

# Physical Education and Sports for Differentlyabled

Read this as new chapter.

## 4.1 CONCEPT OF DISABILITY AND DISORDER

There is not even a single person on this planet who does not want to be physically fit, mentally alert, socially well adjusted and emotionally balanced. Everyone wants harmonious development. Every individual wants to remain healthy. Nobody wants any hindrance or obstacle in the way of his life. Every one wants to enjoy life, which is full of joy and pleasure. Every one wants to be independent. However, there are many people, who are dependent on others completely. These people are unable to meet their desires, longings by themselves due to disability and disorder. Generally, it is seen that these two words, i.e., disability and disorder are used interchangeably. However, it is not appropriate. So, it is essential to understand the exact meanings of these two terms.

### Meaning of Disability

Disability is an impairment that may be cognitive, developmental, intellectual, mental, physical, etc. It affects the everyday activities of the individual to a considerable amount. It may be present in an individual from birth or occur during one's lifetime. Disability has different meanings in different societies of the world. Disability is an injury that restricts the functions or movements of an individual. It is the consequence of an impairment caused to an individual. It can be said that it is essentially a medical condition which does not permit an individual to perform any activity or movement in a normal way.

Disability means inability to do work. In fact, it is state of an individual, when he cannot work efficiently.

*"Disability is the reduction of functional ability to lead daily fruitful life."*

According to World Health Organisation, "A disability is a restriction or lack (resulting from impairment) of ability to perform an activity in the manner or within the range considered normal for a human being."

*"Disability is an impairment that may be cognitive, developmental, intellectual, mental, physical, sensory or some combination of these. It substantially affects a person's life activities and may be present from birth or occur during a person's lifetime."*

*"A disability is a functional limitation or restriction of individual's ability to perform an activity."*

It means that it is an impairment that creates obstructions in normal functions movements of an individual. It limits and restricts the activities of a person.

### Meaning of Disorder

Disorder is usually used for mental disabilities. Disorder is any ailment that disturbs the health of an individual. Most probably, disorders create hindrance in an individual's performance and reduce his efficiency. In the beginning, disorders seem to be ordinary but they usually grow or spread in a harmful manner in an individual. Most probably disorder cannot be detected on time, as a result of which, a simple disorder is changed into a disability.

It can be said that a disorder disrupts the normal functioning of an individual. Disorder can be defined as blip in the usual functioning of a person.

## 4.2 TYPES OF DISABILITY, ITS CAUSES AND NATURE (COGNITIVE DISABILITY, INTELLECTUAL DISABILITY, PHYSICAL DISABILITY)

### Types of Disability

Disability occurs to individuals in many ways and with varied severity. Some individuals are disabled right at birth while other individuals get disabled owing to some events during the course of their lives. Mainly, there are three types of disabilities such as cognitive disability, intellectual disability and physical disability. These disabilities are described below:

1. **Cognitive Disability:** Indeed, it is a neurological disorder that creates hindrance obstruction for an individual to store, process and produce information. This ability to affect an individual's ability or capability to read, compute, speak and write. So, the type of disability can also be called invisible disability because unlike other disabilities you may not be able to assess the condition by just looking at the individual. Generally, the individuals who have this type of disability, usually have following symptoms:
  - (i) **Memory disorder:** An individual who has auditory problems or difficulty remembering something that he/she heard, said or saw before some time.
  - (ii) **Hyperactivity:** An individual with cognitive disability may not have attention for a long period. He/she finds it difficult to stay at one place. As a matter of fact, he/she usually loses concentration frequently.
  - (iii) **Dyslexia:** An individual with cognitive disability may exhibit dyslexia. It means he/she may have difficulty in writing, reading, speaking, etc.
2. **Intellectual Disability:** Intellectual disability in a disability characterised by significant limitations both in intellectual functioning (reasoning, learning, problem solving) and in adaptive behaviour, which covers a range of everyday social and practical skills. Indeed, this disability is related to the individual's thought processes, communication, money, learning, problem solving and judgement. It also includes psychiatric disability which is related to the individual's social disabilities such as behaviour, emotions and thinking. The intellectual disability begins before the age 18 years.



3. **Physical Disability:** A physical disability is a limitation on an individual's physical functioning, mobility, dexterity or stamina. Other impairments such as respiratory disorders, blindness, epilepsy and steep disorders, which limit other facets of daily living are also included in physical disabilities. Physical disability may either be motor deficiency (mobility impairment) or a sensory impairment. Motor deficiency is related to spinal cord, causing paralysis to some or all the limbs i.e., hands and legs. It may also be related to brain damage, which may occur before birth, during or after birth or after a stroke. Sensory impairment is related to an individual's visual or hearing impairments. In simple words, a physical disability is one that affects a person's mobility or dexterity.

