

# 4

## Physical Education and Sports for CWSN

(Children with Special Needs-Divyang)

### Fastrack« Revision

- ▶ **Disability:** The term disability means physical, cognitive, developmental, sensory or mental impairment that can hamper or reduce a person's ability to carry out his day-to-day activities and interaction with the world around them. Disabilities can affect people in different ways, even when one person has the same type of disability as another person. A disability may be present from birth or may occur during a person's lifetime.
- ▶ **Organisations Promoting Disability Sports**
  - ▶ International Federation of Adapted Physical Activity (IFAPA), encourages international cooperation in the field of physical activity for the benefit of individuals of all abilities, to promote, stimulate and support research in the field of adapted physical activity throughout the world. It assists and guides the Paralympics, Special Olympics, Deaflympics and other organisations and agencies which work under it.
- ▶ **Special Olympics**
  - ▶ Special Olympics were started by Eunice Kennedy Shriver, sister of former President of the United States of America, John F Kennedy. The idea was born out of Shriver's experience of witnessing the social exclusion of people with intellectual disabilities who were routinely placed in custodial institutions. Shriver believed that with equal opportunities and experiences as everyone else, people with intellectual disabilities could accomplish far more than ever thought possible. She was convinced that children with intellectual disabilities could be exceptional athletes and that through sports they can realise their potential for growth.
  - ▶ In 1962, Shriver founded Camp Shriver, a camp for children with special needs that was held on her Maryland farm. Camp Shriver later evolved into the Special Olympics. Shriver founded the Special Olympics in 1968.
  - ▶ Special Olympics is the world's largest sports organisation for children and adults with intellectual disabilities and physical disabilities, providing year-round training and activities to 5 million participants and Unified Sports partners in 172 countries.
  - ▶ The Special Olympics World Games is a major event put on by the Special Olympics Committee. The World Games alternate between summer and winter games, in two-year cycles, recurring every fourth year. The first games were held on July 20, 1968, in Chicago, Illinois, with about 1000 athletes from the U.S. and Canada. The most recent World Summer Games were held in Abu Dhabi, United Arab Emirates, from March 14 to March 21, 2019. The next World Summer Games will be held in Berlin, Germany, between June 16 to June 25, 2023.
- ▶ **Logo and Oath**
  - ▶ The Special Olympics logo is based on the sculpture 'Joy and Happiness to all the Children of the World' by Zurab Tsereteli. The logo is a symbol of growth, confidence and joy among children and adults with disabilities who are learning coordination, mastering skills, participating in competitions and preparing themselves for richer, more productive lives. The Special Olympics athlete's oath, which was first introduced by Eunice Kennedy Shriver at the inaugural Special Olympics international games in Chicago in 1968, is 'Let me win. But if I cannot win, let me be brave in the attempt.'
- ▶ **Programmes Run by Special Olympics Around the World**
  - ▶ **Young Athletes Programme:** For young people with and without intellectual disabilities between the ages of 2-7, Special Olympics has a Young Athletes Programme — an inclusive sport and play programme with a focus on activities that are important to mental and physical growth. Children engage in games and activities that develop motor skills and hand eye coordination.
  - ▶ **Unified Sports Programme:** In recent years, Special Olympics has pioneered the concept of Unified Sports, bringing together athletes with and without intellectual disabilities as team-mates. The basic concept is that training together and playing together can create a path to friendship and understanding. The programme has expanded beyond the U.S. and North America. More than 1.4 million people worldwide now take part in Special Olympics Unified Sports. The goal is to break down stereotypes about people with intellectual disabilities and promote unity.



- **Healthy Athletes Programme:** This programme offers health screenings to athletes in need. In 1997, Special Olympics began an initiative called Healthy Athletes that currently offers health screenings in seven areas: Fit Feet (podiatry), FUN fitness (physical therapy), Health Promotion (better health and well-being), Healthy Hearing (audiology), MedFest (sports physical exam), Opening Eyes (vision) and Special Smiles (dentistry). Screenings educate athletes on health issues and also identify the problems that may need additional follow-up.

#### ➤ **Special Olympic Sports Rules/Guidelines**

- Athletes shall be divided into competition division based upon their ability, age and sex. Competition divisions are structured so that an athlete competes against another athlete of similar ability.
- Special Olympics has more than 30 Olympic-types individual and team sports that provide meaningful training and competition opportunities for people with intellectual disabilities.
- At competitions, medals are awarded to the first, second and third-place winners in each event, and ribbons are awarded to athletes who finish in fourth through eighth place.
- To participate in Special Olympics, a person must be at least 8 years old and identified by an agency or professional as having one of the following conditions: intellectual disabilities, cognitive delays as measured by formal assessment, or significant learning or vocational problems due to cognitive delay that requires or has required specially designed instruction.

#### ➤ **Special Olympics Bharat**

- Special Olympics Bharat is a National Sports Federation, registered under the Indian Trust Act 1882, in 2001 and is accredited by Special Olympics International to conduct Special Olympics Programmes in India. It is recognised by the Ministry of Youth Affairs and Sports, Government of India as a National Sports Federation in the Priority Category, for development of Sports for Persons with Intellectual Disabilities. It was founded in 1987 as Special Olympics India, and from 2001 it became as Special Olympics Bharat.

#### ➤ **Mission of Special Olympics Bharat**

- The mission of Special Olympics Bharat is to provide year-round sports training and athletic competition in 25 Olympic-style individual and team sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.
- Special Olympics Bharat organise training and competitions at local, district, state, national and international levels.

#### ➤ **Objective of Special Olympics Bharat**

- Focus on holistic development and training that goes beyond the classrooms into the playing fields, cultural and community centres, to motivate children with disabilities to join and remain in school.
- Create role models who will inspire the children and also motivate parents into sending their children to school and to participate in sports and other extra-curricular activities.
- Train teachers to sensitize them to needs of special children, and create a cadre of physical education teachers from among the disabled who can work with schools and community centres.
- Ensure maximum involvement of community for greater public understanding and acceptance of people with intellectual disabilities.

