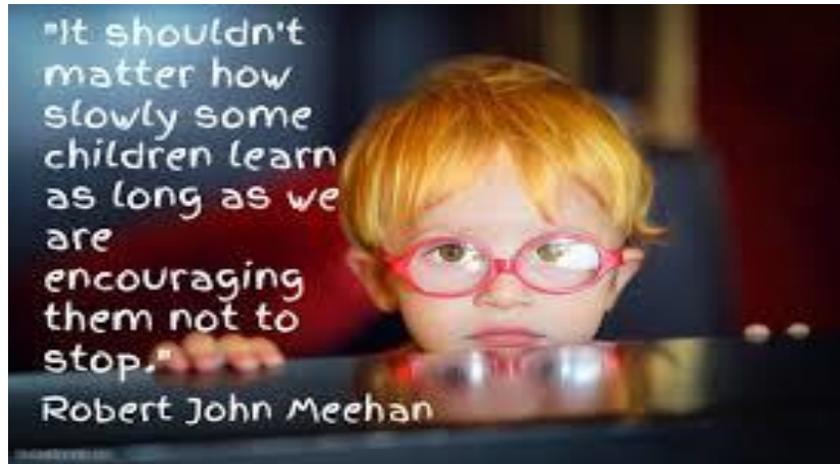


St.PETER'S Sr.Sec. School,Chandigarh

ASSIGNMENT-4

Physical Education and Sports for CWSN

(Children with Special Needs)–Divyang



1 Concept of disability & disorder

2 Types of disability its causes & nature Cognitive disability, intellectual disability, physical disability

3 Type of disorder (ADHD, SPD, ASD, ODD, OCD) its causes & Nature

4 Disability Etiquettes

5 Advantage of physical Activities for children with special needs

6 Strategies to make physical activities assessable for children with special needs.

1. Concept of Disability & Disorder

Disability :- Any disadvantage due to which an individual is not able to perform the activities of normal human life is known as disability.

Disorder : Any disruption due to which an individual is not able to perform his daily human activities is known as disorder.

1. Discuss the type of disability?

Disabilities are mainly three types

(a) Physical (b) Cognitive (c) Intellectual (a) Physical Disability: A physical disability is a limitation on an individual's physical functioning, mobility, dexterity or stamina. Other impairments such as respiratory disorders, blindness, epilepsy and sleep disorders, which limit other facets of daily.

(b) Cognitive Disability: it is a neurological disorder that creates hindrance or obstruction for an individual to store, process and produce information. This ability can affect an individual's ability or capability to read, compute, speak and write.

(c) Intellectual Disability: Intellectual disability is a disability characterised by significant limitations both in intellectual functioning (reasoning, learning, problem solving) and in adaptive behaviour, which covers a range of everyday social and practical skills. Indeed, this disability is related to the individual's thought processes, communication, memory, learning, problem solving and judgement

2. Elaborate the causes of disability



Causes of Disability

There are various causes of disability that are stated below.

1. Genetic Causes. Some disabilities are known to be inherited such as spinal muscular atrophy and muscular dystrophy. Abnormalities in genes and genetic inheritance cause intellectual disability in children. Sometimes diseases, illnesses and over exposure to X-rays may cause genetic disorder.

2. Poverty. Poverty is one of the major causes of disability. Generally, it is seen that poor persons are the most vulnerable to disability because they live and work in unsafe environment with poor sanitation. They don't have good living conditions. They usually have little access to education, safe drinking water and proper nutrition.

3. Mental Health Problems: Mental health problems such as depression, bipolar disorder, etc., may lead to disability. As a matter of fact, the causes of mental health

problems are very difficult to diagnose. They tend to be some of the most misunderstood disabilities.

4. Accidents: Nowadays, life is so fast that accidents may occur anywhere, anytime and to anyone. These accidents may happen at workplace, on the roads or in the air. These accidents may lead to disability.

5. Infectious Diseases: Infectious diseases may also cause disabilities. If the immunity power of a child is low, he is susceptible to fall sick or contract more serious illnesses. If a child is not immunised well, he becomes vulnerable to infectious diseases like mumps, which can cause hearing impairment or polio, which can cripple the child.

6. Disturbance in Endocrine Glands: Disturbance in endocrine glands may also lead to disability. Owing to such disturbance, a child may suffer from various physical and mental deficiency.

7. Malnutrition: Malnutrition is another significant cause of disability, especially our country. If a child does not get appropriate nutrition, he may be physically weak. Even deficiency of calcium leads to malformation of bones. Deficiency of iodine may diminish the growth of body. Similarly, deficiency of vitamin 'A' may cause blindness, in children. Deficiency of vitamin B12 may lead to loss of memory and cause paralysis.

