



**Avinashilingam Institute for Home Science and Higher Education for Women**  
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)  
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Bachelor's Degree Examination –November 2019**  
**V Semester**

**Class : III UG**  
**Major : Physical Education**

**Time: 3 hours**  
**Max. Marks: 100**

**15BPEEC19 Adapted Physical Education**

**Part A**  
**Choose the correct answer**

**10 x 1 = 10**

1. To cater the individual differences in the classroom, a teacher should:
  - a) Have uniform and standard ways of teaching and assessment
  - b) Segregate and label children based on their marks
  - c) Engage in a dialogue with students and value their perspectives
  - d) Impose strict rules upon his students
2. Inclusion of children with special needs:
  - a) Is an unrealistic goal
  - b) Is detrimental to children without disabilities
  - c) Will increase the burden on schools
  - d) Requires a change in attitude, content and approach to teaching
3. Which of the following is an example of a Specific Learning Disability?
  - a) Mental Retardation
  - b) Dyslexia
  - c) ADHD
  - d) Autistic spectrum disorders
4. 'Defelympics' is for
  - a) Visual Impairment
  - b) Behavioural disorders
  - c) Hearing impairment
  - d) Physical Impairment
5. Learning disabilities:
  - a) Include mental retardation
  - b) Are disorders that impede academic progress of people who are NOT mentally retarded or emotionally disturbed.
  - c) occur in children with low IQ's
  - d) have stayed about the same for the past 20 years.
6. Swach Bharat Mission (Rural) programme comes under which ministry?
  - a) Ministry of Woman and Child Development
  - b) Ministry of Panchayati Raj
  - c) Ministry of Drinking Water and Sanitation
  - d) Ministry of Rural Development
7. Which of the following procedures can be used to identify Down Syndrome pre-natally?
  - a) Amniocentesis
  - b) Amnioprolaxis
  - c) Amniophalaxi
  - d) Amniocalesis
8. A disability may be present in which of the following?
  - a) Mobility, perception or memory
  - b) All of these
  - c) Continnence, dexterity or physical coordination
  - d) Speech, hearing or eyesight
9. What can be done for a person suffering from a foot drop palsy?
  - a) Wear the brace in the form of socks or stiff shoes
  - b) surgical amputation
  - c) releasing a tendon
  - d) use calipers
10. In cases of neuromuscular injury, which method is used to rehabilitate them?
  - a) Transcutaneous Electrical Nerve Stimulation
  - b) Heat Therapy
  - c) Acupuncture
  - d) Massage

**Part B**

**Answer the following**

**5X6=30**

**Answer should not exceed 400 words or two pages**

11. a) What are the qualification of the adapted physical education teacher? Explain it.  
(or)
11. b) Explain the aim and objectives of adapted physical education.
12. a) What is visual impairment?  
(or)
12. b) What are the functional limitation of mental retardation? Explain it.
13. a) How to involve the parent of disabled child to make progress in health?  
(or)
13. b) What is role of parent teacher association?
14. a) List some advantage based outdoor programmes for diasabled.  
(or)
14. b) Explain nature of aquatic activity.
15. a) Explain the importance of adapted programmes in rehabilitation.  
(or)
15. b) What is functional rehabilitation?

**PART – C**

**Answer the following**

**5 X 12 = 60**

**Answer should not exceed 800 words or four pages**

16. a) Explain the need and importance of adapted physical education.  
(or)
16. b) Explain the historical reviews of adapted physical education.
17. a) Explain the different classifications of disability.  
(or)
17. b) What are the aids used for disabled for its evaluation?
18. a) Explain the guiding principles of adapted physical education.  
(or)
18. b) What are government welfare programme that are available for adapted physical education?
19. a) Explain the different types of activities given for disabled.  
(or)
19. b) What are the advantage based Indoor programme that can be given for disabled?
20. a) State the role of aquatic activities in rehabilitation. Justify.  
(or)
20. b) Design a functional rehabilitation programme for upper extremity.