

Fundamental Values for Qualified Exercise Professionals Working with Persons Experiencing Disabilities (Part 1)

The **Essential Competencies for Qualified Exercise Professionals when Working with Persons Experiencing Disability Framework** outlines the abilities required of qualified exercise professionals to support high-quality exercise experiences for persons experiencing disability.

Keep reading to learn more about the four Fundamental Values that shape the Framework.

Good to know: All four values were championed by persons experiencing diverse physical, developmental, and/or sensory disability.

The competent qualified exercise professional:

1 Centres the person they serve in their care.

In practice, this can look like respecting individual autonomy and adapting exercise to each person's unique needs, goals, and preferences.

Tip: Remember to consider all aspects of the person you are working with; every person experiencing disability is unique, with varying needs and preferences.

2 Prioritizes the safety of the person they serve.

In practice, this can look like recognizing and addressing potential risks while fostering independence and confidence.

Tip: Keep in mind that safety is multi-dimensional and can include physical, psychological, and cultural safety.

Fundamental Values for Qualified Exercise Professionals working with Persons Experiencing Disabilities (Part 2)

3

Works in partnership with the person they serve and others in the circle of care.

In practice, this can look like collaborating with persons experiencing disability and their support networks to ensure meaningful participation.

Tip: Persons experiencing disability are experts on themselves, their multiple intersecting identities, and how exercise impacts their activities of daily living. It is best to follow their lead.

4

Communicates openly and often.

In practice, this can look like engaging in clear, respectful, and proactive communication to foster trust.

Tip: Be open to asking questions and learning about a person's disability; ongoing and open communication ensures you capture the person's lived experience of disability.

Qualified exercise professionals have the responsibility and capacity to act in accordance with these values at all points of interaction with persons experiencing disability in community exercise settings. More than a set of guidelines, these values serve as a foundation for meaningful, inclusive and respectful exercise experiences.

Check out the [Essential Competencies for Qualified Exercise Professionals when Working with Persons Experiencing Disability Framework](#) to learn more.



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