
Chapter -4
Physical Education and Sports for Different-Abled

Qus:-1 What do you mean by disability ?

Ans:- – Disability is an impairment of physical , biological , mental and cognitive ability that is a multidimensional for the person involved .

There may be effects on the cardio- vascular system , respiratory system which limit their ability to perform normal functions .

Qus:-2 what do you mean by disorder?

ANS- Disorder is defined as a state of a mental or physical function limitation which interrupts the normal function of the body .

Q 3 What is a cognitive disability?

Ans:- Cognitive disability can be used to describe as neurological disorder which lead to learning disabilities. It is also known as developmental disabilities such as motor learning, limitation speech learning, poor memory, dyslexia etc. it may lead to individual performance defects such as concentrations, math solving problems reading, writing and retentions.

Qus:-4 what do you mean by intellectual disability?

Ans:- Intellectual disability is a disability or a mental limitation in intellectual functioning such as IQ level, reasoning and learning simple words and solving maths problems. It is also know as mental retardation or learning disabilities.

Qus:-5 what is physical disability ?

Ans:- physical disability is referred to functional limitation such as cardio- respiratory disorder, paralysis, sleep disorder etc. it is also includes physical limitation such as lack of strength flexibility, endurance, mobility etc

Qus:-6 Enlist the causes by disability?

Ans:- genetic or biological conditions. Before birth issues at the time of birth problems, after birth poverty and environmental factors diseases, malnutrition

Ques:-7 enlist the causes of the disorder

Ans :- (i) genetic or biological factors

(ii) Environment factor

(iii)low birth weight

(iv)Poverty and environment factors

QUESTION BANK FOR PHYSICAL AND HEALTH EDUCATION

Qus:- 8 what is ability etiquettes ?

Ans:- disability etiquettes is a set of guidelines dealing specially with how to approach people with disabilities. This guideline refers some issues related to disability. There are some rules to deal with disabilities open individual.

Qus:-9 Define attention- deficit hyperactivity disorder

Ans:- Attention deficit hyperactivity disorder is a psychological or mental disorder. In this disorder the child has a problem of poor concentration, paying attention and adapting behavior

Qus:- 10 what do you understand by sensory processing disorder?

Ans: sensory processing disorder is a condition of sensory dysfunction in which the brain has difficulty in receiving and responding to information. The central nervous system is responsible for sensory system is responsibility for sensory process disorders.

In this disorder brains multi-sensory integration is not adequate.

A child with sensory processing disorder is oversensitive sensory processing disorder is a disorder in which the brains has trouble receiving and responding to information.

Qus:-11 what do you mean by obsessive compulsive disorder?

Ans obsessive compulsive disorder is a mental health disorder that effects people of all age it is an anxiety disorder in which problems is associated with depression and eating disorders.

The individual behavior change as obsession, compulsions and distracted thoughts.

Qus:-12 what do you mean by autism spectrum disorder?

Ans autism spectrum disorder is a disorder related the language, communication, and behavioral dysfunctions.

Q.13. Write any for advantages of physical activities for Children with Special Needs.

Ans. It is an undisputed fact that young and old must strive for a healthy lifestyle. This means kids, teens and adults must keep mentally and physically fit. Children with special needs most definitely from having a balancing in all aspects of their life : social, physical and mental. Some youth have limited mobility or tire more easily than other kids and teens. For some kids with sensory issues communication challenges or difficulties with social skills, team sports are simply not fun. Kids with side effects from medication, those who are always overtired from lack of quality sleep and youth who are overweight and not physically fit at all will not enjoy many organised activity programs.

Q.14. Write advantages of Physical Activities and Adaptive Sports.

Ans. **Advantages**

- Many areas especially with sport teams because the special needs community and the support and funding are not there in numbers great enough to make it work. But rural areas have wide open space offering ample opportunities for families to enjoy walks, bike rides, horse back riding and lots of unstructured physical activities.
- In order to be healthy and to form positive life. Long habits, children benefit from athletic activities. Physical activity engages large muscle groups, provides social interaction, teaches teamwork and healthy competition.
- Children who have special needs, according to Erin Kizzar, occupational therapy clinic manager at Therapy works in Tusa, have decreased tone, strength and coordination, which actually require a greater amount of physical activity.
- The Tulsa area offers plenty of opportunities for these children to find an activity that is fun and challenging.

