

Course Title: Adapted Physical Education
Code Number: HPE-413
Credit Hours: 03 hrs
Pre-Requisites course Requirement/Skills: Nil

Objectives of Course

At the successful completion of this course students will be able:

- 1) 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

Unit-I Historical Background of Special Populations

- 1.1 Concepts of Specials Populations:
 - 1.1.1 Dark Age
 - 1.1.2 Modern Age
- 1.2 Concept for Special Populations in our Society

Unit-II Understanding of Special Population

- 2.1 W.H.O.'s Definition and Classification of Special Population
- 2.2 Basic Terms
- 2.3 Public Law
- 2.4 Posture and its Importance

Unit-III Types of Special Population

- 3.1 Mental Retardation:
 - 3.1.1 Mild
 - 3.1.2 Moderate
 - 3.1.3 Severe
 - 3.1.4 Profound
- 3.2 Deaf and Defective:
 - 3.2.1 Mild
 - 3.2.2 Moderate
 - 3.2.3 Severe
 - 3.2.4 Profound
- 3.3 Visually Impaired:
 - 3.3.1 Blind
 - 3.3.2 Partially Sighted

- 3.3.3 Partially Blind
- 3.3.4 Low Vision
- 3.4 Physically Disabled:
 - 3.4.1 Mild
 - 3.4.2 Moderate
 - 3.4.3 Severe
 - 3.4.4 Profound

Unit-IV Teaching Programs for Special Population

- 4.1 Individual Programs
- 4.2 Developmental Programs
- 4.3 Remedial Programs
- 4.5 Therapeutic Programs

Unit-V Adjustment of Special Population

- 5.1 Factors Affecting Adjustment
- 5.2 The Effects of Environment
- 5.3 Ways of Making Adjustment
- 5.4 Adjustment of Special Populations in Society through Teachers and Parents

Unit-VI Physical Activities for Special Population

- 6.1 Games and Sports activities for Special Population
- 6.2 Fitness Exercises for Special Population
- 6.3 Understanding the Nature of Motor Learning
- 6.4 Movement Mechanical Principles for Special Population

Unit-VII Physical Education Teacher for Special Population

- 7.1 Attributes of Physical Education Teacher
- 7.2 Qualifications of Physical Education Teacher

Unit-VIII Paralympics and Physical Education

- 8.1 Preparation and Protocols for Paralympics
- 8.2 Education for Special Players

Teaching Learning strategies

- a) Inquiry based learning
- b) Cooperative Learning

- c) Multimedia usage
- d) Concrete examples
- e) Think -Pair-Share

Assessment and Examination

#	Elements	Weightage	Details
1	Theory Examination based Assessment	40%	It takes Place at the mid-point of the semester. It is mostly in the form of a test but owing to the nature of the course. The teacher may assess their students based on term paper, research proposal development, field work and report writing etc.
2	Formative Assessment	60%	It is continuous assessment. It includes classroom Participation, attendance, assignments and Presentations, homework, attitude, and behavior, hands on activities, short test, quizzes etc.

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.