
(b) Malnutrition                    [ ]  
(c) consumes alcohol or drugs during prognant women                    [ ]  
(d) Physical Activieites                    [ ]

- |    |                             |  |
|----|-----------------------------|--|
| 6. | <b>A</b>                    | <b>B</b>                                 |
| 1. | Cognitive disability        | a. Able to living life activities easily |
| 2. | Ability                     | b. impairment of normal life tasks       |
| 3. | Disability                  | c. visual & hearing disability           |
| 4. | Physical disability         | d. Reasoning & learning disability       |
| 5. | Intellectual Disability     | e. memory & hyperactivity                |
|    | (a) 1–d, 2–a, 3–b, 4–c, 5–e | [ ]                                      |
|    | (b) 1–a, 2–b, 3–c, 4–d, 5–e | [ ]                                      |
|    | (c) 1–e, 2–d, 3–c, 4–b, 5–a | [ ]                                      |
|    | (d) 1–b, 2–c, 3–a, 4–e, 5–d | [ ]                                      |

**3 marks (30–50 words)**

**1. Discuss the type of disability?**

**Ans.** Disabilities are mainly three types

(a) Physical (b) Cognitive (c) Intellectual

(a) **Physical Disability:** A physical disability is a limitation on an individual's physical functioning, mobility, dexterity or stamina. Other impairments such as respiratory disorders, blindness, epilepsy and sleep disorders, which limit other factes of daily.

(b) **Cognitive Disability:** it is a neurological disorder that creates hindrance or obstruction for an individual to store, process and produce information. This ability can affect an individual's ability or capability or read, compute, speak and write.

- (c) **Intellectual Disability:** Intellectual disability is a disability characterised by significant limitations both in intellectual functioning (reasoning, learning, problem solving) and in adaptive behaviour, which covers a range of everyday social and practical skills. Indeed, this disability is related to the individual's thought processes, communication, memory, learning, problem solving and judgement.

**Long Answer Question (5- Marks - 150 to 200 words)**

1. **Elaborate the causes of disability?**

**Ans.** Elaborate the causes of disability?

**Causes of Disability**

There are various causes of disability that are stated below.

1. **Genetic Causes.** Some disabilities are known to be inherited such as spinal muscular atrophy and muscular dystrophy. Abnormalities in genes and genetic inheritance cause intellectual disability in children. Sometimes diseases, illnesses and over exposure to X-rays may cause genetic disorder.
2. **Poverty.** Poverty is one of the major causes of disability. Generally, it is seen that poor persons are the most vulnerable to disability because they live and work in unsafe environment with poor sanitation. They don't have good living conditions. They usually have little access to education, safe drinking water and proper nutrition.
3. **Mental Health Problems:** Mental health problems such as depression, bipolar disorder, etc., may lead to disability. As a matter of fact, the causes of mental health

problems are very difficult to diagnose. They tend to be some of the most misunderstood disabilities.

4. **Accidents:** Nowadays, life is so fast that 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.
5. **Infectious Diseases:** Infectious diseases may also cause disabilities. If the immunity power of a child is low, he is susceptible to fall sick or contract more serious illnesses. If a child is not immunised well, he becomes vulnerable to infectious diseases like mumps, which can cause hearing impairment or polio, which can cripple the child.
6. **Disturbance in Endocrine Glands:** Disturbance in endocrine glands may also lead to disability. Owing to such disturbance, a child may suffer from various physical and mental deficiency.
7. **Malnutrition:** Malnutrition is another significant cause of disability, especially our country. If a child does not get appropriate nutrition, he may be physically weak. Even deficiency of calcium leads to malformation of bones. Deficiency of iodine may diminish the growth of body. Similarly, deficiency of vitamin 'A' may cause blindness, in children. Deficiency of vitamin B<sub>12</sub> may lead to loss of memory and cause paralysis.
8. **Poor Approach to Health Care.** Many disabilities can be prevented easily, if it is proper access or approach to health care facilities. Sometimes, good health care facilities are not available during difficult



labour and birth. It may cause a baby. To be born with a disability such as cerebral palsy. Professionally trained persons could handle such emergencies. They can prevent babies from being born with such disabilities. Proper immunisation can also help in preventing many disabilities. Usually people who live in remote areas, do not have proper access to health can facilities, and thus, sometimes babies suffer disabilities.

