

Summary:

Over the past few years, increased attention has been given to adapted physical education and sports. This chapter presented a brief history in this field. People who pursue a career of teaching physical education and coaching sports typically enjoy physical activity and are active participants in physical education and athletics. Often, however, they do not become knowledgeable about adapted physical education and sports until they prepare for their careers. With increased awareness, they realize that people with unique needs might exhibit abilities ranging from very low to extremely high. As they gain experience, students begin to appreciate that people with a variety of unique needs are involved in adapted physical education and sport. They learn that those with unique needs include people with and without disabilities. Being involved in disability awareness activities and having an opportunity to function as if one has a disability provides important insights and values to prospective teachers.