



# RESOURCES FOR INCLUSION IN PHYSICAL ACTIVITY & YOUTH WITH DISABILITY

***“Inclusion in physical activity and athletics is how children learn from each other, build social skills and optimize their growth and development.”***



**NATIONAL CENTER ON HEALTH, PHYSICAL  
ACTIVITY & DISABILITY**

*The nation's premier center in promoting the health and  
wellness of people with disability.*



Please visit [www.nchpad.org](http://www.nchpad.org) to view each resource.

## ARTICLES

[Inclusive Out-of-School Time](#)

[Physical Activity, Leisure and Recreation for Youth with Disabilities: A Primer for Parents](#)

[Sitting Volleyball: A Skill Enhancing and Physically Demanding Activity](#)

[Inclusive Physical Education: Disability Awareness](#)

[Inclusive Physical Education: Teaching Style and Format](#)

[Inclusive Physical Education](#)

[Peer Tutoring in General Physical Education](#)

[Assessing Your Child's Health Related Physical Fitness](#)

[What is Section 504 of the Rehabilitation Act?](#)

[Eating Healthy Through the Lifespan: Preschool to Adolescence](#)

[Mastering the School Lunch](#)

[Spring into Action](#)

[Autism and Exercise](#)

[Activity and Adaptation Cards](#)

[Brain Boosters](#)

["Herencia Hispana": A Look From A Cultural Educational Context](#)

[Inclusive PE QR Code Scavenger Hunt](#)

[Inclusive Physical Education Fitness Stations](#)

[Low Budget Adapted Physical Education Equipment Ideas](#)

[New School Year & New to IEPs: What You Need To Know](#)

[Parents Engagement in Physical Activity](#)

[Pocket Tool for Adapted Physical Education Teachers](#)

[Sitting Volleyball Unit](#)

## GUIDEBOOKS

- [Discover Inclusive Physical Education: A Guidebook for Educators](#)
- [Discover Accessible Fitness: A Wheelchair User's Guide to Using a Fitness Center](#)
- [Discover Inclusive Safe Routes to School: A Guidebook for Including Students with Disability in SRTS](#)
- [Discover Camp](#): Considerations for sending youth with a disability to camp for the first time.
- [Discover Leisure](#): Understanding and appreciating the value and importance of leisure time physical activity for youth with disabilities.

- [Guidelines for Disability Inclusion in Physical Activity, Nutrition and Obesity Programs & Policies](#): A guidebook to assist in the updating of community health programs and policies to be inclusive of the needs of people with disabilities.
- [Community Health Inclusion Sustainability Planning Guide \(CHISP\)](#): The CHISP is a supplement to the Sustainability Planning Guide for Healthy Communities (CDC, 2011) and may be used in conjunction with it.
- [Get the Facts](#): an online magazine that will help you become more physically active or, if you are a service provider or family member, equip you with the knowledge to provide a more enriching physical activity program.
- [Discover Inclusive Playgrounds](#): A Guidebook about inclusive playground elements.
- [Discover Inclusive School Wellness](#): An Addendum to the Comprehensive School Physical Activity Programs: A Guide for Schools.

## VIDEOS

- [Know Your Rights: Sports are for Everyone!](#) video series
- [Disability Awareness: Sensory Disability](#)
- [Disability Awareness: Intellectual Disability](#)
- [Disability Awareness: Physical Disability](#)
- [General Disability Awareness](#)
- [Inclusive Class Design](#)
- [Adapting the Alabama Physical Fitness Assessment Test](#)
- [Mary's Top 10 Communication Tips](#)
- [Kids Adaptive Yoga](#)
- [Autism and Exercise](#) video series
- [Zumba Fitness® \(Inclusive\)](#)
- [How I Walk: A Campaign to Rebrand Walking](#) video series
- [Kids Korner Nutrition: Quick and Healthy Lunches](#)
- [Kids Korner Nutrition: Heart Healthy Snacks](#)
- [Kids Korner Playlist](#)
- [Sports Series](#)
- [Inclusion in Every Play](#)
- [Universal Design for Learning in PE](#)



## PROGRAMS

**14-Week Program to a Healthier You!**- A free, personalized, web-based physical activity and nutrition program for individuals with disabilities and chronic health conditions.

**Champion's Rx**- A high-intensity daily workout program designed to challenge all ability levels. This workout program is geared towards individuals who are currently active and have access to a fitness facility or minimal exercise equipment.

## CAMPAIGNS

**Commit To Inclusion**: A global campaign to end the exclusion of people with disability from physical activity and all associated areas. #CommitToInclusion

**How I Walk**: A campaign to rebrand the word walking. #HowIWalk

## NEWSLETTER

**Educators Quarterly Digest**- A quarterly newsletter highlighting inclusive resources for physical education settings.

**Kids Korner**- This column was created to engage youth, parents, and professionals working with youth with disabilities.

**Nutrition Spotlight**- This column features nutritional considerations for people with and without disability.

**Training Corner**- This column features articles related to fitness, wellness, and training topics.

## TRAINING

The NCHPAD e-Learning platform provides online training in various inclusive topics. You can access it at [elearn.nchpad.org](http://elearn.nchpad.org). NCHPAD has the ability to support physical activity programming for in school, out of school, and community settings that offer access to sports, nutrition, and fitness for students with disabilities. To request a virtual or in-person training or training resources, please [contact us](#).

## TECHNICAL ASSISTANCE

NCHPAD offers a free information service on a wide variety of topics related to physical activity, fitness, recreation, sports, leisure, nutrition, disability and chronic health conditions. Contact one of our talented information specialists to help you locate the resources you need. Technical assistance is available between the hours of 9:00 am- 5:00 pm CST on Monday-Friday via telephone 800-900-8086, live chat at [nchpad.org](https://nchpad.org), and email at [email@nchpad.org](mailto:email@nchpad.org).

## TOOLS

### Community Health Inclusion Index (CHII)

The CHII can be used to assess the level of health inclusion of a community at large, as well as at a wide range of built environment locations that make up a community, including physical activity, education, work, health care, and food sites. Aside from the community-at-large assessment, it also includes both in-person and organizational assessments that can be done on specific sites with a focus on the built environment, equipment, programs and services, staff, and policies. For [additional information](#) and access to the CHII contact Yochai Eisenberg at [yeisen2@uic.edu](mailto:yeisen2@uic.edu).


### GRAIDS- Guidelines Recommendations and Adaptations Including Disability

The GRAIDs include recommendations and adaptations to the CDC's 24 obesity reduction strategies in order to ensure they are inclusive and accessible for youth and young adults with cognitive and physical disabilities. The four focus areas that all of the GRAIDs consider are physical activity, nutrition, culture, and policy. The recommendations and adaptations within each GRAID are broken out by four domains: (1) the built environment, (2) services, (3) instruction, and (4) equipment.


To view more resources and services which can benefit all ages and populations, connect with us:

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