#### ➤ **Paralympics**

- The Paralympic Games or Paralympics is a periodic series of international multi-sport events involving athletes with a range of physical disabilities, including limb deficiency, leg length difference, short stature, vision impairment and intellectual impairment. All Paralympic Games are governed by the International Paralympic Committee (IPC).
- In 1948, Jewish-German born Dr. Ludwig Guttmann of Stoke Mandeville Hospital, Great Britain hosted a sports competition for British World War II veteran patients with spinal cord injuries. The first games were called the 1948 International Wheelchair Games. Guttmann's aim was to create an elite sports competition for people with disabilities that would be equivalent to the Olympic Games.
- The first official Paralympic Games was held in Rome, Italy in 1960. Since 1960, the Paralympic Games have taken place in the same year as the Olympic Games. The Games were initially open only to athletes in wheelchairs; at the 1976 Summer Games, athletes with different disabilities were included for the first time at a Summer Paralympics.
- 'Spirit in Motion' is the motto for the Paralympics. The symbol for the Paralympics contains three colours, (red, blue, and green) which are the colours most widely represented in the flags of nations.

#### ➤ **International Paralympic Committee**

- The International Paralympic Committee is the global governing body of the Paralympic Movement. The president of the IPC is Andrew Parsons. The IPC's international headquarters are in Bonn, Germany. The IPC is responsible for organising the Summer and Winter Paralympic Games. It also serves as the International Federation for nine sports, supervising and coordinating the World Championships and other competitions for each of the nine sports it regulates. The vision of the IPC is, "to enable Paralympic athletes to achieve sporting excellence and to inspire and excite the world." The Paralympic anthem is 'Hymne de l'Avenir' or 'Anthem of the Future'. It was composed by Thierry Darnis and adopted as the official anthem in March 1996.



▶ **Concept of Classification and Divisioning in Sports**

The concept of classification and divisioning is a process used in disability sports for providing even and fair competition for athletes with disability through grouping of athletes.

Classification process adopted by paralympics assigns categories to athletes based on different types of disabilities, on the other hand, divisioning process of special olympics is a performance based system of grouping athletes based on their skill level.

- ▶ **Classification in Paralympics:** Paralympic games, through the International Paralympic Committee (IPC), has developed classification process which can contribute to sporting excellence for all athletes and sports in the paralympic movement and providing equitable competition. According to IPC, the classification process serves two roles. The first is to determine who is eligible and the second is to group sports people for the purpose of competition.

▶ **Classification in Paralympics (Eligible impairment)**

- ▶ **Physical Impairment:** There are eight different types of physical impairment:

- **Impaired Muscle Power:** With impairments in this category, the force generated by muscles, such as the muscles of one limb, one side of the body or the lower half of the body is reduced. For example, spinal cord injury, spina bifida, post-polio syndrome.
- **Impaired Passive Range of Movement:** Range of movement in one or more joints is reduced in a systematic way. Acute conditions such as arthritis are not included in this category.
- **Loss of Limb or Limb Deficiency:** A total or partial absence of bones or joints from partial or total loss due to illness, trauma, or congenital limb deficiency. *e.g.*, amputation, dysmelia.
- **Leg-length Difference:** Significant bone shortening occurs in one leg due to congenital deficiency or trauma.
- **Short stature:** Standing height is reduced due to shortened legs, arms and trunk, which are due to a musculoskeletal deficit of bone or cartilage structures. *e.g.*, achondroplasia, growth hormone deficiency, osteogenesis imperfecta.
- **Hypertonia:** Hypertonia is marked by an abnormal increase in muscle tension and reduced ability of a muscle to stretch. Hypertonia may result from injury, disease, or conditions which involve damage to the central nervous system. *e.g.*, cerebral palsy.
- **Ataxia:** Ataxia is an impairment that consists of a lack of coordination of muscle movements. *e.g.*, cerebral palsy, Friedreich's ataxia, multiple sclerosis.
- **Athetosis:** Athetosis is generally characterised by unbalanced, involuntary movements and a difficulty maintaining a symmetrical posture (*e.g.* cerebral palsy, choreoathetosis).

- ▶ **Visual Impairment:** Athletes with visual impairment ranging from partial vision, sufficient to be judged legally blind, to total blindness. This includes

impairment of one or more component of the visual system – eye structure, receptors, optic nerve pathway, and visual cortex.

- ▶ **Intellectual Disability:** Athletes with a significant impairment in intellectual functioning and associated limitations in adaptive behaviour fall under the category of intellectual disability. The IPC primarily serves athletes with physical disabilities, but the Intellectual Disability group has been added to some Paralympic Games. This includes only athletes with exceptional athletic ability who have intellectual disabilities diagnosed before the age of 18. However, the IOC recognised Special Olympics World Games are open to all people with intellectual disabilities.

▶ **Divisioning in Sports by Special Olympics**

Special olympics uses a competitive-level matching or grouping referred to as divisioning which is a fundamental rule at special olympics. Athletes in competitions are matched with others of the same gender, about the same age and most importantly, of about the same competitive ability.

▶ **Process of Divisioning**

In the process of divisioning, athletes are firstly categorised as per their age group which is different for individual and team sports followed by gender and lastly by their ability.

• **Age**

Team Sports	Individual Sports
15 and under	8-11 years
16-21 years	12-15 years
22 and above	16-21 years
	22-29 years
	30 and above

- **Gender:** In the second step, athletes are grouped as per gender, in some circumstances gender can be combined too.
- **Ability:** Finally athletes in Special Olympics are grouped according to their skill abilities scores which are recorded by committee through preliminary and on-site events.

- ▶ **Maximum Effort Rule:** To achieve the intentions of fairness, there is a 'maximum efforts rule', wherein athletes are expected to give their maximum effort during divisioning process and coaches are expected to motivate all athletes towards giving their best. Special Olympics Athletes who do not participate honestly and do not adhere to the maximum effort rule in all preliminary trials or final rounds violate the true spirit of competition and may even be disqualified from competition.

▶ **Paralympic Committee of India**

- ▶ The Paralympic Committee of India (PCI) is the body responsible for selecting athletes to represent India at the Paralympic Games and other international athletic meets and for managing the Indian teams at the events.



