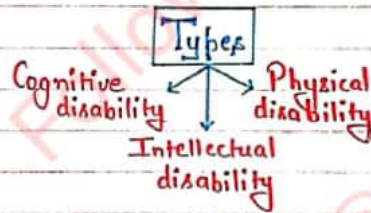


# PHYSICAL EDUCATION & SPORTS FOR DIFFERENTLY ABLED

## DISABILITY

"A disability is a functional limitation or restriction of an individual ability to perform an activity."



Scanned by CamScanner

## CAUSES :-

1. Genetic causes
2. Poverty
3. Mental Health Problem
4. Accidents
5. Infectious diseases
6. Disturbance in Endocrine Glands
7. Malnutrition
8. Poor Approach to health care
9. Nuclear Accidents
10. Toxic material Pesticides and Insecticides
11. Illness
12. Lack of Education
13. Wars
14. Medicines and Vaccines
15. Dangerous Working Environment

## DISORDER

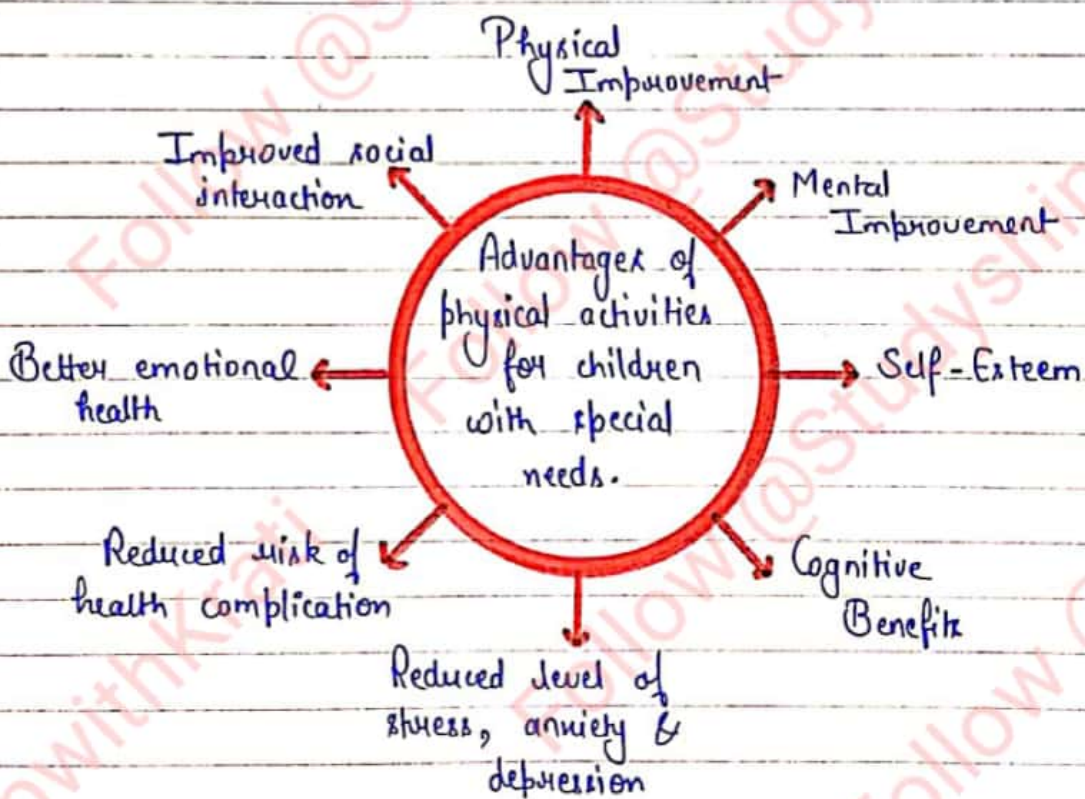
It can be said that a disorder disrupts the normal functioning of an individual or it can be said as blip in the usual functioning of a person.

### Types :-

- Attention Deficit Hyperactivity Disorder (ADHD)
- Sensory Processing Disorder (SPD)
- Autism Spectrum Disorder (ASD)
- Oppositional Defiant Disorder (ODD)
- Obsessive Compulsive Disorder (OCD)

## Disability Guidelines

- Always put the person first i.e. 'say 'person with disability'' instead of 'disabled person'.
- In case of introduction, it is appropriate to shake hands.
- When you meet a person with visual impairment, always identify yourself and others.
- Avoid asking personal questions to differently-abled.
- Never patronize person who use wheel chair by patting them on head or shoulder.
- Don't pretend to understand if you are facing problem doing so.
- Have patience with the person with different ability.



Medical check-up

Specific Environment should be provided

Physical activities of respective interests

Strategies to make physical activities accessible for children with special needs.

rules should be modified according to needs of children

Equipment related activities should be according to needs

Experience of children must be considered

Different Instructional Strategies should be used

Scanned by CamScanner