



# **Functional categories for sport and disabled people:**

A toolkit for identification  
and competition

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## About us

Activity Alliance is the leading national charity focused on disabled people's inclusion in sport and activity. We bring organisations and disabled people together. Together, we are determined to change the reality of disability, inclusion and sport.

## Activity Alliance events

At Activity Alliance we have our own experienced events team. We support as well as deliver high quality events, which involve disabled people. These include local and international events in many sports. We want to increase opportunities for disabled people to be active at every level. This means a greater choice of activities. These can vary from popular sports like swimming and athletics, to have-a-go activity days.

More opportunities in more places is crucial for developing talent or reaping the benefits of an active lifestyle. This improves people's health and wellbeing as well as building confidence and social interaction.

For many disabled people, it can be a challenge finding an event that meets their needs. Club facilities, transport availability and physical support can create questions for disabled people wanting to take part. Our events team can give you better practice advice on these key elements.

We have worked with many National Governing Bodies of sport and other partners on event management. This can include for venue management, risk assessments and volunteering, which are sometimes quite detailed. So, our better practices allow partners to learn more, then embed the principles into their own work.

Our events rely on fundraising and sponsorship with a dedicated team of volunteers to support us.

# Using the toolkit

The toolkit is a combination of the Profile System of sports classification and the Activity Inclusion Model.

In the following pages, we will introduce different methods of identifying and grouping disabled people. This is people with physical, sensory and intellectual impairments within sport and activity. We will look at our Profile

System, generic groupings and the Activity Inclusion Model. This incorporates the Step Tool.

We have designed this toolkit for the delivery of sport and activities at a participation or development level. Any kind of sport specific classification will always rule over the profile system.

# Activity Alliance generic groupings

You can group profiles together to adapt activities and events for small competitor numbers. This is particularly relevant at intra and inter-school level. This encourages skill and development through positive competitive experiences. The following generic groupings can be used with or without the Profile System.

Group	Description	Profiles
<b>G1</b>	Powerchair user. Uses a ramp to propel object.	1p · 1c
<b>G2</b>	Power chair user.	2 · 3 · 7
<b>G3</b>	Manual wheelchair user. Upper and lower limbs affected. Poor sitting balance.	3 · 4 · 5 · 6 · 7
<b>G4</b>	Manual wheelchair user. Mainly lower limbs affected. Good sitting balance.	8 · 9 · 10 · 11
<b>G5</b>	Ambulant with four limbs affected.	12 · 25 · 26a 26b · 31 · 32
<b>G6</b>	Ambulant with two limbs affected - upper or lower.	13 · 14 · 15 · 27
<b>G7</b>	Ambulant with one or two lower limbs affected.	17 · 18 · 19 · 20 · 23 · 28
<b>G8</b>	Ambulant with one or two upper limbs affected.	16 · 21 · 22 24 · 29 · 30
<b>G9</b>	Visual impairment.	36 · 37a 37b · 37c
<b>G10</b>	Hearing impairment.	38
<b>G11</b>	Intellectual Impairment.	39
<b>G12</b>	Behavioural /ADHD.	42

# Activity Inclusion Model

**4th generation Activity Inclusion Model 2017, evolved from Black and Stevenson's Inclusion Spectrum and aligned to the WHO's International Classification of Functioning, Disability and Health.**

**Open** activities are those where the whole group play together. They are simple, naturally inclusive activities that the entire group can do with few modifications. E.g. warm up and cool down activities or if you need to draw the learners back together.

**Modified** activities is where everyone can do the same activity. But adaptations are made using STEP to support the inclusion of some pupils. The changes can be applied to support young people who are still acquiring skills and developing abilities. Or those whose skills need to be challenged further.

**Parallel** activities are when participants are grouped according to ability. This is in order to provide different entry points into the same activity. Each young person takes part at a level appropriate to their ability.

**Specific** activity. In certain situations it may be impossible for young disabled people to play alongside their non-disabled peers. This can include disability sports where disabled learners play their sport individually or with their disabled peers. It can also be used as a short-term means of developing skills and confidence. This is with a view to inclusion.

# Activity Inclusion Model

- Open activity: everyone can take part - based on what everyone can do and does not include any modification.
- Modified activity: people do the same activity in different ways.
- Parallel activity: organised in ability groups, everyone takes part in a variation of the same activity.
- Specific activity: people take part in unique activity specific to the sport.

The four factors that influence inclusion (and inform the structure of provision) for each individual participant are ability, activity, impairment and the setting. All need to be considered when creating the most appropriate provision.