- In India "Physically Handicapped Sports Federation of India" was the first organisation that was formed in 1992 by Mr. M. Mahadeva, an Arjuna Awardee and Paralympian. Later the name was changed to the Paralympic Committee of India (PCI) which is now the Governing Body of Paralympic Sports in India. It is recognised by both, IPC and the Ministry of Youth Affairs and Sports, Govt. of India. The Head Office of PCI is located in Delhi while the Registered Office is in Bengaluru.

#### ➤ **Aims and Objectives of Paralympic Committee**

- To promote and contribute to the development of sport opportunities and competitions from the start to elite level.
- To develop opportunities for athletes with a severe disability in sport at all levels and in all structures.
- To promote the self-governance of each Paralympic Sports Federation as an integral part of the National sport movement, whilst at all times safeguarding and preserving its own identity.
- To ensure the spirit of fair play prevails, the health risk of the athletes is managed and fundamental ethical principles are upheld.
- To identify disabled athletes throughout India, imparting necessary training to them and preparing them to take part in State, National and International Sports meets.

#### ▶ **Deaflympics**

- The Deaflympics are a periodic series of multi-sport events sanctioned by the International Olympic Committee (IOC) at which Deaf athletes compete at an elite level. Unlike the athletes in other IOC-sanctioned events (the Olympics, the Paralympics, and the Special Olympics), athletes cannot be guided by sounds (such as starting pistols, bullhorn commands or referee whistles). The games have been organised by the Comité International des Sports des Sourds (CISS, "The International Committee of Sports for the Deaf") since the first event in Paris in 1924.
- Officially, the games were originally called the 'International Games for the Deaf' from 1924 to 1965. From 1966 to 1999 they were called the 'World Games for the Deaf'. From 2001, the games have been known by their current name Deaflympics (often mistakenly called the Deaf Olympics).
- Twenty three (23) Summer Games, have been held consistently at 4-year intervals since the initial Paris games. The only exceptions were the cancellation of 1943 and 1947 Games because of World War II, and an additional event, the Deaflympic Winter Games, was added in 1949.

#### ▶ **Inclusion**

Inclusion is a vast concept that implies including everyone in education without being judgemental about the abilities, appearance, economic condition, etc., of the participants. Inclusion plays a big role in creating a safe, comfortable and emotionally secure environment in any educational institution.

#### ➤ **Need for Inclusive Education**

- It helps students to build self-esteem and build and maintain friendships.
- It improves social and communication skills.
- In an inclusive classroom, students with or without special needs understand and appreciate the strengths and weaknesses of their education.
- Inclusive education leads to better academic performance than is exclusive education.

#### ➤ **Implementation of Inclusive Education**

India should emphasize on the measures for effective implementation of inclusive education. Some of these measures are as follows:

- Ensuring effective implementation of the Right to Education in all states so that no child is left out of the ambit of education so that we are able to take care of the needs of CWSN.
- Encouraging a flexible approach towards curriculum transaction whereby teachers and students are able to diagnose and resolve the problems that they face during the teaching learning process.
- Involving parents as partners and as a resource in the decision-making process for enhancing their child's learning so that a collaborative effort results in effective inclusive education.
- Providing students related materials like uniforms, books, stationery, transport allowance, stipend for girls, boarding and lodging facilities, therapeutic services, teaching and learning materials, assistive devices, etc., to CWSN from the school.

#### ▶ **Advantages of Physical Activities for Children with Special Needs**

- **Physical Benefits:** Regular involvement in physical education and sport can help children with intellectual disabilities to develop their gross motor and fine motor skills which may improve their overall performance. When encouraged to participate in a regular fitness routine, many CWSN show improvement in hand-eye coordination and flexibility, muscle strength, endurance, and even cardiovascular efficiency.
- **Mode of Recreation and Fun:** CWSN frequently miss out on social activities, recreation and fun. Participation in extracurricular and sports activities can help them overcome this obstacle, providing them with the ability to engage in social interactions, make friends and initiate social skills.
- **Improved Emotional Health:** CWSN often tend to have more emotional problems like depression. Participating in regular exercise can be a life-changing benefit by improving mental health and well-being. Physical activity can also improve general mood and wellness, which aid in empowering the lives of children with special needs.
- **Psychological Benefits:** Physical activity improves general mood and wellness in CWSN by improving their self-esteem, social awareness, and self-confidence, all of which factors are essential for empowering their lives. On the one hand; the physical outlet provided by sports and physical activity reduces anxiety, stress and depression, and on the other hand interaction



and involvement with other students gives children a sense of accomplishment and confidence.

- **Healthy Lifestyle:** Physical activities are beneficial for CWSN because these activities reduce or decrease the risk of various health complications like high blood pressure, diabetes and at the same time improve appetite and sleeping disorder.
- **Behavioural Benefits:** Sports and Games help the child learn to practice self-regulation and enhance their decision-making skills. In addition, CWSN can learn to focus on specific goals, and work on their verbal communication by interacting with peers on the sports field. Sports and physical education teach children a range of skills that including teamwork, problem solving abilities, increased attention span, and focus on task-based behaviour.
- **Increased Independence:** For a person with a disability, an increase in physical activity can lead to more independence and freedom. Increased physical strength and energy that come from regular exercise allows persons with disability to do more daily tasks without assistance.

#### ▶ Strategies to Make Physical Activities Accessible for CWSN

- Participation in physical activity is beneficial for all children, including those with disabilities. In fact, participation of children with disabilities in sports and recreational activities promotes inclusion, minimises deconditioning, optimises physical functioning, and enhances overall well-being. Despite these benefits, children with disabilities are more restricted in their participation, have lower levels of fitness, and have higher levels of obesity than their peers without disabilities.

Following strategies should be taken into consideration to make physical activities accessible for CWSN:

- **Communication:** Advance information about activity, space, resource person or any change in activity should be communicated clearly. A variety of different instructional strategies such as verbal, visual and peer teaching should be used for performing various types of physical activities so that children get opportunity to participate in physical activity. The teacher could use visuals or social story about the activity. Give positive, corrective or specific feedback. As per the ability of the child, specific instruction must be

provided in simple words and sentences. The tone should be low and one instruction should be given at a time. If necessary, a communication board or communication book could be used.

