# 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:

<b>AUTONOMY</b> Having independence, choice, control	<b>BELONGINGNESS</b> Feeling included, accepted, respected, part of the group	<b>CHALLENGE</b> Feeling appropriately tested
<b>ENGAGEMENT</b> Being in-the-moment, focused, absorbed, fascinated	<b>MASTERY</b> Feeling a sense of achievement, accomplishment, competence	<b>MEANING</b> 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

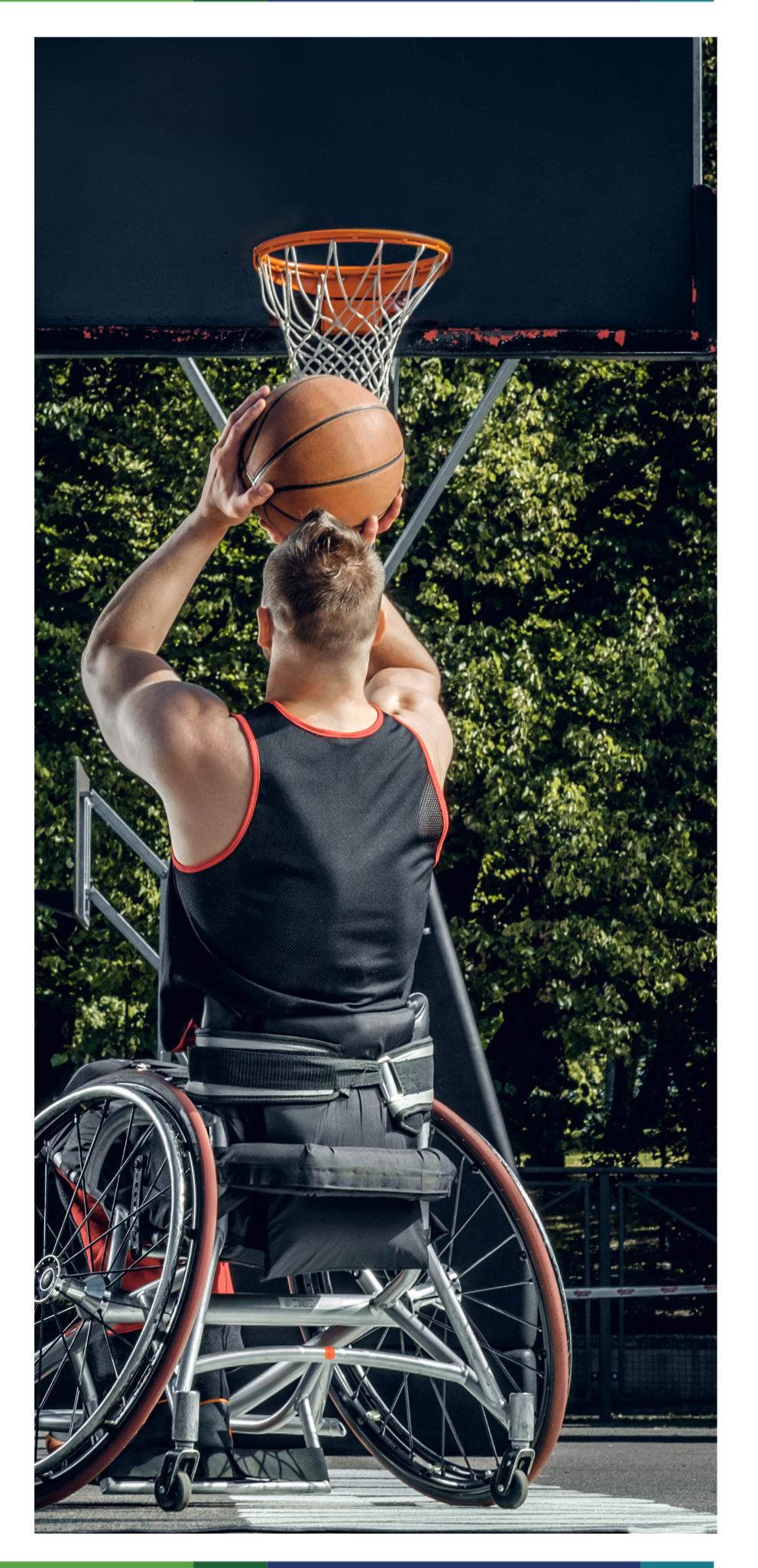
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## Endorsements

No endorsements to declare.

## **Contact Information**

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## Website

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