

FAQs:

Q1. What is Rehabilitation and where does it originate?

Ans. The term Rehabilitation comes from the Medieval Latin word “Habilitas”, which means “to make able”. It involves building bridges over disruptions that have occurred between the past and present, and also with regard to control over one’s life.

Q2. What do you understand by Adapted Programme?

Ans. An adapted programme which is also known as specialized programmes are for individuals who have special needs and/or disabilities and who want to be involved in recreational activities.

Q3. Why was Americans with Disability Act enacted?

Ans. Americans with Disability Act was enacted in order to prohibit discrimination of individuals with disabilities in the public and private sectors.

Q4. Discuss the functional areas addressed in rehabilitation engineering.

Ans. The functional areas addressed through rehabilitation engineering may include mobility, communications, hearing, vision, cognition and activities associated with employment, independent living, education and integration into the community.

Q5. List any two benefits of participation in adapted programme.

Ans. The benefits of participation in an adapted programme are:

1. It leads to improved functional status and quality of life among people with selected disabilities.
2. It leads to improved levels of physical health and well being.

Q6. Explain adapted physical education.

Ans. It is the art and science of developing, implementing and monitoring a carefully designed physical education instructional programme for a learner with a disability, based on a comprehensive assessment, in order to give the learner the skills necessary for a lifetime of rich leisure, recreation and sports experiences, so as to enhance the physical fitness and wellness of the individual.

Q7. What are the five factors determined by Huber on the motivational effect of sports in rehabilitation?

Ans. Based on the response of 180 respondents, Huber determined the following five factors:

- a. perceived self-efficacy and control
- b. increased performance in activities of daily living (ADL)
- c. social support
- d. improved body-image and control, and
- e. endured health competence.

Q8. What does IDEA emphasize on?

Ans. IDEA emphasizes on:

- FAPE (Free Appropriate Public Education)
- IEP (Individualized Education Programme)
- LRE (Least Restrictive Environment)
- Physical education

as a direct educational service.

Q9. What is the aim of classification in sports of participants with disability?

Ans. In sports of participants with disabilities the classification system aimed at increasing participation of all individuals including those with severe disabilities across the life span.

Q10. Give two differences pointed by Lorenzen between Physical Therapy and Adapted Physical Activity and sports.

Ans. The two differences pointed by Lorenzen are given below:

1. Medical orientation in physical therapy, compared to pedagogical in adapted physical activity and sports.
2. Intervention goals are mostly referring to the impairment in physical therapy compared to the whole person and participation in adapted physical activity and sports.