

Adapted Physical Activity Study

Calgary Adapted Hub partners are committed to providing quality inclusive and accessible sport and recreation programming. With your input, we can maximize existing programs and create bold new ones that are evidence-based and leading-edge.

All individuals between the ages of 4-24 who are interested in sharing information or learning more about their physical activity habits are welcome to participate.

STEP 01

Sign Up

Your participation will contribute to a greater understanding of participation in adapted sport and/or physical activity.

Please connect with us:
cah.research@ucalgary.ca
403.955.5736.



STEP 02

Complete Questionnaires

Youth and caregivers complete the following surveys up to six time points (over a year):

- Youth and Caregiver Intake
- Youth and Caregiver Quality of Life
- Youth Quality of Participation
- Youth Independence in movement
- Youth Healthcare usage



STEP 03

Monitor Physical Activity

Youth participants wear a physical activity wrist monitor for seven consecutive days and nights (up to four-times a year).



STEP 04

Physical Literacy Assessment

Complete a short assessment with a member of our team to learn more about your movement skills.



Vi Riddell
Pediatric Rehabilitation
Research Program



This study is approved by the University of Calgary Conjoint Health Research Ethics Board (Ethics ID: REB18-0292)