These are:

1. Ability
2. Activity
3. Impairment
4. The setting (in which the activity is taking place).

The greater the impact of ability, activity, impairment or setting, the more likely modified, parallel or specific activities will be required. These four factors will help you to use the AIM and STEP Tool effectively in your delivery.

# The STEP tool

STEP is a simple tool which when used with AIM. It guides you through what you can change to make an activity more inclusive. This can include making an activity harder or easier, ensuring challenge and achievement for all pupils.

STEP is an acronym for:

**Space** - where the activity is happening.

You could increase or decrease the size of the space to vary the challenge, divide the playing area into different zones.

**Task** - what activity is happening. The way the activity is performed can be adapted to support or challenge different pupils. As competency improves, the complexity and difficulty of the task can be increased.

**Equipment** - what is being used for the activity.

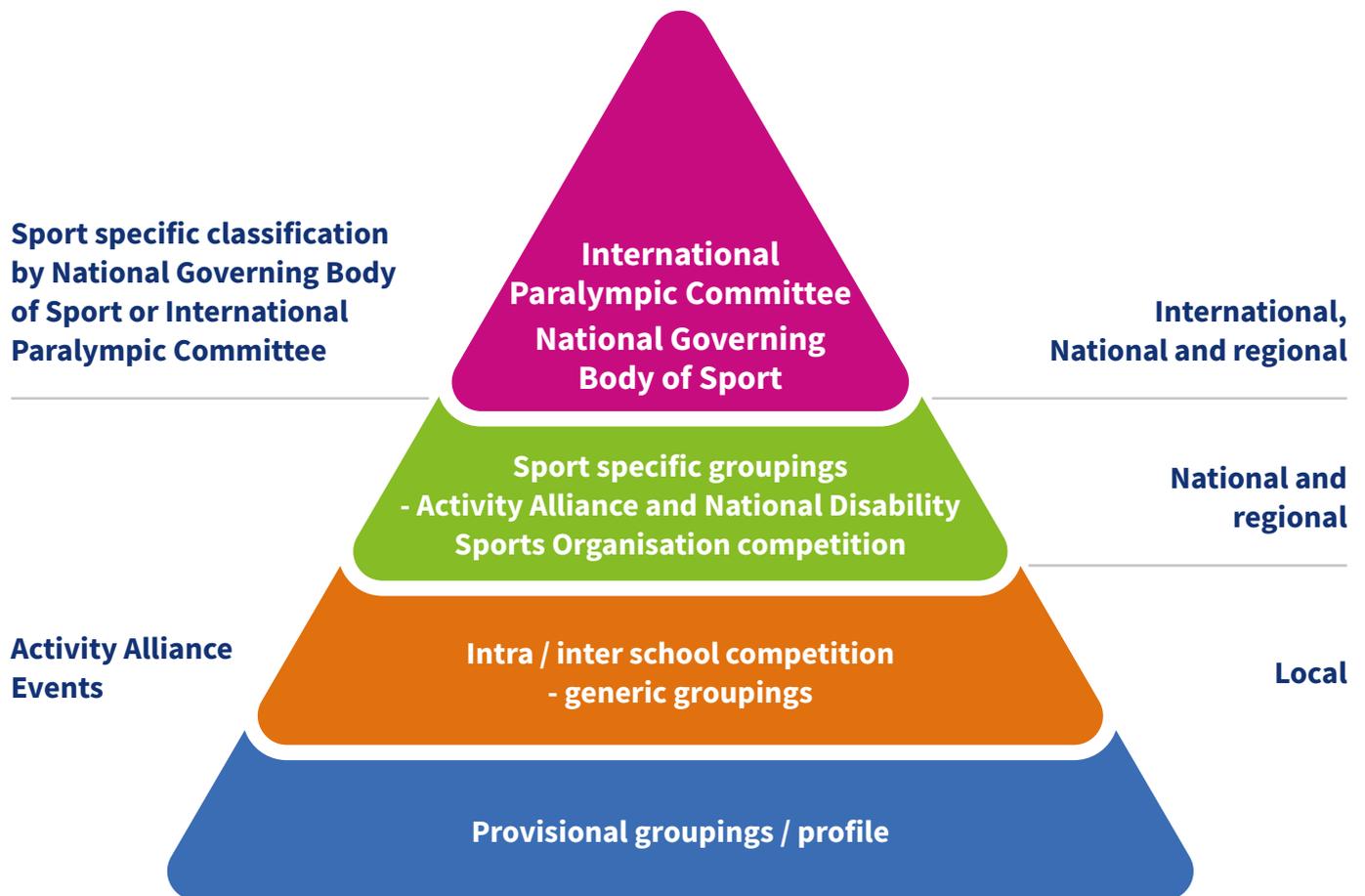
There are endless variations in equipment enabling young people to find the best way to participate in PE.

