

Glossary:

Adapt: The words adapt means “to adjust” or “to fit”. Also the “adapt” includes the modification of objectives and methods to meet unique needs.

Adapted Physical Education: Adapted physical education is an individualized program including physical and motor fitness, fundamental motor skills and patterns, skills in aquatics and dance, and individual and group games and sports designed to meet the unique needs of individuals.

Adapted Physical Activity (APA): Adapted physical activity (APA) is a professional branch of kinesiology/Physical education/sport and human movement sciences, which is directed toward persons who require adaptation for participation in the context of physical activity.

Disability: Disability is the consequence of an impairment that may be physical, cognitive, mental sensory, emotional etc.

Lesson Plan: A lesson plan is a teacher’s detailed description of the course of instruction for one class.

Kinesiology: ‘Kinesiology means study of movement’.

Paralympics: The Paralympics Games is a major international multi-sport event, involving athletes with a range of physical disabilities.

Flexibility: Flexibility can be as the ability to perform movement with greater range or large amplitude.

Endurance: Endurance is to resist fatigue.

Strength: Strength is the ability of a muscle to get overcome resistance.