

Class 9 - Physical Education and Well Being

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Sports and Disability

CBSE NOTES

Sports and Disability - Mastery 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. Discuss how the story of the boy from the village exemplifies the transformation of societal attitudes towards sports and disabilities. Include examples of how sports promote inclusion.

Hint: Focus on the impact of the boy's journey on others in the village and broader societal change.



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

2. Analyze the physiological benefits of engaging in sports for individuals with disabilities. Compare these benefits to those experienced by able-bodied athletes.

Hint: Consider specific examples of how adaptive sports are tailored to meet these benefits.



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

3. Examine the role of the Rights of Persons with Disabilities Act, 2016, in shaping opportunities for athletes with disabilities in India. Discuss its key provisions and their implications for sports.

Hint: Identify key articles from the Act that pertain to sports and explain their importance.

4. Illustrate the importance of teamwork in sports for individuals with disabilities. How does it differ from traditional teamwork?

Hint: Consider how adaptive strategies enhance team performance.



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

5. Evaluate the concept of adapted sports, and discuss how changes in equipment and rules can create inclusion. Provide specific examples.

Hint: Focus on at least two distinct sports and highlight their adaptations.

6. Discuss the psychological impacts of sports participation on individuals with disabilities. How can this participation enhance self-esteem and social inclusion?

Hint: Reference psychological theories that explain these impacts.



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

7. Critically assess the misconceptions surrounding disabilities in sports and propose solutions to shift these perceptions.

Hint: Utilize examples from media or personal stories to highlight changes.

8. Investigate the role of technological advancements in sports for individuals with disabilities. How do they enhance performance and access?

Hint: Consider examples from recent sporting events.



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

9. Compare the history of sports participation for the disabled with that of able-bodied individuals. What lessons can be drawn for future integration?

Hint: Look at changes over time in inclusion policies.



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

10. Explain the significance of community support in fostering sports participation among individuals with disabilities. Use the story of the boy as a case study.

Hint: Identify actionable community initiatives that could be implemented.



Check your answers with the solutions below.

1. Discuss how the story of the boy from the village exemplifies the transformation of societal attitudes towards sports and disabilities. Include examples of how sports promote inclusion.

Solution: The boy's determination to swim despite his disability illustrates a shift in societal perspective that views abilities over disabilities. Examples should include adapted sports and community support that enables participation.

2. Analyze the physiological benefits of engaging in sports for individuals with disabilities. Compare these benefits to those experienced by able-bodied athletes.

Solution: Break down physical health benefits such as improved cardiovascular health, muscle strength, and joint mobility for both groups. A comparative table may enhance clarity.

3. Examine the role of the Rights of Persons with Disabilities Act, 2016, in shaping opportunities for athletes with disabilities in India. Discuss its key provisions and their implications for sports.

Solution: Detail how the Act enhances inclusion through recognition and support for various disabilities. Discuss specific provisions that directly impact sports access.

4. Illustrate the importance of teamwork in sports for individuals with disabilities. How does it differ from traditional teamwork?

Solution: Provide examples of how teamwork fosters independence, confidence, and social skills in athletes with disabilities, and compare with traditional team dynamics.



Check your answers with the solutions below.

5. Evaluate the concept of adapted sports, and discuss how changes in equipment and rules can create inclusion. Provide specific examples.

Solution: Detail modifications in equipment (e.g., wheelchairs for basketball) and rule adaptations (e.g., time allowances) and analyze their effects on participation and competition.

6. Discuss the psychological impacts of sports participation on individuals with disabilities. How can this participation enhance self-esteem and social inclusion?

Solution: Analyze factors such as community belonging, achievement, and personal growth, using examples to illustrate positive mental health outcomes.

7. Critically assess the misconceptions surrounding disabilities in sports and propose solutions to shift these perceptions.

Solution: Identify common myths (e.g., lack of competitiveness) and rebut them with facts. Propose educational campaigns or community engagement strategies.

8. Investigate the role of technological advancements in sports for individuals with disabilities. How do they enhance performance and access?

Solution: Discuss innovations such as prosthetics or adaptive devices, and analyze their impact on performance metrics and inclusion.



Check your answers with the solutions below.

9. Compare the history of sports participation for the disabled with that of able-bodied individuals. What lessons can be drawn for future integration?

Solution: Detail key historical milestones for both groups and highlight lessons learned that could be applied to improve future practices.

10. Explain the significance of community support in fostering sports participation among individuals with disabilities. Use the story of the boy as a case study.

Solution: Analyze how family, friends, and community programs facilitate or hinder engagement in sports, supported by the boy's journey as a case study.



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