



*K. Sambal*

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

**Bachelor's Degree Examination – November 2024**  
**V Semester**

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

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

**21BPEC19 Adapted Physical Education**

**Course Outcome:**

- CO1. Relate a variety of factors to growth and motor development of individuals.
- CO2. Demonstrate motor patterns, fundamental motor skills, sport specific skills and physical activity patterns of children and adolescents with special needs.
- CO3. Recognize the perceptual-motor behavior and developmental levels of the individual
- CO4. Obtain knowledge about ability levels of persons with disabilities and gifted and talented individuals.
- CO5. Providing appropriate curricula/programming for participants in adapted physical education settings.

**Part A**

**10 x 1 = 10**

**Choose the Correct Answer**

1. Adapted Physical Education promotes \_\_\_\_\_ interaction and teamwork among participants. CO1 K2  
a. Solitary                      b. Social                      c. Individual                      d. Competitive
2. Adapted Physical Education is designed to meet the \_\_\_\_\_ needs of individuals with disabilities. CO2 K3  
a. General                      b. Minimal                      c. Standard                      d. Unique
3. \_\_\_\_\_ disabilities involve challenges in hearing or vision. CO1 K2  
a. Cognitive                      b. Emotional                      c. Sensory                      d. Behavioral
4. Individuals with \_\_\_\_\_ disabilities may have challenges in processing information or learning new skills. CO2 K2  
a. Sensory                      b. Physical                      c. Intellectual                      d. Developmental
5. Government welfare programs often provide \_\_\_\_\_ to support adapted physical education initiatives. CO3 K3  
a. Confusion                      b. Criticism                      c. Limitations                      d. Funding
6. One of the goal of government welfare programs in relation to adapted physical education is to enhance the \_\_\_\_\_ of individuals with disabilities. CO2 K4  
a. Isolation                      b. Quality of life                      c. Competitiveness                      d. Economic status
7. Wheelchair basketball is an example of \_\_\_\_\_ activity designed for athletes with mobility impairments. CO3 K1  
a. Passive                      b. Inclusive                      c. Team                      d. Solitary
8. Which sport provide opportunities for individuals with disabilities to compete in a supportive environment. CO2 K2  
a. Inclusive                      b. Adaptive                      c. Individual                      d. Traditional
9. Rehabilitation programs for individuals with disabilities aim to improve their \_\_\_\_\_ and daily functioning. CO3 K1  
a. Independence                      b. Education                      c. Income                      d. Hobbies
10. Support from \_\_\_\_\_ specialists can play a vital role in addressing the psychological aspects of rehabilitation. CO2 K2  
a. Culinary                      b. Financial                      c. Mental health                      d. Academic

**Part B**  
**Answer ALL questions**  
**Each answer should not exceed 400 words or two pages**

5 x 6 = 30

- 11.a. Define adapted physical education and role its in physical education. CO1 K2  
(or)
- 11.b. Describe the need for and importance of adapted physical education. CO2 K2
- 12.a. Write short notes on characteristics of the disabilities. CO3 K2  
(or)
- 12.b. Describe the aids for the persons with disability. CO2 K1
- 13.a. Write in detail about the parent, teachers association in Adapted physical Education. CO3 K3  
(or)
- 13.b. Describe the role of parent involvement in the adapted physical education. CO3 K2
- 14.a. Enumerate hobby and culture development programme for disabilities. CO4 K2  
(or)
- 14.b. Classify the Types of disability with example. CO3 K3
- 15.a. Describe the functional rehabilitation. CO2 K4  
(or)
- 15.b. What is rehabilitation and how it works in adapted physical education. CO3 K5

**Part C**  
**Answer ALL questions**  
**Each answer should not exceed 800 words or four pages**

5 x 12 = 60

- 16.a. Write an elaborate note for the historical review of adapted physical education. CO2 K3  
(or)
- 16.b. Explain the quality and qualification of teachers of an adapted physical education. CO3 K2
- 17.a. Explain the functional limitations of the mental retardation. CO4 K2  
(or)
- 17.b. Explain the facilities and equipment's for physical disabilities CO2 K3
- 18.a. Explain principles of adapted physical education programme. CO3 K3  
(or)
- 18.b. Elaborate the government welfare program for disabilities. CO4 K3
- 19.a. Explain outdoor programme for disabled. CO2 K2  
(or)
- 19.b. Explain any two adaptive sports and Adaptive games. CO3 K3
- 20.a. Explain the psychological rehabilitation in adapted physical education. CO4 K3  
(or)
- 20.b. Explain the need for and importance of aquatic activities in adapted physical education. CO3 K3

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