

Fostering Quality Participation for Athletes with a Disability

A Quick Guide for Program Leaders

Quality participation is built from an athlete's **positive experiences**.

The **building blocks** of quality participation are:

Autonomy, Belongingness, Challenge, Engagement, Mastery, & Meaning

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.

QUALITY EXPERIENCES



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?