### Causes of Disability

There are various causes of disability which are stated below:

1. **Genetic Causes:** Some disabilities are known to be inherited such as spinal muscular atrophy and muscular dystrophy. Abnormalities in genes and genetic inheritance cause intellectual disability in children. Sometimes, diseases, illnesses and over exposure to X-rays may cause genetic disorder.
2. **Poverty:** Poverty is one of the major causes of disability. Generally, it is seen that poor persons are the most vulnerable to disability because they live and work in unsafe environment with poor sanitation. They don't have good living conditions. They usually have little access to education, safe drinking water and proper nutrition. Owing to these conditions they fall prey to such diseases which lead them towards disability. Many babies may be born with disabilities. This may be because they did not get enough nutrition during gestation.
3. **Mental Health Problems:** Mental health problems such as depression, bipolar disorder, etc., may lead to disability. As a matter of fact the causes of mental health problems are very difficult to diagnose. They tend to be some of the most misunderstood disabilities.
4. **Accidents:** Nowadays, life has become so fast that accidents may occur anywhere, anytime and to anyone. These accidents may happen at workplace, on the roads or in the air. These accidents may lead to disability.
5. **Infectious Diseases:** Infectious diseases may also cause disabilities. If a child acquires an infectious disease, the immunity power of the child is diminished. He becomes susceptible to various diseases. If a child is not immunised well he becomes vulnerable to infectious diseases like mumps which can cause hearing impairment or polio which can cripple the child.
6. **Disturbance in Endocrine Glands:** Disturbance in endocrine glands may also lead to disability. Owing to such disturbance, a child may suffer from various physical and mental deficiency.
7. **Malnutrition:** Malnutrition is another significant cause of disability, especially in our country. If a child does not get appropriate nutrition, he may be physically weak. Even deficiency of calcium leads to malformation of bones. Deficiency of iodine may diminish the growth of body. Similarly, deficiency of vitamin 'A' may cause blindness in children. Deficiency of vitamin B<sub>12</sub> may lead to the loss of memory and paralysis.

8. **Use of Intoxicants and Drugs:** Use of alcohol, brown sugar, LSD and opium may also lead to disability. Once an individual becomes habituated to these substances, he falls in the trap of these drugs forever, which ultimately lead him towards disability.
9. **Poor Approach to Health Care:** Many disabilities can be prevented easily if there is proper access or approach to health care facilities. Sometimes, good health care facilities are not available during difficult labor and birth. It may cause a baby to be born with a disability such as cerebral palsy. Professionally trained persons could handle such emergencies. They can prevent babies from being born with such disabilities. Proper immunisation can also help in preventing many disabilities. Usually people who live in remote areas, do not have proper access to health care facilities, and thus, sometimes babies suffer disabilities.
10. **Nuclear Accidents:** Many persons have suffered after being exposed to radiation after accidents in nuclear power plants in USA and Ukraine in 1979 and 1986, respectively. It also happened in 1945 in Japan during II<sup>nd</sup> World War. At such places, there has also been an increase in the number of children born with cognitive disabilities such as Down Syndrome.
11. **Toxic Materials Pesticides and Insecticides:** Toxic materials like lead and mercury, etc. found in various products, use of insecticides and pesticides and other harmful chemicals may cause disabilities in people and birth defects in babies. As a matter of fact such toxic materials may cause damage to brain which ultimately leads to disabilities.
12. **Illnesses:** The illnesses like cancer, heart attack, diabetes, etc., cause a number of long term disabilities. Arthritis, back pain, musculoskeletal disorders, etc., are also significant causes of disability.
13. **Lack of Education:** Lack of education may lead to disability. Generally, labourers are not educated. They fall prey to certain diseases which can be avoided by using scientific methods or by taking precautions. But due to ignorance they do not adopt such precautionary methods. Hence, their chances to get a disability are on the rise.

### 4.3 TYPES OF DISORDER, ITS CAUSES AND NATURE (ADHD, SPD, ASD, ODD, OCD)

The types of disorder, their causes and nature are stated below.

