

Inclusion Training Resources



Name of Resource	Website	Organization	Country of Origin	Format	Cost	Time to Complete	Eligible for Certification?	Target Audience	Content	Disability Specific or Multi-Disability?	Age group of focus
Breaking Barriers — Fundamentals of training Clients with Physical Disabilities	https://oceanrehabandfitness.com/breaking-barriers/	Ocean Rehab and Fitness	Canadian	Online	\$499 with Ebook and hard cover book/materials	6 hours of live training online plus additional content to be covered at user's own pace.	CEU or CEC Certified By canfitpro, BCRPA, Fitness Alberta, and NASM	Any health and wellness practitioners who work with clients with physical disabilities.	Focus on fitness inclusion and the skills for working with clients with physical disabilities in the gym or studio setting.	Multi-disability	Not age group specific
Disability and Exercise	https://store.csep.ca/products/advanced-learning-module-disability-and-exercise	Canadian Society for Exercise Physiology	Canadian	Online	\$115	8 hours (4 live 2 hour sessions)	CSEP professional development credits	Individuals in the health and fitness industry who are looking to be more inclusive in their practice.	Communication tips, exercise prescription, inclusion tips to use when working with an individual who has a disability	Multi-disability	Not age group specific
Coaching Kids of All Abilities	https://coachinallabilities.com	Canadian Tire Jumpstart in partnership with Active Living Alliance for Canadians with a Disability, Canucks Autism Network, Coaching Association Canada and Défi sportif AlterGo	Canadian	Online	Pre-registration Access Code is JSALA-F8U6A9R Otherwise, \$15 for Supporting Positive Behaviours module \$30 for Welcoming All Abilities module \$15 for Inclusive Play Leadership module		The programs available in this platform have been submitted to the Coaching Association of Canada for NCCP professional development points towards Maintenance of Certification.	Coaches and youth activity leaders	This resource is intended to provide coaches and youth leaders with practical information and tools to ensure their sports are inclusive, so every child has a chance to fulfill their dreams.	Multi-disability	Children and Youth

Adapted Physical Activity Graduate Certificate	https://www.ualberta.ca/kinesiology-sport-recreation/professional-development/adapted-physical-activity-graduate-certificate.html	University of Alberta	Canadian	Online, instructor led	Tuition is \$6,400.00 to complete all four courses in the certificate, plus non-instructional fees. Each course is approximately \$1,600.00 plus non-instructional fees.	Students are required to complete four courses, each worth 3 credits, for a total of 12 credits. There are eight courses to choose from. Courses are offered online only and students will have up to four years to complete the certificate. Each course lasts 3 months, consisting of 3-5 hours per week.	This certificate is a graduate certificate and may be applied to a course-based master's degree in the Faculty of Kinesiology, Sport, and Recreation. Courses are delivered online, there is no in-class component.	Individuals experiencing a disability or living with someone experiencing a disability, Recreation and Leisure Professionals, Tourism Professionals, Provincial and National Sport Organizations, Community Non-Profit Organizations, Community Development Professionals, Health Professionals, Physical Educators, Event Management, Recreation Facilities Operators, Fitness and Well-Being Professionals, Allied Health Professionals, Individuals working in Sport (including athletes and coaches, Community Service Professionals	Students will explore trauma-informed practice, learn to coach athletes experiencing disability, understand program evaluation and assessment, practice accessibility design and advance critical thinking skills.	Multi-disability	Not age group specific
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<p>Becoming Para Ready: A resource to help club and school athletics programs support more effective integration</p>	<p>https://www.ualberta.ca/steadward-centre/media-library/graphics/becoming-para-ready-final-alt-txt.pdf</p>	<p>The Steadward Centre</p>	<p>Canadian</p>	<p>PDF</p>	<p>Free</p>			<p>Coaches and sport club administrators</p>	<p>Introductory technical guide to provide knowledge, confidence, and tools to be more proactive – or “ready” – for integration, and to introduce the ways integration can be implemented.</p>	<p>Multi-disability</p>	<p>Not age group specific</p>
<p>Becoming Para Ready</p>	<p>https://athletics.ca/wp-content/uploads/2021/10/AC-Becoming-Para-Ready-Eng-FINAL-1.pdf</p>	<p>Athletics Canada</p>	<p>Canadian</p>	<p>PDF</p>	<p>Free</p>			<p>Coaches and administrators who support Athletics in Canada</p>	<p>Information that will be relevant to anyone that interacts, supports, and engages with Para athletes. This resource is intended to guide organizations and programs to become more inclusive and develop understanding of the nuances of Para Athletics to better support athletes with a disability</p>	<p>Multi-disability</p>	<p>Not age group specific</p>

