



Revised and Updated

On Board!

BOOKS



“My single achievement is that, with my sincere and honest approach, I inculcated the spirit of oneness and togetherness among players.”
— RISHABH SINGH BEDI



Includes
COMPETENCY-BASED
QUESTIONS (CBQs)

Assertion-Reason
Type Questions

Data-Based/Picture-Based/
Case-Based Questions

MCQs

As per the
guidelines of
NEP 2020

— A TEXTBOOK OF —

Physical Education

Based on the latest CBSE syllabus

XII

SCAN QR CODE

For CBSE updates and
more books visit
www.cbsebooks.in



On Board!

BOOKS

A TEXTBOOK OF PHYSICAL EDUCATION CLASS 12

Chapter 4

PHYSICAL EDUCATION AND SPORTS FOR CWSN (Children With Special Needs – *Divyang*)



An imprint of Ratna Sagar P. Ltd.

CONCEPT OF DISABILITY AND DISORDER

Disability

The word disability refers to the inability or incompetency in performing any functional work by the body. It is actually the consequences of any impairment caused to the functional ability of a person.

“A disability is a restriction or lack (resulting from impairment) of ability to perform an activity in the manner or within the range considered normal for a human being.”
– *World Health Organisation*

Disorder

A disorder is an illness or a dysfunctional factor that affect the physiology and/or psychology of an individual. It can be structural or functional.

TYPES OF DISABILITY, ITS CAUSES AND NATURE

(COGNITIVE DISABILITY, INTELLECTUAL DISABILITY, PHYSICAL DISABILITY)

Cognitive Disability: It is related to the area of mental functions dealing with logic, the processing of information received by the various sensory organs.

It may be broadly classified as:

Memory Disorder: Hyperactivity: Dyslexia:

Intellectual Disability: A child with intellectual disability will have the limitations in the intellectual functioning and also in adaptive behaviour patterns. She/he will have limitations in the functioning of mental capacity such as learning, reasoning, problem-solving and IQ level.

Physical Disability: This means the limitations on a person's physical functioning. The causes of physical disability are: Due to genetic disorder; Muscle dystrophy; Accidents; Inadequate brain development; Spinal injury; Chemical imbalance in the body; Serious illness that affects the brain, Nervous system, muscular system, etc.

A few major causes of disabilities:

Genetics:

Poverty:

Accidents:

Diseases:

Hormonal Imbalances:

Malnutrition:

Radiation:

Toxicity:

Violence and Trauma:

Medical Malpractice:



Figure 4.2 Children with cognitive disability

TYPES OF DISORDER, ITS CAUSES AND NATURE (ADHD, SPD, ASD, ODD, OCD)

ADHD

ADHD means Attention Deficit Hyperactivity Disorder. It is related to neurodevelopmental problems and is considered as a mental disorder.

Symptoms in Children

- The individual is forgetful about her/his daily routines.
- The individual is unable to successfully organise her/his routine activities.
- The individual does not want to or is unable to sit still, often bouncing when she/he sits.
- The individual has trouble following instructions and many other symptoms.

Symptoms in Adults

- The individual has anxiety attacks and a quick temper.
- The individual is impulsive, disorganised and easily frustrated.
- The individual has low self-esteem.
- The individual has mood swings and may fall into depression and many other symptoms.

Causes of ADHD

- ADHD has been found to have genetic linkage.
- Brain injuries during birth and neurological diseases
- Substance abuse such as drinking alcohol, smoking, or taking drugs
- Infants born with low birth weight
- Artificial food colours and sodium benzoate and many other causes.



Figure 4.5 Hyperactivity and inattention are the key behaviours of children with ADHD.

SPD

SPD is Sensory Processing Disorder in which the brain is not able to Integrate the sensory information and the sensory response becomes poor or sometimes slow.

Causes of SPD

- Genetics play a role at causing SPD. Adults who have Autism Spectrum Disorders (ASD) are likely to give birth to children with SPD.
- Low birth weight
- Individuals with SPD have a different brain structure; their neurological functions in response to specific stimuli are different from ours.
- Factors such as inadequate care during pregnancy or at infancy are also responsible.



Figure 4.6 A child with SPD in a physiotherapy session

ASD

Autism Spectrum Disorder is a spectrum of developmental disorder. This is a wide range of impairment where various symptoms can be observed in a child's skill performance and can be graded at various levels.

Symptoms of ASD

- Resisting touch and preferring to play alone.
- Failing to respond to their name.
- Absence of facial expression.
- Inability to give or sustain eye contact.
- Difficulties in developing normal speech and many other symptoms.

