



26.11.25  
Bambal

# 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 (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

**Bachelor's Degree Examination – November 2025**

**V Semester**

**Class : III UG**

**Major : Physical Education**

**Time: 3 Hours**

**Max. Marks: 100**

## 23BPEDE4 Adapted Physical Education

### Course Outcomes:

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 level of persons with disabilities.

CO5: Providing appropriate curriculum/programme for participants in adapted physical education settings.

### Part A

10 x 1 = 10

### Choose the Correct Answer

- Which of the following is an example of a specific learning disability primarily affecting reading? CO2 K1
  - Dyscalculia
  - Dyslexia
  - Dysgraphia
  - Autism Spectrum Disorder
- Cerebral Palsy is primarily classified as which type of disability? CO1 K3
  - Sensory Disability
  - Intellectual Disability
  - Physical Disability (Orthopedic Impairment)
  - Communication Disability
- Which of the following conditions is an example of a sensory disability? CO3 K4
  - Intellectual Disability
  - Hearing Impairment
  - Attention-Deficit/Hyperactivity Disorder (ADHD)
  - Traumatic Brain Injury (TBI)
- What disorder is characterized by persistent deficits in social communication and social interaction, and restricted, repetitive patterns of behavior, interests or activities? CO4 K5
  - Emotional Disturbance
  - Autism Spectrum Disorder (ASD)
  - Specific Learning Disability
  - Other Health Impairment (OHI)
- Which term is now generally preferred over "Mental Retardation" and describes a disability characterized by significant limitations in both intellectual functioning and adaptive behavior? CO4 K2
  - Emotional Disturbance
  - Specific Learning Disability
  - Intellectual Disability
  - Developmental Delay
- Which of the following is an example of an invisible disability? CO4 K2
  - Paraplegia
  - Deafness
  - Epilepsy
  - Down syndrome
- In Para sitting volleyball, what is the primary rule that distinguishes it from traditional volleyball? CO2 K1
  - Players must remain seated on the floor
  - The net is much higher
  - The ball is significantly heavier
  - Players are allowed to use their feet to hit the ball
- Perceptual motor development focuses on the relationship between which two aspects? CO3 K4
  - Speech and hearing
  - Sensation and movement
  - Memory and physical strength
  - Emotional and social skills
- What is the primary purpose of adapted sports? CO4 K3
  - To create new sports
  - To make sports more challenging
  - To modify sports to be accessible for individuals with disabilities
  - To train professional athletes

10. Which of the following describes the role of adaptive sports in the social rehabilitation domain? CO2 K3
- Improving muscle strength and endurance
  - Developing job-related skills
  - Providing opportunities for social interaction and community building
  - Enhancing cognitive function

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Write the meaning and definition of adapted physical education. CO2 K1  
(or)
- 11.b. Write the aims and objectives of adapted physical education. CO2 K1
- 12.a. Define IEP. CO4 K2  
(or)
- 12.b. Write the qualities and qualifications of adapted physical education teacher. CO4 K2
- 13.a. What are all the co curricular activities for disabled? CO2 K1  
(or)
- 13.b. List the outdoor activities for disabled. CO2 K1
- 14.a. Define Adventure Sports and brief how you will engage a differently abled person in this. CO3 K1  
(or)
- 14.b. What are the types of Bocce Competitions? CO3 K1
- 15.a. How will you engage mild intellectually disabled children for recreation purpose. CO4 K2  
(or)
- 15.b. Draw a one week fitness plan for visually impaired volleyball players. CO4 K2

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 16.a. Enumerate the importance and scope of APE. CO1 K1  
(or)
- 16.b. Explain physical disability. CO1 K1
- 17.a. Write in detail about the purpose and need of IEP. CO2 K2  
(or)
- 17.b. Discuss the role of PET in Adapted physical education. CO2 K2
- 18.a. Draw Para sitting Volleyball Court with measurements and mention its important rules. CO1 K1  
(or)
- 18.b. Mention 10 modified athletic events for persons with disabilities. CO1 K1
- 19.a. Elaborate HRPF and its development for individuals with unique need. CO2 K2  
(or)
- 19.b. Explain the different types of rehabilitation. CO2 K2
- 20.a. Draw Bocce frame with all its measurements and mention its basic rules. CO3 K4  
(or)
- 20.b. List the Wheelchair Badminton or Wheelchair Basketball rules. CO3 K4

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