9. **Nuclear Accidents.** Many persons have suffered after being exposed to radiation. It nuclear radiations has also been increase in the number of children born with cognitive disabilities such as Down Syndrome.
10. **Toxic Materials Pesticides Insecticides:** Toxic materials like lead and mercury, etc. found in various products, use of insecticides and pesticides, other harmful chemicals may cause disabilities in people and birth defects in babies. As a matter of fact such toxic materials may cause damage to brain which ultimately leads to disabilities.
11. **Illnesses:** The illnesses like cancer, heart attack, diabetes, etc., cause a number of long-term disabilities. Arthritis, back pain, musculoskeletal disorders, etc., are also significant causes of disability. Some illnesses to pregnant woman may cause physical or learning problems to her baby when born.
12. **Lack of Education:** Lack of education may lead to disability. Generally, labourers are not educated. They fall prey to certain diseases which can be avoided

by using scientific methods or by taking precautions. But due to ignorance they do not adopt such precautionary methods. Hence, their chances to get a disability are rised.

13. **Wars.** It is usually seen in wars that the most of the civilians are killed or disabled along with the soldiers. Bomb explosions cause people to become deaf, dumb and lose their limbs. Not only the physical health but mental health of the individuals is also badly affected by nuclear, biological and atomic weapons.
14. **Medicines and Vaccines.** No doubt medicines and vaccines are essential to protect health and prevent disability but there are a number of practitioners in the medical field who are not qualified or registered. They don't take proper care while dealing with patients. The use of unclean syringes may cause serious diseases like hepatitis or HIV/AIDS. Improperly stored as well as wrong vaccines may cause allergic reactions, poisoning and deafness to child.
15. **Dangerous Working Enviromment.** If individuals work in factories, mines or in agricultural fields under improper working environment, they may be exposed to dangerous machinery, tools or chemicals and wide variety of health hazards. In such conditions they may get disabilities on the long-run.

