

CLASS NOTES

Class: 12

Topic: PHYSICAL EDUCATION&SPORTS FOR CHILDREN WITH SPECIAL NEED

Subject: PHYSICAL EDUCATION

CHAPTER-4

CONCEPT OF DISABILITY & DISORDER

Disability: - Any disadvantage due to which an individual is not able to perform the activities of normal human life is known as disability.

Disorder: Any disruption due to which an individual is not able to perform his daily human activities is known as disorder.



Attention Deficit Hyperactivity Disorder (ADHD) is a group of behavioral symptoms that include paying attention, hyperactivity and impulsiveness.

TYPES OF ADHD: -

- **Inattention:** In this a person wanders off tasks, lacks persistence, is disorganized, has difficulty in sustaining focus.
- **Hyperactivity:** It means a person seems to move about constantly, or excessive movements, in adults it may be extreme restlessness
- **Impulsivity:** It means a person excessively interrupt others or make important decisions without considering the long-term consequences. This can be managed by counseling, lifestyle changes, and medications.

SENSORY PROCESSING DISORDER (SPD)

- **Sensory Processing Disorder or SPD** (originally called Sensory Integration Dysfunction) is a complex disorder of the brain that affects developing children and adults.
- **Heredity** may be one cause of the disorder.

SYMPTOMS: i. SPD may affect one sense, like hearing, touch, or taste.

ii. Children become unresponsive to any thing around them.

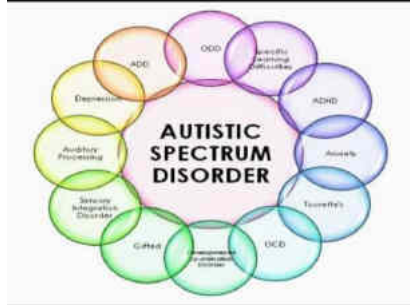


AUTISM SPECTRUM DISORDER (ASD)

- **Autism spectrum disorder (ASD)** is the name for a group of developmental disorders. ASD includes a

wide range, “a spectrum,” of symptoms, skills, and levels of disability.

- Symptoms are typically recognized in the first two years of life. Some of them are: Depression Anxiety etc.



OPPOSITIONAL DEFIANT DISORDER (ODD)

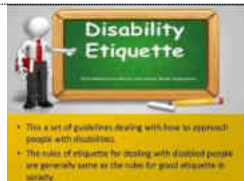
- Oppositional defiant disorder (ODD) is a persistent behavioral pattern of angry or irritable mood, defiant behavior towards authority figures.

SYMPTOMS ARE:

- Signs of ODD generally begin during preschool years. Sometimes ODD may develop later, but almost always before the early teen years.
- These behaviors cause significant impairment with family, social activities, school and work.
- TREATMENT OF ODD INCLUDE:
- Parent management training, individual psychotherapy, family therapy and social skills training.

OBSESSIVE COMPULSIVE DISORDER (OCD)

- This is a mental disorder where people feel the need to check things repeatedly, perform certain routines repeatedly.
- Common activities include hand washing, counting of things, and checking to see if the door is locked.
- These activities occur to such a degree that the person's life is negatively affected.
- Treatment involves counseling, medication etc..



COMMANDMENTS OF ETIQUETTE WITH DISABILITIES:

- i. Talk Directly: speak directly to the person rather than through a companion.
- ii. Offer to Shake Hand
- iii. Ask before you help: if you offer assistance, wait the offer is accepted.
- iv. Don't touch or lean on wheelchair
- v. Listen them carefully
- vi. Speak clearly and slowly or use sign/body language for hearing disabled.

My advice to other disabled people would be,
concentrate on things your disability doesn't
prevent you doing well,
and don't regret the things it interferes with

- STEPHEN HAWKING

THIS SHEET IS PREPARED FROM HOME

PREPARED BY

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