

Unit 4 | Physical Education & Sports for CWSN

Adaptive or Disability sports

Adaptive or disability sports are the type of competitive sports that are designed for individuals with disabilities. These sports are slightly different than normal sports as there may be some modifications in the rules or in the equipment to meet the special needs of the participants. For instance, sled hockey allows the use of sleds for players to sit and play the game.

Special Olympics

Eunice Kennedy Shriver founded the Special Olympics in 1968. The purpose of the Special Olympics is to provide year-round sports training & athletic competition in various Olympic-type sports for youngsters and adults with intellectual disabilities. It provides opportunities for athletes to develop their physical fitness, experience the joy of sportsmanship, and participates in sharing gifts, skills, and friendships with their families, community, and other Special Olympics athletes.

Headquarters - Washington DC.

Motto: "Let me win. But if I can't win, let me be brave in the attempt."

Governing Body: Special Olympics International

1st Time: Chicago, USA (1968)

Recently, Berlin, Germany (2023)

Special Olympic Logo: The logo of Special Olympics is based on the Sculpture 'Joy & Happiness to all Children of the World'.



Special Olympic Flame: The torch that is carried out & lit at Special Olympic Games is called as the 'Flame of Hope'.



Paralympics

Paralympic Games or Paralympics is an international multi-sport event for athletes with a range of disabilities.

The event usually takes place every two years and almost immediately after the Olympic Games.

There are two versions of Paralympic games — Winter and Summer Games. All Paralympic Games are managed by the International Paralympic Committee (IPC).

Athletes who participate have a range of disabilities including impaired muscle power, hypertonia, ataxia, vision impairment, intellectual impairment, etc

MOTO "Spirit in Motion" (2004) in Athens.

The previous "Mind, Body, Spirit," (1994).

Governing Body: International Paralympic committee
HQ- Bonn, Germany.

1st Time: Rome, Italy Summer (1960)

Recently, Beijing, China (2022)

Paralympics Logo: The three Agitos encircling a central point symbolize motion, emphasise the role of the Paralympic Movement in bringing athletes together from all corners of the world to compete.



Categories:- Paralympics athletes compete in six different disability groups — cerebral palsy, amputee, visual impairment, intellectual disability, spinal cord injuries, and "les autres" [athletes whose disability does not fit into one of the other categories, like Dwarfism].

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Deaflympics

Deaflympics is an international Olympic event at which deaf athletes compete. Unlike other paralympic events, deaf athletes cannot be guided by sounds like referee whistle, gunshot etc. Therefore, special arrangements are made for the deaf athletes at Deaflympics such as waving a flag, using light instead of gunshots etc. The Deaflympics are more than just the world's second oldest multiple sports after olympics. These games are the world's fastest growing sports events. The Deaflympics are an equivalent to the Olympic games for deaf athletes.

MOTTO:
"PER LUDOS AEQUALITAS" (Equality through sport) and sticking to the ideals of the Olympics

The main purpose of Deaflympics is to provide opportunities to person with hearing disability to participate in elite sports. The eligibility criteria to compete at the Deaflympic Games the athletes must have a hearing loss of minimum 55 decibel in their better ear. Hearing aid, cochlear implants etc. are not allowed to be used in the competition.

Deaflympics Logo:

It's logo is inspired by the sign for Olympics. The circle in the middle represents an eye because deaf people are very visual. The four colours of the logo i.e. red, green, yellow and blue represent the four regional confederations of the International Committee of Sports for Deaf viz. Europe, Asia Pacific, Pan-America and Africa. It ties together the strong elements, sign language, deaf and international cultures, unity and continuity.



1st time: Paris (1924)
Recently, Brazil (2022)

Divisioning in Sports

The concept of Classification and Divisioning is a process used in disability sports for providing even and fair competition for athletes with disability through grouping of athletes. The purpose is very much similar to grouping system used in mainstream sports according to their age-group, gender, weight etc.

Classification in Parlympics

1. Paralympic Games, IPC has developed classification process which can contribute "to sporting excellence for all Athletes and sports in the Paralympic Movement, and providing equitable competition.
2. Classification is undertaken to ensure that an Athlete's impairment is relevant to sport performance, & to ensure that the Athlete competes equitably with other Athletes" with fair chance to all participant athletes engaging in competitive sports.
3. According to the IPC, the classification process serves 2 roles. The 1st is to determine who is eligible & the second is to group sportspeople for the purpose of competition.
4. The eligibility minimum is an impairment that limits the sports persons ability to participate in an activity & the disability needs to be permanent in nature.