Q.15. Write making Adaptations to include Children With Special Needs.

Ans. Each child is different, and each delay or disability will require different modifications. Child care providers should gather as much information as you can about the child and the disability, and learn about typical modifications that can be made. The child's parents and professionals who work with the child can be a tremendous resources. Many of the adaptations that you make to your child care program will be simple. Often, the modifications was also benefit the other children in your child care program.

QUESTION BANK FOR PHYSICAL AND HEALTH EDUCATION

Plan together: Parents consultants and caregivers need to set goals together. Ask to be a part of the team that develops and tracks the child's Individualised Education Plan (IEP) so you can discuss activities, exercises and supports needed to reach goals. Goals should be simple and should match the abilities of the child. Always discuss your ideas and plans with the family.

Modify toys and equipment: Simple changes often can be made to regular toys. For example, you can help a child who has difficulty with stacking rings by simply removing every other ring. For a child who has difficulty holding a bottle, cover the bottle with a cloth sock so little hands can grasp it better.

Make small changes in your child care environment: Slight adjustments in your child care environment may make the time that a child with special needs spends with you easier and more enjoyable for everyone. A quiet, private space for play may help an overactive child. A child with poor vision may benefit from an extra lamp in the play area. Removing a rug that slips will help a child who has trouble walking.

Model appropriate behaviours: Children with special needs are sometimes timid about laying with others. You can show them how by being a play partner yourself. You might play a game with the child or pretend to go shopping together. As the child becomes more comfortable, you can invite other children to join your play activity.

Teach specific words and skills that will show how to find a playmate and how to be a playmate: Learning how to look directly at another child when speaking or to say "May I play?" are big steps for some children.

Teach typically developing children how to talk and play with children who have a disability: Talk to the children about what to do. For instance, gently touching the shoulder of a child with a hearing impairment or looking directly at him while talking are effective ways of getting that child's attention.

Look for strengths as well as needs: Avoid becoming too focused on a child's disability. Treat each child as a whole person. Provide activities that will support a child's strong points. Every child needs to feel successful and capable.

Consult with parents, health care professionals and early childhood specialists: Parents and specialists can provide specific information and suggestion for working with a child who has a disability. Do not be afraid to ask questions. Parents sometimes take it for granted that caregivers will know what to do.

Objective Type/Multiple Choice Questions (Carrying 1 Mark)

Give one word answers.

1. In which year, the Paralympic word was used officially?

Fill in the blanks.

1. The first Paralympic Games were held at.....in 1960
2. In 2028 the Paralympic Games (summer) will be held in
3. The International Paralympic Committee has established..... disability categories.
4. In 2024 the Paralympic Games will be held in.....
5. There are.....sports at the Summer Paralympic games and..... sports at the winter Paralympic games.
6. Special Olympics were started by.....

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7. The first Special Olympics were held in 1968 in.....
8. In Winter Paralympics,..... sports are included.

State True or False.

1. Paralympic Games are governed by International Olympic Committee. (True/False)
2. The first Winter Paralympic Games were organised in Sweden in 1976. (True/False)

Choose the correct answer.

1. In which year, the first Paralympic Games were held?
(a) 1956 (b) 1958 (c) 1960 (d) 1962
2. Who started Special Olympics? (c) 1960 (d) 1962
(a) Eunice Kennedy Shriver
(c) Cassidy (b) John F. Kennedy
(d) Brian Tracy
3. Where will the Paralympic Games (summer) in 2028 be held?
(a) Paris (b) Tokyo (c) Los Angeles (d) London
4. The International Paralympic Committee was formed in:
(a) 1960 (b) 1976 (c) 1989 (d) 1998
5. Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A): Paralympic Games are held for the athletes with mobility disabilities, amputations, blindness and cerebral palsy.
Reason (R): Special Olympics are held for the athletes with intellectual disabilities.
In the context of above two statements, which one of the following is correct?
(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.
6. What are the colours of the crescents in Paralympic logo?
(a) red (b) blue (c) green (d) All of these
7. The Paralympic Games are organised after the completion of.....
(a) Common Wealth Games (b) Olympic Games
(c) SAF Games (d) Asian Games
8. When were the first Special Olympics held?
(a) 1956 (b) 1966 (c) 1968 (d) 1978
9. Which one of the following organisations helps in promoting disability sports?
(a) Special Olympics (b) Deaflympics
(c) Paralympics (d) All of the above
10. In which year, first Deaflympics were organised?
(a) In 1920 (b) In 1924 (c) In 1928 (d) In 1932
11. Where is the headquarters of International Paralympic Committee located?
(a) Dusseldorf (b) London (c) Bonn (d) Paris
12. Where were the first Paralympic Games held?
(a) Italy (b) Sweden (c) Rome (d) Athens
13. In which year, first winter Paralympic Games were held?
(a) 1972 (b) 1976 (c) 1978 (d) 1984

