

# A Textbook of Physical Education Class 11

## Chapter 4

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



As per the guidelines of NEP 2020

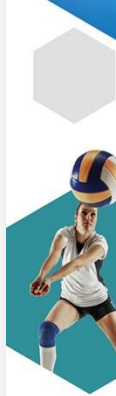
On Board!  
BOOKS



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



Includes  
**COMPETENCY-BASED QUESTIONS (CBQs)**  
Assertion-Reason  
Type Questions  
Data-Based/Picture-Based/  
Case-Based Questions  
MCQs



Revised and Updated

A Textbook of

# Physical Education

Based on the latest CBSE syllabus

XI

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# 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

## (INTELLECTUAL DISABILITY, PHYSICAL DISABILITY)

**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.

**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:

## Causes of Disability

A few major causes of disabilities:

**Genetics:**

**Poverty:**

**Accidents:**

**Diseases:**

**Hormonal Imbalances:**

**Malnutrition:**

**Radiation:**

**Toxicity:**

**Violence and Trauma:**

**Medical Malpractice:**



**Figure 4.2** Physical disability limits the stamina, mobility and physical functioning of the person.

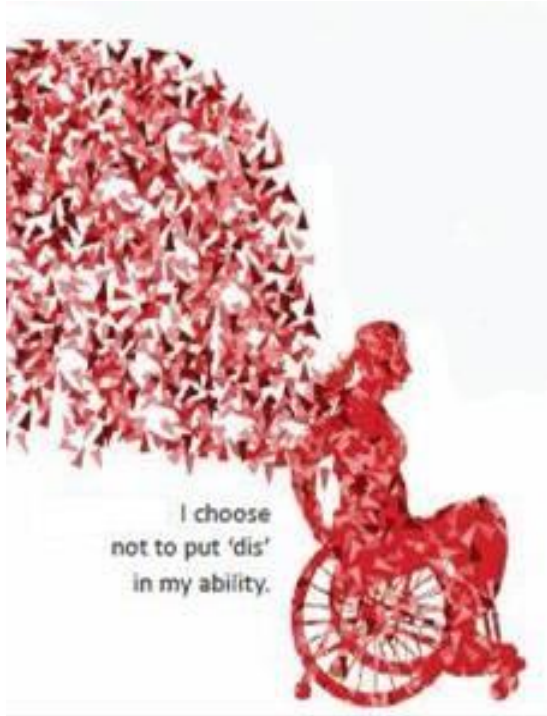
# AIMS AND OBJECTIVES OF ADAPTIVE PHYSICAL EDUCATION

## *Aims of Adaptive Physical Education*

*Adaptive Physical Education is a modified or individualised programme that caters to the special needs of disabled students. With specialised curriculum designs, it creates a space for them to realise physical and mental well-being.*

## *Defining 'Disability'*

*It is a physical or mental condition that limits a person's movements, senses, or activities. It includes blindness, low vision, leprosy-cured, hearing impairment, locomotor disability, mental retardation, etc.*



# Objectives of Adaptive Physical Education

Adaptive physical education aims to:

- develop fundamental motor skills and patterns of students with disabilities, such as running, throwing, catching, etc.
- help students to improve their balance, coordination and posture.
- bring about their participation in activities such as dance, aquatics and other sports.
- make them realise healthy self-esteem through increased physical independence.
- reduce health complications.



# Principles of Adaptive Physical Education

1. It is imperative to have a thorough knowledge of motor behaviours and development patterns of the different kinds of disabilities, and how people with these disabilities vary from their abled counterparts.
2. The activities and programmes should be planned according to the interests of the students and after taking their specific needs into consideration.
3. Routine medical check-up should be conducted not only for pure health benefits, but also to monitor the progress of the students and assess the effectiveness of the programmes.
4. The rules governing physical education classes for abled students cannot be applied to their peers who have special needs. The trainers as such should have the foresight to adapt existing trends.
5. Apart from having sufficient knowledge and experience, the trainers should also have abundant patience, empathy, and strong communication skills.



## ROLE OF VARIOUS PROFESSIONALS FOR CHILDREN WITH SPECIAL NEEDS

**Special Education Counsellor:** To look after the students and their well-being, taking into consideration the academic, vocational, social and psychological factors.

**Occupational Therapist:** To help students perfect their fine motor and visual skills, as well as take care of themselves, etc.

**Physiotherapist:** Helps students with special needs achieve full physical functions.



**Figure 4.4** A physiotherapist helps a child with special needs to achieve complete physical function.



**Figure 4.5** A speech therapist helping a child during a session.

**Physical Education Teacher:** Physical education teachers take the responsibility of ensuring that students with special needs also get their own share of activities such as playtime and exercises, for improvement of their physical health as well as social and emotional skills.

**Speech Therapist:** She/he works with communicative and speech disorders, which may be speech and lingual issues, problems with swallowing and voice, cognitive-communication, etc.

**Special Educator:** Special educators specialise in the field of special education, and are experts in working with students with learning, mental, emotional and physical disabilities.

## SUMMARY

1. The word disability refers to the inability or incompetency in performing any functional work by the body.
2. A disorder is an illness or a dysfunctional factor that affects the physiology and/or psychology of an individual. It can be structural or functional.
3. Disability can be classified as intellectual disability and physical disability.
4. Intellectual disability usually occurs before the age of 18 years and can be characterised as mild, moderate, severe and profound.
5. A child with intellectual disability will show limitations in conceptual, social and practical skills.
6. Physical disability means the limitations in a person's physical functioning. This may affect the person's movement mobility, strength, speed, posture and so on.

## SUMMARY

- 7.** The cause of physical disability may be numerous, some of them being genetic disorder, muscle dystrophy, accidents, inadequate brain development, spinal injury, chemical imbalance in the body, serious illness affecting brain, nervous system, muscular system and so on.
- 8.** To include the differently abled, adaptive physical education was introduced as a sub-discipline. It is a modified or individualised programme that caters to the special needs of disabled students.
- 9.** Adapted physical education is concerned with improving the health and fitness of the child. This includes enhancing motor skills and coordination and subsequently boosting self-esteem.
- 10.** Professionals like special education counsellors, physiotherapists, occupational therapists, etc. should work together with the school authorities and parents in order to improve the health and academic performance of students with special needs.