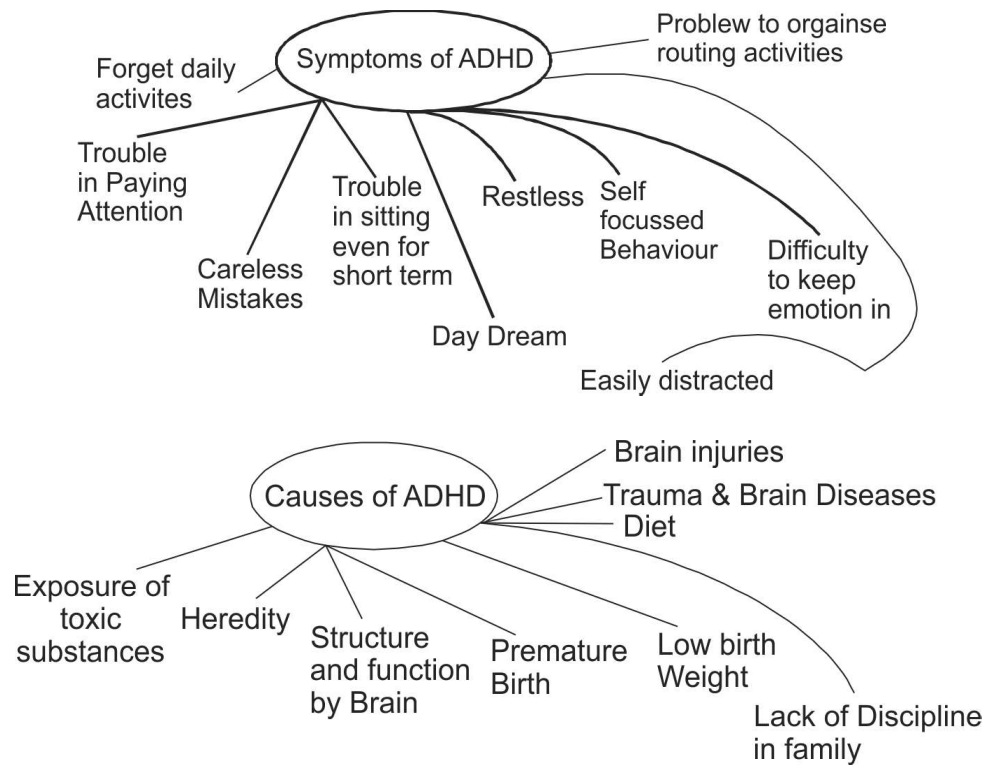
#### 4.3 Type of Disorder

1. ADHD (Attention Deficit Hyper activity Disorder)
2. SPD: (Sensory Procerassing Disorder)

3. ASD: Autism Spectrum Disorder
4. OCD: Obsessive Compulsive Disorder
5. ODD: Opposite Defiant Disorder

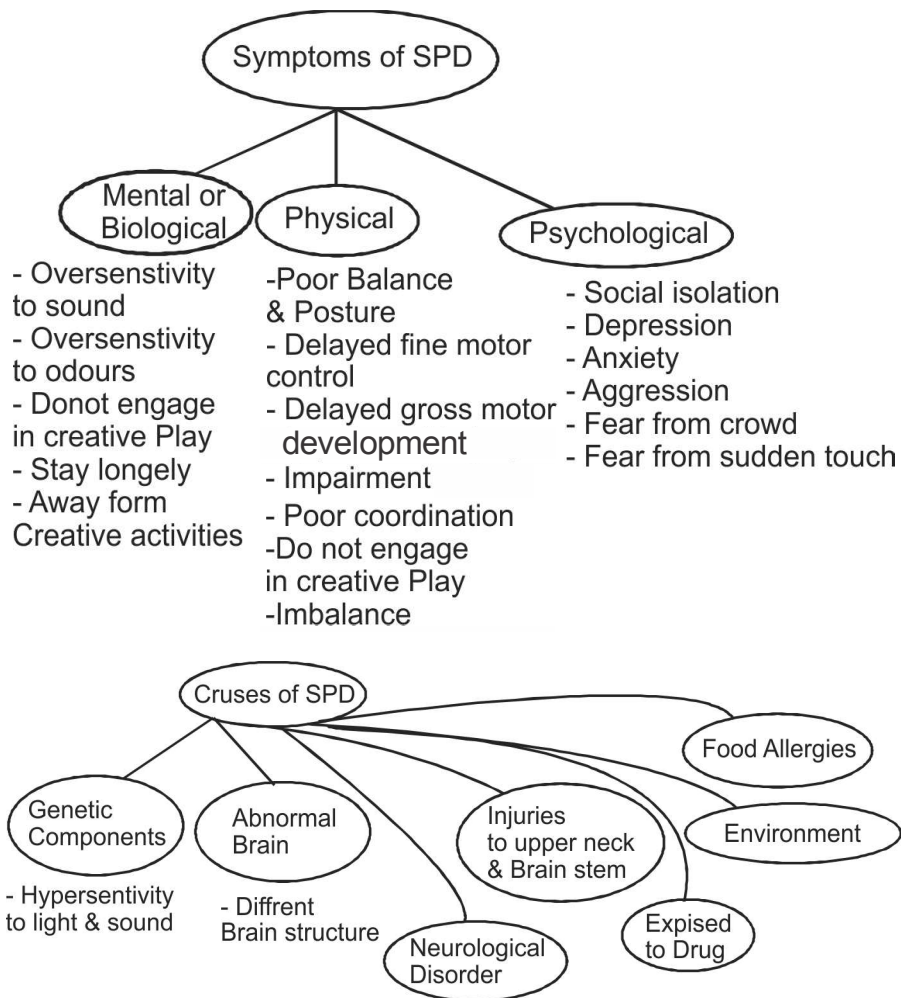
**1. ADHD (Attention Deficit Hyper activity Disorder)**

Attention deficit hyperactivity disorder is a group of behavioural symptoms that include inattentiveness, hyperactivity & impulsiveness.



