

Class 9 - Physical Education and Well Being

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Sports and Disability

CBSE NOTES

Sports and Disability - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. Definition of Disability

Disability limits daily activities due to physical, sensory, or intellectual impairments.

2. Congenital vs Acquired Disabilities

Congenital disabilities occur at birth, while acquired disabilities result from illness or accidents.

3. Categories of Disabilities

WHO classifies disabilities: physical, sensory, intellectual, learning, and psychosocial.

4. Rights of Persons with Disabilities Act, 2016

This Act recognizes 21 disabilities; it ensures equality and support for those affected.

5. Importance of Inclusion

Inclusion in sports boosts confidence and empowers people with disabilities to participate fully.

6. Adaptive Sports Explained

Adapted sports modify rules/equipment, allowing inclusion for people with different abilities.



7. Benefits of Sports

Sports enhance physical health, teamwork, and social skills, promoting a sense of belonging.

8. Historical Exclusion in Sports

People with disabilities historically faced exclusion; attitudes are now changing towards inclusion.

9. Key Disability Sports Events

Paralympics highlight achievements of athletes with disabilities, showcasing their capabilities.

10. Role of Willpower

Determination is crucial; many athletes thrive despite disabilities, exemplified by Paralympic success.

11. Social Perceptions of Disability

Society increasingly recognizes that disabilities do not imply inability to engage in sports.

12. Teamwork in Sports

Team sports teach cooperation and understanding, fostering friendships beyond disability differences.



13. Barriers to Participation

Physical inaccessibility and social stigma can hinder participation; overcoming these is vital.

14. Physical Benefits of Sports

Regular physical activity improves fitness and can mitigate some limitations associated with disabilities.

15. Psychosocial Benefits

Participation in sports enhances mental health, builds resilience, and boosts self-esteem.

16. Community Engagement

Sports create community engagement, allowing people with disabilities to connect and share experiences.

17. Government Support

Government initiatives provide resources and support to enhance participation among disabled persons.

18. Celebrating Achievements

Recognizing achievements in sports motivates others, fostering an inclusive environment.



19. Misconceptions About Disability

Overcoming stereotypes is important; abilities often overshadow disabilities in sports.

20. Real-life Inspirational Stories

Stories of athletes overcoming barriers serve as motivation and highlight human resilience.

21. Collaborative Techniques

Innovative techniques in coaching help make sports accessible to individuals with various disabilities.



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