

J.S. University

Value Added Course

**Certificate Course in Adapted Physical
Education and Inclusive Games**

Regulations and Syllabus

Department of Physical Education

2/10/2024

Value Added Course

REGULATIONS

1. Preamble

The Certificate Course in Adapted Physical Education and Inclusive Games is a Value Added programme meant for candidates desirous of learning the concept with hands-on experience. This course enables the learner to understand the concept and methodologies in systematic, specific and scientific way.

2. Regulation

The syllabus is for 30 hours programme under part time mode will be implemented from the academic year 2019-20 onwards. Classes will be conducted during holidays and free hours without affecting regular classes.

4. Course of Study

The value added Certificate Programme shall be of duration of 30 hours during the holidays consists of both theoretical and practical classes. The medium of Instruction and examination shall be in. English.

Theory - 15 hours

Practical - 15 hours

5. Marks Distribution

Part	Subject	Name of the paper	Total
Theory		Theories and Methods of Adapted Physical	100
Practical		Adapted Education and Physical Inclusive	100
Total			200

6. Examination (Theory & Practical)

Both theory and practical examination will be conducted by the Department of Physical Education as per the directions of the Controller of Examinations of Tamil Nadu Physical Education and Sports University. For a pass in theory and practical, the candidate is required to secure at least 50 Marks out of 100 marks in the theory and practical examination.

7. Attendance

Attendance is compulsory minimum of 80%. If any student is less than 80% he/ she has redo the course.

SYLLABUS

Theory

THEORIES AND METHODS OF ADAPTED PHYSICAL EDUCATION AND INCLUSIVE GAMES

UNIT I : Definition and Meaning of Adapted Physical Education and Inclusive Games. Disabling Conditions Benefits of Physical Education for persons with Disabilities: Recreational Sports Opportunities. Competition Opportunities: Special Olympics, Paralympics and Deaflympics.

UNIT II: Classification of Disability: Visual, Auditory, Neuromuscular, Orthopedic- Cardiovascular, Respiratory, Mental, Emotional. Adapted Physical Education Activities - Specific Guidelines for: Visual Impairment, Hearing Impairment, Intellectually Challenged, Orthopedically Handicapped.

UNIT III: Adaptation of Motor Activities . Principles for Adaptation of Motor Activities - Facilities and Equipment for different disabilities. Orientation on Facilities - Types of Equipment- Minimum equipment, Additional Equipment, Evaluation of Equipment. Leisure, Recreation and Sports Facilities for persons with disabilities.

UNIT IV: Adapted Games for Persons with Disability: Rules of Adapted games and Class Management - Adapted Games for the blind: Adapted Volleyball, Kabaddi, Tennis, Table Tennis and Adapted minor games and Track and Field events. Teaching methods to be adapted by the Special Educator in Sports, Recreation and Games. Kinesthetic - one on one teaching , group teaching, circular method of teaching. Unified Sports.

UNIT V : Aim and Objectives of Inclusive Games. Strategies for including students. Steps for modifying and adaptation of the physical education curriculum. Methods of playing Inclusive games: Hula Contortion, Lasso, Pumpkin Fun, Snickers & Hoots,

What Do You Like To Eat, Mr. & Mrs. Owl?, Toy soldier, Clean-up Your Own Back Yard, Parachute Activities, Freeze Tag Not!, Peace Release, Top Gun High Five's and Rock, Paper, Scissors, Dynamite.

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Can Coach,
Dr. V.V.D


Dear Acaden
Dr. P.P. Singh


Dear
Dr. Shilpa
Singh?