

Course Code	Course Name	Credits
26PE503	Adapted Physical Education	04

Course Objectives

- Introduce the meaning, aims, objectives, and historical background of Adapted Physical Education.
- Explain types, causes, and functional limitations of various disabilities.
- Understand principles and practices of adapted physical education and sports.
- Apply rehabilitation, recreation, and co-curricular programs for specially-abled individuals.
- Analyze mobility techniques and assistive devices for individuals with disabilities.
- Evaluate government welfare programs and global initiatives like Paralympics and Special Olympics.

Learning Outcomes

Upon successful completion of this course, it is intended that a student will be able to:

- Understand basic concepts and importance of Adapted Physical Education.
- Identify types, causes, and characteristics of different disabilities.
- Apply adapted physical education principles in inclusive learning environments.
- Analyze rehabilitation and recreational programs for differently-abled individuals.
- Understand mobility techniques and assistive aids used in disability management.
- Evaluate social welfare schemes and international programs for the specially-abled.

Unit 1 - Introduction to adapted Sports and Physical Education. - Meaning, aim and objectives of adapted physical education. - Brief historical background of adapted physical education. - Need and importance of adapted physical education. - Role of Physical Education teacher in adapted physical education. - Principles of Adapted Physical Education and Sports

Unit 2 - Classification of Specially-Abled:

Physical disabilities, Causes, Characteristics and Functional Limitation

Mental Retardation, Causes, Characteristics and Functional Limitations

Visual Impairment, Causes, Characteristics and Functional Limitations

Hearing Impairment Causes Characteristics Functional Limitations

Behavioural Problems – Adjustment Problems, learning disabilities, Emotional problems, Social Problems –Social Determination, Social rejection.

Neurological disabilities- Poliomyelitis and Cerebral Palsy Development.

Unit 3 - Rehabilitation and Recreation programs for the Specially–Abled

Rehabilitation – Meaning, Aim sand Objectives of rehabilitation. - Meaning of functional and occupational rehabilitation. - Importance of Adapted programs in rehabilitation. - Recreation and Co-curricular activities of the specially- abled, Outdoor and adventure based Outdoor programs for the specially- abled. - Special Physical Education program for blind, deaf and mentally retarded children. - Rhythm and dance activities for the Specially-abled.

Unit 4 - Techniques and Aids for Mobility Science

Introduction to mobility skills, Common terms used in O &M, Sighted Guide Technique, Long Cane Skills, Mobility Equipment of Orthopedic Impairment.

Unit 5 - Governmental Welfare Programs and Worldwide for Specially-abled

Provisions of special rights and privileges for differently- abled through legislations. - Social welfare programmes for differently abled. - Mass public education /Awareness programs. - Paralympics Games, Special Olympics, Program organization of Adapted Physical Education and Sports.

Reference Books:

- 1.Clauding and Sherill, Adapted physical education and recreation C. Publishers, IOWA. aul. A. Metzge, Elementary, School physical education C. Brown company publishers.
- 2.Barrow, Harold M., M., Gee, Rosemary, A. Practical Approach to Measurement in Physical Education Philadelphia, Lea and F ebiger, 1964.Meyers, Carlton R. and Erwin,
- 3.T.Measurement in Physical Education, London G. Bell and Sons Ltd, 1967.
- 4.Campell, W.R., and Tucker, N.M. An introduction in Physical Education, London G. Bell and S' one Ltd. 1987.
- 5.Prof.S. Jaimitra, Physical Education for the Blind Grace Printer, Chennai - 1990