

UNIVERSAL DESIGN ADAPTATIONS

Universal Design for Learning (UDL) is a strategy for eliminating instructional and environmental barriers for every member of a learning community in order to meet the needs of all students across the continuum of physical, intellectual, and emotional abilities. Although we acknowledge that it would be impossible to build one curriculum to meet the needs of every single child, we strongly believe that striving to maximize the active and meaningful participation for all students is a core responsibility of every educator.

OPEN has embraced this responsibility by working to create suggested Universal Design Adaptations intended to serve as baseline recommendations for modifying learning activities. The text *Strategies for Inclusion: A Handbook for Physical Educators* by Lauren J. Lieberman and Cathy Houston-Wilson provides the foundation for our work in this area.

The table below offers additional adaptations in an effort to move closer to the ideal of Universal Design.

Potential Universal Design Adaptations for Fitness Running

Equipment	Rules	Environment	Instruction
<ul style="list-style-type: none"> • Provide auditory signals to help students move along a safe pathway • Increase or decrease the size of the running area/lanes • Provide racing chairs for wheelchair users 	<ul style="list-style-type: none"> • Run relay-style courses, with students working together to run short individual distances that add up to longer distance runs • Allow students an opportunity to modify rules to match their skills and interests 	<ul style="list-style-type: none"> • Provide visual cues and reminders throughout the running areas • Use large, bright directional signs and signals • Ensure surfaces are safe and appropriate for all to participate 	<ul style="list-style-type: none"> • Prompt students to walk. Focus on arm and leg movements. • Provide running guides • Provide visual cues and/or videos demonstrating upper- and lower-body running form

Lieberman, L.J., & Houston-Wilson, C. (2009). *Strategies for Inclusion: A Handbook for Physical Educators (2nd ed.)*. Champaign, IL: Human Kinetics.