**People** - who is involved in the activity.

For example, you could have different numbers of individuals on teams to balance a game.

Changing the space, task, equipment, and really understanding the pupils (people) in your lessons has dramatic effects.

# Participation pathway using the toolkit and groupings



## Level 1

Provisional profile estimated using Activity Alliance toolkit. This informs appropriate levels of inclusion and participation based on the Activity Inclusion Model.

## Level 2

Intra and Inter school competition using Activity Alliance generic groupings. This introduces competitive opportunities over a wide range of activities/sports including multi skills.

## Level 3

Activity Alliance sport specific competitive events - regional and national. Competitive groupings based on National Governing Body (NGB)/International Paralympic Committee (IPC) groupings.

## Level 4

NGB and/or IPC sport specific classification to compete at regional, national, international level NGB/Activity Alliance competition.

Please note: Other pathways may be followed. For more information please contact the relevant sport governing body (useful contacts section).

## Classification in sport for disabled people

In many sports, competitors are classified or grouped to ensure fair competition. Golfers have handicaps, tennis players are seeded, boxers and weight lifters are classified into weight categories.

To make sure that competition is fair and the best athlete wins, sport for disabled people also needs to be fair and provide equal competition amongst disabled athletes. Classification must ensure it does not favour the athlete with the minimal impairment. But the winner is the best prepared or the most skilful person participating.

## Measurement of impairment

Impairments can be divided into four broad categories:

- Locomotor
- Sensory
- Intellectual
- Other (e.g. transplant)

It is possible to clinically measure and record the impairment of motor, sensory or intellectual functions using recognised tests. 'Disability' is described by the World Health Organisation 2010 as follows:

'Disability' is the umbrella term for:

Impairment	is a problem in body function or alteration in structure - for example, paralysis or blindness.
Activity limitation	is difficulties in executing activities - for example, walking or eating.
Participation restrictions	are problems with involvement in any area of life - for example, facing discrimination in employment or transportation.

Having an impairment can mean being disabled. You may use disability to classify an athlete. But then there is a possibility someone with a more profound impairment could be considered minimally disabled. That is because a disabled person, who has trained and become skilful, may have reduced the effects of their impairment.

Therefore, you must base classification upon impairment, because impairment does not change. Being disabled, having a limitation to activity and participation is purely individual. It depends on various other factors in an individual's life and the environment they live in.

# Ineligibility

It is possible for an athlete to have an eligible type of impairment but to be ruled ineligible. Because the impairment does not meet the relevant minimum disability criterion. For example, a person who has had a single toe amputated is technically an amputee (an eligible type of impairment). But the impairment does not cause sufficient activity limitation in running and therefore does not meet the minimum disability criteria for IPC Athletics.

Minimum disability criteria will be specific to each sport. As a result, it will be possible for a person to have an impairment that is eligible in one sport, but not in another.

Being ineligible for classification does not mean that an individual cannot participate in sport. They may be able to compete as a guest. But the rules of competition exclude unclassified competitors from receiving a medal.

## The Profile System

Developed by Dr Chris Meaden, this is a recognised and well established system. It assesses and categorises physical impairments. We have used it for many years within our own events programme. It gives competitors a start in sport.

## Advantages of the Profile System

- objective and easily measurable, using validated and reliable scoring systems
- simple and consistent, easy to administer
- sensitive enough to identify and differentiate impairments that are not diagnosis dependent. Allows for assessment of complex multiple conditions is flexible, allowing:
- new profiles to be created easily if required
- dual profiles for an athlete who may compete in a wheelchair for one event but is able to stand for another
- variable grouping of similar profiles for specific events or different sports

### **Acceptable to competitors because:**

- it is fair
- different assessors will get the same results - i.e. it has multi-assessor reliability
- i.e. it has a reliable testing process
- scoring, written definitions and pictorial representations make profiles easy to describe

### **Accessible to competitors because:**

- the profile system assesses impairment, avoiding the need for the assessors to have sports specific knowledge
- it can be used from grassroots to national level - encouraging participation
- athletes can be profiled locally without needing to travel or attend national events
- Activity Alliance can support the training of assessors

# Estimating the provisional profile

A 'functional category' is the term used to describe a particular impairment. For ease of use is described as a number between 1 and 39.

It is possible to estimate what an individual's profile could be. Use the flowchart for the pictorial representations and the coaches' definitions.