14. In which games whistles or guns are not used in starting of races?
 (a) Common Wealth Games (b) Deaflympics
 (c) Paralympics (d) Olympic Games
15. Where were the first deaflympics held?
 (a) Bonn (b) London (c) Paris (d) Tokyo
16. Which one of the following was the founder of Special Olympics?
 (a) Eunice Kennedy Shriver (b) John F. Kennedy
 (c) Baron de Coubertin (d) Juan Antonio Samaranch
17. There are following two statements, which are labelled Assertion (A) and Reason (R).
 Assertion (A): Paralympic Games are held for athletes with mobility disabilities.
 Reason (R): Paralympic Games do not help in the promotion of Adaptive Sports.
 In the context of above two statements, which one of the following is correct?
 (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.
18. Cochlear implants are not allowed in:
 (a) Special Olympics (b) Deaflympics
 (c) Asian Games (d) Olympics Games
19. 'Spirit in motion' is the motto of:
 (a) Special Olympic Bharat (b) Paralympics
 (c) Deaflympics (d) Asian Games

Short Answer Questions-I (Carrying 2 Marks)

- Differentiate between Paralympic and Special Olympic games.
- Identify the below given images of symbols/logos of various games and write their names:



(b)





(d)



- Discuss the opening ceremony and closing ceremony of Paralympic Games.

Short Answer Type Questions-II (Carrying 3 Marks)

- Briefly discuss Paralympic Games.
- Briefly discuss about Deaflympics.

Long Answer Type Questions (Carrying 5 Marks)

- Write a note on Paralympic Games.
- Write a detailed note on Deaflympics.

3. Dr. Deepa Malik was the first Indian Female para athlete to win an Asian Games Medal in athletics as well as the first female World Championship Medal. She is also India's first female paralympic medalist, she has won 23 international medals and 68 national and state level medals. She has been awarded Padma Shri, Arjuna Award and Rajiv Gandhi Khel Ratna Award.
- A. In which one of the following event she won a silver medal at Paralympic Games in 2016 Summer Paralympics?
 (a) Javelin Throw (b) Discus Throw (c) Shot Put (d) None of these
- B. How many sports are there in Summer Paralympics which are sanctioned by International Paralympic Committee?
 (a) 28 (b) 6 (c) 22 (d) 16
- C. Who became the first female paralympic medalist of India?
 (a) Deepa Karmakar (b) Deepa Malik (c) Deepa Singh (d) Sakshi Malik
- D. Who became the first Indian to clinch two gold medals at Rio Paralympics?
 (a) Devendra Jhajharia (b) T. Maiyappan
 (c) Sundar Singh Gurjar (d) Sandeep Chaudhary
- E. Which one of the following is the motto of Paralympics?
 (a) Mind, Body, Spirit (b) Spirit in motion
 (c) Faster, Higher, Stronger (d) None of these

ANSWERS

Objective Type/Multiple Choice Questions

One Word Answer

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Fill in the Blanks

1. Rome

2. Los Angeles

3. ten

4. Paris

5. 22, 6

6. Eunice Kennedy Shriver

7. Chicago

8. 6

State True or False

1. False

2. False

Choose the correct answer.

1. (c) 1960

2. (a) Eunice Kennedy Shriver

3. (c) Los Angeles

4. (c) 1989

5. (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

6. (d) All of these

7. (b) Olympic Games

8. (c) 1968

9. (d) All of the above

10. (b) In 1924

11. (c) Bonn

12. (c) Rome

13. (b) 1976

14. (b) Deaflympics

15. (c) Paris

16. (a) Eunice Kennedy Shriver

19. (b) Paralympics

17. (c) (A) is true, but (R) is false.

18. (b) Deaflympics