



ACTIVE LIVING ALLIANCE
FOR CANADIANS WITH A DISABILITY

Moving to Inclusion Online Resource

Maximizing Physical Activity Opportunities for Individuals with a Disability



The purpose of the *Moving to Inclusion Online* resource is to provide physical activity leaders with a tool that will help them include individuals with disabilities in a wide variety of physical activity and sport programs. Regardless of the environment – recreational, competitive, educational, or fitness and wellness pursuits – one should expect and be ready to offer enjoyable and satisfying opportunities to all individuals, including those with disabilities.

The primary focus of this resource is to identify general concepts, strategies and practical approaches that can be useful in planning and leading inclusive physical activity situations. An inclusive physical activity environment is one that provides the opportunity for individuals of all abilities and interests to participate to the fullest extent possible. Inclusive environments recognize the inherent value of each participant; the right to take risks and make mistakes; the need for independence and self-determination; and the right to make choices. Individuals with a disability benefit from and want to be included in quality physical activity pursuits as much as anyone else does. This resource is designed to help you achieve that goal.

Moving to Inclusion Online is available at a cost of \$250.00. Please contact the ALACD for information about rates and conditions of use for multiple users.

Module 1: Introduction

- What is Inclusion?
- What is Inclusive Physical Activity?
- Benefits of Inclusive Physical Activity
- Barriers to Inclusion

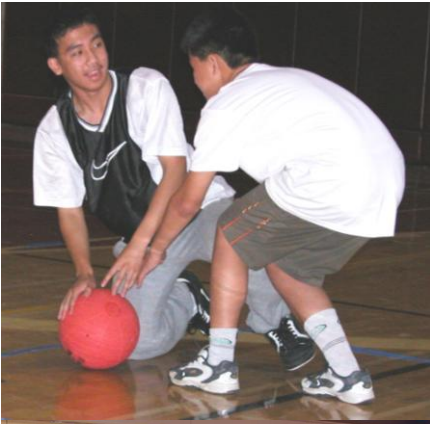
Module 2: Understanding Disabilities and their Impact on Performance

- Motor Skills
- Sensory Input
- Cognitive Skills
- Communication
- Behaviour Social Skills

Module 3: Planning an Inclusive Physical Activity Program

- Planning Process
- Safety Considerations
- Assessing Present Skill Level
- Setting Realistic Expectations
- Range of Participation





Module 4: Activity Modifications

- Range of Modifications
- Strategies for Modifying Activities
- Modifying Instruction

Module 5: Situational Scenarios

Appendices (Supplementary Information)

- Comprehensive Glossary
- Disability Fact Sheets
- Words with Dignity
- Equipment Manual
- Checklists



Additional Resources

- Information about ALACD
- Other ALACD Resources
- Contact List for ALACD Provincial & Territorial Reps
- Contact List for ALACD Partner Organizations



Learning Outcomes

By the end of this course participants will:

- Have a heightened awareness and improved understanding of why to include individuals in physical activity settings based on their abilities rather than focusing on their disabilities
- Be able to create an inclusive environment by their accepting attitudes and actions – your willingness to try goes a long way
- Acquire information and practical strategies on how to better include persons with disabilities in physical activity settings
- Identify the strengths and problem solve the barriers to inclusion
- Be able to implement the step-by-step process for inclusion
- Collect tools, strategies, and creative adaptation ideas
- Have increased confidence to take the leadership role in inclusive physical activity settings
- Expand your awareness of resources that can support inclusion
- Become part of a network for sharing, support and ongoing learning

For more information about Moving to Inclusion Online, please visit <http://www.ala.ca/mti-iem/index.htm> .

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