

CHAPTER 01

Physical Education and Sports for CWSN

(Children with Special Needs: Divyang)

In this Chapter...

- Adaptive Physical Education
- Adaptive Sports
- Organisations Promoting Adaptive Sports
- Role of Professionals for Children with Special Needs

Today, even physically challenged people (Divyang) have the opportunity to participate in all physical education events with full enthusiasm. The education programme that enables them to do so is called adaptive physical education.

Such an education includes various special education teachers who train children with disabilities to participate in various local, state, national, and even international sports events such as Special Olympics, Paralympics, Deaflympics, etc.

Adaptive Physical Education

Adaptive physical education programmes are school based programmes for children with disabilities like deafness/hearing impairment, blindness, speech impairment, any type of physical impairments, autism, mental retardation etc.

Children with disabilities have special needs because they are not able to participate in regular physical exercises and activities. So the adapted physical education programme is specially designed for individuals with disabilities.

It can be defined as, “Adapted physical education is the art and science of developing, implementing and monitoring a carefully designed physical education instructional programme for learners with disabilities.”

In other words, it is a diversified programme which includes developmental activities, games, sports, etc, that suit the interests, capacities and limitation of children with disabilities.

It is a sub disciple of physical education that focuses on the creation of individualised programmes for students who may safely or successfully engage in unrestricted participation in physical education programmes.

Adaptive physical education provides safe, personally satisfying and successful experiences of physical ability to children who are differently abled.

Adaptive physical education programmes focus on the development of composition, posture, balance, coordination motor skills, etc. It teaches modified and suitable alternative activities which are more helpful in different circumstances.

Aims of Adaptive Physical Education

The aim of an adaptive physical education programme is as follows

- Providing physical education that meets the unique needs of such children.
- Development of the student’s motor skills.
- To assist differently abled students in achieving mental, emotional, physical and social growth.

- Achieving meaningful success and positive education outcomes.
- Developing self-esteem and improving socialisation skills.
- Coping with disabilities through an active and healthy lifestyle.
- Developing cognitive abilities to improve education results.

Objectives of Adaptive Physical Education

The objectives are discussed as follows

1. **To Develop Motor Skills** According to this objective, the emphasis is onto develop motor skills of students with disabilities. Motor skills are necessary for performing not only specific skills but daily routine activities also. These skills enable physically disabled students to be active and smart.
2. **To Improve Physical Fitness** It is an important objective of adaptive physical education in which modified or adaptive exercises are provided in the programmes to improve physical fitness of students.
3. **To Ensure Students Participation in Physical Education Programmes** This objective focuses on ensuring that each students actively participates in physical education programmes regularly. It also ensures that the student is integrated into regular education programme whenever possible.
4. **To Promote Sportsmanship Qualities** It is another vital objective of adaptive physical education to promote sportsmanship qualities among the differently abled students. Participation in adaptive physical education programmes naturally improves sportsman qualities.
5. **To Ensure Services to Differently Abled Students** This objective ensures that the differently abled students are provided with the physical education services that meet their special needs properly.
6. **To Improve Social Adjustments** Participation in programmes of adaptive physical education helps the differently abled students to make social adjustments, as such adjustments are most important especially in present day society.

Overall, the aims and objectives of adapted physical education programmes is to make the children with special needs cope with their disabilities in a better way.

Adaptive Sports

Adaptive sports are the type of competitive sports that are designed for individuals with disabilities. These sports are slightly different than normal sports as there may be some modifications in the rules or in the equipment to meet the special needs of the participants. For instance, sled hockey allows the use of sleds for players to sit and play the game.

Organisations Promoting Adaptive Sports

For the promotion and organisation of adaptive sports, many different competitions are held. Some of them are **Special Olympics Bharat**, **Paralympics**, **Deaflympics** etc.

These competitions provide a good platform for individuals with disabilities to participate.

Special Olympics Bharat

Special Olympics Bharat is a National Sports Federation in India accredited by Special Olympics International that uses sports as a catalyst to transform the lives of children and people with intellectual disabilities like Down Syndrome, Autism, ADHD and others.

It was founded in 1987 as 'Special Olympics India' and later the name was changed to 'Special Olympics Bharat' in 2001. It is registered under the Indian Trusts Act, 1882 (amended in 2015). It is recognised by the Government of India as a National Sports Federation in priority category. It works for development of sports opportunity for the people with intellectual disabilities.

It is officially recognised programme of Special Olympics International founded by Eunice Kennedy. It is a designated Nodal Agency for all disabilities.



Vision

Its vision is to inspire children and people with intellectual disabilities to take up games and sports so that there is a general acceptance and inclusion of these people in society.

Special Olympics Bharat strives to

- Focus on holistic development and training that goes beyond the classrooms into the playing fields, etc, to encourage children with disabilities to join and remain in school.
- Create role models with a view to inspire the children and also motivate parents to send their children to school and to participate in sports and other extra-curricular activities.
- Train teachers to sensitise them to needs of special children, and create a cadre of physical education teachers from among the disabled who can work with schools and community centers.
- Ensure maximum involvement of community for greater public understanding and acceptance of people with intellectual disabilities.