Here's an example. On the flowchart, you can see someone with a physical impairment, who is ambulant with two lower limbs affected. They could fit into profiles 17, 18, 20 or 28.

The pictorial representations with the coaches' definition will help to decide exactly which profile is appropriate.

Profile 17 describes both legs as profoundly impaired but profile 20 has only moderate impairment. Profile 28 is for individuals whose hips are impaired rather than their lower legs. And profile 18 has one leg more impaired than the other.

## Applying the Activity Inclusion Model to profiles

After allocating provisional profiles, the Activity Inclusion Model can be used to identify appropriate activity through:

- Modified
- Open
- Parallel
- Separate

These examples are a starting point for teachers and coaches. Many other activities can be adapted and modified.

The sport's governing body may have their own inclusive or adapted version of a game, which you can use as a template to develop activity. This also highlights 'disability sport' at the centre of the spectrum.

# Teachers and coaches definitions

## Wheelchair profiles

**Profile 1:**

Almost no use in four limbs. Need to use a power wheelchair, or be pushed in a manual wheelchair.

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**Profile 2:**

Almost no use in four limbs, but can bend elbows, and just about push a manual wheelchair. May need to use a power wheelchair.

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**Profile 3:**

Wheelchair user with very poor balance and inability to grip and release objects.

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**Profile 4:**

A person with almost no use in any limb, but with good trunk control. Usually able to push a wheelchair in some way.

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**Profile 5:**

A wheelchair user who has difficulty controlling their limbs when trying to perform any activity.

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**Profile 6:**

A wheelchair user with poor trunk control and slightly weak hands, or slight lack of control in arms.

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**Profile 7:**

A wheelchair user with good use in only one arm, they may need to use a power wheelchair if unable to push manual wheelchair.

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**Profile 8:**

A wheelchair user with good control of trunk and slightly weak hands.

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**Profile 9:**

A wheelchair user with good use in arms, but with poor trunk control.

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**Profile 10:**

A wheelchair user with good use of trunk and arms but unable to use the hips to assist trunk movement.

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**Profile 11:**

A wheelchair user with good control of trunk and hips.

# Teachers and coaches definitions

## Ambulant profiles

### Profile 12:

Able to walk, but has profound difficulty controlling all four limbs when performing an activity. May need to use a support to walk, or may have profound deformity of four limbs.

### Profile 13:

Able to walk, but has poor use of three limbs, usually uses a stick in good hand.

### Profile 14:

Able to walk, but one side of the body is of little use; usually can only balance unaided on the good leg.

### Profile 15:

Able to walk, but only one side of body works correctly.

### Profile 16:

One upper limb has little or no use.

### Profile 17:

Able to walk, but both legs are profoundly impaired, acting more like props. May need support to walk.

### Profile 18:

Able to walk, but one leg profoundly impaired, like a prop; other leg normal.

### Profile 19:

Able to walk, one leg profoundly impaired, used like a prop; other leg less impaired.

### Profile 20:

Able to walk and run but both legs impaired slightly - e.g. a moderate to slight diplegic.

### Profile 21:

Both arms are profoundly impaired or may be absent.

### Profile 22:

Both arms slightly impaired or absent below the elbow.

### Profile 23:

One leg has slight impairment, and they can usually run if fit enough.

### Profile 24:

One arm demonstrates difficulty with activities or below elbow amputee.

### Profile 25:

Very short stature (at least 12 inches (30.5cm) shorter than average, in particular extreme shortness of limbs.

### Profile 26:

Impairment of all four limbs, but not as profound as profile 12.

### Profile 27:

Opposite arm and leg profoundly impaired.

### Profile 28:

Both hips impaired causing walking difficulty, usually waddling gait.

# Teachers and coaches definitions

## Ambulant profiles

**Profile 29:**

Both shoulders causing problems with movement.

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**Profile 30:**

Deformity or weakness of the trunk.

**Profile 31:**

Both legs profoundly impaired, both arms moderately impaired.

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**Profile 32:**

Both arms profoundly impaired, both legs moderately impaired.

## Sensory impairments

**Profile 36:**

Totally blind (B1)

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**Profile 37:**

Partial sight (B2 & B3)

**Profile 38:**

Deaf

## Other

**Profile 39:**

Intellectual impairment

**Profile 42:**

Immeasurable impairment

## Profile

1c

**Functional description:**

Almost no use in four limbs.

Need to use an electric (power) chair for mobility.

Assistance with activities for daily living (ADL) will be required.

Communication difficulties.

May have difficulty in holding head in the upright position.