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Classification Process

The 1st step is generally a medical assessment. The 2nd is generally a functional assessment which involves two parts: first observing a sportsperson in training and then observing the sportsperson in competition.

There are a number of people involved in this process beyond the sportsperson, including individual classifiers, medical classifiers, technical classifiers, a chief classifier, a head of classification, a classification panel and a classification committee.

Eligible impairments

1. Impaired muscle power
2. Impaired passive range of movement
3. Loss of limb or limb deficiency
4. Leg-length difference
5. Short stature
6. Hypertonia
7. Ataxia
8. Athetosis

Classification in Deaflympics

Special Olympics uses a competitive-level matching or grouping referred to as 'divisioning', which is a fundamental rule at Special Olympics.

Athletes in competitions are matched with others of the same gender, about the same age and most importantly, of about the same competitive ability.

The fundamental difference between Special Olympics competitions and those of other sports organizations is that athletes of all ability levels are encouraged to participate, and every athlete is recognized for his/her performance.

Competitions are structured so that athletes compete with other athletes of similar ability in equitable divisions.

Inclusion in Sports

Inclusion is an educational practice where every person can participate equally in all social processes. It is an approach to educating students with special educational needs.

In this inclusion approach, students with special needs are fully integrated into the general education classrooms at a school.

Implementation of Inclusive education

1. Proper support is provided in case students experience difficulties.
2. Students should feel that they have somebody to speak to when they are worried
3. All students are equally valued.
4. Teachers should make sure that all students participate and learn.
5. The school should monitor the participation, and achievement of all students.
6. Teaching must be planned with all students in mind as per their abilities.
7. Teaching lessons must encourage the participation of all students.
8. Ensure that every student is actively involved. Students are encouraged to support each other in learning

Need of Inclusion Education

1. The need for Inclusion is very much there to improve the motor skills of students with disabilities.
2. Institutions need to provide equal chances to every disabled student to participate as per their abilities to boost their confidence level.
3. Normal students get a chance to increase friendships with disabled children. Diversified teaching strategies benefit all students. Children with disabilities learn more from other students, which develops their social and communication skills.

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Strategies to make Physical Activities assessable for CWSN

1. Medical Check-up: If we want to make physical activities accessible for CWSN, we need to understand the type of disabilities of children. For this purpose, a complete medical check-up of the children is required. With help, PE teachers will have difficulty knowing about the type of disability the child is facing.
2. Assistive Technology: It refers to making equipment, devices, or tools that help these children to participate in learning activities like balls with bells, bigger balls, balls attached to strings to bring them back to the students, etc.
3. Creating a Specific Environment: This means creating a friendly environment by keeping in mind the specific requirements of disabled children. It shows that they are also required in society, and like other children their age, they can play. Students with special needs can be provided with specific play areas with special requirements as needed by them.
4. Activities Based on Interests: Physical activities must be based on the interests, aptitudes, abilities, previous experiences, and limitations of children with special needs.
5. Modification of Rules: Rules can be modified according to the needs of the children. They can be provided extra time or attempt to perform physical activity.
5. Children's Previous Experience Must be taken into consideration: For making physical activities more accessible for children with special needs, the concerned teacher of PE should have an understanding and knowledge of children's previous experience with physical activities.
6. Specialized Equipment: The size, weight, shape, and colour of the playing equipment also have to be customized. Visually handicapped children need brightly coloured equipment, while those with weak muscles need lighter design of equipment.

Advantages of Physical activities for CWSN

1. Reduce depression & stress: Physical activities may help reduce depression in children with disabilities. It also reduces their anxiety and stress levels.
 2. Improve social interaction: Physical activities provide children with ample opportunities for social interaction. Their social relations improve during involvement in these activities. Different types of sports activities lead to increased social integration, friendship, and bonding.
 3. Many Cognitive benefits: Physical activities lead to cognitive skills such as thinking, reasoning, and remembering. It enables them to discover and access strengths that cannot be challenged in the classroom setting.
 4. Fun activities: Physical activities lead to mood benefits. They enjoy social interaction with both the fitness staff and other participants.
 5. Increased fitness & Strength levels: Children improve their muscle strength, coordination, and flexibility through regular physical activities. It also enhances better motor skills, balance, and body awareness.
- Improve health quality: Children have positive health and quality of life changes and raise their self-esteem.