8. Poor Approach to Health Care. Many disabilities can be prevented easily, if it is proper access or approach to health care facilities. Sometimes, good health care facilities are not available during difficult labour and birth. It may cause a baby to be born with a disability such as cerebral palsy. Professionally trained persons could handle such emergencies. They can prevent babies from being born with such disabilities. Proper immunisation can also help in preventing many disabilities. Usually people who live in remote areas, do not have proper access to health care facilities, and thus, sometimes babies suffer disabilities.

9. Nuclear Accidents. Many persons have suffered after being exposed to radiation. It nuclear radiations has also been increase in the number of children born with cognitive disabilities such as Down Syndrome.

10. Toxic Materials Pesticides Insecticides: Toxic materials like lead and mercury, etc. found in various products, use of insecticides and pesticides, other harmful chemicals may cause disabilities in people and birth defects in babies. As a matter of fact such toxic materials may cause damage to brain which ultimately leads to disabilities.

11. Illnesses: The illnesses like cancer, heart attack, diabetes, etc., cause a number of long-term disabilities. Arthritis, back pain, musculoskeletal disorders, etc., are also significant causes of disability. Some illnesses to pregnant woman may cause physical or learning problems to her baby when born.

12. Lack of Education: Lack of education may lead to disability. Generally, labourers are not educated. They fall prey to certain diseases which can be avoided

by using scientific methods or by taking precautions. But due to ignorance they do not adopt such precautionary methods. Hence, their chances to get a disability are rised.

13. Wars. It is usually seen in wars that the most of the civilians are killed or disabled along with the soldiers. Bomb explosions cause people to become deaf, dumb and lose their limbs. Not only the physical health but mental health of the individuals is also badly affected by nuclear, biological and atomic weapons.

14. Medicines and Vaccines. No doubt medicines and vaccines are essential to protect health and prevent disability but there are a number of practitioners in the medical field who are not qualified or registered. They don't take proper care while dealing with patients. The use of unclean syringes may cause serious diseases like hepatitis or HIV/AIDS. Improperly stored as well as wrong vaccines may cause allergic reactions, poisoning and deafness to child.

15. Dangerous Working Environment. If individuals work in factories, mines or in agricultural fields under improper working environment, they may be exposed to dangerous machinery, tools or chemicals and wide variety of health hazards. In such conditions they may get disabilities on the long-run.

3. What are the Type of Disorder?

1. ADHD (Attention Deficit Hyper activity Disorder) 2. SPD: Sensory Processing Disorder 3. ASD: Autism Spectrum Disorder 4. OCD: Obsessive Compulsive Disorder 5. ODD: Opposite Defiant Disorder

1. ADHD (Attention Deficit Hyper activity Disorder)

Attention deficit hyperactivity disorder is a group of behavioural symptoms that include inattentiveness, hyperactivity & impulsiveness.

3. ASD: (Autism Spectrum Disorder) It is a neurological and developmental disorder in which have difficulty with communication, language, social skill and behavior.

OCD: (Obsessive Compulsive Disorder) This is a mental disorder that causes repeated unwanted thoughts.

ODD: Opposite Defiant Disorder

Symptoms of ODD .Behavioural - Arguing - Fighting - Refuse to follow rules - Blaming to other - Willingly Break up of friendship - Repeated Disobedience

Cognitive

Frequent frustration - Difficulty in concentrating - Failure to think before speak - Remain stressed & worried - Lack of concentration

Difficulty in Making of friends - Feeling of annoyance - Irritate to work on their choice.

Nature of Disorder: 1. Impairment in social Interaction and developmental language and communication skills, 2. Disorder usually concerned with Nervous system, 3. Behavioural Problems, 4. Limits to perform activities 5. Not Permanent, 6. Mostly gain by birth.

4. What is the nature of Autism Spectrum Disorder (ASD)?

Ans. Autism Spectrum Disorder (ASD) is a complex neurobehavioural condition that includes impairment in social interaction and developmental language and communication skills combined with rigid, repetitive behaviours. Children with autism may have repetitive, stereotyped body movements such as rocking, pacing or hand flapping. They may have unusual responses to people, attachments to objects, resistance to change in their routines, or aggressive or self-injurious behavior.

At times they may seem not to notice people, objects, or activities in their surroundings.



5. What is the nature of Oppositional Defiant Disorder (ODD)?

Ans. Children and teens with Oppositional Defiant Disorder (ODD) have behavioural problems, such as attention deficit disorder, learning disabilities, mood disorder (such as depression), and anxiety disorders. Some children with ODD go on to develop a more serious behavior disorder called conduct disorder. These children exhibit the habit of excessively arguing with adults, especially those with authority. They may actively refuse to complete with requests and rules and deliberately trying to annoy or upset others, or being easily annoyed by others. Blaming others for your mistakes and frequent outbursts of anger and resettlement are common among them.

