



FAQs

Q.1. What is Unified Sports?

Ans. Special Olympics promote team sports competition for individuals with intellectual disabilities in totally inclusive settings. This program is known as Unified Sports.

Q.2. What are the new team sports designed for players with disabilities?

Ans. Beep baseball, goal ball, quad rugby, and wheelchair softball are relatively new team sports designed for players with disabilities.

Q.3. How athletes are classified in team events of USADSF?

Ans. Athletes are classified according to gender and degree of hearing loss.

Q.4. Which team events are include under the USADSF?

Ans. USADSF team events include baseball, basketball, ice hockey, soccer, softball, team handball, and volleyball.

Q.5. Give the examples of deaf individuals who have excelled in sport?

Ans. Kenny Walker (Professional football), and Curtis Pride (Professional Baseball) are some examples of Deaf individuals who have excelled in sport.

Q.6 .Who was William Ellsworth?

Ans. William Ellsworth was a Major League baseball player from 1886 to 1902 and was noted as the first person with profound deafness to become a superstar in the game.

Q.7.What is Brockport Physical Fitness Test?

Ans. Brockport Physical Fitness Test is health related and criterion referenced test. This test may be used to assess aerobic functioning, body composition, musculoskeletal functioning, and flexibility development, following recovery from activity injuries.

Q8. What is RICE?

Ans. The full form of RICE is Rest, Ice, Compress and Elevation and is used in first Aid.

Q. 9.Why is water a magical medium for the people with disabilities?

Ans. Water is a magical medium because of its buoyancy quality. This buoyancy makes a person ninety percent lighter in the water, which makes some individuals who would not be able to walk on land, are able to walk, jump, and play in a safe way to take steps in the water (Inverarity, 2008).

Q.10.What is Adapted Aquatics?

Ans. Adapted aquatics are techniques that emphasize swimming skills modified or adapted to accommodate individual abilities. Usually used by people with disabilities, adapted aquatics focuses on skills including pool entry and exit and swimming skill development, and should also encompass community referral.