#### Attention Deficit Hyperactivity Disorder (ADHD)

Attention deficit hyperactivity disorder is a group of behavioural symptoms that include inattentiveness, hyperactivity and impulsiveness. In fact, it is a medical condition that affects how well can someone sit still, focus and pay attention. Generally ADHD affected children have differences in the parts of their brains that control activity and attention. It means that such individuals may have some problems focussing in some activities. This may be hyperactive or may be unable to control their impulses. This type of disorder is found more common in boys than in girls.



## Symptoms of ADHD

There are different symptoms of ADHD in children and adults which are stated below:

### Symptoms in Children

1. They usually forget about daily activities.
2. They feel problem in organising routine activities.
3. They usually indulge in day dreaming.
4. They do not like to perform the activities that require sitting still.
5. They are easily distracted.
6. They usually bounce when sitting.
7. They become restless.
8. They have some problem in playing quietly.
9. They usually talk excessively.
10. They do not pay attention and usually make careless mistake.

### Symptoms in Adults

Symptoms may change with the advancement of age. In adults following symptoms may be observed:

1. They may have anxiety attacks.
2. They may be impulsive.
3. They may have problem in controlling anger.
4. They usually have low self esteem.
5. They usually remain unorganised.
6. They are easily frustrated.
7. Mood swings and depression are common in such adults.
8. They have problem in concentrating, especially while reading.

## Causes of ADHD

The exact cause of ADHD is unknown but some factors that may have some role to play in ADHD are stated below:

1. **Genetic Factor:** Research studies have indicated that there is a strong genetic link in ADHD. It is not a disorder that is passed socially. Research studies indicate that parents, siblings and children of people with ADHD may be up to five times more likely to have the disorder than people who are not related to someone with ADHD.
2. **Brain Injuries:** When a baby's brain is damaged before or after birth this could make the baby more likely to develop ADHD later on.
3. **Low Birth Weight:** It is observed that children with low birth weight are more likely to develop ADHD.
4. **Trauma and Brain Diseases:** Trauma during birth and brain diseases may lead to ADHD.
5. **Lack of Discipline in the Family:** Research studies conducted in this field also indicate that lack of discipline in the family and chaotic family life may be the cause of

ADHD in a family. In fact, the lack of harmony in family, lower socio-economic status and hostile relationships between parents and children are also the causes of ADHD.

6. **Diet:** There are a number of evidences which show that taking a particular type of food or food additives play a significant role in causing ADHD.
7. **Exposure to Toxic Substance:** Exposure to some toxic substance may also lead to disorder. Smoking, alcohol or drug abuse during pregnancy may cause ADHD to the offspring.

### Sensory Processing Disorder (SPD)

Sensory processing disorder is a condition in which the brain has difficulty in receiving and responding to information that comes in through the senses. In fact, it refers to the way the nervous system receives messages from the senses and then turns them into proper motor and behavioural responses. Generally, all the activities such as reading a book or riding a bicycle require accurate processing of sensation. It is some sort of neurological traffic jam that prevents certain parts of the brain from receiving the information required to interpret sensory information accurately.

Sensory processing disorder may affect one sense such as touch, sight, taste or movement. It may also affect multiple senses. In this disorder, the person may scream when touched or may vomit or dive under the table after hearing the sound of a leaf blower outside the window. In some cases, the person with SPD may remain unresponsive to anything around him. Even he may fail to give any response to extreme heat or cold or pain.

### Causes of Sensory Processing Disorder

The accurate cause for sensory processing disorder is still unknown. However, some of the potential causes are stated below:

1. **Genetic Cause:** Research studies indicate that children born to adults who have autism spectrum disorders (ASD) may be at the higher risk for developing SPD. Scientists allude that the cause of SPD are coded into the child's genetic material.
2. **Low Birth Weight:** Low birth weight is also considered one of the causes of sensory processing disorder.
3. **Environmental Factor:** Usually, children who are adopted often experience sensory processing disorder due to some restrictions in their early lives or poor prenatal care.

### Autism Spectrum Disorder (ASD)

Autism spectrum disorder is a disorder that affects development. Here, the word spectrum refers to the range of symptoms and their severity. Generally, the young children with ASD have difficulties with communication, language, social skill and behaviour. In other words, autism spectrum disorders are characterised by social interaction difficulties, communication challenges and a tendency to engage in repetitive behaviours. As a matter of fact, children with ASD may behave differently or repeat the same activities again and again like touching the same object repeatedly. However, all the children with ASD don't have the same problems or behaviours. Usually, the affected children with ASD may show symptoms. They avoid eye contact and prefer to be alone. They don't like to be embraced and



repeat the words and actions. They feel difficulties in expressing their needs and emotions. They are sensitive to taste, smell and sound.

