Fostering Quality Participation for Athletes with a Disability A Quick Guide for Program Leaders - STEP 1

Quality participation is built from an athlete's positive experiences. The **building blocks** of quality participation are:

AUTONOMY Having independence, choice, control	BELONGINGNESS Feeling included, accepted, respected, part of the group	CHALLENGE Feeling appropriately tested
ENGAGEMENT Being in-the-moment, focused, absorbed, fascinated	MASTERY Feeling a sense of achievement, accomplishment, competence	MEANING Contributing toward obtaining a personal or socially meaningful goal; feeling a sense of responsibility to others



To foster **quality participation** in your next program or event, first learn about your participants' priorities, and then ask yourself the following questions:

The **perceived importance** of each building block may differ from **athlete to athlete.** For instance, one athlete may place the highest value on belongingness, while another may value feeling challenged above anything else.

- 1. Which building blocks are **MOST IMPORTANT** for the participants in our program or event?
- 2. What are we **CURRENTLY DOING** to support these building blocks?
- 3. What can we **START DOING** to support these building blocks?
- 4. What can we **CHANGE** to support these building blocks?

ENDNOTES

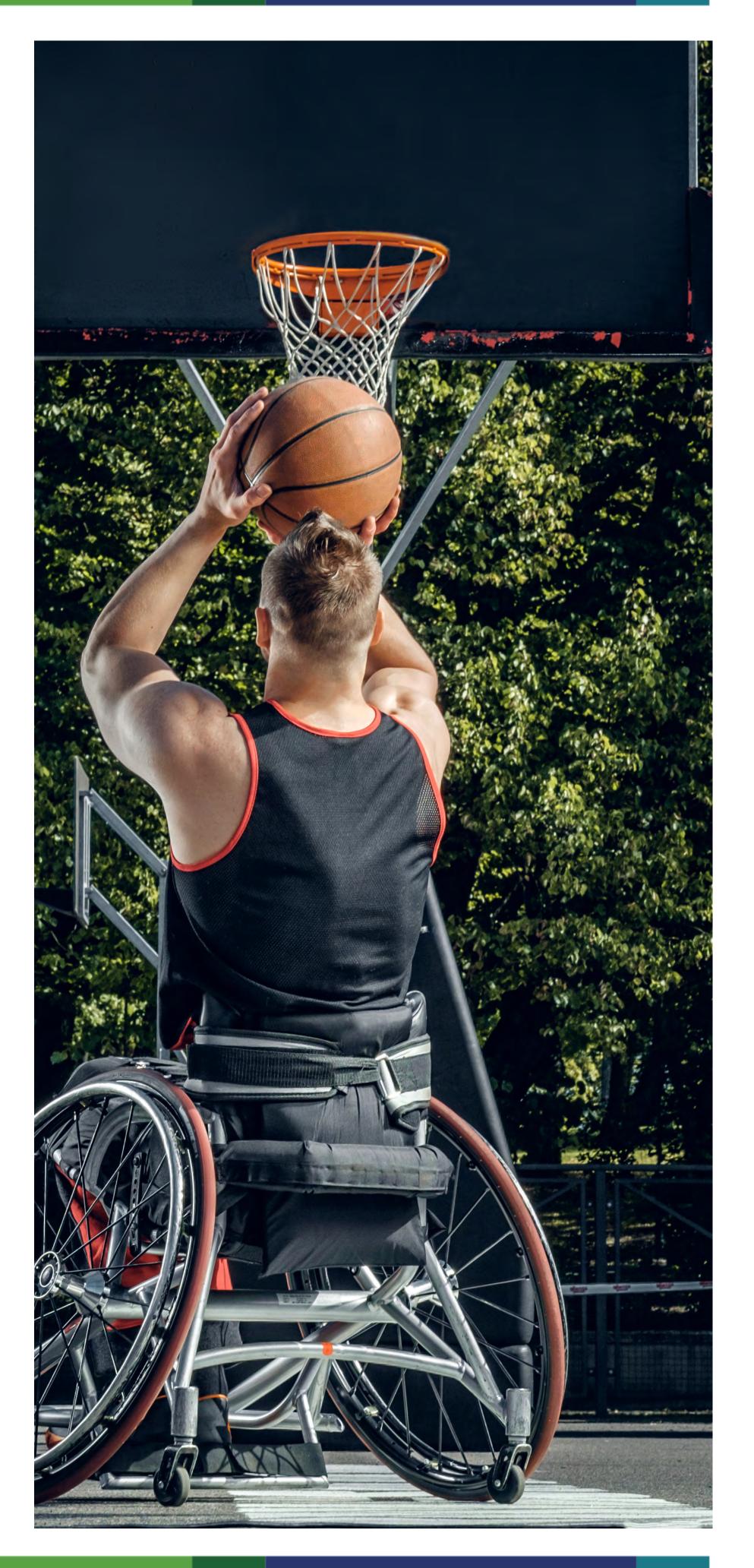
Authors

This document was created by the Canadian Disability Participation Project (cdpp).

Funding

This work was supported by a Partnership Grant from the Social Sciences and Humanities Research Council of Canada (grant number 895-2013-1021) for the Canadian Disability Participation Project (CCDP) (www.cdpp.ca).

Publication Data



December 2020 - Version 1.0

Endorsements

No endorsements to declare.

Contact Information

https://cdpp.ca/contact

Website

This report is available online at https://cdpp.ca