

Centre for Studies in Physical Education and Sports
VALUE ADDED ADD-ON COURSES FOR PG (CBCS)
Name of the Course: Adapted Physical Education
Nature of Course: Value Added Course
Total Credit: 2 (30 hours)
Distribution of Marks: 40 (End-Sem) + 10 (In-Sem) = 50

Course Objectives:

- Students will learn the concept of adapted physical education and their need and importance.
- Students will learn to engage in various teaching opportunities.
- Can learn to deals with the person with disability and teach different sports activities.

Unit	Topic	Contact Hours	Marks
I	Introduction to adapted physical education: <ul style="list-style-type: none"> • Meaning and definition of Adapted Physical Education. • Aims and objective of Adapted Physical Education. • Need and importance of Adapted Physical Education. 	7	10
II	Classification of Disabilities: <ul style="list-style-type: none"> • Meaning, definition and classification of disabilities • Characteristics and functional limitation of disabilities. 	8	10
III	Activity for person with disability: <ul style="list-style-type: none"> • Importance of activity for person with disability • Co-curriculum activity for person with disability • Outdoor Programme for person with disability • Aquatic activity programme for person with disability 	7	10
IV	Adapted Physical Education programme: <ul style="list-style-type: none"> • Principle of Adapted Physical Education programme. • Aids for the person with disability and its evaluation. • Unified sports and its equipments. • Creative development, hobby and cultural development programme. 	8	10

Mode of In-Semester Assessment (10 Marks):

- 1. At least one Sessional Tests** **:05 Marks**
- 2. At least one of the following activities:** **:05 Marks**
 - a) Assignments
 - b) Unit Test
 - c) Class seminar presentation

Learning Outcomes:

- To explore and modified physical fitness self care as well as utilize social and emotional learning.
- Understand and attain the knowledge about adapted physical education.
- Can understand and identify various type of disability.
- Able to identify different type of adapted activities.
- Can utilize different co-curricular activity for disable.
- Can deals with the person with disability and teach different sports activities.

References:

- Michael: Handbook of adapted physical education, Equipment and its use.
- Meller David (2006) Arthur G Meller & James: Teaching physical activities to impaired youth.
- David Auxter et al: Principles and Methods of adapted physical education & Recreation.
- Luke E.Kelly: Adapted physical education National Standards.
- Kristi Roth, & et al (2016): Principles and Methods of Adapted physical education & Recreation.