

# AGHOREKAMINI PRAKASHCHANDRA MAHAVIDYALAYA



ADD ON COURSE ON:

## ADOPTED PHYSICAL EDUCATION & RECREATION



ORGANIZED BY

**Department of PHYSICAL EDUCATION**

IN ASSOCIATION WITH

**IQAC, AGHOREKAMINI PRAKASHCHANDRA  
MAHAVIDYALAYA**

**COURSE TITLE: ADOPTED PHYSICAL EDUCATION & RECREATION**

**COURSE DURATION: 36 HOURS (FROM 16.11.2021-07.12.2021)**

**COURSE OFFERED BY: Dept. of PHYSICAL EDUCATION  
A.K.P.C Mahavidyalaya, Bengai, Hooghly**

**PARTICIPATING TEACHERS:**

1. DR. PRALAY NAYEK (ASSISTANT PROFESSOR)
2. PROF. KARTICK PAUL
3. PROF. RAJKUMAR DE
6. PROF. RUMA RANI DEY MANDAL

**COURSE COORDINATOR: PROF. PROF. RAJKUMAR DEY  
PROF. RUMA RANI DEY MANDAL , DR. PRALAY NAYEK  
(ASSISTANT PROFESSOR), PROF. KARTICK PAUL**

**SYLLABUS:**

**Introduction**

**History of Adapted Physical Education**

**Objectives Of adapted Physical education**

**Main content of adapted physical education**

**Meaning of Adapted Physical Education**

**Functions of Adapted Physical Education**

**Acts or Laws of Adapted Physical Education**

**Meaning and definition of recreation**

**subject recreational games**

**Conclusion**

**MODULES:**

**THEORY & PRACTICAL**

**UNIT- I**

**Meaning and Definition adapted physical Education, functions of adapted Physical Education. History of APE**

**(Time: 4 Hours)**

**UNIT- 2**

**History of APE and Acts or Laws Governing A.P**

**Individuals with disabilities education (types), Individual Adapted Physical Education programme**

**Students with disabilities and physical education programme**

**(Time: 6 Hours)**

**UNIT- 3**

**Teaching APE to specific students with disabilities**

**Mainstreaming students with disabilities in physical education**

**UNIT- 4**

**SELF ASSESSMENT EXERCISE ,Hearing impairment, Orthopedic impairment Cerebral palsy , Visual impairment, Intellectual and learning disabilities,**

**(Time: 7 Hours)**

## **UNIT- 5**

**Autism spectrum disorder ,Education of all handicapped children act, Meaning and definition of recreation, Classify the Recreation**

**(Time: 5Hours)**

## **UNIT- 6**

**Objectives and aims of recreations, Basic Orientation of the Subject (Recreation), Scope of Recreation,**

**subject recreational games, Practices different recreation games**

**(Time: 7 Hours)**

## **PROGRAMME OUTCOME:**

**From Adapted Physical Education , The students learn the importance of Adapted Physical Education, classification of disability, facilities and equipments for adapted sports activities and to organize adapted games and sports for persons with disabilities. To be able to give academic instructions, adaptations and modifications in the Inclusive Education setup.**

**The purpose of this course is to offer a variety of activities to the student who enjoys the fun of games. The games will be recreational in nature. These activities may include: speedball, ultimate Frisbee, floor hockey and non-contact lacrosse. Each activity will be a maximum of two weeks in length. In addition, this course will provide opportunities to improve physical fitness, acquire knowledge of fitness**

concepts, practice positive personal and social skills and gain an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.

### **COURSE OUTCOME:**

**CO.1:** students will learn current concepts and trends in adapted physical education

**CO.2:** To understand the classification of disability.

**CO.3:** To know the adapted physical education & equipments

**CO.4:** To understand the basics physical fitness and motor development

**CO.5:** be able to demonstrate the ability to assess physical education abilities of a student requiring adapted physical education

**CO.6:** be able to demonstrate the ability to successfully implement an adapted physical education program to a student with disability.

**CO.7:** understand the influence of selected diseases, conditions, or disabilities on the learning and performance of physical education activities.

**CO.8:** Be able to demonstrate the ability to modify physical education activities to meet student needs and abilities

**CO.9:** This course provides knowledge and skills for assessing, interpreting students with disabilities in physical education programs.

**CO.10:** Demonstrate the ability to perform several offensive and defensive strategies.

**CO.11: Demonstrate an understanding of health-related fitness components ; cardio respiratory endurance, muscular strength, muscular endurance, flexibility, body composition, and stress management**

**co.12: Improve personal fitness through participation in aerobic, muscular strength, muscular endurance, and flexibility activities.**

**co.13: Assess each team recreation game in terms of fitness value.**

### **MODE OF EVALUATION:**

**After the completion of course, written examination will be taken for 60 Marks and practical marks will be conducted for 35 Marks and a viva will be conducted for 05 Marks. On the basis of marks obtained for written examination and viva, the results will be prepared. The gradation system for the declaration of results will be as follows:**

#### **Grading system**

<b>Level</b>	<b>Excellent</b>	<b>Very Good</b>	<b>Good</b>	<b>Above Average</b>	<b>Average</b>	<b>Below Average</b>	<b>Poor</b>	<b>Fail</b>
<b>Grade</b>	<b>A+</b>	<b>A</b>	<b>B+</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
<b>Marks range</b>	<b>90-100</b>	<b>80-89</b>	<b>70-79</b>	<b>60-69</b>	<b>50-59</b>	<b>40-49</b>	<b>33-40</b>	<b>0-32</b>
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