

MANGALORE UNIVERSITY
Department of Physical Education
Master of Physical Education (M.P.Ed.)

MDS504: ADAPTIVE AND CORRECTIVE PHYSICAL EDUCATION
(ELECTIVE)

Number of credits: 4	Number of hours : 4	Marks : Internal - 30 External - 70
Objectives:		
• Participate regularly in developmentally age-appropriate movement and motor skills. • Develop a healthy level of flexibility, balance, muscular strength and endurance, body composition, and cardio-respiratory endurance. • Develop competency in movement and motor skills. • Learn game rules and strategies and demonstrate their use in game settings. • Demonstrate appropriate social skills in a physical activity setting. • Understand the benefits of regular physical activity. • The Adapted Physical Education program also emphasizes the importance of physical activity and personal fitness.		

Unit I: MEANING OF ADAPTIVE AND CORRECTIVE PHYSICAL EDUCATION.

1. Meaning of adapted Physical Education. Brief history of Adapted Physical Education. Functions of Adapted Physical Education. Objectives of Adapted programme.

b) Individuals with Disabilities Education Act (IDEA) of USA. History of adapted sports. Current status of Adapted Physical Education.

Unit II: HUMAN RESOURCES:

a) Director of Physical Education and Athletics, Adapted Physical Educator or Coordinator, Regular Physical Educator, Nurse, Physician. Qualifications of the Adapted Physical Education teacher.

b) Attributes of the Adapted Physical Education Teacher. Role of Physical Education Teacher in catering to the Physical activity needs of the disabled. The Remedial therapist.

Unit III: NATURE OF DISABILITIES:

a) Low Physical Fitness:- Nature, Causes, Components, Tests, Development of Physical Fitness. Inefficient Body mechanics:- Values, Causes, Testing, Programme to improve Body mechanics. Nutritional disturbances:- Nature, Associated Problems, Programme.

Visual impairments:- Causes, Testing, Programme.

Auditory impairments:- Causes, Programme.

b) Cerebral Palsy:- Nature, Characteristics, Classification of Neuromuscular disability, Planning the Programme.

Orthopaedic Handicaps:- Nature, Programme Planning.

Cardiopathic Conditions:- Nature, Programme.

Convalescence:- Nature, Programme.

Postural deviations:- Exercise Programme to improve posture

Unit IV: MOVEMENT:

a) Active Movement I. Voluntary Movement:-

a) Free exercise-classification technique, effects

b) Assisted exercise- Technique, effects

c) Assisted-Resisted exercise-Technique, effects. II. Involuntary Movement:- Reflex Movement, effects b) Passive Movement:- a) Relaxed passive Movement. b) Passive manual mobilization techniques. Definitions, Principles, Effects and Uses

Possible treatments with Physical therapy and remedial exercises for I. Sprains ii) Contusions iii) Luxations iv) Fractures v) Muscle pull & Tear vi) Cramps vii) Inflamed muscle viii) Periostitis ix) Strained and pulled Tendons x) Torn Tendon.

Passive Treatments:

i) Massage:- Basic Techniques – Stroking (Effleurage)- Kneading (Petrissage) – Rubbing (Friction)-Hacking, Thumping and Slapping – Vibration and Shaking. Conditions for application of massage.

ii) Uses of heat, Dry heat and moist heat.

iii) Uses of Cold

iv) Hydrotherapy and Electrotherapy

Active Treatments:

i) Strengthening

ii) Proprioceptive Neuromuscular facilitation (PNF)

iii) Loosening

iv) Stretching

v) Exercises in water

References:

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www.humankinetics.com 2005.

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Englewood Cliffs N.J. Prentice Hall, inc., 1963.

Adapted Physical Education Fait Holis F. Philadelphia W.B. Saunders Co., 1962.

Adapted Physical Education and Recreation, Auxter David, Pyfer Jean, Huetting carol, Mosby,
Year Book inc., 1993.

Physical Therapy for Sports. Eitner Doris, Meissner Buty, Ork Helmut, W.B. Saunders
Company, Philadelphia 1982.

The Principles of Exercise Therapy Gardiner Dena M. C.B.S. Publishers and Distributors,
Delhi, 1985.

Friz Sandy: Sports & Exercise massage, Elsevier Mosby-2005.