

ADAPTED PHYSICAL EDUCATION (MAJOR 10)

(3+0 Cr. Hr)

COURSE OBJECTIVES

This course is designed to provide knowledge to the students about the rehabilitation of special persons through physical activities, teaching methods useful to special people to adjust in the society.

COURSE CONTENTS:

i. HISTORICAL BACKGROUND OF SPECIAL POPULATIONS

- a. Concepts of Specials Populations:
 - i. Dark Age
 - ii. Modern Age
- b. Concept for Special Populations in our Society

ii. UNDERSTANDING OF SPECIAL POPULATION

- a. W.H.O.'s Definition and Classification of Special Population
- b. Basic Terms
- c. Public Law
- d. Posture and its Importance

iii. TYPES OF SPECIAL POPULATION

- a. Mental Retardation:
 - i. Mild
 - ii. Moderate
 - iii. Severe
 - iv. Profound
- b. Deaf and Defective:
 - i. Mild
 - ii. Moderate
 - iii. Severe
 - iv. Profound
- c. Visually Impaired:
 - i. Blind
 - ii. Partially Sighted
 - iii. Partially Blind
 - iv. Low Vision
- d. Physically Disabled:
 - i. Mild
 - ii. Moderate

- iii. Severe
- iv. Profound

iv. TEACHING PROGRAMMES FOR SPECIAL POPULATION

- a. Individual Programmes
- b. Developmental Programmes
- c. Remedial Programmes
- d. Therapeutic Programmes

v. ADJUSTMENT OF SPECIAL POPULATION

- a. Factors Affecting Adjustment
- b. The Effects of Environment
- c. Ways of Making Adjustment
- d. Adjustment of Special Populations in Society through Teachers and Parents

vi. PHYSICAL ACTIVITIES FOR SPECIAL POPULATION

- a. Games and Sports activities for Special Population
- b. Fitness Exercises for Special Population
- c. Understanding the Nature of Motor Learning
- d. Movement Mechanical Principles for Special Population

vii. PHYSICAL EDUCATION TEACHER FOR SPECIAL POPULATION

- a. Attributes of Physical Education Teacher
- b. Qualifications of Physical Education Teacher

viii. PARALYMPICS AND PHYSICAL EDUCATION

- a. Preparation and Protocols for Paralympics
- b. Education for Special Players

RECOMMENDED BOOKS

1. Winnick, J., & Porretta, D. (Eds.). (2016). *Adapted Physical Education and Sport, 6E*. Human Kinetics.
2. Hodge, S., Lieberman, L., & Murata, N. (2017). *Essentials of teaching adapted physical education: Diversity, culture, and inclusion*. Routledge.
3. Metzler, M. (2017). *Instructional models in physical education*. Routledge.
4. Kauffman, J. M., Hallahan, D. P., & Pullen, P. C. (2017). *Handbook of special education*. Routledge.
5. Capel, S., & Whitehead, M. (2015). *Learning to Teach Physical Education in the Secondary School: A companion to school experience*. Routledge.