### **Causes of Autism Spectrum Disorder**

Research studies show that there is no single cause of this disorder. However, the available data related to this field suggest that this disorder results from different sets of casual factors such as genetic and environmental.

1. **Genetic Factors:** Genetic problems seem to play a very significant role in ASD. These problems can happen in two ways.

The first is that something happens during fetal development that alters a gene.

The second way is that the child inherits problematic gene/genes from one or both parents.

That is why a child is more likely to have ASD if a parent is affected with ASD. It is a fact that at least ten percent children with ASD have a form of genetic disorder such as Down Syndrome.

2. **Environmental Factors:** In fact, there is no solid evidence to show that ASD can be caused by anything in the environment like diet or exposure to certain drugs or toxins. However, it is also averred that mothers exposed to high levels of pesticides and air pollution may also be at a higher risk of having a child with ASD.

It is important to keep in mind that these factors, by themselves, don't cause autism. Rather, in combination with genetic factors, they appear to increase risk.

### **Oppositional Defiant Disorder (ODD)**

Oppositional defiant disorder is a set or group of behavioural disorders called disruptive behaviour disorders. It is called by this name because children who have these disorders always tend to disrupt those around them. Oppositional defiant disorder is one of the most common mental health disorders found in children and adolescents.

Physicians define this disorder as a pattern of disobedient, hostile and defiant behaviour directed toward authority figures. The individuals affected by this disorder usually rebel, argue with adults, refuse to obey and are obstinate. They have angry outbursts and have hard time in controlling their anger or aggression. It has also been seen that even children of best behaviour can be uncooperative and hostile at times. Such children argue with parents and defy authority from time to time, specially when they are tired, hungry or under stress and tension. The affected children with ODD show various symptoms. They argue excessively with adults and don't obey the rules and regulations. They refuse to comply with requests. They deliberately annoy and upset other individuals. They also try to blame other individuals for their mistakes. They show resentment and have revengeful attitude.

They have difficulty in making friends and have low self-esteem. They have negativity in their behaviours. They display angry and irritable moods as well as vindictive behaviours.

### **Causes of Oppositional Defiant Disorder**

In fact, there is no specific or clear-cut cause of oppositional defiant disorder. It is widely believed that a combination of various factors such as biological or genetic, physical,

psychological, social risk factors play a significant role in the development of ODD. The various causes/factors of ODD are described below:

1. **Biological or Genetic Factors:** Children are more susceptible to developing ODD if they have a parent with a history of ADHD or ODD. Such children may be affected with ODD if their parent had depression or bipolar disorder, or exposure to toxins or poor nutrition.
2. **Physical Factors:** The presence of ODD traits have been linked to the existence of abnormal amounts of some brain chemicals. These brain chemicals, known as neurotransmitters, keep the brain chemicals themselves balanced properly. When an imbalance exists and messages are not communicated properly with other parts of brain, at that time symptoms of ODD may occur.
3. **Psychological Factors:** Children may develop ODD if they don't have good relation with parents or have neglectful parents or have inability to develop social relationships.
4. **Social Factors:** Oppositional defiant disorder may be due to inconsistent discipline, divorce, poverty, chaotic environment in the family and exposure to violence.

### **Obsessive Compulsive Disorder (OCD)**

Obsessive compulsive disorder is a mental health disorder that affects people of all ages and walks of life. It occurs when an individual gets caught in a cycle of obsessions and compulsions. It can be said that persons with OCD are plagued by constant thoughts of fears that cause them to perform rituals or routines. The disturbing thoughts are called obsessions and rituals are called compulsions.

In simple words, OCD is a type of mental disorder that causes repeated unwanted thoughts. To get rid of the unwanted thoughts, he/she performs the same task/activity again and again. For example, a person may fear that everything he/she touches has germs on it. So, to get rid of that fear he/she washes his/her hands again and again. Persons suffering from OCD might understand that their obsessions are unreasonable, but trying to stop or ignore them causes anxiety and stress.

### **Causes of Obsessive Compulsive Disorder (OCD)**

The exact cause of obsessive compulsive disorder is still unknown. Research studies suggest that there may be a problem with the way one part of the brain sends information to another part. Serotonin is the chemical in the brain that sends messages from one part to another. Insufficiency of serotonin may help in causing OCD. Stress and anxiety do not cause OCD but every day stress and anxiety may worsen the symptoms of OCD.

