

FAQs:

Q1. What are the forms of impairment covered in disability?

Ans. Disability covers all forms of impairments that may be physical, cognitive, mental, sensory, emotional and developmental or in some individuals or children it may include a combination of more than one.

Q2. Give any one reason why a teacher or a professional excuses the specially abled child from involvement in physical education and sports?

Ans. One of the main reasons why physical educators excuse the specially abled child from attending the physical education and sports class or activity is because the physician of the child did not fully understand the purpose or nature of the physical education program and the potentialities with respect to the child.

Q3. What are the remedies for the problem of excusing the child from the physical education and sports class?

Ans. The remedies for the problem of excusing the child from the physical education and sports class are:

- To design well-conceived programs to meet the needs of all students
- To establish cooperative relationship with the physician based on understanding and appreciation.

Q4. What is Corrective Physical Education?

Ans. Corrective Physical Education is a specific area of exercises with the purpose of correction of the remedial conditions and the improvement of body mechanics.

Q5. Briefly elaborate the inadequacy of Corrective Physical Education with respect to children with disabilities

Ans. Corrective Physical Education consisted of specific exercises that were meant for the correction of remediable conditions however there are a large group of exceptional children whose disabilities are not remedial through corrective exercises which serves as an inadequacy.

Q6. Mention any two benefits of physical activities for the disabled?

Ans. Following are two benefits of physical activities for the disabled:

1. Engagement in any form of physical activity reduces the risk of coronary heart diseases and high blood pressure and

2. Physical activities can help people with chronic, disabling conditions improve their endurance and muscle strength.

Q7. Discuss the factors that need to be considered while deciding school for the specially abled?

Ans. The decision regarding which kind of school or class should be made only after careful study of the individual student; the level of disability; personal traits; the child's capacities and his limitations. Furthermore whenever possible the disabled child should be educated in his own community. The move to a larger center for education should be made only when the educational resources he or she needs are not available in his or her own local situation.

Q8. When should the idea of special schools be supported the strongest?

Ans. Support for the idea of special schools and class is felt strongest in the case of the totally blind or totally deaf students.

Q9. Describe the focus of physical education and sports programs for the specially abled?

Ans. The physical education and sports programs nature need not be physically exhausting or strenuous one but the focus should be to achieve health benefits and significant health benefits can be obtained with moderate amount of physical activity.

Q10. Point out two most important factors that need to be considered for preparing physical education program for the specially abled?

Ans. The two most important factors that need to be considered for preparing physical education program for the physically abled are:

- The level of disability and
- The area of interest.