

Class 9 - Physical Education and Well Being

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Sports and Disability

CBSE NOTES

Sports and Disability - Challenge Worksheet

Strengthen your foundation with key concepts and basic applications.



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Solve the following questions. Write your answers in the space provided.

1. Evaluate the implications of adapted sports on the participation of individuals with disabilities in competitive environments.

Hint: Explore real-life scenarios where adapted sports led to significant changes in community dynamics.



Challenge Questions

Solve the following questions. Write your answers in the space provided.

2. Analyze the socio-cultural barriers that individuals with disabilities face in participating in sports and suggest multifaceted solutions to overcome them.

Hint: Consider the role of media in shaping societal perceptions and how that could influence change.



Solve the following questions. Write your answers in the space provided.

3. Discuss the psychological impact of sports on youth with disabilities and how it shapes their identity and self-esteem.

Hint: Think about specific case studies or success stories that illustrate these psychological effects.



Solve the following questions. Write your answers in the space provided.

4. Evaluate how the implementation of the Rights of Persons with Disabilities Act, 2016, has influenced the landscape of sports for individuals with disabilities in India.

Hint: Explore statistics or reports on sports participation pre- and post-implementation for a comprehensive view.



Solve the following questions. Write your answers in the space provided.

5. Examine the role of technology in enhancing sports accessibility for individuals with disabilities and its effects on performance.

Hint: Think of specific technologies used in recent sporting events and their impacts on athlete performance.

6. Critique the common misconceptions regarding disability and athletic ability, referencing historical biases in sports.

Hint: Consider how these biases affect policy changes and public perceptions of disability in sports.



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Challenge Questions

Solve the following questions. Write your answers in the space provided.

7. Construct a proposal for a community sports program aimed at integrating individuals with disabilities, highlighting necessary resources and strategies.

Hint: Think about collaboration with local organizations and potential sponsorships for your program.



Solve the following questions. Write your answers in the space provided.

8. Evaluate the impact of competitive sports on the development of teamwork and leadership skills in youth with disabilities compared to those without.

Hint: Draw on examples from various sports levels, including school teams and elite competitions.



Solve the following questions. Write your answers in the space provided.

9. Assess the importance of community support systems in the journey of athletes with disabilities from local levels to elite competitions.

Hint: Think about personal stories or testimonials that exemplify the impact of support systems.

10. Analyze ethical considerations in the representation of athletes with disabilities in media and their effects on public perception.

Hint: Consider specific campaigns or media coverage that have positively or negatively influenced perceptions.



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Check your answers with the solutions below.

1. Evaluate the implications of adapted sports on the participation of individuals with disabilities in competitive environments.

Solution: Discuss the role of adapted sports in fostering inclusivity. Analyze how they level the playing field and promote social acceptance, citing examples from the Paralympics. Consider counterarguments regarding resource allocation and societal attitudes.

2. Analyze the socio-cultural barriers that individuals with disabilities face in participating in sports and suggest multifaceted solutions to overcome them.

Solution: Identify common stereotypes and misconceptions that hinder participation. Propose educational programs, policy changes, and community initiatives. Evaluate the potential effectiveness and drawbacks of these solutions.

3. Discuss the psychological impact of sports on youth with disabilities and how it shapes their identity and self-esteem.

Solution: Examine how participation in sports can enhance self-worth and foster resilience. Provide examples of successful athletes and their journeys, weighing any psychological challenges faced.

4. Evaluate how the implementation of the Rights of Persons with Disabilities Act, 2016, has influenced the landscape of sports for individuals with disabilities in India.

Solution: Critically assess the act's provisions that promote inclusion in sports. Discuss highlights, gaps in execution, and their implications on real-life participation.



Check your answers with the solutions below.

5. Examine the role of technology in enhancing sports accessibility for individuals with disabilities and its effects on performance.

Solution: Discuss innovations such as specialized equipment and assistive technologies. Analyze both the benefits and the potential inequalities they may introduce.

6. Critique the common misconceptions regarding disability and athletic ability, referencing historical biases in sports.

Solution: Dissect preconceived notions that limit opportunities for athletes with disabilities. Provide historical examples and reflect on how these biases have changed over time.

7. Construct a proposal for a community sports program aimed at integrating individuals with disabilities, highlighting necessary resources and strategies.

Solution: Outline key components of the program including training, community engagement, and funding. Discuss how to measure success and adapt strategies based on participant feedback.

8. Evaluate the impact of competitive sports on the development of teamwork and leadership skills in youth with disabilities compared to those without.

Solution: Analyze the traits developed through sports participation, emphasizing teamwork, resilience, and leadership. Compare experiences and outcomes for both groups.



Check your answers with the solutions below.

9. Assess the importance of community support systems in the journey of athletes with disabilities from local levels to elite competitions.

Solution: Discuss how family, coaches, and community organizations influence the success of disabled athletes. Evaluate the importance of these networks in overcoming challenges.

10. Analyze ethical considerations in the representation of athletes with disabilities in media and their effects on public perception.

Solution: Evaluate how media portrayal affects societal attitudes and opportunities for athletes with disabilities. Discuss potential biases and the importance of responsible representation.



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