- **Space:** Space should be approachable for people having physical disability. Space for activities should be disturbance free (noise, heat, cold, texture of floor, audience etc.). Boundaries should be demarked clearly as starting point, finishing point, sitting area.
- **Equipment:** A lack of appropriate equipment, coupled with a lack of professionals trained to support physical activity among children and youth with different ability levels, discourages participation. In recent years several modified devices are on offer for adapted sports. There are many examples of simple and sophisticated equipment, including computerised devices like wheelchairs for recreation and sport activities.
- **Social Strategies:** Allow the child to choose a sport she/he enjoys. It's easier for children to be motivated when they enjoy the activity. At first, encourage the child with special needs to watch others. Let the child see people having fun as they play. Then, start with individual training, transfer to small group with supervision and reminder. Be a mediator to interact with other members of group. Keep individual check on each person participation and motivate them with reminder whenever they get distraction.
- **Psychological Strategies:** Because of previous exclusion or limited access, children with disabilities need a lot of motivation to participate in physical activity. Changing attitudes is the key to increasing participation. These barriers include attitudes, opinions and perceptions preventing participation in sport. Once children see improvements in muscle strength, coordination, and flexibility and experience better balance, motor skills and body awareness, they will have positive changes towards sports.
- **Graded Activities:** During initial stage activities should be simple and the activity should be based on a single action. There should be a gradual move from non-locomotor to locomotor (such as running, jumping, hopping, and sliding) to manipulated activities (such as throwing, catching, kicking, overhead throw, and underhand roll). The activity must be practised with progressive count, or even performed dramatically with rhymes or songs with voice modulation so they enjoy the activities.



## Practice Exercise



### Multiple Choice Questions

Q 1. IFAPA stands for:

- International Federation of Adapted Physical Activity
- International Federation of Adapted Physical Academy
- International Federal of Adaptive Physical Activity
- International Fraternity of Adapted Physical Authority

Q 2. The founder of Special Olympics was:

- Eunice Kennedy Shriver
- John F. Kennedy
- Lyndon B. Johnson
- Zurab Tsereteli

Q 3. The first Special Olympics Games were held in:

- New York
- Paris
- Chicago
- Washington D.C.



- Q 4. The first World Winter Special Olympics Games were held in:**  
a. 1962    b. 1987    c. 1960    d. 1977
- Q 5. Which of the following programme(s) is run by Special Olympics?**  
a. Unified Sports Programme  
b. Healthy Athletes Programme  
c. Young Athletes Programme  
d. All of the above
- Q 6. Choose the incorrect statement from the following:**  
a. Special Olympics has more than 30 Olympic-type individual and team sports.  
b. At competitions, ribbons are awarded to athletes who finish in fourth through eighth place.  
c. To participate in Special Olympics, a person must be at least 18 years old.  
d. In Special Olympics, athletes are divided into competition division based upon their ability, age and sex.
- Q 7. Special Olympics Bharat was founded in 1987 as:**  
a. National Special Olympics  
b. Special Olympics India  
c. National Sports Olympics  
d. Special Olympics Hindustan
- Q 8. The reason Paralympic Games got their name was because:**  
a. they were meant for athletes suffering from paraplegia.  
b. they run alongside or parallel to the Olympic Games.  
c. the athletes are paragons of their sports.  
d. they are attended by a large number of paramedics.
- Q 9. Paralympic Games was a 1948 sporting competition held at Stoke Mandeville hospital in:**  
a. England    b. United States of America  
c. Germany    d. Greece
- Q 10. IPC stands for:**  
a. Intellectual Paralympic Confederation  
b. International Paralympic Conspiracy  
c. International Paralympic Committee  
d. Intellectual Paralympic Committee
- Q 11. The first official Paralympic Games was held in:**  
a. Rome    b. Schladming  
c. Bonn    d. Illinois
- Q 12. The motto of the Paralympics is:**  
a. together for a shared future  
b. spirit in motion  
c. faster, higher, stronger  
d. touch the sky with glory
- Q 13. The Paralympic anthem was composed by:**  
a. Spyridon Samaras    b. Thierry Darnis  
c. Brande Aristortle    d. Andrew Parsons
- Q 14. Grouping process associated with paralympics is referred as:**  
a. divisioning    b. classification  
c. grouping    d. categorisation
- Q 15. Rule used by Special Olympics to achieve the intentions of fairness is referred as:**  
a. maximum effort rule    b. honest effort rule  
c. best effort rule    d. minimum effort rule
- Q 16. Physically Handicapped Sports Federation of India was formed by:**  
a. Murlikant Petkar  
b. M. Mahadeva  
c. Joginder Singh Bedi  
d. R. Rahelu
- Q 17. In which year, first Deaflympics were organised? (CBSE 2023)**  
a. In 1949    b. In 1924  
c. In 1992    d. In 1987
- Q 18. Right to education provides free education for all children within the age group of:**  
a. 5-10 yrs    b. 6-14 yrs  
c. 10-18 yrs    d. 2-7 yrs
- Q 19. School management needs to recognise the essential place of physical activity in the education of children with special needs.**  
**Which of these is not one of the results of physical activities in children with special needs? (CBSE SQP 2023-24)**  
a. Improvement in confidence  
b. Improvement in endurance  
c. Increase in depression  
d. Better hand-eye coordination
- Q 20. Watching others play and enjoy which in turn motivates the child with special need to participate is a part of which kind of strategy? (CBSE SQP 2022-23)**  
a. Mental    b. Physical  
c. Psychological    d. Social



### Assertion & Reason Type Questions

**Directions (Q. Nos. 21-24):** There are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the appropriate option from the options given below:

- a. Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).  
b. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).  
c. Assertion (A) is true, but Reason (R) is false.  
d. Assertion (A) is false, but Reason (R) is true.

**Q 21. Assertion (A):** Special Olympics is the world's largest sports organisation for children and adults with intellectual disabilities and physical disabilities.

