

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



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.

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

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

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