

**Avinashilingam Institute for Home Science and Higher Education for Women  
(Deemed to be University) Coimbatore-641 043  
Bachelors Degree Examination November – 2018  
V Semester**

**Class : III UG**

**Time : 3 Hours**

**Major : Physical Education**

**Max Marks: 100**

**15BPEC19 – Adapted Physical Education**

**PART-A**

**10X1=10**

**Choose the correct Answer**

1. ----- may be given to physically handicapped children to enable them to move from place to place  
a) Crutches            b) Auditory aid    c) Sign board            d) All the above
2. The intelligent quotient of mildly retarded individuals ranges from -----  
a) Below 19            b) 20 to 35            c) 36 to 51            d) 50 to 68
3. The lowest functioning (profoundly) retarded persons belong to -----  
a) Level - I            b) Level – IV    c) Level - III            d) Level - II
4. The International sports being conducted for physically challenged group is -----  
a) Winter Olympics            b) Olympic games  
c) Para Olympics            d) Special Olympics
5. AAHPER stands for -----  
a) American Association for Health, Psychology, Education and Recreation  
b) American Association for Health, Physical education and Recreation.  
c) African Association for Health, Physical education and Recreation  
d) American Association for Health Psychology, Education and Recreation
6. The co curricular activities included for disabled is/ are -----  
a) Theatre and Music            b) Visual aids and coding clubs  
c) Sports            d) All the above
7. An abnormal fears of specific objects, people or situations is termed as-----  
a) Phobias            b) Neuroses            c) Hysteria            d) Psychoses
8. Unified sports helps to promote-----  
a) Physical fitness    b) Sharpen skills    c) Acceptance and inclusion  
d) All the above
9. Welfare programmes of the government are meant for-----  
a) Educated            b) Unemployed            c) Poor    d) None of the above
10. Rehabilitation is used to help a person recover from-----  
a) Injury            b) Addiction            c) Illness            d) All the above

: 2 :

**PART-B**

**5x6=30**

**Answer the following**

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

11. a) Define adapted physical education and explain its objectives  
(or)
11. b) Write down the qualification of teachers of adapted physical education
12. a) What are the characteristics of mental retardation  
(or)
12. b) write down the facilities and equipments for recreation and sports activities for hearing impairment.
13. a) Explain the role of parents with disabled children  
(or)
13. b) Write notes on unified sports
14. a) Explain briefly about co-curricular activities for disabled  
(or)
14. b) Write down the aquatic activity programme for disabled
15. a) Explain the importance of adapted programme in rehabilitation  
(or)
15. b) Write about culture development programme for disabled

**PART-C**

**5x12=60**

**Answer the following**

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

16. a) Explain the need and importance of adapted physical education  
(or)
16. b) Enumerate the quality of teachers of adapted physical education
17. a) Discuss the characteristics and functional limitations of visual impairment.  
(or)
17. b) Discuss the characteristics and functional limitations of physically disabled person.
18. a) Explain the guiding principles of adapted physical education programme.  
(or)
18. b) Discuss in detail the government welfare programmes
19. a) Explain the outdoor and adventure based outdoor programs for disabled.  
(or)
19. b) Describe the nature of aquatic activity based on various disabilities
20. a) Explain the psychological rehabilitation  
(or)
20. b) Discuss the role of rehabilitation and importance of aquatic activity