



Module 4 Learning Exercises and Quiz Answer Key



LEARNING EXERCISE: Think about what information would help you ensure the individual is included in your activity. Make a quick list in response to each of these questions.

- What information might you require? Think about what would be most helpful to you as you plan a program to include a particular individual.
- From whom might you gather this information?

Some possible responses you might have offered:

What information would be useful?

- Effective forms of assistance that have been used in the past.
- Prior physical activity experiences.
- Interests. Favourite things to do.
- Goals. Desired outcomes of program.
- Medications that might interfere with participation in physical activity.
- Friend who would like to do this activity/join this program with you?
- Is specialized equipment required?

Who might provide this information?

- Parents.
- Siblings.
- Past coaches, teachers, PA leaders (e.g., aquatics instructor).
- Friends, peers.
- Specialists such as an OT or PT.

QUESTION: Did you remember to include the participant on your list?

The best source for information and assistance is often the participant. It is important to communicate with the participant about his or her needs and to include him/her in the planning process. Remember, the participant is the expert about his or her capabilities and activity limitations and can tell you what has worked or not worked in the past.



LEARNING EXERCISE: What are some things that immediately come to mind when you think about ensuring an activity is safe for all participants?

Here are a few examples that you might have suggested:

- Are there any dangers in the playing area?
- Is the equipment in working order?
- Do the participants have the appropriate protective equipment, for example, a helmet for hockey, shin pads for soccer, or eye-guards for squash?
- Is the participant's skill level appropriate for the activity; for example, does the participant possess sufficient swimming skills to be permitted in the deep end of the pool?
- Do the participants know the safety rules that apply to the activity?

END OF MODULE 4 QUIZ: WHAT HAVE YOU LEARNED?

Correct answers are written in green text

1. The MTI inclusive process:

- A) Is a process for enhancing accessibility of programs and services.
- B) Emphasizes the importance of planning so that successful inclusion can occur.
- C) Is the recommended method to follow when making modifications to activities.
- D) Is a systematic, step-by-step process that provides a framework to follow for including a participant in physical activity situations.
- E) Is a 'one size fits all' template that results in successful inclusion every time.

2. What are the four areas to attend to when completing a safety check for an activity?

- A) Participants, Instructors, Facilities and Emergency Action Plan
- B) Participants, Instructors, Volunteers and Spectators
- C) Equipment, Environment, Instructors and Participants
- D) People, Instruction, Emergency Action Plan and Transportation
- E) Environment, Instruction, Participants and Equipment
- F) Equipment, Facilities, People and Weather

3. What does the acronym SMART refer to in the context of defining objectives?

- A) Simple, measurable, applicable, relevant and tested.
- B) Strategic, manageable, accessible, reachable and timely.
- C) Specific, meaningful, assessable, reachable and timely.
- D) Structured, modifiable, action-oriented, relevant and tested.
- E) Specific, measurable, attainable, reliable and timely.
- F) Simple, manageable, accessible, reliable and testable.

4. Factors that might influence Step 7: Select Activities for a given activity session or program include:

- A) The Physical Education curriculum.
- B) The age and skill level of the participant.
- C) The activity offerings available at a summer camp.
- D) The items to be tested on a fitness test.
- E) The interests of the individual.
- F) All of the above might influence the activities selected.