Mission

Its mission is to provide adequate sports infrastructure and training to develop fitness, courage, confidence, good health, joy etc. for children and adults with intellectual disabilities.

It also focuses on making them participate in sharing of gifts, skills and friendship with their family, friends and the community.

Oath

The oath of Special Olympics Bharat is *“Let me win, but if I cannot win, let me be brave in the attempt.”*

Benefits of Special Olympic Bharat

- It is helpful in developing a positive attitude, self-confidence and self-worth.
- It improves motor skills and physical fitness.
- It promotes mental, physical, social and emotional development.
- It increases family support and social acceptance.

Organisation of Sports Championship

Special Olympics Bharat organises championships at local, district, state, national and international level like National Games, National Football, Table Tennis Championship, National Floor Hockey Championship, National Volleyball, National Badminton Championship, etc. It has sent a number of athletes for summer and winter international sports events.

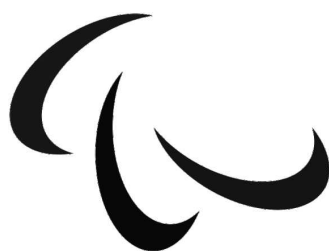
Paralympics

Paralympics is derived from the Greek word which means ‘parallel to Olympics’. **Dr Ludwig Guttmann** is credited with the starting of the paralympic movement which is an Olympic event for physically and intellectually disabled persons.

Guttmann was a neurologist during World War II and treated British War casualties. He founded the National Spinal Injuries Centre at Stoke Mandeville Hospital in England.

In July 1948, Guttmann organised a sports competition for British World War II patients with spinal cord injuries.

This event was hugely popular and in 1960 after the Rome Olympics, **Paralympic events were held for the first time** in Rome. Since then, these games are held at an interval of every four years following the Olympic games.



Paralympic Logo

International Paralympic Committee

This committee was founded on 22nd September, 1989. It organises Paralympics after every four years in the same year in which Olympics are held.

After every Summer and Winter Olympics, Summer Paralympic and Winter Paralympics are held at the same venue.

The International Paralympic Committee also serve as the International Federation for nine sports, for which it supervises and coordinates the world championship and other competitions. Its headquarter is located in Bonn, Germany.

The aim of IPC is to develop sports opportunities for all the people with an impairment from the beginner to the elite level.

The Paralympic Committee has allowed competitions in ten eligible impairment types. They are

1. Impaired muscle power
2. Impaired passive range of movements
3. Loss of limb
4. Leg length difference
5. Short stature
6. Hypertonia (*i.e.* spastics)
7. Ataxia (lack of muscle coordination)
8. Athetosis (a brain disorder causing involuntary writhing movements)
9. Vision impairment (*i.e.* blindness)
10. Intellectual impairment

Deaflympics

Deaflympics is an international Olympic event at which deaf athletes compete. Unlike other paralympic events, deaf athletes cannot be guided by sounds like referee whistle, gunshot etc. Therefore, special arrangements are made for the deaf athletes at Deaflympics such as waving a flag, using light instead of gunshots etc.

The Deaflympics are more than just the world's second oldest multiple sports after olympics. These games are the world's fastest growing sports events.

The Deaflympics are an equivalent to the Olympic games for deaf athletes. These games have been organised by the International Committee of sports for deaf since the first event.

The first of such games were held in Paris in 1924. Since then, these games have been held regularly after every four years. The Deaflympics Winter Games were started in 1949. From 1924 to 1965, these games were officially known as the 'International Games for the Deaf' or the 'International Silent Games'.

From 1966 to 1999, they were recognised as ‘World Games for the Deaf’ or the ‘World Silent Games’.

Since 2001, these games are renamed as Deaflympics’. Till now, the Deaflympics have been hosted by 36 cities in 21 countries.

Motto and Logo

The Motto of Deaflympics is ‘*Per Ludos Aequalitas*’ meaning ‘*Equality through sports*’. It’s logo is inspired by the sign for Olympics. The circle in the middle represents an eye because deaf people have more visual power.

The four colours of the logo *i.e.* **red, green, yellow** and **blue** represent the four regional confederations of the International Committee of Sports for Deaf *viz.* Europe, Asia Pacific, Pan-America and Africa. It ties together the strong elements, sign language, deaf and international cultures, unity and continuity.



Deaflympics Logo

Objective

The main purpose of Deaflympics is to provide opportunities to person with hearing disability to participate in elite sports.

Eligibility Criteria

The eligibility criteria to compete at the Deaflympic Games, the athletes must have a hearing loss of minimum 55 decibel in their better ear. Hearing aid, cochlear implants, etc., are not allowed to be used in the competition.

Summer and Winter Deaflympics

The sports included in Summer Deaflympics are Athletics, Badminton, Basketball, Beach Volleyball, Bowling, Cycling Road, Football, Handball, Judo, Shooting, Karate, Orienteering, Swimming, Table Tennis, etc.

The sports that are included in Winter Deaflympics are Alpine skiing, Cross-country skiing, Curling, Ice Hockey, and Snowboard.

