

CBSE Test Paper 01
CH- 04 Phy Edu and Sports for CWSN

1. How disability is different from a disorder?
2. Give some examples of cognitive disability.
3. What is cognitive disability?
4. What do you understand by disability etiquettes?
5. What do you understand by Physical disability?
6. Elaborate the causes of OCD.
7. What do you mean by 'round shoulders'? Suggest any four physical activities for correcting round shoulders.
8. Discuss about cognitive disability.
9. What do you mean by disability etiquettes? Mention any five general disability etiquettes.
10. Mention the causes, precautions and corrective measures for knock knees.

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Answer

1. Disability means any restriction or lack of ability to perform any activity in a manner or within the range considered normal for a human being. Disorder means lack of order or irregular arrangement, confusion or breach of civic order or peace.
2. Examples of Cognitive Disability
 - Memory Disorder
 - Hyperactivity
 - Dyslexia
3. It is a neurological disorder that creates hindrances or obstruction for an individual to store, process and produce information. This ability can affect an individual's ability or capability to read, compute, speak and write.
4. Basic Disability Etiquette involves treating people with Disabilities with respect. For example, speak to the person directly, not to the person accompanying them. Do not use terms such as "the Disabled" or "the Handicapped." Avoid referring to people by their Disability.
5. Physical disability is a long-term loss or impairment of a body part that limits the body's physical function. A person with a physical disability cannot perform many actions independently.
6. 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.
7. Round Shoulders: If ears and shoulders are not in line then an individual is likely to have round shoulders. The body leans forwards, which creates round shoulders and shoulders look like round in shape. Sometime it is because of weakness in muscle or

shortening of pectoral (Chest) muscles.

Four Physical activities for correcting Round Shoulders are:

- i. Rotate your shoulders in backward directions.
- ii. Do push ups regularly to strengthen your shoulder muscles.
- iii. Regular physical activities, such as yoga, aerobics, swimming, cycle are recommended to strengthen whole body.
- iv. Walk in Vishram position. This will make you conscious every time you sit, stand or walk.

8. Cognitive Disability: It is a neurological disorder that creates hindrances or obstruction for an individual to store, process and produce information. This ability can affect an individual's ability or capability to read, compute, speak and write.

The individual's, who have this type of disability, usually have following symptoms:

- i. Memory disorder: An individual who has auditory problems or difficulty in remembering something that he heard, said or saw before sometime.
- ii. Hyperactivity: An individual with cognitive disability may not have attention for a long period. He finds it difficult to stay at one place.
- iii. Dyslexia: An individual with cognitive disability may exhibit dyslexia. It means he may have difficulty in writing, reading, speaking, etc.

9. Disability etiquettes is a set of guidelines dealing with specifically with how to approach persons with disabilities.

The general disability etiquettes are stated below:

- a. Always put the person first i.e. say 'person with disability' rather than 'disabled person'.
- b. In case of introduction to a person with a disability, it is appropriate to shake hands.
- c. When you meet a person with visual impairment, always identify yourself and others who may be with you.
- d. When talking with a person on a wheel chair or a person who use crutches, keep yourself at eyelevel in front of the person to facilitate the talk.

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- e. To get attention of a person who is deaf or having hearing impairment, tap the person on the shoulder or wave your hands.
 - f. Always introduce yourself to persons who are blind using your name.
 - g. Never patronize person who use wheel chairs by patting them on the head or shoulder.

10. Causes of Knock Knees

- i. Heredity: Defects like kyphosis and other genetic defects may cause poor posture.
- ii. Lack of Exercise: Exercise tones up spinal nerves, improves coordination and reduces mental strain, improves physical ability and efficiently. Lack of exercise leads to postural deformity.
- iii. Obesity: Overweight puts extra stress or strain on the muscular as well as skeletal structure of the body which may results in postural deviations.
- iv. Overload: It may develop round shoulders and problem in spine by continuously lifting heavy load on shoulders.
- v. Weakness of muscles and ligaments.
- vi. Long standing.
- vii. Because of local foot wear.

Precautions

- i. Be careful while you walk and avoid prolonged standing.
- ii. Always wear branded shoes/slippers.

Remedial Exercise

- i. Massage under expert's guidance.
- ii. Reduce your weight by regular exercise or Yoga.
- iii. Walking on outer inclined surface and applying pressure on the outer edges of the feet, can help in preventing knock knee.
- iv. Sit with legs crossed and now press your knees in downward direction.
- v. Do Padmasana