Physical Literacy and All Abilities	https://phecanada.ca/professional-learning/training-and-certification	Physical Health Education Canada	Canadian	<p>PHE Canada is currently updating their Online Learning Platform and hopes to have this E-Learning resources posted shortly.</p> <p>The Physical Literacy In-Person Workshops are available by request. If you would like to book a Physical Literacy Workshop please contact Jordan Burwash at jordanburwash@phecanada.ca or 613-523-1348 x 2339.</p>	TBD		PHE Canada certificate of completion, CanFitPro	Teachers, coaches, and recreational leaders	Physical Literacy and All Abilities is an interactive e-learning certification that supports leaders in furthering their understanding of physical literacy by introducing a variety of concepts to modify programming in order to incorporate the needs of all children and youth.	A variety of disabilities across the spectrum of developmental, behavioral, sensory, and physical disabilities are introduced including instructional strategies to create an inclusive environment in physical education and physical activity programming.	Children and Youth
A Blueprint for Building Quality Participation in Sport for Children, Youth, and Adults with a Disability	https://cdpp.ca/resources-and-publications/blueprint-building-quality-participation-sport-children-youth-and-adults	Canadian Disability Participation Project	Canadian	Online PDF	Free			Program builders, including administrators, coaches, and policy makers	Introduces key concepts that underpin quality participation, and provides tools for building quality participation in sport programs.	Multi-disability	Children, youth, and adults with a disability
Professional Development Certification Program	https://cprapdc.ca/	Canadian Parks and Recreation Association	Canadian	Online	CPRA PDC has two phases, certification and recertification. The total cost for certification is \$1220.00 +GST. This includes registration, an online orientation course, both certification	13 weeks (2-3 hours per week)	Yes.	This certification is available to all Canadian professionals and practitioners who are active members of a provincial or territorial recreation and parks association.	Through this certification, you will enhance your understanding of the issues facing the recreation and parks sector and will be further equipped with the knowledge, skills and attitudes	Not disability-focused	Not age group specific

					courses, and the knowledge presentation. The total cost for recertification is \$1695.00 +GST.				necessary to design and implement innovative solutions.		
Inclusive Physical Literacy workshop	https://physical-literacy.ca/workshops/physical-literacy-501-inclusive-physical-literacy/	Sport for Life Society and Physical Literacy for Life	Yes	In person	\$600 (for entire group)	4 hours		Health, education, recreation, sport, parents - can be customized for specific audience.	Understand how to better design and deliver quality inclusive physical literacy programs for participants with a disability. This workshop will take participants through what universally accessible programs are and how to plan and create them. It will also help participants to develop their adaptations to fundamental movement skills to allow for different disability types to participate and have a quality first involvement experience.	Multi disability	Not age group specific
General inclusion training	Contact Yochoff, Cassidy" <yochofc@halifax.ca>	Halifax Regional Municipality						Students and new staff of HRM	Includes information about inclusion in general, information		Children

	"Fischer, Jennifer" <Jennifer.Fischer@halifax.ca>								about inclusion specific to HRM and information about positive behaviour supports for children with disabilities.		
Inclusion U Online	https://inclusion-erec.org/inclusion-u-online	Inclusive Recreation Resource Centre	American	9 online training modules and final exam	\$49.95 (USD) \$300 for 10 people \$500 for 20 people \$600 for 30 people	10 hours	Yes, New York State Recreation & Park Society) provides CEUs	Recreation or tourism providers interested in ensuring that policies, programs, sites and facilities are accessible to all people	Teaches participants how to be a Certified Inclusivity Assessor. You will learn the foundations of inclusion and how to use the Inclusivity Assessment Tool.	Multi-disability	Not age group specific
Inclusive Physical Literacy Webinar	https://oneability.ca/2017/06/15/inclusive-physical-literacy-webinar/	OneAbility: The Greater Victoria Collaborative for Adapted Sport and Physical Activity	Canadian	Online webinar	Free		No	Recreation and physical activity leaders	This webinar introduces participants to the concept of Inclusive Physical Literacy and how it ties into the definition of Physical Literacy. It explores the facets of offering an inclusive programming, and how organizations need to intentionally plan for this to happen. The webinar also covers how the organizational	Multi-disability	Not age group specific

									structure is key for offering a supportive and welcoming environment for persons with a disability.		
Inclusive Fitness Webinar	https://oneability.ca/2017/06/15/inclusive-fitness-webinar/	OneAbility: The Greater Victoria Collaborative for Adapted Sport and Physical Activity	Canadian	Online webinar	Free		No	Recreation and physical activity leaders	Includes information on client demographics, space/equipment considerations, person first language usage, client approach, dealing with difficult situations and direct training methods to increase both client outcomes and coach/instructor comfort.	Multi-disability	Not age group specific
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