**Reason(R):** The Special Olympics oath is: "Let me win. But if I cannot win, let me be brave in the attempt."

**Q 22. Assertion (A):** The mission of Special Olympics Bharat is to provide year-round sports training and athletic competition in 30 Olympic-style individual and team sports for children and adults with intellectual disabilities.

**Reason(R):** Special Olympics Bharat is a National Sports Federation, registered under the Indian Trust Act 1882, in 2001 to conduct Special Olympics Programmes in India.



Q 23. Assertion (A): The Paralympic Committee of India is responsible for organising the Summer and Winter Paralympic Games.

Reason(R): Its main aim is to identify disabled athletes, imparting necessary training to them and preparing them to take part in State, National and International Sports meets.

Q 24. Assertion (A): CWSN often tend to have more emotional problems like depression.

Reason(R): Sports and Games help CWSN to reduce anxiety, stress and depression.

### Answers

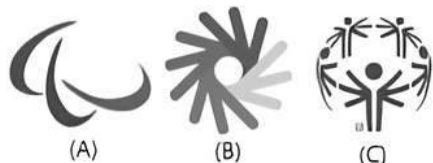
- (a) International Federation of Adapted Physical Activity
- (a) Eunice Kennedy Shriver
- (c) Chicago
- (d) 1977
- (d) All of the above
- (c) To participate in Special Olympics, a person must be at least 18 years old.
- (b) Special Olympics India
- (b) they run alongside or parallel to the Olympic Games.
- (a) England
- (c) International Paralympic Committee
- (a) Rome
- (b) spirit in motion
- (b) Thierry Darnis
- (b) classification
- (d) minimum effort rule
- (b) M. Mahadeva
- (b) In 1924
- (b) 6-14 yrs
- (c) Increase in depression
- (d) Social
- (b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- (d) Assertion (A) is false, but Reason (R) is true.
- (d) Assertion (A) is false, but Reason (R) is true.
- (b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).

### Case Study Based Questions

#### Case Study 1

In relation to the pictures, answer the following question.

(CBSE 2023)



Q 1. Logo shown in picture ..... refers to Special Olympic.

Q 2. Who was the founder of Special Olympics?

Q 3. According to figure 'B', the hand shapes of 'OK', 'Good' and 'Great' that overlap each other in a circle, represent the original sign for .....

Q 4. How many countries participated in the first Paralympic Games in Rome (Italy) in 1960?

### Answers

- (C)
- Eunice Kennedy Shriver
- deaflympics
- 23 countries

#### Case Study 2

In relation to the pictures, answer the following question.

(CBSE SQP 2022-23)



Q 1. What is the mission of the first organisation?

Q 2. What is the motto of the first organisation?

Q 3. Until 1965 the games in the second picture were known as .....

Q 4. Second picture games are conducted after every ..... years.

### Answers

- The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in events.
- Let me win. But if I cannot win, let me be brave in the attempt.
- International Games for the Deaf.
- 4

#### Case Study 3

Read the following passage and answer the following questions.

The word 'Paralympic' derives from the Greek preposition para meaning beside or alongside and the word Olympic. Thus, the word Paralympics refers to an International Games Competition, *i.e.*, parallel to the Olympics and illustrates how the two movements exist side-by-side.

On 29 July, 1948, during the Opening Ceremony of the London 1948 Olympic Games, Dr Guttman organised the first competition for wheelchair athletes which he named the Stoke Mandeville Games where 16 injured servicemen and women who took part in archery. This was a milestone in Paralympics history. In 1952, Dutch ex-servicemen also joined the Movement and the International Stoke Mandeville Games were founded. These Games later became the



Paralympic Games which first took place in Rome, Italy in 1960 featuring 400 athletes from 23 countries.

- Q 1. The founder of Paralympics was:**  
 a. Pierre de Coubertin      b. Gary Foreman  
 c. Ludwig Guttmann        d. Zurab Tsereteli
- Q 2. The first Paralympic Games were held in the year:**  
 a. 1960      b. 1948      c. 1952      d. 1968
- Q 3. What does the flag of the Paralympic Games consist of?**  
 a. A green background with no border and Paralympic symbol in the centre.  
 b. A red background with Paralympic symbol.  
 c. A white background with no border and Paralympic symbol in the centre.  
 d. None of the above

### Answers

1. (c)    2. (a)    3. (c)

### Case Study 4

Read the following passage and answer the following questions.

School management needs to recognise the essential place of physical activity in the education of children with special needs. In order to develop life-long habits for fitness and to provide them with many opportunities of socialisation, schools need to understand that physical education is not a secondary subject but it is just as important as other skills.



On the basis of above given picture answer the following questions: (CBSE SQP 2023-24)

- Q 1. Development of Gross Motor and Fine Motor skills are benefits which are part of .....**
- Q 2. Graded activities as strategy for effective inclusive physical education programme includes .....**
- Q 3. .... for activities should be disturbance free (noise, heat, cold, texture of floor, audience, etc.).**
- Q 4. The activities that include running, jumping, hopping, galloping, rolling, leaping and dodging, horizontal jump, side .....**

### Answers

1. physical benefits
2. space
3. Simple to complex
4. locomotor activity

### Very Short Answer Type Questions

- Q 1. When and where did Special Olympics start?**  
**Ans.** The first Special Olympics games were held on July 20, 1968, in Chicago, Illinois, with about 1000 athletes from the U.S. and Canada.
- Q 2. List the programmes run by Special Olympics around the world.**  
**Ans.** The programmes run by Special Olympics around the world are as follows:  
 (i) Young Athletes Programme  
 (ii) Unified Sports Programme  
 (iii) Healthy Athletes Programme
- Q 3. State any one objective of Special Olympics Bharat.**  
**Ans.** Its objective is to train teachers to sensitise them to needs of special children, and create a cadre of physical education teachers from among the disabled who can work with schools and community centres.
- Q 4. What is the anthem of the Paralympics?**  
**Ans.** The Paralympic anthem is 'Hymne de l'Avenir' or 'Anthem of the Future'. It was composed by Thierry Darnis and adopted as the official anthem in March 1996.

