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## **Dual Lifetime Sport Adaptations**

### **Tennis**

Deaf/Hearing Impairment- none  
Emotional Disturbance- none  
Learning Disability- none  
Mental Retardation- none  
Orthopedic Impairment  
    One Arm Involvement – none  
    Two Arm Involvement- tape racquet to chest or arms  
    One Leg Involvement- reduce court size, tennis ball may bounce twice  
    Two Leg Involvement- reduce court size, tennis ball may bounce twice  
Other Health Impairment  
    Asthma- play inside  
    Cardiovascular Condition- none  
    Diabetes- none  
Visual Impairment- larger rackets

### **Badminton**

Deaf/Hearing Impairment- none  
Emotional Disturbance- none  
Learning Disability- none  
Mental Retardation- none  
Orthopedic Impairment  
    One Arm Involvement – none  
    Two Arm Involvement- Strap on racket  
    One Leg Involvement- reduce court size or lengthen racket  
    Two Leg Involvement- lengthening racket and reducing court size  
Other Health Impairment  
    Asthma- none  
    Cardiovascular Condition- none  
    Diabetes- none  
Visual Impairment- larger racket, bigger birdie, use balloons

### **Table Tennis**

Deaf/Hearing Impairment- use different materials so the person can hear the sound of the ball hitting the material

Emotional Disturbance- none  
Learning Disability- none  
Mental Retardation- none  
Orthopedic Impairment  
    One Arm Involvement - none  
    Two Arm Involvement- none  
    One Leg Involvement- none  
    Two Leg Involvement- table must be able to fit a wheelchair under  
Other Health Impairment  
    Asthma- none  
    Cardiovascular Condition-  
    Diabetes- none  
Visual Impairment- use paper or plywood to help the person see the table

### **Racquetball**

Deaf/Hearing impairment- Avoid serving before individual is ready  
Emotional Disturbance- None  
Learning Disability- None  
Mental Retardation- Over sized racquet, Reduce handle to shorten racquet  
Orthopedic Impairment:  
    One Arm Involvement- Drop ball with racquet hand and play ball on second bounce if necessary, Balance ball on racquet before dropping the ball for the bounce.  
    Two arm Involvement- Strap a racket to a part of the body.  
    One Leg involvement- Allow ball bounce twice or multiple times  
    Two leg involvement- Allow ball to bounce twice or multiple times  
Other health Impairment  
    Asthma – None  
    Cardiovascular condition- None  
    Diabetes- None  
Visual impairment- Use yellow or orange balls

### **Fencing**

Deaf/ Hearing Impairment- well-designed and individualized instruction  
Emotional Disturbance- well-designed and individualized instruction  
Learning Disability- well-designed and individualized instruction  
Mental retardation - well-designed and individualized instruction  
Orthopedic Impairment  
    One Arm Involvement- none  
    Two Arm Involvements- None  
    One Leg Involvement- None  
    Two leg involvement - Require extra practice to learn how to use trail hand in moving the chair  
Other Health Impairment  
    Asthma – None  
    Cardiovascular Condition- Consult with physician about necessary precautions.  
    Diabetes- None

Visual Impairment- None

### **Shuffle Board**

Deaf/Hearing Impairment- None

Emotional Disturbance-None

Learning Disability-Score based on how many disk get in the scoring area.

Mental Retardation- Score based on how many disk get in the scoring area.

Orthopedic Impairment

One Arm Involvement – none

Two Arm Involvement- None

One Leg Involvement- If on crutches, shift the weight to opposite arm pushing the cue.

Two Leg Involvement- Turn the wheelchair to face the court and slight to the side of the arm pushing the cue.

Other Health Impairment

Asthma- None

Cardiovascular Condition- None

Diabetes-None

Visual Impairment- None

### **Horseshoes**

Deaf/Hearing Impairment- None

Emotional Disturbance- None

Learning Disability- None

Mental Retardation- None

Orthopedic Impairment

One Arm Involvement – None

Two Arm Involvement- None

One Leg Involvement- Pitch the horseshoe from a chair

Two Leg Involvement- Have a wheelchair facing the stake

Other Health Impairment

Asthma- None

Cardiovascular Condition- None

Diabetes- None

Visual Impairment- Place a sound device or radio parallel to the stake