Causes of ASD

- **Genetics**
- **Genetic mutations and differences.**
- **Neurology:** The genetic coding issues lead to impaired neurological structure and functions, and disruption in normal patterns of social neurodevelopment.
- **Medical Conditions:** Medical conditions like Fragile X Syndrome, growth of benign tumors in the head, and Rett syndrome (mostly found in girls).
- **Premature Birth:** An infant born before 26 weeks of gestation has a high chance of developing ASD.



Figure 4.7 A child with Autism Spectrum Disorder

ODD

ODD refers to Oppositional Defiant Disorder. A child with ODD will show a persistent pattern of anger, irritability, arguing and disobedient behaviour.

Symptoms of ODD

- A short temper characterised by tantrums.
- Tendency to argue, fight and disobey rules.
- A liking for annoying people.
- Inability to negotiate or compromise and many other symptoms.

Causes of ODD

- **Genetics:** ODD can be inherited.
- **Neurology:** Presence of abnormal amounts of neurotransmitters in the brains has been linked to ODD.
- **Environment:** Environmental factors, such as an unhappy home in which there is animosity and violence between the members, social isolation outside of the home, poverty, etc.



Figure 4.8 An aggressive child with ODD

OCD

OCD means Obsessive–Compulsive Disorder means both obsession of thoughts and compulsion of actions. Obsessive–compulsive disorder is actually an anxiety disorder which increases the worry in the person's life.

Symptoms of OCD

- Finicky about cleanliness. For example, washing hands again and again.
- Overly conscious about arranging things.
- Repeated action of checking.
- Hoarding; counting while doing normal tasks and chores, etc.

Causes of OCD

The cause of OCD is not known but researchers believe that genetics and environmental factors may contribute to OCD. Some other causes Of OCD maybe strep infections, anxiety, emotional instability, depression, behavioural aggression, oppositional behaviour, etc.

DISABILITY ETIQUETTES

Some common etiquette which may help to develop a better understanding with differently abled person are given below:

1. The first step in showing disability etiquette is in the use of proper language and terms.
2. The tone of our voice and our manners while speaking are just as important as the words we use.
3. We should not use sign language. A handshake will do just fine as a greeting.
4. We should ask short questions to persons with speech impairment rather than long explanations. We should also listen patiently without correcting them or speaking in between.
5. We should never patronise people who use wheelchairs by patting them on their head or shoulder, and many other etiquettes.

STRATEGIES TO MAKE PHYSICAL ACTIVITIES ASSESSABLE FOR CHILDREN WITH SPECIAL NEEDS

- All the schools must have a separate wing to admit children with special needs.
- Experts or trained personnel should be made available in the school on regular basis.
- Society level activities should be organised for such children to uplift their lifestyle.
- District, state and national level competitions must be organised for the children with special needs, so that they can prove their potentials on a regular basis.
- Individuals and organisations should be recognised by the society and government who are working to provide physical activities and sports to the children with special needs.

- Equipment should be made available at subsidised rates so that activity centres can be built-up at the society level.

Figure 4.13 Children are so happy to be alive and they do not let their disabilities hamper their lives in any way.



SUMMARY

- 1.** The concept of disability is the impairment of the functional ability of any system of the body.
- 2.** Disorder refers to the concept of disorganisation and disturbance in the structural and functional abilities of a system of the body.
- 3.** Cognitive disability is the impairment in the intellectual functioning and adaptive behaviour of a child.
- 4.** The intellectual disability refers to the limitation of the functioning of mental capacities like learning, reasoning, problem-solving and IQ level.
- 5.** Adaptive behaviour refers to the conceptual skills, social and practical skills.
- 6.** Physical disability means limitation in the physical performance of a person with respect to the movement, mobility, strength, speed, posture and so on.
- 7.** ADHD refers to Attention Deficit Hyperactivity Disorder which is a neurodevelopmental problem.
- 8.** A child with ADHD faces problems in paying attention and behaviour control.
- 9.** SPD refers to Sensory Processing Disorder where the brain fails to establish a proper coordination between the sensory information from the sense organs and response back to the body systems.

SUMMARY

- 10.** ASD refers to Autism Spectrum Disorder which is a multi-level developmental disorder.
- 11.** A child with ASD will have limitation in interaction, behaviour, interest, communications, adjustment and so on.
- 12.** ODD refers to Oppositional Defiant Disorder which is a behavioural problem in a child.
- 13.** A child with ODD will show anger, irritability, disobedience, argue and so on.
- 14.** OCD means Obsessive–Compulsive Disorder which means a child will have obsession of thoughts and will show compulsions of action.
- 15.** Disability etiquette refers to the acceptable behaviour, code of conduct and good manners towards the differently able persons so that they can feel comfortable in the social surrounding.
- 16.** A cumulative effort by each and everyone in the society and a positive attitude of every one will certainly help to open up avenues of physical activities for the children with special needs.