Recent studies have indicated that there may be considerable genetic basis for OCD. Depression is also thought to cause OCD but the experts' opinion is splitted.

### **4.4 DISABILITY ETIQUETTES**

Disability etiquette is a set of guidelines dealing specifically with how to approach persons with disabilities. Before knowing about disability etiquettes, it is essential to understand certain basic things such as if someone has a disability don't assume he/she needs help. In fact, adults with disabilities want to be treated as independent person. So, offer help only if the person with disability seems to need it. Physical contact should be avoided. Always



## General Disability Etiquettes

The general disability etiquettes are stated below.

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1. Always put the person first i.e., say 'person with disability' rather than 'disabled person'. Always avoid the outdated words like handicapped, retarded, physically challenged or differently abled. For example, refer to 'person who are blind' rather than 'blind person'.
2. In case of introduction to a person with a disability, it is appropriate to shake hands.
3. When you meet a person with a visual impairment, always identify yourself and others who may be with you.
4. Leaning or hanging on a person's wheelchair should always be avoided because such act is generally considered annoying. In fact, the chair is the part of the personal body space of the person who uses it.
5. Always listen carefully as well as attentively when you are having conversation with a person who has difficulty in speaking. Have patience and wait for the person to finish rather than correcting or speaking for that person. Generally, ask short questions that require short answers.
6. When talking with a person in a wheelchair or a person who uses crutches, keep yourself at eye level in front of the person to facilitate the talk.
7. To get the attention of a person who is deaf or having hearing impairment, tap the person on the shoulder or wave your hand. You should look directly at the person and speak clearly.
8. Never patronize person who use wheelchairs by patting them on the head or shoulder.
9. Always introduce yourself to persons who are blind using your name.
10. If you need to leave a person who is blind, inform him you are leaving and ask him if he needs anything before you leave.

#### 4.5 ADVANTAGES OF PHYSICAL ACTIVITIES FOR CHILDREN WITH SPECIAL NEEDS

Physical activities can play a significant as well as positive role in the life of children with special needs. In fact, there is a wealth of evidence to support physical activities for children with disabilities. During the past three decades a number of studies have revealed that physical activities result in improved functional status and quality of life among children with special needs.

In fact, physical activities can provide significant benefits for the children with special needs. Following are the advantages/benefits of physical activities for children with special needs.

- 1. Physical improvements:** Children, who suffer from cognitive disabilities are most likely to suffer from physical impairments as well. These children have substantial problems with motor skills in hopping, jumping, etc. Involvement in physical activities can help these individuals to develop fundamental motor and physical fitness skills.

These activities improve the levels of well-being and physical health. Physical activities enhance the hand-eye coordination, flexibility, strength, endurance and even cardiovascular efficiency. These activities help children with disabilities to fight back against problems such as obesity and other lifestyle diseases. In fact, physical activities help in maintaining healthier bone density and better overall fitness.

**2. Mental Improvements:** Physical activities are not only good for a child's body but these are beneficial for their mind too. In fact, physical activities improve general mood and wellness of children with special needs:

3. **Self-esteem:** Physical activities are beneficial for children with special needs because such activities develop a sense of self-esteem and self-confidence. As a matter of fact, interaction and involvement with other students in physical activities help to give children a sense of accomplishment and confidence.
4. **Reduce the Level of Anxiety, Stress and Depression:** Physical activities may help in reducing the level of anxiety, stress and depression of children with disabilities.
5. **Cognitive Benefits:** Physical activities lead to cognitive skill improvement in children with disabilities. These activities allow them to discover and access strengths that cannot be challenged in the classroom setting.
6. **Improved Social Interaction:** Physical activities provide ample opportunities for improving the social interaction among children with special needs. Social relations are developed during involvement in physical activities.
7. **Better Emotional and Psychological Health:** Physical activities are beneficial for children with special needs because such activities improve emotional and psychological health.
8. **Reduce Risk of Health Complications:** Physical activities are beneficial for children with special needs because these activities reduce or decrease the risk of various health complications like high blood pressure, diabetes and at the same time improve appetite and quality of sleep.

#### 4.6 STRATEGIES TO MAKE PHYSICAL ACTIVITIES ACCESSIBLE FOR CHILDREN WITH SPECIAL NEEDS

Children with special needs or with various types of disabilities such as mental disability, hearing impairment, speech or language impairment, blindness, autism or poor body mechanics, health impairment, etc., have the right to develop their abilities in a democratic society through the process of education.

