

## SEMESTER-VIII

### BSc-PE-DSE-11 (4)-603: ADAPTED PHYSICAL EDUCATION

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-11 (4)-603: ADAPTED PHYSICAL EDUCATION	4	3	1	0	Class XII pass	NIL

**Learning Objective:** Students will be educated with the knowledge and importance of adapted physical education with the help of Physical exercises and Sporting activities, which will be beneficial for abled persons.

#### Learning Outcome:

After completing the course, the students will be able to:

- Identify role of physical education in adapted physical education.
- Understand changing concept of disability
- Understand behavioral problems associated with Disability
- Understand Guiding principles for the adapted physical education program (AAHPERD Principle)
- Understand Co-curricular activities for the disabled, outdoor programs for the disabled, and adventure-based outdoor programs

#### THEORY SYLLABUS (45 CREDITS)

##### UNIT – I- INTRODUCTION TO ADAPTED PHYSICAL EDUCATION (12 Hours)

- 1.1 Meaning, definitions, Aims and objectives
- 1.2 Need and importance.
- 1.3 Role of physical education in adapted physical education.
- 1.4 Brief historical review of adapted physical education.

##### UNIT-II- CLASSIFICATION OF DISABILITY (13 Hours)

- 2.1 Changing concept of disability handicaps, retardation, physically and mentally challenged. Physical disability, Characteristics, and Category. Functional limitation, General causes.
- 2.2 Mental retardation and learning disability, Characteristics, Category, Functional limitation, General causes, Hearing and speech impairment. Characteristics,

Category, Functional limitation, General causes, Visual impairment, Characteristics, Category, Functional limitation, General causes.

2.3 Other disabled conditions. Behavioral problems associated with disability, Adjustment problems, Emotional problems, Personality problems, social problems, social stigma, Discrimination, and Social Rejection

### **UNIT-III- ADAPTED PHYSICAL EDUCATION PROGRAMMES (10 Hours)**

3.1 Guiding principles for adapted physical education program (AAHPERD Principle). Physical education program for the disabled of elementary school, middle school, and high school.

3.2 Specially adapted program for various types and categories of physical disability. Regular physical activity Informal games and special activities, Informal and formal competitions.

3.3 Specially adapted program for hearing and speech impairment, visual impairment, mental retardation, and learning impairment. Regular physical activity, Informal games, and special activity, Informal and formal competitions.

### **UNIT-IV-ACTIVITIES FOR DISABLED (10 Hours)**

1.1 Co-curricular activities for the disabled, outdoor programs for the disabled and adventure-based outdoor programs for Creative development and hobby & culture development programs. Aquatic activity program for disabled Importance of activity for disabled.

1.2 Nature of aquatic activity programme based on types of various disabilities and rehabilitative role and importance of aquatic activity Rehabilitation,

1.3 Aims and objectives of rehabilitation, meaning of functional and occupational rehabilitation Importance of adapted program in rehabilitation. Functional rehabilitation, psychological rehabilitation – adjustment, environmental and personality development, and legislative approach

### **SUGGESTED READINGS:**

1. C,Blauwet,(2007).PromotingtheHealthandHumanRightsofIndividualswitha Disabilitythroughthe Paralympic Movement. (ICSSPE,) at 21. (Blauwet-Promoting the Health).
2. K,DePauw&S.Gavron,(2005).DisabilityandSport.(2<sup>n.d</sup>Ed)Illinois:HumanKinetics.
3. R,Metts.(2000).DisabilityIssues,TrendsandRecommendationsfortheWorld Bank(WashingtonD.C.: World Bank,).
4. SportEngland(2000)YoungPeoplewithaDisabilityandSport.London:Sport England.
5. A. (2003). Adapted Physical Education. New Delhi.
6. Varghese, S. (2006). Adapted Physical Education. Delhi: Sports Publication.

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.**