Year and Venue of Summer Deaflympics

S. No.	Year	City	Country
I	1924	Paris	France
II	1928	Amsterdam	Netherlands
III	1931	Nuremberg	Germany
IV	1935	London	Great Britain
V	1939	Stockholm	Sweden
VI	1949	Copenhagen	Denmark
VII	1953	Brussels	Belgium
VIII	1957	Milan	Italy
IX	1961	Helsinki	Finland
X	1965	Washington DC	United States
XI	1969	Belgrade	Yugoslavia
XII	1973	Malmo	Sweden
XIII	1977	Bucharest	Romania
XIV	1981	Cologne	West Germany
XV	1985	Los Angeles	United States
XVI	1989	Christchurch	New Zealand
XVII	1993	Sofia	Bulgaria
XVIII	1997	Copenhagen	Denmark
XIX	2001	Rome	Italy
XX	2005	Melbourne	Australia
XXI	2009	Taipei	Chinese Taipei
XXII	2013	Sofia	Bulgaria
XXIII	2017	Samsun	Turkey
XXIV	2022	Caxias do sul	Brazil

Year and Venue of Winter Deaflympics

S. No.	Year	City	Country
I	1949	Seefeld	Austria
II	1953	Oslo	Norway
III	1955	Oberammergau	Germany
IV	1959	Montana-Vennala	Switzerland
V	1963	Are	Sweden
VI	1967	Berchtesgaden	West Germany
VII	1971	Adelboden	Switzerland
VIII	1975	Lake Placid	United States
IX	1979	Meribel	France

S. No.	Year	City	Country
X	1983	Madonna di Campiglio	Italy
XI	1987	Oslo	Norway
XII	1991	Banff	Canada
XIII	1995	Yllas	Finland
XIV	1999	Davos	Switzerland
XV	2003	Sundsvall	Sweden
XVI	2007	Salt Lake City	United States
XVII	2015	Khanty-Mansiyak	Russia
XVIII	2019	Sondrio Province	Italy
XIX	2023	Quebec	Canada

Role of Professionals for Children with Special Needs

The professionals who work with children with special needs have to focus on their overall development. They help and support such children in achieving their full potential, giving ability to communicate properly, etc.

The professionals working with these children are counsellors, occupational therapists, physiotherapists, physical education teachers, speech therapists and special educators.

The roles of these professionals are discussed below

Counsellor

A counsellor is a trusted professional who provides a safe and supportive environment. The role of the counsellor is to discuss the concerns of the child with special needs and understand the feelings, emotions and sentiments of the child.

A counsellor also counsels the parents, guardians and teachers of the child with special needs. He provides guidance and helps the child to adapt to different situations because he understands the mental and physical needs of the child.

A counsellor helps students with special needs with their academic goals, their social, personal and career development.

He also carries out various development programmes related to stress management, anger management, conflict management, positive thinking, etc. He provides social support to the child along with exploring ways to make the disability more manageable. A counsellor helps the child to cope better with the disability.

Occupational Therapist

An occupational therapist is a professional who helps the children with special needs to develop fine and gross motor skills like eating, dressing, bathing, drinking etc.

An occupational therapist also helps them develop their sensory and cognitive abilities. This is done by teaching simple activities like grasping, reaching, picking, dressing, feeding etc.

The primary aim of an occupational therapist is to maximise the child's potential to participate in activities of everyday life by minimising the impact of their disability.

The role of an occupational therapist is to develop physical coordination among the children with special needs like hand-eye coordination to improve skills such as hitting a ball or copying from a blackboard, etc. This professional also arranges for any specialised equipment if required by the child.

Physiotherapist

The role of the physiotherapist is to manage children with movement disorders. He teaches them how to balance their movements while walking, rolling, sitting and crawling. For this, various exercises are taught that also prevent the development of deformities.

Another role of the physiotherapist is to encourage a child's independence and mobility, thereby helping in building self-esteem. He evaluates movements and functions of the body with special reference to physical mobility, balance, posture, gain, fatigue, etc. He uses range of techniques like massage, exercise, electrotherapy and hydrotherapy, etc.

A physiotherapist also identifies the type of equipment that can help a child in managing movement disorders.

Physical Education Teacher

Physical education teacher generally determines the abilities of students with special needs and also the procedures that may need to be implemented to support their participation in sports and physical fitness.

The physical education teachers help students with special needs to improve their physical fitness. They help in improving hand-eye coordination, flexibility, muscular strength, endurance and even cardiovascular efficiency of students with special needs.

The physical education teachers also teach physical activities which may help in reducing stress tension, depression and anxiety of the students with special needs.

They also help students with special needs in developing a feeling of self-esteem and social awareness as the students with special needs may often feel isolated and removed from the group. They organise various physical activities for students with special needs to promote their mental and physical health.

Speech Therapist

The role of a speech therapist is to build the communication of children with special needs. This is done by teaching them how to use words, sounds of speech, gestures and maintenance of eye contact.