6. What is the nature of Obsessive-compulsive disorder (OCD)?

Ans. Obsessive-compulsive disorder (OCD) is a potential disabling illness that traps people in endless cycles of repetitive thoughts and behaviors. People with OCD are plagued by recurring and distressing thoughts, fears, or images (obsessions) they cannot control. Such people used to have fear of dirt or contamination by germs or fear of causing harm to another or making mistakes. Fear of being embarrassed or behaving in a socially unacceptable manner or fear of thinking evil or sinful thoughts become part and parcel of their life. Similarly, need for order, symmetry or exactness, excessive doubt and the need for constant reassurance hunt them always.

7.Explain the disability etiquettes in details?

Ans. (1) Term used: We should not use the term as handicapped, mentally challenged, physically challenged & disabled person for any disabled human being rather should be called as “person with disability” or “DIVYANG”.

(2) Companion: Never talk to person with disability through a companion.

(3) Shake hand: When dealing with person with disability always offer him to shake hand first.

(4) Assistance: If assistance is offered to the person with disability then wait until the offer is accepted.

(5) Adult: Always treat Adult as an adult.

(6) Address: Address the people who have disability by their first name only as address to others.

Explain the advantages of physical activities for children with special needs. Ans. (1) Physical improvement: Improvement in concentration. * Improvement in flexibility * Improvement in strength * Improvement in endurance * Improvement in cardiovascular efficiency * Decrease the Risk of obesity * Better overall fitness. Improvement in Motor ability

Minimize joint swelling.

(2) Mental improvement. Improvement in mood. Improvement in wellness.

Improvement in the working of nervous system.

Brain releases endorphins that help to feel good and ease from depression and anxiety.

(3) Improved the sense of self-esteem. feeling of greater self efficiency

(4) Sociological Gains. New experiences. New friendship . feel of independence

(5) Good health. Low risk of disease.

8.Explain the strategies to make physical activities accessible for children with special needs?



1. Medical Check-up: First of all, it is essential to have a medical check-up of all the children with special needs or with various disabilities. Because without medical check-up, the teachers of physical education cannot come to know about the type of disability the child is facing. Indeed, if we really want to make physical activities accessible for the children with special needs, we need to understand the type of disabilities of the children.

2. Physical Activities Must Be Based on Interests of Children: Indeed, physical activities must be based on the interests, aptitudes, abilities, previous experience and limitations of children with special needs. So, the teachers of physical education should have a deep knowledge of limitations, interests and aptitudes of children. After that physical activities can be made accessible for children with special needs more



easily.

3. Equipment Related to Physical Activities Should Be According to the Needs of children: The equipments/ objects related to physical activities should be according to the needs of children. These equipment should vary in size, shape, colour and weight. These equipment should be according to the capability and level of children. A child with visual impairment should use bright coloured ball. A yarn should be tied to the ball to bring the ball back to children. So, various types of equipment must be provided for children with special needs.

4. Specific Environment Should Be Provided: The area of physical activities should be limited as movement capabilities of children with special needs are limited. Specially, in case of children who have autism, they must be provided specific playing area because they may need some time to relax. Light

and sound are also vital for making good environment for such children.



5. A Variety of Different Instructional Strategies Should Be Used: For performing various types of physical activities, a variety of different instructional strategies such

as verbal, visual and peer teaching should be used. It can give children the opportunity to start learning on their own and become more independent. Pictorial books are also vital in terms of instructions regarding physical activities.

6. Rules Should Be Modified According to the Needs of Children with Disabilities: In the beginning, rules of the physical activities should be simple but later on these rules can be modified according to the needs of the children. They can be provided extra attempt or time to perform a physical activity. They can also be given additional resting time before doing the next physical activity.

7. Children's Previous Experience Must Be Taken into Consideration: For making physical activities more accessible for children with special needs, the concerned teacher of physical education should have comprehensive understanding and knowledge of children's previous experience about physical activities.

In conclusion it can be said that the above mentioned strategies are very significant to make physical activities accessible for children with special needs.

Some questions to check what we have learnt.....

1. Which is not a disability :

- (a) Hearing (b) Speech
- (c) Vision (d) ADHD

2. Most suitable word used for disable person:

- (a) Handicapped (b) Retarded
- (c) Divyang (d) Blind

3. Olympics for physical handicapped categories

- (a) Winter Olympics (b) Paralympics
- (c) Summer olympics (d) Deefolympics

Q.4. Which is a disorder:

- (a) Disrupts a person's performance (b) It is a mental illness
- (c) Lethal Gradually (d) It is a physical inability

4. ASD is -----

- (a) Austism spectrum Disorder (b) Austism special disability
- (c) Automatic special disorder (d) Austism seusory disorder

5. Child is not able to adjust within society is suffering from

- (a). ADHD (b) ASD (c) ODD (d) OCD

5. Expended form of OCD is

- (a) Opposite compolsive defect (b) Obsessive compulsive disability []
- (c) Obessive compulsive disorder (d) Opposite compare disorder.



Children with special needs need a supportive network of parents, teachers and community. They are also integral part of our society.

NO LIMITS

— Prasad Gadar

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