- Q 5. What is the vision of the International Paralympic Committee?**  
**Ans.** The vision of the IPC is, "To enable Paralympic athletes to achieve sporting excellence and to inspire and excite the world."
- Q 6. What do you understand by the term hypertonia?**  
**Ans.** Hypertonia is marked by an abnormal increase in muscle tension and reduced ability of a muscle to stretch. Hypertonia may result from injury, disease, or conditions which involve damage to the central nervous system. e.g., cerebral palsy.
- Q 7. Write a short note on Deaflympics.**  
**Ans.** The Deaflympics are a periodic series of multi-sport events sanctioned by the International Olympic Committee (IOC) at which Deaf athletes compete at an elite level.

### Short Answer Type-I Questions

- Q 1. Define disability and list down any two types of disability.** (CBSE 2022 Term-2)  
**Ans.** The term disability means physical, cognitive, developmental, sensory or mental impairment that can hamper or reduce a person's ability to carry out his day-to-day activities. Physical disabilities and intellectual disabilities are the two types of disabilities.
- Q 2. What is the mission of the Special Olympics Bharat?**  
**Ans.** The mission of Special Olympics Bharat is to provide year-round sports training and athletic competition in 25 Olympic-style individual and team sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.



**Q 3. What do you know about Paralympics?**

**Ans.** The Paralympic Games or Paralympics is a periodic series of international multi-sport events involving athletes with a range of physical disabilities, including limb deficiency, leg length difference, short stature, vision impairment and intellectual impairment.

**Q 4. Write a short note on International Paralympic Committee.**

**Ans.** The International Paralympic Committee is the global governing body of the Paralympic Movement. The IPC is responsible for organising the Summer and Winter Paralympic Games. It also serves as the International Federation for nine sports, supervising and coordinating the World Championships and other competitions for each of the nine sports it regulates.

**Q 5. What is the purpose of criteria of Paralympic athletes?**

**Ans.** The purpose of criteria are as follows:  
(i) Defining the impairment group in which an athlete can compete in the various sports.  
(ii) Grouping athletes in classes defined by the degree of activity-limitation related to the impairment and/or specific to the task in the sport.

**Q 6. Differentiate between leg-length difference and short stature.**

**Ans.** Leg-length difference is defined as a condition in which one arm or leg is longer than the other arm or leg. On the other hand, short stature is a general term for people whose height is considerably below average compared to the height of their peers.

**Q 7. List down any two strategies to make physical activities accessible for CWSN.**

*(CBSE SQP 2021 Term-1)*

**Ans.** Following strategies should be taken into consideration to make physical activities accessible for CWSN:

(i) **Space:** Space should be approachable for people having physical disability. Space for activities should be disturbance free (noise, heat, cold, texture of floor, audience, etc.). Boundaries should be demarked clearly as starting point, finishing point, sitting area.

(ii) **Equipment:** The equipment's related to physical activities should be according to the need of CWSN. These equipment's should vary in shape, size, colour and weight. These equipment's should be according to the capability and level of CWSN.



**Short Answer Type-II Questions** ↘

**Q 1. What is the goal of Special Olympics? Also, state the eligibility criteria for participation of athletes in Special Olympics.**

**Ans. Goal of Special Olympics:** The ultimate goal of Special Olympics is to help persons with intellectual disabilities participate as productive and respected members of society at large, by offering them a fair opportunity to develop and demonstrate their skills and talents through sports training and competition, and by increasing the public's awareness of their capabilities and needs.

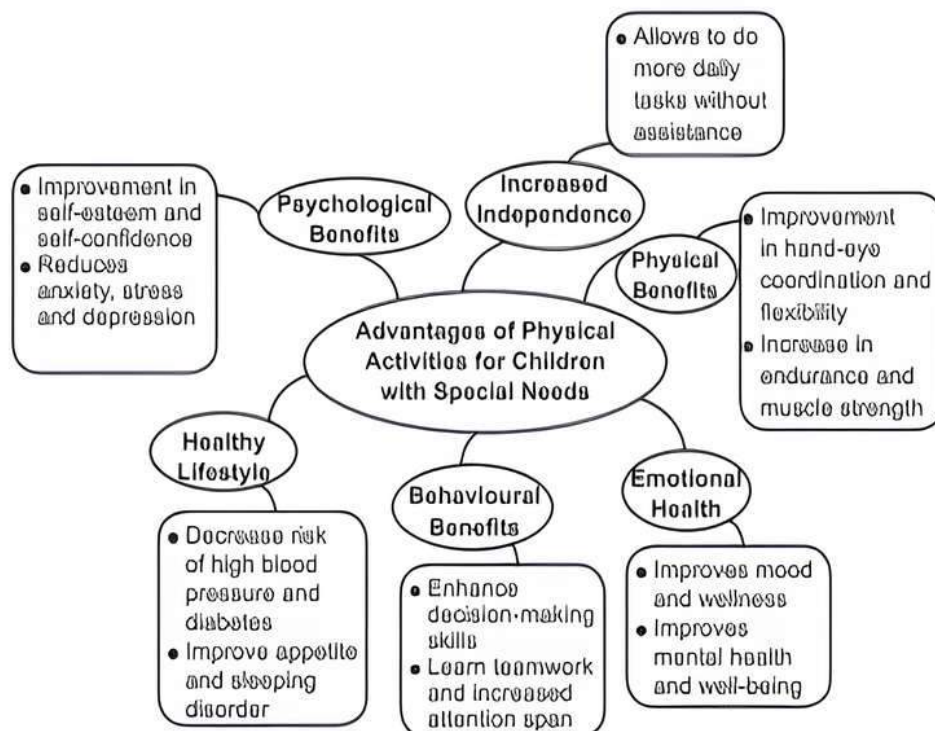
**Eligibility for Participation in Special Olympics:**

(i) There is no maximum age limitation for participation in Special Olympics. The minimum age requirement for participation in Special Olympics competition is eight years of age.

