

Predicting High Quality of Participation in Adaptive Snow-Sports for Individuals with Disabilities: An Exploratory Study

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OBJECTIVES

This exploratory study examines the social and physical characteristics that predict participation in adaptive snowsports. Using the QPPF, Quality of Participation in Parasport Framework, autonomy, belongingness, mastery, challenge, engagement, and meaning are measured.

METHODS

Descriptive statistics are used to describe a survey completed by 133 individuals with disabilities. A multivariate analysis is conducted to evaluate dimensions of the QPPF relevant to the contribution of the individual, snowsport-related, program, and environmental factors.

RESULTS

Individuals with disabilities in this study reported high quality of participation across all dimensions of the QPPF. The program and environmental characteristics such as equipment, number of instructors, and barriers were robust predictors of quality of participation.

DISCUSSION

This study was the first to empirically explore how different individual, program, and environmental factors may predict quality of participation in adaptive snowsports. The results showed high quality of participation on all dimensions of the QPPF, and that program and environmental characteristics were robust predictors of quality of participation.

CONCLUSION

Participants experienced high quality participation. Supporting the adaptive snowsports programs while reducing the barriers faced by people with disabilities should be a continued effort to promote quality of participation.