**Medical description:**

All four limbs and trunk affected.

Upper limbs	Trunk lower	Limbs
Profound spasticity or athetosis.	Profound spasticity or athetosis.	Profound spasticity or athetosis, requires a powered chair.

**Medical diagnoses (example):**

Cerebral Palsy (Quadriplegia).

Traumatic brain injury.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

Unable to project a ball without assistance.

**Activity Alliance grouping:**

Profiles 1p · 1c

G1

**Example sports / activities:**

Chute/ramp(s) target activities · boccia · curling · polybat · table cricket · power wheelchair rugby · hydrotherapy/swimming.

## Profile

1p

**Functional description:**

Almost no use in four limbs.

Needs to use an electric (power) wheelchair for mobility.

Assistance with activities of daily living (ADL) will be required.

May have difficulty in holding head in the upright position.

**Medical description:**

All four limbs and trunk affected.

Upper limbs	Trunk lower	Limbs
Profound deformity or weakness.	Profound deformity or weakness.	Profound deformity or weakness. Requires a powered chair.

**Activity Alliance grouping:**

Profiles 1p · 1c

G1

**Example sports / activities:**

Chute/ramp(s) target activities · boccia · curling · polybat · table cricket · power wheelchair rugby · hydrotherapy/swimming.

## Profile

## 2

**Functional description:**

Almost no use in four limbs.

Able to bend elbows and just about push a manual chair.  
Will use an electric Powerchair for mobility.  
Assistance with activities of daily living (ADL) required.  
Assistance required to record etc.

**Medical description:**

All four limbs and trunk affected.

Upper limbs	Trunk lower	Limbs
Triceps <Grade 3.	Profound deformity or weakness (C5/6).	Profound deformity or weakness. Requires a powered chair.

**Medical diagnoses (example):**

Spinal Cord Injury (Tetraplegia), Cerebral Palsy (Quadriplegia), Muscular dystrophy, Spinal muscular atrophy, Traumatic brain injury.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate. Unable to project a ball without assistance.

**Activity Alliance grouping:**

Profiles 2 · 3 · 7


**Example sports / activities:**

Club · Grip Ball Throw · Target areas · height bean bag · power chair slalom · power wheelchair football · power wheelchair rugby · boccia · swimming/hydrotherapy.

## Profile

## 3

**Functional description:**

Wheelchair user with very poor trunk control - poor balance.

Unable to grip and release objects.

Can propel manual wheelchair.

May use a power chair for mobility.

Needs some assistance with activities of daily living (ADL).

**Medical description:**

All four limbs and trunk affected.

Upper limbs	Trunk lower	Limbs
Profoundly impaired.	Moderate deformity or weakness (C6/7).	Powered chair.

**Medical diagnoses (example):**

Muscular dystrophy, Spinal Muscular Atrophy (Dysmelia), Spinal cord injury (Tetraplegia).

**Participation:**

Activity Inclusion Model - modified, parallel, disability sport, separate.

**Activity Alliance grouping:**

Profiles 2 · 3 · 7 - if using power chair  
Profiles 3 · 4 · 5 · 6 · 7 - if using manual chair

**Example sports / activities:**

Shot · javelin · discus · club · slalom - power, manual, grip ball throw · power wheelchair football · power wheelchair rugby · boccia · swimming.

## Profile

## 4

**Functional description:**

A person with almost no use in any limb.

Has good trunk control.  
Can propel a wheelchair in some way.  
A person with profoundly impaired limbs.  
Quite often independent by using teeth to full function.  
May need electronic aid to record.

**Medical description:**

All four limbs affected.

Upper limbs	Trunk lower	Limbs
Profound deformity, weakness or absence.	Less affected.	Profound deformity weakness or absence.

**Medical diagnoses (example):**

Dysmelia affecting all four limbs. Muscular dystrophy.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 3 · 4 · 5 · 6 · 7


**Example sports / activities:**

Shot · javelin · discus · club · manual W/C track · slalom - power, manual · power wheelchair football · power wheelchair rugby · boccia · swimming.

## Profile

## 5

**Functional description:**

A wheelchair user.

Has difficulty in controlling their limbs when trying to perform any activity.

Moderate power in limbs but lack of control interferes with their function.

Can perform activities for daily living slowly but efficiently with minimal support.

**Medical description:**

All four limbs and trunk affected.

May propel a chair with arms or legs.

Upper limbs	Trunk lower	Limbs
Moderate spasticity or athetosis.	Moderate spasticity or athetosis.	Moderate spasticity or athetosis.

**Medical diagnoses (example):**

Cerebral Palsy (Quadriplegia).