(ii) The person has been identified by an agency or professional as having an intellectual disability, cognitive delay as determined by standardised measures such as Intelligent quotient or 'IQ' testing, or having functional limitations in both general learning (such as IQ) and in adaptive skills (such as in recreation, work, independent living, self-direction, or self-care).

**Q 2. Create a mind map including any six advantages of physical activities for children with special needs.**

*(CBSE SQP 2022-23)*





**Q 3. Write in detail the aims and objectives of Paralympic Committee.**

**Ans.** The aims and objectives of Paralympic Committee are as follows:

- (i) To promote and contribute to the development of sport opportunities and competitions, from the start to elite level.
- (ii) To develop opportunities for athletes with a severe disability in sport at all levels and in all structures.
- (iii) To promote the self-governance of each Paralympic sport federation as an integral part of the national sport movement, whilst at all times safeguarding and preserving its own identity.
- (iv) To ensure the spirit of fair play prevails, the health risk of the athletes is managed and fundamental ethical principles are upheld.
- (v) To identify disabled athletes throughout India, imparting necessary training to them and preparing them to take part in State, National and International Sports meets.

**Q 4. "Participation in physical activities is advantageous for children with special need." Briefly explain any six advantages. (CBSE 2023)**

**Ans.** Following are the advantages of physical activities for children with special needs:

- (i) **Improves Fitness:** Involvement in physical activities help children to develop motor and physical fitness skills. These activities enhance hand-eye coordination, flexibility, strength and endurance.
- (ii) **Reduce the Level of Anxiety:** Physical activities helps in reducing the level of anxiety, stress and depression among children with disabilities.
- (iii) **Improved Social Interaction:** Social relations are developed during involvement in physical activities.
- (iv) **Reduce Risk of Health Complications:** Physical activity reduces the risk of various health complications like high blood pressure and at the same time improve appetite and quality of sleep.
- (v) **Behavioural Benefits:** Sports and Games help the child learn to practice self-regulation and enhance their decision-making skills. In addition, CWSN can learn to focus on specific goals, and work on their verbal communication by interacting with peers on the sports field. Sports and physical education teach children a range of skills that including teamwork, problem solving abilities, increased attention span, and focus on task-based behaviour.
- (vi) **Increased Independence:** For a person with a disability, an increase in physical activity can lead to more independence and freedom. Increased physical strength and energy that come from regular exercise allows persons with disability to do more daily tasks without assistance.

**Q 5. How should a teacher communicate with a child suffering from cognitive disability?**

**Ans.** Following things should be taken into consideration while communicating with a child suffering from cognitive disability:

- (i) Advance information about activity, space, resource person or any change in activity should be communicated clearly.

- (ii) A variety of different instructional strategies such as verbal, visual and peer teaching should be used for performing various types of physical activities so that children get opportunity to participate in physical activity. The teacher could also use visuals or social story about the activity.

- (iii) The tone should be low and one instruction should be given at a time.

- (iv) Positive, corrective or specific feedback should be given.

- (v) As per the ability of the child, specific instruction must be provided in simple words and sentences.

**Q 6. Explain any three strategies to Make Physical Activities Accessible for CWSN. (CBSE SQP 2023-24)**

**Ans.** There are three strategies to Make Physical Activities Accessible for CWSN are as follows:

- (i) **Equipment:** A lack of appropriate equipment, coupled with a lack of professionals trained to support physical activity among children and youth with different ability levels, discourages participation. In recent years several modified devices are on offer for adapted sports. There are many examples of simple and sophisticated equipment, including computerised devices like wheelchairs for recreation and sport activities.

- (ii) **Social Strategies:** Allow the child to choose a sport she/he enjoys. It's easier for children to be motivated when they enjoy the activity. At first, encourage the child with special needs to watch others. Let the child see people having fun as they play. Then, start with individual training, transfer to small group with supervision and reminder. Be a mediator to interact with other members of group. Keep individual check on each person participation and motivate them with reminder whenever they get distraction.

- (iii) **Psychological Strategies:** Because of previous exclusion or limited access, children with disabilities need a lot of motivation to participate in physical activity. Changing attitudes is the key to increasing participation. These barriers include attitudes, opinions and perceptions preventing participation in sport. Once children see improvements in muscle strength, coordination, and flexibility and experience better balance, motor skills and body awareness, they will have positive changes towards sports.



### **Long Answer Type Questions** ↘

**Q 1. Write a short note on Special Olympics. Mention the different programmes run by Special Olympics around the world.**

**Ans.** Special Olympics were started by Eunice Kennedy Shriver, sister of former President of the United States of America, John F Kennedy in 1968. The idea was born out of Shriver's experience of witnessing the social exclusion of people with intellectual disabilities who were routinely placed in custodial institutions. She was convinced that children with intellectual disabilities could be



exceptional athletes and that through sports they can realise their potential for growth. Special Olympics is now the world's largest sports organisation for children and adults with intellectual disabilities and physical disabilities, providing year-round training and activities to 5 million participants and Unified Sports partners in 172 countries. The Special Olympics logo is based on the sculpture 'Joy and Happiness to all the Children of the World' by Zurab Tsereteli. The logo is a symbol of growth, confidence and joy among children and adults with disabilities who are learning coordination, mastering skills, participating in competitions and preparing themselves for richer, more productive lives.

#### Programmes Run by Special Olympics around the world

- (i) **Young Athletes Programme:** For young people with and without intellectual disabilities between the ages of 2-7, Special Olympics has a Young Athletes Programme, an inclusive sport and play programme with a focus on activities that are important to mental and physical growth. Children engage in games and activities that develop motor skills and hand eye coordination.
- (ii) **Unified Sports Programme:** In recent years, Special Olympics has pioneered the concept of Unified Sports, bringing together athletes with and without intellectual disabilities as teammates. The basic concept is that training together and playing together can create a path to friendship and understanding.
- (iii) **Healthy Athletes Programme:** In 1997, Special Olympics began an initiative called Healthy Athletes that currently offers health screenings in seven areas: FUN fitness (physical therapy), Health Promotion (better health and well-being), Healthy Hearing (audiology), Opening Eyes (vision) and Special Smiles (dentistry). Screenings educate athletes on health issues and also identify problems that may need additional follow-up.

