

**CBSE Test Paper 05**  
**CH- 04 Phy Edu and Sports for CWSN**

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1. What is intellectual disability?
2. What do you understand by physical activity?
3. Does a genetic factor cause ADHD?
4. Why the word 'differently abled' is used in place of disabled nowadays?
5. What do you mean by ASD?
6. Write the full form of ADHD and SPD. Elaborate on the causes that lead to the two disorders.
7. Highlight the advantages of correct posture.
8. Neman was a Class VI student. He used to bring junk-food in his lunch-box daily. His teacher observed that he was neither concentrating on his studies nor actively participating in physical activities. In this matter, he had a talk with his parents and came to know that he refuses to eat roti, dal, fruits and vegetables. Due to this he is facing these problems.

**Based on the above passage, answer the following questions:**

- i. What types of problems was Naman facing?
  - ii. Why should junk-food not be recommended?
  - iii. What values has his teacher shown in this matter?
9. What are the causes of Round Shoulders? Explain its remedial measures.
  10. What is Kyphosis? What are the reasons or causes of Kyphosis? Can it be corrected with the help of exercise programme?

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**Answer**

1. Intellectual disability is a disability characterized by significant limitations both in intellectual functioning (reasoning, learning, problem solving) and in adaptive behavior, which covers a range of everyday social and practical skills.
2. **Physical activity** simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous intensity.
3. ADHD is not a disorder that passed socially. Research Studies shows that parents, siblings, and children of people with ADHD may be up to five times more likely to have the disorder than the people who are not related to someone with ADHD.
4. The problem arises when the term "**differently abled**" is used to refer to an individual "**disabled**" person. It is borderline cutesy and it diminishes the actual experiences of disabled people. It suggests that the term disability should be uncomfortable and therefore should be avoided.
5. Autism Spectrum Disorder is a disorder that affects development. Here, the word spectrum refers to the range of symptoms and their severity.
6. The full form of ADHD is Attention Deficit Hyperactivity Disorder and SPD is Sensory Processing Disorder.

The causes leading to the two disorders are as follows

The various causes of ADHD are as follows:

1. Genetic factors: It is not a disorder that passed socially. Studies show that parents, siblings, and children of people with ADHD may be up to five times more likely to have the disorder than the people who are not related to someone with ADHD.
2. Brain injuries: When a baby's brain is damaged before or after birth this could

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make the baby more likely to develop ADHD later on.

The various causes of SPD are as follows:

1. Genetic Factor: Studies indicate that children born to adults who have Autism Spectrum Disorder (ASD) may be at a higher risk to develop SPD. Scientists allude that the cause of SPD is coded into child's genetic material.
2. Low birth weight: It is also considered one of the causes of sensory processing disorder.

7. Advantages:

- i. The human machine functions more efficiently when the weight bearing segments are in proper alignment with a minimum of stress and strain on them.
  - ii. Good posture permits mechanically efficient functioning of joints, where friction in the joints is minimized.
  - iii. Pressure within joints are equalized with minimum wear and tear of joints.
  - iv. It results in maximum efficiency with minimum efforts.
  - v. Individual conveys a good impression of his well being.
  - vi. It helps in developing strength, physical fitness and athletic abilities in an individual.
  - vii. It enables an individual to feel relaxed, comfortable and at ease while performing different kinds of necessary movements.
  - viii. Body exerts less pressure on different organs of the body and results in less fatigue.
  - ix. An individual looks agile with well developed personality.
8. i. Lack of concentration, inactiveness, lack of Physical activity.
- ii.
    - Junk food does not contain the required nutrients for healthy life.
    - It leads to overweight and other health problems.
    - Adversely affects the growth and development.
  - iii. Concerned, helpful, dedicated, caring, inspiring.

9. Causes of Round Shoulders:

- i. Due to poor posture in work.
- ii. Faulty furniture.

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- iii. Wrong habit of sitting or standing.
  - iv. Carrying heavy load on shoulders.
  - v. Tendency to keep the body leaning forward.

Remedial measures: There are few corrective exercises for round shoulders. We should sit and try to stand in erect position. Change the side time to time to avoid deformity. Make yourself more conscious. Special attention must be paid while performing basic movements.

- i. Stand in erect position.
- ii. Do not allow to drop the shoulder.
- iii. Do exercise with rotating the shoulders in backward direction and downward motion.
- iv. Do more exercise with shoulder and strengthen shoulder muscles girdle.
- v. BE conscious while you sit.
- vi. Exercise for lengthening the chest muscles.

10. Kyphosis: In Kyphosis position, there is an increased curvature of the dorsal or chest region. In order to adjust the balance of the body, the head is held in forward position, which put a great strain in the muscles of neck and back. Kyphosis is often associated with round shoulders. Knees are slightly bent and broad feet are turned outwards to balance the body on a broad base. This results in hump towards the back.

Causes of Kyphosis: Kyphosis is caused due to:

- i. Habit of holding the head forward in abnormal manner.
- ii. Defective vision or hearing leads to leaning forward while reading books or writing.
- iii. Lack of strength in extensors of spine.
- iv. Excessive relaxation may also allow gravital forces to reflex the spine too much.
- v. Sudden shoot of height, conscious individual tries to shrink himself by forward.

Corrective Exercises: It can be corrected with the help of exercise only after consulting doctor. Some measures are-

- i. Regular exercises should be done to strengthen shoulder muscles.
- ii. Excess gravital stresses can be removed by realignment of head, arms and

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shoulder girdle.

- iii. Hold your hands back in Vishram Position and walk consciously, then slowly stretch the backward..
- iv. Do Chakrasana, Dhanurasana and Bhujangasana regularly.
- v. Leaning back on a chair and taking shoulders backwards can help to stretch the chest muscles.
- vi. However corrective exercise should be advised only after consultation with physian or physiotherapist.