



Nanniar

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 – December 2023

V Semester

Class : III UG

Time : 3 Hours

Major : Physical Education

Max. Marks : 100

21BPEC19 Adapted Physical Education

Course Outcomes:

1. Related a variety of factors to growth and motor development of individuals.
2. Demonstrate motor patterns, fundamental motor skills, sports specific skills and physical activity patterns of children adolescents with special needs.
3. Recognize the perceptual- motor behaviour and development levels of the individual
4. Obtain knowledge about ability level of person with disabilities and gifted and talented individual.
5. Providing appropriate curricula/ Programming for participants in adapted physical education settings.

Part A

10 x 1 = 10

Choose the Correct Answer

1. Physical education supports and prepare the students _____ CO2K2
 - a. To Learn the art of exercise
 - b. To gain intelligence
 - c. To retain physical and body energy
 - d. To maintain healthy-lifestyle and physical fitness
2. Adapted physical education aims to help students to improve their _____ CO3K3
 - a. Balance
 - b. Coordination
 - c. Posture
 - d. All of the above
3. In which year the rights of persons with disabilities rule was passed? CO1K1
 - a. 2016
 - b. 2005
 - c. 2012
 - d. 2010
4. Identify the type of sensory disability. CO2K3
 - a. Dwarfism
 - b. Autism Spectrum
 - c. Speech and language disability
 - d. learning disability
5. Adapted physical education is purely used for _____ CO2K2
 - a. Physical benefit
 - b. Physiological benefit
 - c. Psychological benefit
 - d. All of the above
6. The term of mental retardation is replaced with which term? CO2K1
 - a. Intellectual disability
 - b. Mental weakness
 - c. Intellectual backwardness
 - d. Intellectual disadvantage
7. Which of the following is an advantage of residential school for hearing – impaired children? CO3K3
 - a. Separation from their families
 - b. Fostering independence and self – care skills
 - c. Limited access to specialized education
 - d. Reduced exposure
8. Which of the following is not a disability? CO1K1
 - a. Hearing
 - b. Speech
 - c. Kyphosis
 - d. Vision
9. Which of the following dates the world autism awareness day is observed globally? CO3K3
 - a. April 2
 - b. April 3
 - c. April 1
 - d. April 5
10. Which of these is not one of the three crescents in the Paralympics logo? CO4K5
 - a. Red
 - b. Green
 - c. Yellow
 - d. Blue

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Write down the aims and objectives of adapted physical education. CO2K3
(or)
- 11.b. Discuss the qualities and qualifications of a teacher in adaptive physical education. CO3K4
- 12.a. Write down notes on the characteristics of hearing and vision impairment. CO4K2
(or)
- 12.b. Write down notes on the functional limitations of physical disabilities. CO2K2
- 13.a. Discuss the importance of parent-teacher associations. CO1K1
(or)
- 13.b. Write down notes on parental involvement. CO2K2
- 14.a. Write down the benefits of an outdoor adventure programme for people with impairments. CO3K3
(or)
- 14.b. Discuss the creative development programme and the culture development program for disabilities. CO4K5
15. a. Briefly explain the functional rehabilitation. CO2K2
(or)
- 15.b. Briefly explain the psychological rehabilitation. CO3K3

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or two pages

- 16.a. Explain the needs and importance of physical education. CO2K2
(or)
- 16.b. Explain the historical review of adapted physical education. CO2K3
- 17.a. Explain the aids for the disabled and their evaluation. CO4K4
(or)
- 17.b. List down the facilities and equipment for recreation and sports activities for people with disabilities. CO4K5
- 18.a. Explain the adaptive physical education AAHPER guiding principles. CO3K3
(or)
- 18.b. Explain the government's adaptive physical education welfare program. CO4K4
- 19.a. Explain the co-curricular activities for people with disabilities. CO5K5
(or)
- 19.b. Explain the nature of the aquatic activities program depending on the different types of disabilities. CO2K2
- 20.a. Explain the importance of an adapted program in rehabilitation. CO3K3
(or)
- 20.b. Explain the rehabilitative role of aquatic activity. CO4K4