Traumatic brain injury.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 3 · 4 · 5 · 6 · 7


**Example sports / activities:**

Shot · javelin · discus · club · grip ball throw · manual track · slalom - power, manual · power wheelchair football · power wheelchair rugby · boccia · swimming.

## Profile

## 6

**Functional description:**

A wheelchair user with poor trunk control.

Has slightly weak hands or slight lack of control in arms.

Can perform activities of daily living (ADL).

Can usually perform most physical tasks from wheelchair but may be slower than those with normal arms.

Can transfer from wheelchair independently.

**Medical description:**

All four limbs and trunk affected.

Upper limbs	Trunk lower	Limbs
Minimal impairment. May have no use of the hand.	Profound spasticity or paralysis C6/T1.	Profound Spasticity or paralysis.

**Medical diagnoses (example):**

Cerebral Palsy (Quadriplegia), Profound diplegia with some impairment to upper limbs. Spinal cord injury (Tetraplegia).

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 3 · 4 · 5 · 6 · 7


**Example sports / activities:**

Shot · javelin · discus · manual W/C track · manual slalom  
 · wheelchair basketball · power wheelchair football  
 · boccia · swimming.

## Profile

## 7

**Functional description:**

A wheelchair user.

A wheelchair user.  
Good use of only one arm.  
May require an electric power chair if unable to propel an adapted manual chair.  
May need assistance to perform activities for daily living (ADL).

**Medical description:**

Three limbs affected.  
Unable to walk or participate in sport standing.

Upper limbs	Trunk lower	Limbs
Profound weakness, spasticity athetosis, deformity or absence in one limb.	May or may not be affected.	Profound weakness, spasticity athetosis, deformity or absence in both limbs.

**Medical diagnoses (example):**

Cerebral Palsy. Deformity/absence of three limbs.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 2 · 3 · 7 - if using power chair  
Profiles 3 · 4 · 5 · 6 · 7 - if using manual wheelchair

**Example sports / activities:**

Shot · javelin · discus · Slalom · manual track - power · manual slalom · power wheelchair football · power wheelchair rugby · boccia · table tennis · swimming.

## Profile

8

**Functional description:**

A wheelchair user.

Good control of trunk.  
Slightly weak hands or slight lack of control in arms.  
Trunk control enables activities of daily living (ADL) to be carried out efficiently.

**Medical description:**

All four limbs affected.

Upper limbs	Trunk lower	Limbs
Minimal weakness, spasticity or athetosis. Intrinsic muscles of the hand may be profoundly affected.	May or may not be affected.	Moderate weakness, spasticity or athetosis.

**Medical diagnoses (example):**

Cerebral Palsy (Quadraplegia).

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 8 · 9 · 10 · 11

G4

**Example sports / activities:**

Shot · javelin · discus · slalom · manual track · wheelchair basketball · wheelchair tennis · table tennis · swimming.

## Profile

9

**Functional description:**

A wheelchair user.

Good use in arms.  
 Poor trunk control causing instability in sitting.  
 Some assistance required in activities of daily living (ADL).

**Medical description:**

Lower limbs and trunk affected.  
 Unable to balance when sitting unsupported.

Upper limbs	Trunk lower	Limbs
Not affected.	Profound weakness, spasticity athetosis or deformity.	Profound spasticity, athetosis or deformity.

**Medical diagnoses (example):**

Spinal cord injury (Paraplegia).

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 8 · 9 · 10 · 11

G4

**Example sports / activities:**

Shot · javelin · discus · slalom · manual track · wheelchair basketball · wheelchair tennis · table tennis · swimming.

## Profile

10

**Functional description:**

A wheelchair user with good use of trunk and arms.

Unable to use hips to assist trunk movement.

Does not need assistance with activities of daily living (ADL).

Can perform most activities from a sitting position with no difficulties.

**Medical description:**

Lower limbs affected.

Upper limbs	Trunk lower	Limbs
Not affected.	Not affected.	Profound weakness, spasticity, athetosis or deformity.

**Medical diagnoses (example):**

Spinal cord injury (Paraplegia), Spina bifida, Cerebral Palsy (Diplegia).

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 8 · 9 · 10 · 11

G4

**Example sports / activities:**

Shot · javelin · discus · slalom · manual track  
 · wheelchair basketball · table tennis · swimming  
 · frame football · racerunning.

## Profile

11

**Functional description:**

A wheelchair user.

Good use in arms, trunk and hips.

May be able to stand and walk a few steps with a walking aid but needs a wheelchair due to a lack of power, coordination or deformity of legs.