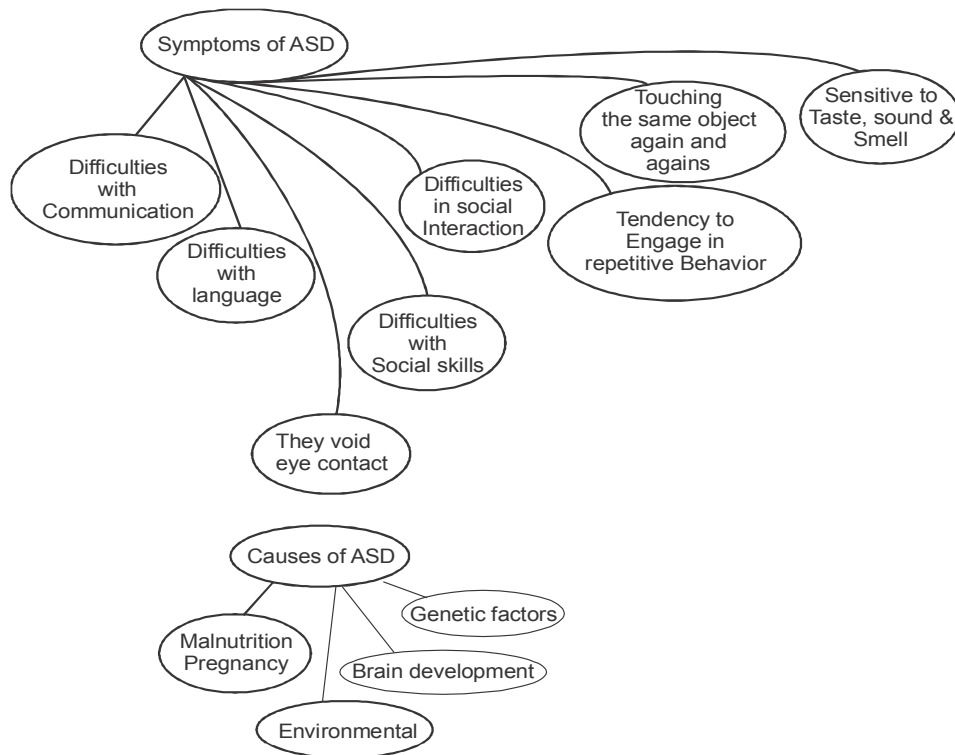
**2. SPD: (Sensory Procerssing Disorder)**

It is a condition in which the brain has difficulty in reacting & responding to information that can be sensed through the sense organs.



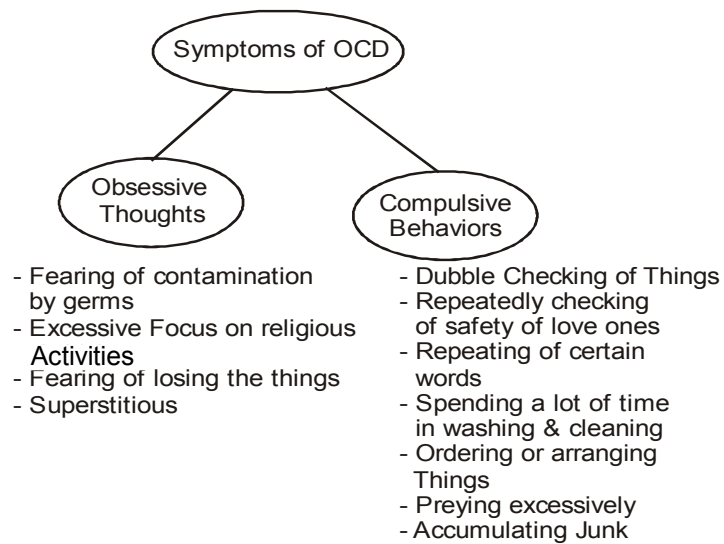
### 3. **ASD: (Autism Spectrum Disorder)**

