

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

1. What do you mean by sensory processing disorder?
2. What do you mean by disability etiquettes?
3. Enlist various types of disorders.
4. What do you mean by ADHD?
5. Explain three causes that are behind the intellectual disability.
6. What is Obsessive Compulsive Disorder? Elaborate the causes of OCD.
7. What are the benefits of physical activities for children with special needs? Explain.
8. Discuss the advantages of physical activities for children with special needs in detail.
9. What causes Lordosis? How can we overcome the problem of lordosis with the help of exercise programme?
10. What is OCD?

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Answer

1. Obsessive Compulsive Disorder is a type of mental disorder that causes repeated unwanted thoughts. To get rid of unwanted thoughts, he/she performs the same task/activity again and again.
2. Sensory Processing Disorder is a condition in which the brain has difficulty in receiving and responding to the information that comes in through senses.
3. Disability etiquettes are a set of guidelines dealing with specifically with how to approach persons with disabilities.
4. The various types of disorders are:
 - a. Attention Deficit Hyperactivity Disorder (ADHD)
 - b. Sensory processing disorder (SPD)
 - c. Autism spectrum disorder (ASD)
 - d. Oppositional defiant disorder (ODD)
 - e. Obsessive compulsive disorder (OSD)
5. Attention Deficit Hyperactivity Disorder (ADHD) is a group of behavioral symptoms that include inattentiveness, hyperactivity and impulsiveness.
6. The three causes behind intellectual disability are as follows:
 1. **Genetic cause:** Abnormalities in genes and genetic inheritance cause intellectual disability in children. Sometimes, diseases, illness, and overexposure to x-rays may cause a genetic disorder.
 2. **Mental health problems:** problems such as depression, bipolar disorder etc. may lead to disability. They tend to be some of the most misunderstood disabilities.
 3. **Accidents:** Accidents may occur anywhere, anytime and to anyone. These accidents may happen at the workplace, on the roads or in the air. These accidents may lead to disability.
7. Obsessive Compulsive Disorder is a mental health disorder that affects people of all ages and walks of life. It occurs when an individual gets caught in a cycle of

obsessions and compulsions. It can be said that persons with OCD are plagued to constant thoughts of fears that cause them to perform rituals or routines.

Obsessive Compulsive Disorder is a type of mental disorder that causes repeated unwanted thoughts. To get rid of unwanted thoughts, he/she performs the same task/activity again and again.

Causes of Obsessive Compulsive Disorder: The exact cause of Obsessive Compulsive Disorder is still unknown. Research studies suggest that there may be a problem with the way one part of the brain sends information to another part. Serotonin is the chemical in the brain that sends messages from one part to another. Insufficiency of serotonin may help in causing Obsessive Compulsive Disorder.

8. There are a number of advantages of physical activities for children with special needs. These are as follows
 - i. **Improves Fitness** It strengthens the heart muscles thereby improving cardiovascular efficiency, lung efficiency and exercise endurance. This helps in controlling repetitive behaviours among disabled children.
 - ii. **Develops Social Behaviour** Besides improving fitness, physical activity develops social relationships with other children, teammates and teachers. This brings positive changes in the social behaviour of these children.
 - iii. **Makes Improvement in Cognitive Abilities** Physical activity enhances the metabolism of brain in children. It leads to cognitive improvement in children with special needs allowing them to acquire new skills, learn new things and focus on specific goals.
9. Physical activities can provide significant benefits for the children with special needs. Following are the advantages of physical activities for children with special needs:
 - a. **Physical improvements:** Children who suffer from cognitive disabilities have substantial problems with motor skills like in hopping, jumping etc. Involvement in physical activities can help these individuals to develop fundamental motor and physical fitness skills. Physical activities enhance the hand-eye co-ordination, flexibility, strength, endurance etc. These activities help these children with disabilities to fight against problems such as obesity and lifestyle diseases.

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- b. **Mental improvements:** physical activities are not only good for a child's body but these are beneficial for their mind too. Physical activities improve general mood and wellness of children with special needs.
 - c. **Reduced level of anxiety, stress and depression:** physical activities may help in reducing the level of anxiety, stress and depression of children with disabilities.
 - d. **Improved social interaction:** physical activities provide ample opportunities for improving the social interaction among children with special needs. Social relations are developed during involvement in physical activities.
 - e. **Better emotional and psychological health:** physical activities are beneficial for children with special needs because such activities improve psychological and emotional health.
 - f. **Cognitive benefits:** physical activities lead to cognitive skill improvement in children with disabilities. These activities allow them to discover and access strengths that cannot be challenged in the classroom setting.

10. Cases of Lordosis: The main cause is habit formation during growing period. This is generally the result of overeating and lack of exercise. In adults, it is mainly due to loose abdominal wall. In some cases hip are thrust forward, the curve increases in order to throw the upper trunk back into balance. The muscles of the lower back are shortened and abdominal muscles are elongated.

Preventive and remedial measures of lordosis:

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