



# 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 an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment II - October 2025

V Semester

Class : III BSc

Branch : Bachelor of Physical Education

Time: 2hrs

Max. Marks : 60

23BPEDE4 – Adapted Physical Education

## Course Outcomes:

1. Relate a variety of factors to growth and motor development of individuals.
2. Demonstrate motor patterns, fundamental motor skills, sport specific skills and physical activity patterns of children and adolescents with special needs.
3. Recognize the perceptual- motor behavior and developmental levels of the individual
4. Obtain knowledge about ability level of persons with disabilities.
5. Providing appropriate curriculum/programme for participants in adapted physical education settings.

### Part A

6 x 1 = 6

#### Choose the Correct Answer

1. What does the term HRPF stand for in the context of physical education for individuals with disabilities? CO1K2
  - a) Health-Related Physical Fitness
  - b) High-Risk Physical Functions
  - c) Handicap Rehabilitation and Physical Freedom
  - d) Hyper-Reactive Physical Framework
2. In Para sitting volleyball, what is the primary rule that distinguishes it from traditional volleyball? CO2K1
  - a) Players must remain seated on the floor
  - b) The net is much higher
  - c) The ball is significantly heavier
  - d) Players are allowed to use their feet to hit the ball
3. Perceptual motor development focuses on the relationship between which two aspects? CO3K4
  - a) Speech and hearing
  - b) Sensation and movement
  - c) Memory and physical strength
  - d) Emotional and social skills
4. What is the primary purpose of adapted sports? CO4K3
  - a) To create new sports
  - b) To make sports more challenging
  - c) To modify sports to be accessible for individuals with disabilities
  - d) To train professional athletes
5. Which of the following describes the role of adaptive sports in the social rehabilitation domain? CO2K3
  - a) Improving muscle strength and endurance
  - b) Developing job-related skills
  - c) Providing opportunities for social interaction and community building
  - d) Enhancing cognitive function
6. What is the main advantage of an inclusive art program for students with varying disabilities? CO3K1
  - a) It requires all students to use the same materials and techniques.
  - b) It prevents students with different abilities from interacting.
  - c) It allows for personalized expression and skill development in a supportive environment.
  - d) It focuses exclusively on drawing and painting.

### Part B

3 x 6 = 18

#### Answer ALL questions

Each answer should not exceed 400 words or two pages

- 7.a. What are all the co curricular activities for disabled? CO2K1  
(or)
7. b. List the outdoor activities for disabled
8. a. Define Adventure Sports and brief how you will engage a differently abled person in this. CO3K1  
(or)
- 8.b. What are the types of Bocce tournaments?
- 9.a. How will you engage mild intellectually disabled children for recreation purpose CO4K2  
(or)
- 9.b. Draw a one week fitness plan for visually impaired volleyball players

**Part C**

**3 x 12 = 36**

**Answer ALL questions**

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

- 10.a. Draw Para sitting Volleyball Court with measurements and mention its important rules      CO1K1  
(or)
- 10.b. Mention 10 modified athletic events for persons with disabilities
- 11.a. Elaborate HRPF and its development for individuals with unique need      CO2K2  
(or)
- 11.b. Explain the different types of rehabilitation
- 12.a. Draw Bocce frame with all its measurements and mention its basic rules  
(or)      CO3K4
- 12.b. List the Wheelchair Badminton or Wheelchair Basketball rules