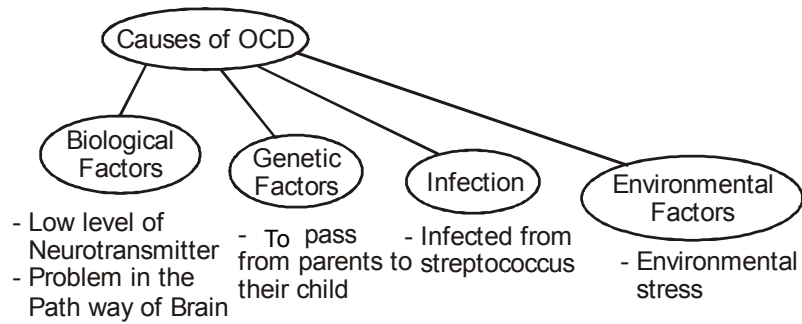
It is a neurological and developmental disorder in which have difficulty with communication, language, social skill and behaviour.



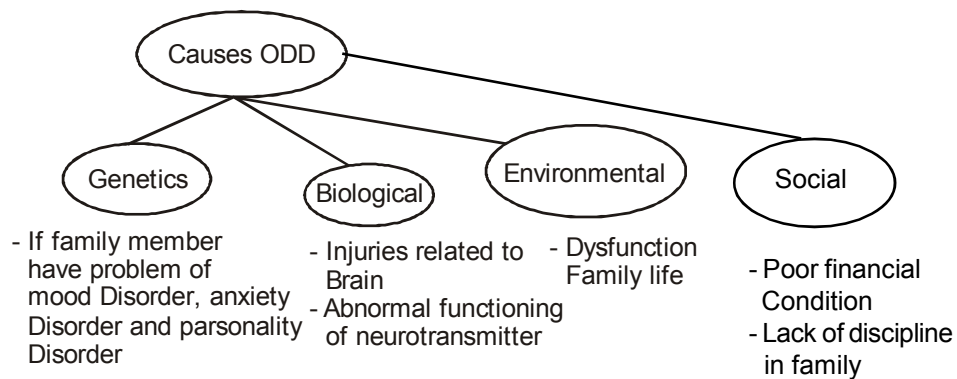
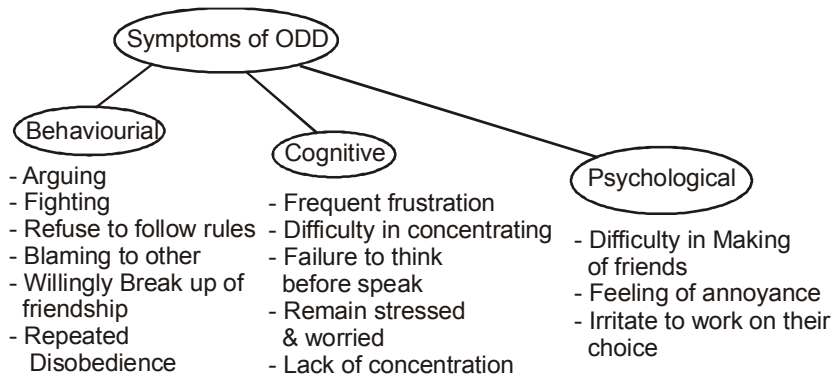
#### 4. **OCD: (Obsessive Compulsive Disorder)**

This is a mental disorder that causes repeated unwanted thoughts.





## 5. ODD: Opposite Defiant Disorder



**Nature of Disorder:**

1. Impairment in social Interaction and developmental language and communication skills,
2. Disorder usually concerned with Nervous system,
3. Behavioural Problems,
4. Limits to perform activities
5. Not Permanent,
6. Mostly gain by birth.