His essential job is to help the children to express themselves using oral communication skills or sounds and gestures. This helps in emotional development as well as building confidence in children with special needs.

Speech therapist also helps such students who have fluency disorders like stoppages, repetitions or prolonging sounds in words, etc.

Special Educator

The role of a special educator is to work for the overall development of children with special needs. This is done by developing teaching aids and instructional materials as well as through remedial teaching.

Special educators are concerned with the overall success of children with special needs. Their role is to improve a student's ability to function in social, emotional and behavioural capacities.

Another role of special educator is to encourage family involvement, working with other school staff to better understand the needs of the specific child, etc. For this purpose, collaborating with school and community professionals is also required.

Chapter Practice

PART 1

Objective Questions

• Multiple Choice Questions

- The aim of adaptive physical education is to help whom?
(a) Adults (b) Differently abled students
(c) Athelets (d) All of these

Ans. (b) The aim of adaptive physical education is to help differently abled students. It develops the opportunity for the differently abled students to participate in physical activity.

- Which of the following organisations helps promoting adaptive sports?
(a) Special Olympics Bharat (b) Deaflympics
(c) Paralympics (d) All of the above

Ans. (d) All the given such as Special Olympics Bharat, Deaflympics and Paralympics help in promoting adaptive sports.

- In which year, the name of 'Special Olympics India' was changed to 'Special Bharat Olympics' ?
(a) 1985 (b) 2000
(c) 2001 (d) 2002

Ans. (c) In the year 2001, the name was changed to Special Olympics Bharat from Special Olympics India.

- In which year the International Paralympic Committee was founded?
(a) 22nd September, 1989 (b) 22nd September, 1990
(c) 20th September, 1989 (d) 20th September, 1992

Ans. (a) International Paralympic Committee was founded on 22nd September, 1989 to organise paralympics after every four years.

- How many types of competition has been allowed by the paralympic committee?
(a) 12 (b) 10 (c) 15 (d) 22

Ans. (b) A total of 10 types of competitions are allowed by the paralympics committee.

- Identify the event for which this logo is



- Summer Olympics
- Paralympics
- Winter Olympics
- International Cricket Council

Ans. (b) The logo is for Paralympics. The event supports leadership, promotes health and develops confidence.

- The given logo is used for sports event organised in India. Name it



- Special Olympics Bharat
- Cerebral Palsy Games
- Para Sports
- Wheelchair Racing

Ans. (a) The given logo is for a specific sports event 'Special Olympic Bharat' which is organised for differently abled people.

- Match the following.

List I (Summer Deaflympics, Host City)	List II (Year)
A. Nuremberg	1. 1953
B. Brussels	2. 2005
C. Melbourne	3. 1997
D. Copenhagen	4. 1931

Codes

	A	B	C	D		A	B	C	D
(a)	1	2	3	4	(b)	4	1	2	3
(c)	2	3	4	1	(d)	3	4	1	2

Ans. (b) The options in the left are the names of the cities where summer deaflympics were held. On the right column are the year in which the events were held. So Nuremberg hosts the event in 1931, Brussels in 1953, Melbourne in 2005 and Copenhagen in 1997.

9. Match the following.

List I (Adaptive Sports)	List II (Year of Starting)
A. Special Olympics Bharat	1. 1989
B. International Paralympics Committee	2. 1949
C. Deaflympic Winter Games	3. 1987

Codes

	A	B	C		A	B	C
(a)	3	1	2	(b)	1	3	2
(c)	2	1	3	(d)	3	2	1

Ans. (a) The left column indicates the organisations promoting adaptive sports and the right column indicates the years in which these organisations were formed. Special Olympic Bharat was formed in 1987, International Paralympics Committee was formed in 1989 and Deaflympics Winter Games were held in 1949 for the first time.

10. Match the following.

List I	List II
A. Counsellor	1. Overall development of CWSN
B. Physiotherapist	2. Understand feelings of CWSN
C. Special educator	3. Oral Communication Skills
D. Speech therapist	4. Manage Movement disorders

Codes

	A	B	C	D		A	B	C	D
(a)	1	3	2	4	(b)	4	1	3	2
(c)	2	4	1	3	(d)	2	1	3	4

Ans. (c) The left column indicates the professionals and the right column indicates the work. Counsellor understands the feeling of CWSN. Physiotherapist helps CWSN in managing movement disorders. Special educator work for overall development of CWSN and speech therapist develops oral communication skills of children facing speech problems.

11. Paralympic Games are the world's largest sporting event for the people with physical, visual and intellectual disabilities. It is held in two categories, one is Summer Olympics and the other is Winter Olympics.

Where were the first Paralympic Games held?

- | | |
|---------------|------------|
| (a) Greece | (b) Rome |
| (c) New Delhi | (d) London |

Ans. (b) The first Paralympics games were held in Rome in 1960 and the event became hugely popular.

12. Seetha who is studying in class XI at Kaveri Public School has a tendency to forget things along with a flickering mind. She is also not able to sit quietly in a place for a while. The teacher observed her and advised Seetha's parents during a parent teacher meeting to see a professional for CWSN.

