

CBSE Test Paper 02
CH- 04 Phy Edu and Sports for CWSN

1. What is physical disability?
2. “Malnutrition may cause disability”. Explain this statement.
3. Write two ways to communicate with people suffering from cognitive impairments.
4. What do you mean by physical disability?
5. Yoga is vital for a healthy and happy life. When we do yoga postures, our body gets sufficient stretching and strain. Stretching is very important for an active and healthy lifestyle. Secondly, when we do yoga, the blood circulation and pulse rate maintain normal. Yoga and asanas gives peace of mind. That's why yoga is important. Yoga is the only form of physical exercise which brings a change in your overall personality. It is not just for the body to weight loss, better immune system, but it develops our personality as well (stress-free, peace of mind, positive attitude). It revitalises and re-energises both mind and body if one is committed and pursues it regularly. In a nutshell how we breathe, is necessary for life, in the same way, yoga is necessary to channelise our body and mind. It enlightens our inner chakras and makes the body functioning systematic.
 - i. Why yoga is important for happy life?
 - ii. How yoga helps to develop our personality?
6. Discuss about Attention Deficit Hyperactivity Disorder?
7. Explain about Sensory Processing Disorder.
8. Discuss the various strategies to make physical activities accessible for children with special needs in detail.
9. What do you mean by disorder? Discuss Attention Deficit Hyperactivity Disorder (ADHD) and its causes in detail.
10. What do you mean by disability?

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Answer

1. Disability is a medical condition which does not permit an individual to perform any activity or movement in a normal way.
2. Physical disability: it is a limitation on individual's physical functioning, mobility, dexterity or stamina. Other impairments such as respiratory disorders, blindness, epilepsy and steep disorders, which limit other facets of daily living are also included in physical disabilities. Physical disability may either be motor deficiency or sensory impairment.
3. Malnutrition is another significant cause of disability. If a child does not get appropriate nutrition, he may be physically weak. Even deficiency of calcium leads to malformation of bones. Deficiency of Iodine may diminish the growth of the body.
4.
 1. Address residents formally to show respect. Use "Mr.," "Mrs.," "Ms.," etc., unless you are on more familiar terms with the individual or the resident has expressed a preference for how he or she would like to be addressed.
 2. Be aware that older adults might have difficulty hearing. To address hearing impairments, speak in a clear voice and do not rush what you're saying. Avoid shouting, as it may distort your language and make you more difficult to understand.
5. Physical disability is a limitation on individual's physical functioning, mobility, dexterity or stamina.
6.
 - i. Yoga is the source of vital and inner energy of our body and mind It gives us peace of mind which ultimately helps to revitalise our lifestyle.
 - ii. As we know that yoga is very much helpful for peace and to revitalise the body. Doing yoga makes the immune system strong, strong physique, stress-free etc. Therefore, it helps to develop our personality.
7. Attention Deficit Hyperactivity Disorder (ADHD): it is a group of behavioral symptoms that include inattentiveness, hyperactivity and impulsiveness. It is medical conditions that affects how well can someone sit still, focus and pay attention. The individual with ADHD have some problems focusing in some activities. This type of disorder is

found more common in boys than in girls.

8. Sensory Processing Disorder is a condition in which the brain has difficulty in receiving and responding to the information that comes in through senses. It refers to the way the nervous system receives messages from the senses and then turns them into proper motor and behavioral responses. Sensory Processing Disorder may affect one sense such as touch, sight, taste or movement. It may also affect multiple senses. In fact, the person may scream when touched or may vomit or dive under the table after hearing the sound of a leaf blower outside the window.
9. 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.
 - d. Modification of rules: Rules can be modified according to the needs of the children. They can be provided extra time or attempt to perform a physical activity.
 - e. Specific environment: For special needs children the area should be limited. In case of children who have autism, they must be provided specific area because they may need some time to relax.
10. Disorder is any ailment that disturbs the health of an individual. Disorder creates hindrances in an individual's performance and reduces his efficiency.

Attention Deficit Hyperactivity Disorder (ADHD): it is a group of behavioral symptoms that include inattentiveness, hyperactivity and impulsiveness. It is medical conditions that affects how well can someone sit still, focus and pay attention. The individual with ADHD have some problems focusing in some activities. This type of disorder is found more common in boys than in girls.

The various causes of ADHD are as follows:

- a. **Genetic factors:** It is not a disorder that passed socially. 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.
- b. **Brain injuries:** When a baby's brain is damaged before or after birth this could make the baby more likely to develop ADHD later on.
- c. **Low birth weight:** It is observed that children with low birth weight are more likely to develop ADHD.
- d. **Trauma and brain diseases:** Trauma during birth and brain diseases may lead to develop ADHD.
- e. **Diet:** There are a number of evidences which shows that taking a particular type of food or food additives play a significant role in causing ADHD.