#### Q 2. Mention any five founding principles of Special Olympics.

**Ans.** The principles on which Special Olympics was founded, and which must continue to guide the operation and expansion of the global Special Olympics Movement, include the following:

- (i) People with intellectual disabilities can, with proper instruction and encouragement, enjoy, learn and benefit from participation in individual and team sports, adapted as necessary to meet the needs of those with special mental and physical limitations.
- (ii) Consistent training under the guidance of qualified coaches, with emphasis on physical conditioning, is essential to the development of sports skills, and competition among those of equal abilities is the most appropriate means of testing these skills, measuring progress and providing incentives for personal growth.
- (iii) Through sports training and competition, people with intellectual disabilities benefit physically,

mentally and socially and spiritually. Families are strengthened, and the community at large, both through participation and observation, is united with people with intellectual disabilities in an environment of equality, respect and acceptance.

- (iv) Special Olympics must transcend all boundaries of race, gender, religion, national origin, geography, and political philosophy, and offer sports training and competition opportunities to all eligible persons with intellectual disabilities in accordance with uniform worldwide standards.
- (v) Special Olympics celebrate and strive to promote the spirit of sportsmanship and a love of participation in sports for its own sake. Special Olympics aims to provide every athlete with an opportunity to participate in training and competition events which challenge that athlete to his or her fullest potential regardless of the athlete's level of ability.
- (vi) Special Olympics encourages sports training and competition opportunities at the local area and community level (including schools) as a means of reaching the greatest number of eligible athletes.

#### Q 3. How physical activities are helpful for children with special need? Explain strategies to make physical activities assessable for them. (CBSE 2020)

**Ans.** There are a number of advantages of physical activities for children with special needs. Some of them are as follows:

- (i) **Physical Benefits:** When encouraged to participate in a regular fitness routine, many CWSN show improvement in hand-eye coordination and flexibility, muscle strength, endurance, and even cardiovascular efficiency.
- (ii) **Psychological Benefits:** Physical activity reduces anxiety, stress and depression, and improves self-esteem, social awareness, and self-confidence of children with special needs.
- (iii) **Healthy Lifestyle:** Physical activities are beneficial for CWSN because these activities reduce or decrease the risk of various health complications like high blood pressure, diabetes and at the same time improve appetite and quality of sleep.
- (iv) **Increased Independence:** For a person with a disability, an increase in physical activity can lead to more independence and freedom. Increased physical strength and energy that come from regular exercise allows persons with disability to do more daily tasks without assistance. Strategies to make physical activities accessible for children with special needs are as follows:
  - (a) **Specific Environment Should be Provided:** The area of physical activities should be limited as movement capabilities of children with special needs are limited. Light and sound are also vital for making good environment for such children.



- (b) **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. Pictorial books are also vital in terms of instructions regarding physical activities.
- (c) **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.

- (d) **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.



## Chapter Test

### Multiple Choice Questions

- Q 1. IOC stands for:  
 a. International Olympic Consortium  
 b. International Olympic Committee  
 c. International Olympic Coalition  
 d. International Olympic Council
- Q 2. Deaflympics were called the "World Games for the Deaf" from:  
 a. 1966 to 1999  
 b. 1924 to 1965  
 c. 2001 onwards  
 d. 1924 to 1945
- Q 3. Physical education teach CWSN a range of skills like:  
 a. teamwork  
 b. problem solving abilities  
 c. Both a. and b.  
 d. jealousy
- Q 4. Where is the permanent headquarter of IPC located?  
 a. In Lausanne, Switzerland  
 b. In Bonn, Germany  
 c. In Colorado, US  
 d. In Rome, Italy
- Q 5. When was Paralympic Committee of India formed?  
 a. 1982  
 b. 1988  
 c. 1996  
 d. 1992

### Assertion and Reason Type Questions

**Directions (Q. Nos. 6-7):** There are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the appropriate option from the options given below:

- a. Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).  
 b. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).  
 c. Assertion (A) is true, but Reason (R) is false.  
 d. Assertion (A) is false, but Reason (R) is true.
- Q 6. **Assertion (A):** Special Olympics world Games are held in the same year or in conjunction with the Olympic Games.  
**Reason (R):** Special Olympics is recognised by the IOC.
- Q 7. **Assertion (A):** CWSN are about twice as likely to be overweight or obese as other children.  
**Reason (R):** Because of their disability, their level of participation in sports and physical activity is much lower than their peers.

### Case Study Based Question

- Q 8. Read the following passage and answer the following questions.

In June 1962, Eunice Kennedy Shriver started a day camp called Camp Shriver for children with intellectual and physical disabilities at her home in Potomac, Maryland. The camp sought to address the concern that children with special needs had very little opportunity to participate in organised athletic events. Camp Shriver later evolved into the Special Olympics. The first games were held on July 20, 1968 in Chicago, Illinois. In 2003, the first Special Olympics Summer Games held outside the United States were in Dublin, Ireland with 7000 athletes from 150 countries. The World Games alternate between Summer and Winter Games, in two-year cycles, recurring every fourth year.

- (i) What does the Special Olympics logo signify?  
 (ii) Who is eligible to participate in Special Olympics?  
 (iii) When are Special Olympic World Games held?

### Very Short Answer Type Questions

- Q 9. Define the term limb deficiency.  
 Q 10. What do you mean by disability?

### Short Answer Type-I Questions

- Q 11. When and where did the most recent world summer games and first world winter games held?  
 Q 12. Write a short note on special Olympics Bharat.  
 Q 13. Write down any two advantages of physical activities for children with special needs.

### Short Answer Type-II Questions

- Q 14. Differentiate between Special Olympics and Paralympics.  
 Q 15. Write a short note on Deaflympics?  
 Q 16. Explain three strategies to make physical activities accessible for children with special needs.

### Long Answer Type Questions

- Q 17. What was the major challenge faced by the organisers of para-sports? Briefly explain the disability categories established by IPC.  
 Q 18. Write a short note on Paralympic Committee of India.