Which among the following professional should Seetha's parents meet?

- (a) Psychologist
- (b) Speech therapist
- (c) Physical education teacher
- (d) Counsellor

Ans. (d) Seetha is facing emotional problems. Her parents should meet a counsellor to understand the feelings, emotions and sentiments of the child.

13. Raman is five year old boy facing movement disorders. He is not able to balance himself properly while walking, rolling or sitting. He should be taken to which of the following professional?

- (a) Counsellor
- (b) Physiotherapist
- (c) Special educator
- (d) Psychologist

Ans. (b) Raman is facing problems of balancing himself while walking, rolling, sitting etc. So he should be taken to a physiotherapist so that proper equipments to manage the movements can be identified.

14. These games are major international multi-sport events for the athletes with various disabilities such as mobility disabilities, blindness, cerebral palsy. Which games are discussed here?

- (a) Olympics
- (b) Special Olympic Bharat
- (c) Paralympics
- (d) Deaflympics

Ans. (c) The games discussed here is Paralympics which is a sporting event for differently abled people.

• Assertion-Reasoning MCQs

Directions (Q. Nos. 1-4) Each of these questions contains two statements, Assertion (A) and Reason (R). Each of these questions also has four alternative choices, any one of which is the correct answer. You have to select one of the codes (a), (b), (c) and (d) given below.

- (a) Both A and R are true and R is the correct explanation of A
- (b) Both A and R are true, but R is not the correct explanation of A
- (c) A is true, but R is false
- (d) A is false, but R is true

1. Assertion (A) Children with disabilities have special needs.

Reason (R) These children are not able to participate in regular physical exercises and activities.

Ans. (a) The Assertion is true as children with disabilities are different than normal children, so they have special needs.

The Reason is also true as due to disabilities that cannot participate in regular exercises as normal students.

So, both A and R are true and R is the correct explanation of A.

2. Assertion (A) Adaptive sports are designed for all the individuals.

Reason (R) Deaflympics is an example of the adaptive sports.

Ans. (d) Adaptive sports are designed for children and adults with disabilities and not for everyone so assertion is false.

Reason is true as deaflympics is a sporting event for the deaf people and it is part of adaptive sports.

3. Assertion (A) The motto of Deaflympics is 'Equality through sports'.

Reason (R) The role of counsellor is to manage children with movements disorder.

Ans. (c) Assertion is true as Deaflympics was formed to spread the word of equality for all irrespective of their disabilities.

Reason is false as the role of a counsellor is to provide a supportive environment and understand the feelings, emotions and sentiments of a child.

4. Assertion (A) Differently abled students should be treated equally.

Reason (R) Differently abled students should not be looked sympathetically rather they should be recognised for their talent and capabilities.

Ans. (a) The Assertion is true as differently abled students have same emotions, feelings, hope and ambitions, so they should be treated equally.

The reason is also true as differently abled students should be treated with respect. Their talents and capabilities should be recognised so that they develop self confidence. So, both A and R are true and R is the correct explanation of A.

• Case Based MCQs

1. Vishal is having intellectual impairment but he is good in sports. He wants to take part in one of the sports events that are specially developed for such people. Based on this case, answer the following

(i) Vishal can take part in _____.

- (a) Deaflympics
- (b) Paralympics
- (c) T20 World Cup
- (d) Olympic Games

Ans. (b) Vishal can take part in paralympics as he is having intellectual impairment and there are competitions for such people in paralympics.

(ii) How vishal is different from other people?

- (a) He has problems of general mental ability
- (b) He can see partially only
- (c) He is not having one of the limbs
- (d) None of the above

Ans. (a) Vishal is different from other people as he has intellectual impairment which means general mental ability problems or mental retardation.

(iii) How can physical education and sports help Vishal?

- (a) Develop motor skills
- (b) Improve social adjustment
- (c) Improves physical fitness
- (d) All of the above

Ans. (d) Physical education and sports help Vishal by developing his motor skills, improving social adjustment and physical fitness.

2. Adaptive physical education programmes focus on the development of composition, posture, balance, coordination, motor skills etc. It teaches modified and suitable alternative activities which are more helpful in different circumstances. Based on this passage, answer the following questions.

(i) Adaptive physical education programmes are meant for which of the following?

- (a) Divyang
- (b) Retarded
- (c) Blind
- (d) All of these

Ans. (d) Adaptive physical education programmes are meant for children and adults with special needs so divyang, retarded and blind, all the categories will be there.

(ii) Which of the following is an example of adaptive sports?

- (a) Indian super league
- (b) Special Olympics Bharat
- (c) Asian Games
- (d) Euro Championships

Ans. (b) Special Olympics Bharat is an example of adaptive sports that organises sports events for people with special needs or Divyang.

(iii) In adaptive sports, the sports equipments are _____.

- (a) modified
- (b) not used
- (c) minimal
- (d) All of these

Ans. (a) The sports equipments in adaptive sports are modified so that people with disabilities can practice on them.

PART 2

Subjective Questions

• Short Answer (SA) Type Questions

1. Explain the adaptive physical education programme.

Ans. The adaptive physical education programme is a school based programme for children with disabilities.