No assistance required in activities of daily living (ADL).

**Medical description:**

Lower limbs affected.

Upper limbs	Trunk lower	Limbs
Not affected.	Not affected.	Moderate weakness, spasticity, athetosis or deformity. Competes from a wheelchair.

**Medical diagnoses (example):**

Cerebral Palsy (Diplegia), Spinal cord injury (Paraplegia), Double above knee amputation, Spina bifida.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 8 · 9 · 10 · 11

G4

**Example sports / activities:**

Shot · javelin · discus · slalom · manual track  
 · wheelchair basketball · wheelchair tennis · table tennis  
 · frame football · racerunning.

## Profile

12

**Functional description:**

Able to walk in an unorthodox way.

May need a walking aid - i.e. rollator.

Balance and coordination grossly affected.

Has profound difficulty controlling all four limbs when performing an activity.

May need help to get into a standing position.

May need help or be very slow in performing ADL.

**Medical description:**

All four limbs affected. May be able to walk in an unorthodox way, balance and coordination grossly affected.

Upper limbs	Trunk lower	Limbs
Profound weakness, spasticity, athetosis, or deformity.	Profound weakness, spasticity, athetosis, or deformity.	Profound weakness, spasticity, athetosis, or deformity.

**Medical diagnoses (example):**

Cerebral Palsy (Quadraplegia), Arthrogryphosis, Rheumatoid Arthritis.

**Participation:**

Activity Inclusion Model - modified, parallel, disability sports, separate.

**Activity Alliance grouping:**

Profiles 12 · 25 · 26a · 26b · 32

G5

**Example sports / activities:**

Grip ball throw · discus · club · track · target activities · swimming · boccia · table tennis · frame football · racerunning.

## Profile

13

**Functional description:**

Able to walk.

Usually uses a walking aid in the good hand.

Balance when standing profoundly affected.

May need help to get into a standing position.

May need help or be very slow in performing ADL.

**Medical description:**

Three limbs affected. Balance when standing profoundly affected, could be 2 upper, 1 lower or 1 upper and 2 lower.

Upper limbs	Trunk lower	Limbs
Moderate to profound weakness, spasticity, athetosis or deformity in one limb.	May or may not be affected.	Moderate to profound weakness, spasticity, athetosis or deformity.

**Medical diagnoses (example):**

Cerebral Palsy (Triplegia), Rheumatoid Arthritis.

**Participation:**

Activity Inclusion Model - modified, parallel, disability sport, separate.

**Activity Alliance grouping:**

Profiles 13 · 14 · 15 · 27

G6

**Example sports / activities:**

Discus · javelin · shot · track · swimming · table tennis · boccia · adapted mainstream sports.

## Profile

14

**Functional description:**

Able to walk.

Limited movement or control of one side of the body.

Can only balance unaided on unaffected leg.

May be problems of perception and communication.

Some assistance may be required for activities of daily living (ADL).

**Medical description:**

Two unilateral limbs affected.

Upper limbs	Trunk lower	Limbs
Moderate to profound weakness, spasticity, athetosis or deformity in one limb.	May or may not be affected.	Moderate to profound weakness, spasticity, athetosis or deformity of one limb on the same side of the body.

**Medical diagnoses (example):**

Cerebral Palsy (Hemiplegia).

Above elbow & above knee amputation.

**Participation:**

Activity Inclusion Model - modified, parallel, disability sport, separate.

**Activity Alliance grouping:**

Profiles 13 · 14 · 15 · 27

G6

**Example sports / activities:**

Shot · javelin · discus · jumps · track · swimming · boccia · table tennis · adapted mainstream sports.

## Profile

15

**Functional description:**

Able to walk.

Slightly limited movement or control of one side of the body.

Has difficulty balancing unaided on affected leg.

Can use the impaired limb to some degree.

Independent for activities of daily living (ADL).

**Medical description:**

Two unilateral limbs affected.

Upper limbs	Trunk lower	Limbs
Slight to moderate weakness, spasticity, athetosis or deformity of one limb.	May or may not be affected.	Slight to moderate weakness, spasticity, athetosis or deformity of one limb on same side of the body.

**Medical diagnoses (example):**

Cerebral Palsy (Hemiplegia).

Below elbow & below knee amputation.

**Participation:**

Activity Inclusion Model - modified, parallel, disability sport, separate.

**Activity Alliance grouping:**

Profiles 13 · 14 · 15 · 27

G6

**Example sports / activities:**

Shot · javelin · discus · jumps · track (with prosthesis) · swimming · table tennis · adapted mainstream sports · wheelchair sports: racing, basketball, tennis.

