

END OF SECTION 2 QUIZ: “WHAT HAVE YOU LEARNED?”

Instructions: Choose the correct answers to each question. You may want to write the answer on a piece of paper to compare to the answer key once you have completed the quiz. Note that there is often more than one correct response to a question.

1. Inclusion is based on a number of principles. These apply to physical activity settings as well as to everyday life. Which of the following statements reflect those principles?
 - A) Every individual is entitled to a self-fulfilling quality of life which includes active living.
 - B) Individuals should have freedom of choice.
 - C) Equal opportunities for meaningful participation are available to all those who want them.
 - D) The removal of barriers is central to achieving inclusion.
 - E) Inclusion promotes independence, self-empowerment and allows persons to assume responsibility.
 - F) All of the above statements reflect the principles of inclusion.

2. What are some of the benefits of inclusion for people *without* disabilities?
 - A) Enlightened attitudes and increased awareness.
 - B) More understanding and more accepting of human difference.
 - C) Learn to be facilitators or peer tutors.
 - D) Could acquire teaching and coaching strategies suitable for a broader range of abilities.
 - E) Become more aware of barriers and ways to overcome them.
 - f) All of the above are potential benefits.

3. Which of the following is an example of a Program Barrier?
 - A) There is no lift to assist a swimmer to access the pool.
 - B) There is insufficient space between the bench and the lockers to wheel a wheelchair or push a walker.
 - C) Program leaders do not know how to modify or adapt activities.
 - D) The surface of the playground is too soft for a wheelchair, walker or stroller to navigate the space.
 - E) There are no accessible parking spaces in the parking lot.
 - F) All of the above are examples of Program Barriers.

4. What are the key things you would see if you were observing an inclusive activity?
 - A) No one is being excluded.
 - B) People are having fun.
 - C) Everyone is winning.
 - D) There is a range of activities being provided.
 - E) Everyone has a support person working with them.
 - F) You would observe all of the above.