Children with special needs like deafness/ hearing impairment, blindness, speech impairment, autism, mental retardation etc. are not able to participate in regular physical exercises and activities.

The adaptive physical education programme is not only for differently abled but also for the people of all ages.

The adaptive physical education programme focuses on the development of composition, posture, balance, coordination, motor skills, etc.

The programme teaches modified and suitable alternative activities which are more helpful in different circumstances.

2. What is the need for adaptive sports?

Ans. Adaptive sports are needed for the following reasons

- To enhance the self esteem and boost self confidence of children with disabilities.
- To develop social skills in such children so that they interact with normal children freely.
- To develop a sense of achievement by participating in adaptive sports and games.
- To improve their emotional skills so that they donot feel left out in the society.
- To enhance the efficiency and growth of disabled people in physical education and sports.

3. What is the aim of Adaptive Physical Education?

Ans. The aim of adaptive physical education is as follows

- Providing physical education that meets the unique needs of such children.
- Development of the student's motor skills.
- To assist differently abled students in achieving mental, emotional, physical and social growth.
- Achieving meaningful success and positive education outcomes.
- Developing self esteem and improving socialisation skills.
- Coping with disabilities through an active and healthy lifestyle.
- Developing cognitive abilities to improve education results.

4. Define Special Olympic Bharat. List the benefits of Special Olympics Bharat.

Ans. Special Olympics Bharat is a government organisation made for the development of sports opportunity for the people with intellectual disabilities.

It was founded in 1987 as special Olympics India and later the name was changed to special Olympic Bharat in 2001. It is officially recognised programme of Special Olympics International founded by Eunice Kennedy. It is a designated Nodal Agency for all disabilities.

Benefits of Special Olympic Bharat are as follows

- It is helpful in developing a positive attitude, self-confidence and self-worth.
- It improves motor skills and physical fitness.
- It promotes mental, physical, social and emotional development.
- It increases family support and social acceptance.

5. What is the vision and mission of Special Olympics Bharat?

Ans. Vision of special Olympic Bharat is to inspire children and people with intellectual disabilities to take up games and sports so that there is a general acceptance and inclusion of these people in society. Mission of special Olympic Bharat is provide adequate sports infrastructure and training to develops fitness, courage, confidence, good health, joy etc. for children and adults with intellectual disabilities.

6. Mention three objectives of Special Olympics Bharat.

Ans. The objectives of Special Olympics Bharat are as follows

- Focus on holistic development and training that goes beyond the classrooms into the playing fields, etc, to encourage children with disabilities to join and remain in school.
- Create role models with a view to inspire the children and also motivate parents to send their children to school and to participate in sports and other extra-curricular activities.
- Train teachers to sensitise them to needs of special children and create a cadre of physical education teachers from among the disabled who can work with schools and community centers.

7. When was the International Paralympic Committee formed? What are the categories of impairment eligible to take part in it?

Ans. International Paralympic Committee was formed on 22nd September, 1989.

The Paralympic Committee has allowed competitions in ten eligible impairment types.

These are as follows

1. Impaired muscle power.
2. Impaired passive range of movements.
3. Loss of limb.
4. Leg length difference.
5. Short stature.
6. Hypertonia (i.e. spastics)
7. Ataxia (lack of muscle coordination)
8. Athetosis (a brain disorder causing involuntary writhing movements).
9. Vision impairment (i.e. blindness).
10. Intellectual impairment.

8. Write a short note on how Paralympics started?

Ans. Paralympics was started due to the efforts of Dr Ludwig Guttman. He was a neurologist who treated British war casualties during World War II. He founded the National Spinal Injuries Centre at Stoke Mandeville Hospital in England.

Then in July 1948, Guttman organised a sports competition for patients with spinal cord injuries which became immensely popular. This was the first event of this type after which the Paralympics were held regularly after every four years.

Paralympics events were held the first time in Rome.

9. What is Deaflympics and discuss the eligibility criteria to compete at Deaflympics? Which sports are included in Summer Deaflympics?

Ans. Deaflympics is an international Olympic event at which deaf athletes compete. Unlike other paralympic events, deaf athletes cannot be guided by sounds like referee whistle, gunshot etc. Some special arrangements are made for them like waving a flag, using light instead of gunshot etc. The eligibility criteria to compete at Deaflympic Games, the athletes must have a hearing loss of minimum 55 decibel in their better ear. Hearing aid, cochlear implants etc. are not allowed to be used in the competition.

The sports included in Summer Deaflympics are Athletics, Badminton, Basketball, Beach Volleyball, Bowling, Cycling, Football, Handball, Judo, Shooting, Karate, Orienteering, Swimming, Table Tennis, etc.

10. Explain the role of a counsellor in developing a supportive environment for children with special needs.

Ans. The role of a counsellor is to develop a safe and supportive environment for children with special needs. He does this by understanding the feelings, emotions and sentiments of the child.

The counsellor counsels the child's parents, guardians and teachers on how to deal with different situations related to the child. The counsellor also develops social support for the child so that the child could manage his/her disability in a better way.

