

Class 9 - Physical Education and Well Being

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Sports and Disability

CBSE NOTES

Sports and Disability - Practice Worksheet

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

1. Define disability. Discuss the different types of disabilities recognized by the World Health Organisation and the Rights of Persons with Disabilities Act, 2016.

Hint: Check the definitions and classifications provided in the chapter.

2. Discuss the significance of adapted sports for individuals with disabilities. Provide examples of sports that have adapted rules.

Hint: Look for examples of adapted sports mentioned in the text.



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

3. Explain how sports can help in developing independence and self-belief among individuals with disabilities.

Hint: Consider the personal development aspect discussed in the chapter.

4. What are the psychological effects of sports participation on individuals with disabilities? Discuss how it influences their mental health.

Hint: Referring to the emotional benefits outlined in the section may provide insights.



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

5. What role does community play in supporting individuals with disabilities in sports? Provide examples of how communities foster inclusion.

Hint: Look for community initiatives mentioned in the text.

6. Describe the importance of teamwork in sports, especially for individuals with disabilities. How does it impact their experience?

Hint: Consider the collaborative aspects of sports highlighted in the chapter.



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

7. Analyze the barriers faced by individuals with disabilities in accessing sports. Discuss measures that can be taken to overcome these barriers.

Hint: Think about the solutions provided in the chapter for addressing these challenges.

8. What is the impact of media representation on the perception of athletes with disabilities? Discuss how it can influence societal attitudes.

Hint: Refer to the examples of media impact discussed in your readings.



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

9. Evaluate the role of the Government of India in supporting sports participation among individuals with disabilities. What provisions are available?

Hint: Consider the specific acts and policies mentioned that aim to provide support.



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

10. Illustrate the significance of willpower and perseverance using the example of a swimmer from the chapter. How does this relate to the broader message about disability?

Hint: Refer back to the swimmer's story for specific examples of perseverance.



Check your answers with the solutions below.

1. Define disability. Discuss the different types of disabilities recognized by the World Health Organisation and the Rights of Persons with Disabilities Act, 2016.

Solution: Disability is a condition that limits a person's ability to perform everyday tasks due to impairments. Types of disabilities include physical, sensory, intellectual, learning, psychosocial, and multiple disabilities. For example, physical disabilities may include mobility impairments, while sensory disabilities involve visual or auditory impairments. Understanding these categories helps foster inclusion and support for individuals facing these challenges.

2. Discuss the significance of adapted sports for individuals with disabilities. Provide examples of sports that have adapted rules.

Solution: Adapted sports are designed to enable individuals with disabilities to participate in physical activities. Examples include wheelchair basketball and modified swimming events. These adaptations ensure inclusivity, allowing athletes to compete on fair grounds. Such sports encourage social interaction, personal growth, and improved physical strength among participants, showcasing their capabilities rather than limitations.

3. Explain how sports can help in developing independence and self-belief among individuals with disabilities.

Solution: Participation in sports promotes physical fitness, social interaction, and confidence. For individuals with disabilities, sports offer a platform to showcase their abilities and build self-esteem. Through consistent practice and competition, they can gain a sense of achievement and independence, fostering a belief in their capabilities. Engaging with peers also enhances their social skills, reinforcing their sense of belonging.



Check your answers with the solutions below.

4. What are the psychological effects of sports participation on individuals with disabilities? Discuss how it influences their mental health.

Solution: Sports participation can significantly improve mental health for individuals with disabilities. It helps combat feelings of isolation, depression, and anxiety. By engaging in physical activities and developing teamwork skills, individuals can experience increased happiness and fulfillment. Winning or achieving personal goals provides motivation and enhances their self-image, leading to a healthier psychological state.

5. What role does community play in supporting individuals with disabilities in sports? Provide examples of how communities foster inclusion.

Solution: Communities play a pivotal role in fostering inclusivity through sports. Supportive environments can be created by organizing inclusive sports events, providing accessible facilities, and encouraging participation from everyone. For example, community centers may offer adaptive sports programs where individuals with disabilities can train alongside their peers, which helps break stigma and promotes understanding.

6. Describe the importance of teamwork in sports, especially for individuals with disabilities. How does it impact their experience?

Solution: Teamwork in sports nurtures collaboration, communication, and support among team members. For individuals with disabilities, being part of a team fosters a sense of belonging and enhances their social skills. Team sports can help alleviate feelings of loneliness and promote mutual respect and understanding. Additionally, teamwork teaches important life lessons that can translate beyond sports into everyday interactions.

7. Analyze the barriers faced by individuals with disabilities in accessing sports. Discuss measures that can be taken to overcome these barriers.

Solution: Individuals with disabilities often encounter barriers such as lack of accessible facilities, inadequate equipment, and negative societal attitudes. To overcome these, communities can invest in infrastructure that accommodates wheelchair users or those with visual impairments. Additionally, coaches on inclusivity and promoting awareness can create a more welcoming sports environment.





Check your answers with the solutions below.

8. What is the impact of media representation on the perception of athletes with disabilities? Discuss how it can influence societal attitudes.

Solution: Media representation significantly influences public perceptions of athletes with disabilities. Positive portrayals can challenge stereotypes, showcasing their skills and determination. Highlighting their achievements in events like the Paralympics can inspire others and promote inclusion. Consequently, balanced media coverage can reshape societal attitudes, fostering a culture of support and acceptance.

9. Evaluate the role of the Government of India in supporting sports participation among individuals with disabilities. What provisions are available?

Solution: The Government of India plays a crucial role in promoting sports among individuals with disabilities by recognizing 21 types of disabilities and providing support through policies and programs. Benefits include training scholarships, job reservations in sports, and financial assistance for participation in competitions. Such initiatives foster an environment where disabled individuals can pursue sports at various levels.

10. Illustrate the significance of willpower and perseverance using the example of a swimmer from the chapter. How does this relate to the broader message about disability?

Solution: The swimmer's journey highlights the importance of willpower and perseverance by showing how he overcame challenges after his disability. His dedication to mastering swimming illustrates that determination can lead to success. This example reflects the broader message that disability does not define ability; rather, a strong spirit and hard work can lead to remarkable achievements.



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