So, the following strategies should be taken into consideration to make physical activities accessible for the children with special needs.

- 1. Medical Check-up:** First of all, it is essential to have a medical check-up of all the children with special needs or with various disabilities. Because without medical check-up, the teachers of physical education cannot come to know about the type of disability the child is facing. Indeed, if we really want to make physical activities accessible for the children with special needs, we need to understand the type of disabilities of the children.



2. **Physical Activities Must Be Based on Interests of Children:** Indeed, physical activities must be based on the interests, aptitudes, abilities, previous experience and limitations of children with special needs. So, the teachers of physical education should have a deep knowledge of limitations, interests and aptitudes of children. After that physical activities can be made accessible for children with special needs more easily.
3. **Equipment Related to Physical Activities Should Be According to the Needs of children:** The equipments/objects related to physical activities should be according to the needs of children. These equipment should vary in size, shape, colour and weight. These equipment should be according to the capability and level of children. A child with visual impairment should use bright coloured ball. A yarn should be tied to the ball to bring the ball back to children. So, various types of equipment must be provided for children with special needs.
4. **Specific Environment Should Be Provided:** The area of physical activities should be limited as movement capabilities of children with special needs are limited. Specially, in case of children who have autism, they must be provided specific playing area because they may need some time to relax. Light and sound are also vital for making good environment for such children.
5. **A Variety of Different Instructional Strategies Should Be Used:** For performing various types of physical activities, a variety of different instructional strategies such as verbal, visual and peer teaching should be used. It can give children the opportunity to start learning on their own and become more independent. Pictorial books are also vital in terms of instructions regarding physical activities.
6. **Rules Should Be Modified According to the Needs of Children with Disabilities:** In the beginning, rules of the physical activities should be simple but later on these rules can be modified according to the needs of the children. They can be provided extra attempt or time to perform a physical activity. They can also be given additional resting time before doing the next physical activity.
7. **Children's Previous Experience Must Be Taken into Consideration:** For making physical activities more accessible for children with special needs, the concerned teacher of physical education should have comprehensive understanding and knowledge of children's previous experience about physical activities.  
In conclusion it can be said that the above mentioned strategies are very significant to make physical activities accessible for children with special needs.

## Exercises

### Very Short Answer Questions Carrying 1 Mark (20 to 30 words)

1. What do you mean by disability?
2. Define disability.
3. What do you mean by disorder?
4. Define disorder.
5. What is intellectual disability?

6. What do you mean by physical disability?
7. What do you mean by cognitive disability?
8. How accidents may cause disability?
9. "Malnutrition may cause disability". Explain this statement.
10. Does genetic factor cause ADHD?
11. What do you mean by Sensory Processing Disorder?
12. What is OCD?
13. What do you mean by disability etiquettes?

### Short Answer Questions Carrying 3 Marks (80 to 90 words)

1. Elaborate the meaning of disability.
2. Briefly discuss the concept of disorder.
3. Discuss about cognitive disability.
4. Explain any three causes of disability.
5. Discuss about Attention Deficit Hyperactivity Disorder.
6. Mention the symptoms of ADHD in children.
7. Explain about Sensory Processing Disorder (SPD).
8. Discuss the causes of SPD.
9. Elucidate about Autism Spectrum Disorder.
10. Discuss the causes of ASD.
11. What do you mean by Oppositional Defiant Disorder?
12. Discuss the causes of ODD.
13. Discuss any three advantages of physical activities for children with Special Needs.

### Long Answer Questions Carrying 5 Marks (150 to 200 words)

1. Elaborate the concept of disability and disorder in detail.
2. What do you mean by disability? Discuss the types of disability.
3. What do you mean by disability? Elucidate the causes of disability.
4. What do you mean by disorder? Discuss Attention Deficit Hyperactivity Disorder (ADHD) and its causes in detail.
5. What do you mean by Sensory Processing Disorder? Discuss the causes of SPD.
6. What is Autism Spectrum Disorder? Discuss its causes in detail.
7. What is Oppositional Defiant Disorder? Discuss its causes in detail.
8. What is Obsessive Compulsive Disorder? Elaborate the causes of OCD.
9. What do you mean by disability etiquettes? Mentioning any five general disability etiquettes.
10. Discuss the advantages of physical activities for children with special needs in detail.
11. Discuss the various strategies to make physical activities accessible for children with special needs in detail.