

# 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

## Authors

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## Endorsements

No endorsements to declare.

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## Website

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