

# **Moving to Inclusion** **Online Learning Tool**

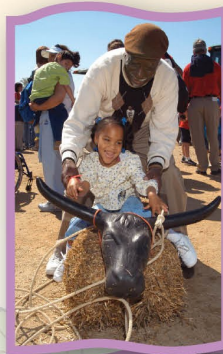
ACTIVE LIVING ALLIANCE  
FOR CANADIANS WITH  
A DISABILITY

ALLIANCE DE VIE ACTIVE POUR  
LES CANADIENS/CANADIENNES  
AVANT UN HANDICAP



**Helping leaders, coaches  
and teachers to include  
people of all abilities**

**Outiller les leaders, les  
enseignants et les entraîneurs  
pour favoriser l'inclusion de  
tous, peu importe leur niveau  
d'habileté**



## I. INTRODUCTION

Welcome to the Moving to Inclusion Online Learning Tool. This is an effective training and professional development tool for those who are working in or training for a career in recreation, fitness, education, sport and active living fields. The learning tool has been developed to help you plan and lead a wide variety of physical activity programs in ways that include individuals of all abilities, including those who have a disability. Regardless of the activity you lead, be it recreational, competitive or educational in nature, the MTI Online Learning Tool will provide you with key information and practical strategies to offer enjoyable and successful experiences to all individuals. It will identify general concepts, strategies and practical approaches that are useful in planning and leading inclusive physical activities.



Individuals with a wide variety of disabilities will come to your program with the desire to participate and the need to contribute - individually and as part of a team. It is important that they be able to do so in a meaningful and dignified way. Like any other participant, individuals with disabilities have varied needs, goals and abilities as well as a range of prior experiences. The goal is to assist physical activity leaders to focus on the participants and their ABILITIES, not on their disabilities, and to help them include ALL individuals in ALL aspects of physical activity. The MTI Online Learning Tool is designed to help you achieve this outcome.



**PREPARATION:** There will be some exercises and questions to complete as you work through this session. Before going any further, you should get a pencil and paper so you are ready to take notes and jot down your answers.



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The Active Living Alliance for Canadians with a Disability (ALACD) promotes, supports and enables Canadians with disabilities to lead active, healthy lives. We provide nationally coordinated leadership, support, encouragement, promotion and

information that facilitates healthy, active living opportunities for Canadians of all abilities across all settings and environments.

### **Interested in further information?**

The MTI Online Learning Tool is a condensed version of the full Moving to Inclusion Online Course. The MTI Online Course is a comprehensive resource that provides the learner with greater depth and a wider range of exercises and examples than are found in the MTI Online Learning Module. Individuals interested in gaining more detailed information about the topic are encouraged to contact the ALACD by email at [info@ala.ca](mailto:info@ala.ca) for more information about the full course.