A counsellor also comes out with developmental programmes related to stress management.

So, a counsellor guides the child, its parents and society in developing a supportive environment.

11. How can an occupational therapist help a child with special needs?

Ans. An occupational therapist is a professional who can help a child with special needs by developing its fine and gross motor skills. The primary aim of an occupational therapist is to maximise the child's potential to participate in activities of everyday life by minimising the impact of their Disability. This is done by teaching simple activities like grasping, reaching, picking, dressing etc.

These activities increase physical coordination among such children. When the child is able to do simple activities independently, it builds confidence in the child. The occupational therapist also arranges for any special equipment needed by the child.

12. Differentiate between counsellor and physiotherapist on the basis of their work.

Ans. The differences between counsellor and physiotherapist are as follows

Counsellor	Physiotherapist
The role of the counsellor is to discuss the concerns of the child with special needs and understand the feelings, emotions and sentiments of the child.	The role of the physiotherapist is to manage children with movement disorder. He teaches them how to balance their movement while walking, sitting etc.
A counsellor also counsels the parents, guardians and teachers of the child with special needs.	Physiotherapist evaluates movements and functions of the body with special reference to physical mobility, balance, posture etc.

13. What is the role of physical educator in dealing with CWSN?

Ans. The role of physical education teacher is to generally determines the abilities of students with special needs and also the procedures that may need to be implemented to support their participation in sports and physical fitness.

The physical education teachers help students with special needs to improve their physical fitness. They help in improving hand-eye coordination, flexibility, muscular strength, endurance and even cardiovascular efficiency of students with special needs.

The physical education teachers also teach physical activities which may help in reducing stress, tension, depression and anxiety of the students with special needs. They also help students with special needs in developing a feeling of self-esteem and social awareness as the students with special needs may often feel isolated and removed from the group.

14. How a Speech Therapist can help the children cope up with speech difficulties?

Ans. Speech therapist can help the children to cope up with speech difficulties as he build the communication to the children facing speech difficulties. This is done by teaching them how to use words, sounds of speech, gestures and maintenance of eye contact.
His essential job is to help the children to express themselves using oral communication skills or sounds and gestures. This helps in emotional development as well as building confidence in children with special needs.
Speech therapist also helps such students who have fluency disorders like stoppages, repetitions or prolonging sounds in words, etc.

• Long Answer (LA) Type Questions

1. Enumerate the objectives of adaptive physical education.

Ans. The objectives of adaptive physical education are as follows

- (i) **To Develop Motor Skills** This objective emphasis on developing motor skills of students with disabilities. They are necessary for performing not only specific skills but daily routine activities.
- (ii) **To Improve Physical Fitness** This objective is to provide modified or adaptive exercises to students in order to improve their physical fitness.
- (iii) **To Ensure Students Participation in Physical Education Programmes** This objective ensure that each student actively participate in physical education programmes regularly at his/her own level.
- (iv) **To Promote Sportsmanship Qualities** This objective ensures promotion of sportsmanship qualities among differently abled students.
- (v) **To Ensure Services to Differently Abled Students** This objective ensures that the differently abled students are provided with proper services that meet their needs.
- (vi) **To Improve Social Adjustments** This objective is essential especially in present day world as the participation in programmes of adaptive physical education helps differently abled students to make social adjustments.

2. Explain in detail about how Paralympics was formed?

Ans. 'Paralympics' is derived from the Greek word which means 'parallel to Olympics'. Dr Ludwig Guttmann is credited with the starting of the paralympic movement which is an Olympic event for physically and intellectually disabled persons.

Guttmann was a neurologist during World War II and treated British War casualties. He founded the National Spinal Injuries Centre at Stoke Mandeville Hospital in England.

In July 1948, Guttmann organised a sports competition for British World War II patients with spinal cord injuries. This event was hugely popular and in 1960 after the Rome Olympics, Paralympic events were held for the first time in Rome. Since then, these games are held at an interval of every four years following the Olympic Games.

Seeing the rising popularity of the sports events International Paralympic Committee was formed.

This committee was founded on 22nd September, 1989. It organises Paralympics after every four years in the same year in which Olympics are held.

After every Summer and Winter Olympics, Summer Paralympic and Winter Paralympics are held at the same venue.

The International Paralympic Committee also serve as the International Federation for nine sports, for which it supervises and coordinates the world championship and other competitions. Its headquarter is located in Bonn, Germany.

3. Disuss about 'Deaflympics' in detail.

Ans. Deaflympics are the world's second oldest multiple sports after Olympics. The Deaflympics is an International Olympic Committee sanctioned event at which deaf athletes compete at an international level. The Deaflympics games are held after every four years.

The first Deaflympics Games were held in Paris in 1924. In that deaflympics, only 148 deaf athletes from nine European countries participated.

From 1924-1965, these games were officially known as the 'International Games for the Deaf'. From 1966-1999, they were called 'World Games for the Deaf'. Since, 2001, these games are known as 'Deaflympics'.

In Deaflympics the starter's gun bullhorn commands or referee's whistles are not used, rather flags or any visual signals are used to alert participants.

