

## **GLOSSARY**

**Adapt:** The process to fit in; to make oneself or a program useful for the use of people with any of the disabilities as listed by IDEA

**Adapted Program:** A specialized program for individuals who have special needs and/or disabilities and who want to be involved in recreational activities.

**Curriculum:** The totality of participants or students that occur during the adapted physical education program.

**Disability:** A consequence of an impairment that may either be physical, cognitive, mental, sensory, emotional, developmental or some combination of these that may be present from birth, or occur during a person's lifetime.

**Intramural:** These are competitions that are conducted within the walls of the organisation or institution.

**Mobility Specialist:** Orientation and mobility specialists teach individuals with visual impairments to travel safely, confidently and independently in their environment.

**Motor Behaviour:** Behaviours which involve motor movements; an umbrella term for all human movements which includes motor control, motor development and motor learning.

**Motor Skills:** Motor skills are motions carried out when the brain, nervous system, and muscles work together. Fine motor skills are small movements — such as picking up small objects and holding a spoon — that use the small muscles of the fingers, toes, wrists, lips, and tongue.

**Physical fitness test:** A test specifically designed to measure physical strength, agility, speed and endurance of the subject under consideration.

**Physiotherapist:** An expert or therapist who treats injury or dysfunction with exercises and other physical of the disorder.