

**CBSE Test Paper 03**  
**CH- 04 Phy Edu and Sports for CWSN**

---

1. Enlist the various types of disabilities.
2. What is ADHD?
3. Explain the meaning and concept of correct posture.
4. What do you understand by disorder?
5. Write any five symptoms of ADHD in children?
6. Discuss the causes of ASD.
7. What are the main cause of scoliosis? Which physical activity works as a corrective measure for this deformity?
8. Discuss any three strategies to make physical activities accessible for children with special needs.
9. Elaborate the concept of disability and disorder in detail.
10. Suggest any five physical exercise as corrective measures for Kyphosis and Lordosis.

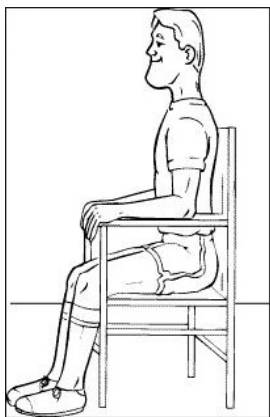
---

**CBSE Test Paper 03**  
**CH- 04 Phy Edu and Sports for CWSN**

---

**Answer**

1. The various types of disabilities are:
  - a. Cognitive disability.
  - b. Intellectual disability.
  - c. Physical disability.
2. ADHD is Attention Deficit Hyperactivity Disorder. Children with ADHD may be hyperactive and unable to control their impulses. Or they may have trouble paying attention. These behaviours interfere with school and home life.
3. Posture: Posture varies from individual to individual. Posture means position or pose. The way an individual carries himself while sitting, standing and walking. There are numerous concepts and views regarding human posture and its significance. "The best posture is that in which the body segments are balanced in the position of least strain and maximum support," according to Metheny. The general characteristics of a good posture are-erectness, balance, alignment and ease. In good postural body alignment, the centre of gravity of all the segments such as head, neck and trunk will fall as nearly in a straight vertical line which passes nearly through the centre of the feet.



4. The concept of Disorder: Disorder is usually used for mental disabilities. The disorder is an ailment that disturbs the health of an individual. Disorder creates hindrance in

---

an individual's performance and reduces his efficiency.

5. The symptoms of ADHD in children are as follows:

- a. They usually forget about daily activities.
- b. They feel problem in organizing daily activities.
- c. They are easily distracted.
- d. They usually bounce when sitting.
- e. They become restless.

6. The various causes of Autism Spectrum Disorder are as follows:

- a. **Genetic factors:** It seems to play a very significant role. The first thing is that something happens at the time of fetal development that alters genes and secondly child inherits problematic genes from one or both the parents.
- b. **Environmental factors:** It is not certain that environment causes ASD. But mothers exposed to high level of pesticides and air pollution may also be at a higher risk of having a child with ASD.

7. Causes of scoliosis:

- i. Heredity defects in structure.
- ii. Due to any diseases or deterioration of vertebrae.
- iii. One sided paralysis of spinal muscles.
- iv. Short leg f one side.
- v. One side flat foot.
- vi. Imbalance of muscular development due to occupation or habit.
- vii. Some loss of strength in all the body muscles.

Corrective measures: It is not very easy to correct this posture but individual should practice various exercise programmes keeping in view the following points:

- i. Spinal exercise of flexion, extension, rotation, sideward flexion for developing strength in spinal extensors.
- ii. Hanging oneself on horizontal bar.

- 
- iii. Trikonasana helps in developing those muscles.
  - iv. Guidance of qualified physician should be obtained before going for any corrective exercise.
8. The following strategies should be taken into consideration to make physical activities accessible for the children with special needs:
- a. Medical check-up: if we want to make physical activities accessible for the children with special needs, we need to understand the type of disabilities of children and for this purpose complete medical check-up of the children is required. Because without complete medical check-up, the teachers of physical education cannot come to know about the type of disability child is facing.
  - b. Activities based on interests: Physical activities must be based on interest, aptitudes, abilities, previous experience and limitations of children with special needs. The teachers of physical education should have deep knowledge of limitations, interest and aptitudes of children.
  - c. Different instructional strategies: A variety of different instructional strategies such as verbal, visual and peer teaching should be used for performing various types of physical activities. By this children get opportunity to learn by their own and become independent.
9. **Concept of Disability:** Disability is an impairment that may be cognitive, developmental, intellectual, mental, physical etc. It affects the everyday activities of the individual to a considerable amount. It may be present in an individual from birth or occur during one's lifetime. Disability has different meanings in different societies of the world. Disability is an injury that restricts the functions or movements of an individual. It is the consequence of an impairment caused to an individual. Disability is a medical condition which does not permit an individual to perform any activity or movement in a normal way.

**Concept of Disorder:** Disorder is usually used for mental disabilities. Disorder is any ailment that disturbs the health of an individual. Disorder creates hindrance in an individual's performance and reduces his efficiency. In the beginning disorder seems to be ordinary but they usually grow or spread in a harmful manner in an individual. Most probably, a disorder can not be detected on time, as a result of which, a simple

---

disorder is changed into a disability. A disorder disrupts the normal functioning of an individual.

10. I. Five physical exercise as corrective measure for Kyphosis are:

- i. Improve your habit and be alert while you sit, stand or walk.
- ii. Interlock your finger behind back and pull your shoulders upward and backward.
- iii. Rotate your shoulders in backward directions only.
- iv. Bhujangasana is recommended.
- v. One must do regular physical activities so that leaning forward habit would disappear and special exercises for abdomen and shoulder stretching need to be done.

II. Five physical exercises as corrective measure for Lordosis are:

- i. It is necessary to develop the strength in abdominal muscles.
- ii. Exercise should be undertaken to control position of pelvis.
- iii. Lying on your back and lifting feet vertically overhead.
- iv. Perform Halasana.
- v. Perform Paschimottanasana.
- vi. Sitting on a chair/table and bringing the head/nose close to the knees.
- vii. Do sit-ups slowly.