The motto of Deaflympics is 'Equality through sports'. The four colours of the logo i.e. red, green, yellow and blue, represent the four regional confederations of the International Committee of Sports for the Deaf viz. Europe, Asia Pacific, Pan-America and Africa. The circle in the middle represents an eye as deaf people are very visual. The athletes, to compete in Deaflympics, must have a hearing loss of minimum 55 decible in their better ear.

So, it can be said the Deaflympics provide ample opportunities to persons with hearing disability to participates in sports competitions.

- 4.** What is the role of professionals who work for children with special needs. Explain the role of any one professional.

Ans. The professionals who work with children with special needs have to focus on their overall development. They help and support such children in achieving their full potential, giving ability to communicate properly, etc. Their role is to understand the specific need of CWSN and devise programmes, activities and games accordingly. The professionals working with these children are counsellors, occupational therapists, physiotherapists, physical education teachers, speech therapists and special educators.

The role of a Counsellor is as follows

A counsellor is a trusted professional who provides a safe and supportive environment. The role of the counsellor is to discuss the concerns of the child with special needs and understand the feelings, emotions and sentiments of the child.

A counsellor also counsels the parents, guardians and teachers of the child with special needs. He provides guidance and helps the child to adapt to different situations because he understands the mental and physical needs of the child.

A counsellor helps students with special needs with their academic goals, their social, personal and career development.

He also carries out various development programmes related to stress management, anger management, conflict management, positive thinking, etc.

He provides social support to the child along with exploring ways to make the disability more manageable. A counsellor helps the child to cope better with the disability.

• Case Based Questions

- 1.** Children with special needs have to cope up with many kinds of problems. Some professionals teach the children how to use words, sounds of speech, gestures and maintenance of eye contact. The objective is to help the children to express themselves using oral communication skills.

- (i) Which professions are specially designated to work for children with special needs?

Ans. Professions like counsellor, occupational therapist, physiotherapist, physical education teacher, speech therapist and special educator work for children with special needs.

- (ii) What is the role of a speech therapist for children with special needs?

Ans. The role of a speech therapist is to build the communication of children with special needs by teaching them the use of words, sounds, gestures etc to express themselves.

- 2.** Prabha is a Divyang. She is in 9th standard and likes to take part in sports activities. Her younger sister also takes part in sports. But the equipments used by Prabha for playing is different than what her sister uses. Based on this case answer the following.

- (i) Why Prabha's equipments are different from her sisters?

Ans. Prabha's equipments are different from her sister because they are specifically designed for the children with special needs to play adaptive sports.

- (ii) How physical education help CWSN?

Ans. Physical education provide and develop need based programmes for children with disabilities.

- 3.** Special Olympics Bharat organises championships at local, district, state, national and international level like National Games, National Football, Table Tennis Championship, National Floor Hockey Championship, National Volleyball, National Badminton Championship, etc. It has sent a number of athletes for world summer and winter games.

- (i) Why Special Olympics Bharat was formed?

Ans. It was formed to provide sports opportunity to people with intellectual and physical disabilities.

- (ii) What is the vision of Special Olympics Bharat?

Ans. The vision is to inspire children and people with intellectual disabilities to take up games and sports so that there is general acceptance and inclusion of these people in society.

Chapter Test

Multiple Choice Questions

1. Special Olympics Bharat organises championships at which level(s)?
(a) Local level (b) State level (c) International level (d) All of these
2. Which country hosted Summer Deaflympics in 1939?
(a) United States (b) Italy (c) Sweden (d) Austria
3. What is the role of Physiotherapist?
(a) To manage special needs children with movement disorder (b) Help special needs children to develop fine and gross motor skills
(c) To build communication of children with special needs. (d) To work for the overall development of children with special needs
4. Paralympics is derived from word which means 'parallel to olympics'.
(a) Greek (b) Latin (c) Sanskrit (d) Roman
5. Choose the incorrect statement.
(a) Special Olympics Bharat was initially named as Special Olympics India.
(b) Varied instruments and strategies are used in adaptive physical education.
(c) The first Summer Deaflympics was held in 1928 in Paris.
(d) Skiing, Snow-board, ice hockey are some of the games played in Winter Deaflympics.
6. The physical education instructor in a primary school wanted to include all the children of his class for a sports competition. Some students of his class were children with special needs.
Which type of sports should be designed for such students?
(a) Zonal competition (b) Deaflympics
(c) Adaptive Sports (d) Paralympics

Short Answer (SA) Type Questions

7. How are adaptive sports different from normal sports?
8. Explain the role of special educator in working with children with disabilities.
9. Write a short note on the formation of any one adaptive sports in India.
10. How adaptive physical education motivates children with disabilities?
11. What are adaptive sports? Which organisations promote adaptive sports?

Long Answer (LA) Type Questions

12. Write a detailed note on how Deaflympics came into existence.
13. Elucidate the role of occupational therapist for students with special needs.

Answers

1. (a) 2. (c) 3. (a) 4. (c) 5. (b) 6. (b)