**MCQ (Multiple Choice questions)**

- a. SPD's expanded form is
  1. Special police department
  2. Special processing Disorder
  3. **Sensory processing Disorder**
  4. Sensory processing department
- b. Repeated Action are called
  1. ADHD
  2. **ODD**
  3. OCD
  4. ASD
- c. Child is not able to adjust within society is suffering from
  1. **ADHD**
  2. ASD
  3. ODD
  4. OCD
- d. Expanded form of ADHD
  1. Automatic deficit hyper disorder
  2. **Attention deficit hyper activity disorder**
  3. Attention disorder of hypoactive deficit
  4. Automatic disability high defect
- e. ASD is -----
  1. **Autism spectrum Disorder**
  2. Autism special disability
  3. Automatic special disorder
  4. Autism sensory disorder

- f. Disorder are not caused by ----
1. Heredity [ ]
  2. Environment [ ]
  3. Less Brain development [ ]
  4. **Balanced food** [ ]
- g. Expended form of ODD is
1. Opposite different disorder [ ]
  2. **Oppositional deficient disroder** [ ]
  3. Opposite different disability [ ]
  4. Obsessive defect disability [ ]
- h. Expended form of OCD is
1. Opposite compolsive defect [ ]
  2. Obsessive compulsive disability [ ]
  3. **Obessive compulsive disorder** [ ]
  4. Opposite compare disorder [ ]

**3 Marks (80 to 90 words)**

- 1. What is the nature of Autism Spectrum Disorder (ASD)?**

**Ans.** Autism Spectrum Disorder (ASD) is a complex neuro-behavioural condition that includes impairment in social interaction and developmental language and communication skills combined with rigid, repetitive behaviours. Children with autism may have repetitive, stereotyped body movements such as rocking, pacing or hand flapping. They may have unusual responses to people, attachments to objects, resistance to change in their routines, or aggressive or self-injurious behavior.

At times they may seem not to notice people, objects, or activities in their surroundings.



**2. What is the nature of Oppositional Defiant Disorder (ODD)?**

**Ans.** Children and teens with Oppositional Defiant Disorder (ODD) have behavioural problems, such as attention deficit disorder, learning disabilities, mood disorder (such as depression), and anxiety disorders. Some children with ODD go on to develop a more serious behavior disorder called conduct disorder. These children exhibit the habit of excessively arguing with adults, especially those with authority. They may actively refuse to complete with requests and rules and deliberately trying to annoy or upset others, or being easily annoyed by others. Blaming others for your mistakes and frequent outbursts of anger and resettlement are common among them.

**3. What is the nature of Obsessive-compulsive disorder (OCD)?**

**Ans.** Obsessive-compulsive disorder (OCD) is a potential disabling illness that traps people in endless cycles of repetitive thoughts and behaviors. People with OCD are plagued by recurring and distressing thoughts, fears, or images (obsessions) they cannot control. Such people used to have fear of dirt or contamination by germs or fear of causing harm to another or making mistakes. Fear of being embarrassed or behaving in a socially unacceptable manner or fear of thinking evil or sinful thoughts are become part and parcel of their life. Similarly, need for order, symmetry or exactness excessive doubt and the need for constant reassurance hunt them always.

## Practice Questions

3 marks

1. Explain the causes of ADHD.  $\frac{1}{2} \times 6$
2. Detail the causes of ASD?  $1 \times 3$
3. Explain the symptoms of SPD  $\frac{1}{2} \times 6$
4. Explain the symptoms causes of OCD.  $1\frac{1}{2} + 1\frac{1}{2}$
5. Mention the symptoms and causes of ODD.  $1\frac{1}{2} + 1\frac{1}{2}$

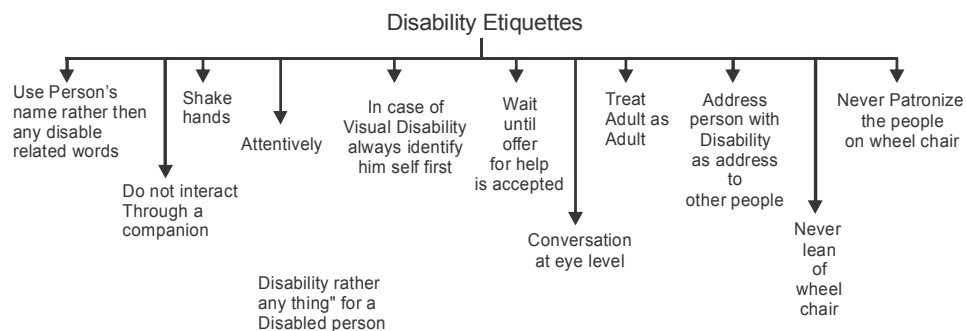
### Long Answer Question (5 marks 150–200 words)

1. Discribe the symptoms and causes of ADHD in detail.
2. Explain the nature of SPD and ODD in detail.

#### 4.4. Disability Etiquettes

Etiquettes acceptable behaviour in society with good manners & proper conduct.

Disability etiquettes, It is a set of guide lines dealing specifically with person with disabilities to approach.



a. **Select the correct A & B**

- | <b>A</b>                  | <b>B</b>                         |
|---------------------------|----------------------------------|
| 1. Visually impairment    | a. behaaviour towards others     |
| 2. Difficulty is speaking | b. tap the person onthe shoulder |
| 3. Hearing impairment     | c. Introduce self first          |
| 4. Etiquettes             | d. Speech therapy                |
- (a) 1–b, 2–d, 3–a, 4–c [ ]
- (b) 1–c, 2–d, 3–b, 4–a [ ]
- (c) 1–a, 2–b, 3–c, 4–d [ ]
- (d) 1–d, 2–c, 3–b, 4–a [ ]

1. **Explain the disability etiquettes in details? 1 × 5**

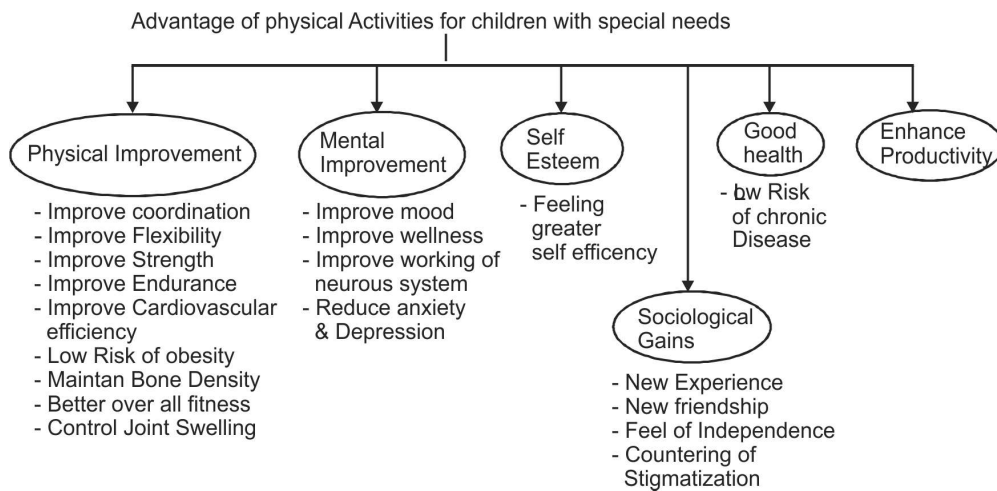
- Ans. (1) Term used:** We should not used the term as handicaped, mentally challenged, physically challenged & disabled person for any disable human being rather should called as “person with disability” or “DIVYANG”.
- (2) Companion:** Never talk to person with disability through a companion.
- (3) 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 tapping him on the shoulder or back.
- (9) **Lean:** Never lean on the wheel char.

**Practice questions 3 marks (80 to 90 words)**

1. Mention the etiquettes to be kept in mind for person with vision loses.
2. Mention the etiquettes to be observed with wheal chair consumers?
3. Explain the etiquettes with persion with hearing loss.
4. Discuss the etiquettes for person with speach difficulties?

**4.5. Advantage of physical activities for children with special need**



1. Physical improvement CWSN by physical activities
  - a. Strengthen Heart [ ]
  2. Spengthen Bones [ ]

- 3. Not control body weight & blood pressure [ ]
- 4. Both (a) and (b) [ ]

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

Ans. **(1) Physical improvement:** Improvement in 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

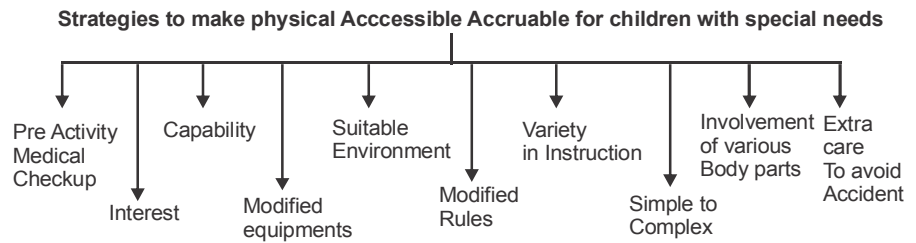
**(6) Enhance Productivity**

- \* Improve the working efficiency

**Practice Question (3 marks 90 words)**

1. Explain any three benefits of physical activities for children with special needs? 1 × 3
2. How physical activities improve the mental & social status of CWSN? 1½ + 1½

**4.6. Strategies to make physical activities for children with special needs.**



**(5 marks 150 - 200 words)**

Q.1. Explain the strategies to make physical activities accessible for children with special needs?

Ans.

**1. Medical Check-up:** First of all, it is essential to have a medical check-up of all the children with special needs or with various disabilities. Because without medical check-up, the teachers of physical education cannot come to know about the type of disability the child is facing. Indeed, if we really want to make physical activities

accessible for the children with special needs, we need to understand the type of disabilities of the children.

- 2. Physical Activities Must Be Based on Interests of Children:** Indeed, physical activities must be based on the interests, aptitudes, abilities, previous experience and limitations of children with special needs. So, the teachers of physical education should have a deep knowledge of limitations, interests and aptitudes of children. After that physical activities can be made accessible for children with special needs more easily.
- 3. Equipment Related to Physical Activities Should Be According to the Needs of children:** The equipments/ objects related to physical activities should be according to the needs of children. These equipment should vary in size, shape, colour and weight. These equipment should be according to the capability and level of children. A child with visual impairment should use bright coloured ball. A yarn should be tied to the ball to bring the ball back to children. So, various types of equipment must be provided for children with special needs.
- 4. Specific Environment Should Be Provided:** The area of physical activities should be limited as movement capabilities of children with special needs are limited. Specially, in case of children who have autism, they must be provided specific playing area because they may need some time to relax. Light and sound are also vital for making good environment for such children.
- 5. A Variety of Different Instructional Strategies Should Be Used:** For performing various types of physical activities, a variety of different instructional strategies such

as verbal, visual and peer teaching should be used. It can give children the opportunity to start learning on their own and become more independent. Pictorial books are also vital in terms of instructions regarding physical activities.

- 6. Rules Should Be Modified According to the Needs of Children with Disabilities:** In the beginning, rules of the physical activities should be simple but later on these rules can be modified according to the needs of the children. They can be provided extra attempt or time to perform a physical activity. They can also be given additional resting time before doing the next physical activity.
- 7. Children's Previous Experience Must Be Taken into Consideration:** For making physical activities more accessible for children with special needs, the concerned teacher of physical education should have comprehensive understanding and knowledge of children's previous experience about physical activities.

In conclusion it can be said that the above mentioned strategies are very significant to make physical activities accessible for children with special needs.

**Practice Question (3 marks 80-90 words)**

1. Distinguish between physical disabilities & Intellectual disabilities.
2. Discuss the things we keep in our mind when we prepare the activity plan for a person with disability.



**3. Match the following**

$$\frac{1}{2} \times 6$$

**A**

**B**

- |  |                           |
|--|---------------------------|
| 1. Cognitive                                 | a. Disorder               |
| 2. OCD                                       | b. Etiquettes             |
| 3. Sympathy                                  | c. Improvement techniques |
| 4. Physical activities                       | d. Disability             |
| 5. Medical check-up                          | e. Paralympics            |
| 6. Competition in sports<br>& games for CWSN | d. Strategies or plans    |

**Ans.** 1-d, 2-a, 3-b, 4-c, 5-f, 6-c.