## Profile

16

**Functional description:**

One arm has little or no use.

Arm or prosthesis may be used for anchoring objects.

Independent for activities of daily living (ADL).

**Medical description:**

One upper limb affected.

Upper limbs	Trunk lower	Limbs
Profound weakness, spasticity, athetosis, deformity or absence of one limb.	Not affected.	Not affected.

**Medical diagnoses (example):**

Single above elbow amputation, brachial plexus lesion.

**Participation:**

Activity Inclusion Model - modified, parallel, disability sport, separate.

**Activity Alliance grouping:**

Profiles 16 · 21 · 22 · 24 · 29 · 30

G8

**Example sports / activities:**

Shot · javelin · discus · jumps · track · swimming · boccia · table tennis · adapted mainstream sports.

## Profile

17

**Functional description:**

Able to walk.

Both legs profoundly impaired.  
 May use a walking aid (crutches).  
 Uses a wheelchair for long distances.  
 May use a sports chair to access some sporting activities.  
 Full use of arms.  
 Independent for activities of daily living (ADL).

**Medical description:**

Two lower limbs affected.  
 Usually able to walk with crutches.

Upper limbs	Trunk lower	Limbs
Not affected.	Not affected.	Profound weakness, spasticity, athetosis or deformity of both limbs.

**Medical diagnoses (example):**

Cerebral Palsy (Diplegia), Spina bifida, Spinal cord injury (Paraplegia), Double leg amputation.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 17 · 18 · 19 · 20 · 23 · 28

G7

**Example sports / activities:**

Shot · javelin · discus · track · swimming · table tennis  
 · adapted mainstream sports · wheelchair sports: wheelchair racing, basketball, tennis.

## Profile

18

**Functional description:**

Able to walk.

One leg profoundly impaired.

Other leg less impaired.

May use a walking aid.

May use a wheelchair for long distances.

May use sports chair to access some sporting activities.

Independent for activities of daily living (ADL).

**Medical description:**

Two lower limbs affected.

Upper limbs	Trunk lower	Limbs
Not affected.	Not affected.	Profound weakness, spasticity, athetosis, deformity or absence in one limb. Moderate to slight impairment in the other limb.

**Medical diagnoses (example):**

Spina bifida, Double leg amputation.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 17 · 18 · 19 · 20 · 23 · 28

G7

**Example sports / activities:**

Shot · javelin · discus · jumps · track · swimming · table tennis · adapted mainstream sports · wheelchair sports: racing, basketball, tennis.

## Profile

19

**Functional description:**

Able to walk.

One leg profoundly impaired.  
 May use a walking aid.  
 May use a wheelchair if unable to use splint or prosthesis.  
 Able to use sports chair to access some sporting activities.  
 Independent for activities of daily living (ADL).

**Medical description:**

One lower limb affected.

Upper limbs	Trunk lower	Limbs
Not affected.	Not affected.	Profound weakness, spasticity, athetosis or absence of one limb.

**Medical diagnoses (example):**

Above knee amputee.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 17 · 18 · 19 · 20 · 23 · 28

G7

**Example sports / activities:**

Shot · javelin · discus · jumps · track (with prosthesis) · swimming · table tennis · sitting volleyball · adapted mainstream sports · wheelchair sports: racing, basketball, tennis.

## Profile

20

**Functional description:**

Able to walk.

Both legs slightly impaired.  
Probably unable to jump.  
My run slowly with an awkward action.  
Independent for activities of daily living (ADL).

**Medical description:**

Two lower limbs affected.

Upper limbs	Trunk lower	Limbs
Not affected.	Not affected.	Moderate to slight weakness, spasticity, athetosis, deformity or absence of both limbs.

**Medical diagnoses (example):**

Spina bifida, Double below knee amputee, Talipes, Cerebral Palsy (Diplegia).

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 17 · 18 · 19 · 20 · 23 · 28

G7

**Example sports / activities:**

Shot · javelin · discus · track (with prosthesis) · table tennis · swimming · sitting volleyball · adapted mainstream sports · wheelchair sports: racing, basketball, tennis.

## Profile

21

**Functional description:**

Both arms profoundly impaired or absent.

May need electronic recording aids.

May need assistance for activities of daily living (ADL).

**Medical description:**

Two upper limbs affected.

Upper limbs	Trunk lower	Limbs
Profound weakness, spasticity, athetosis, deformity or absence of both limbs.	Not affected.	Not affected.

**Medical diagnoses (example):**

Double above elbow amputation.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 16 · 21 · 22 · 24 · 29 · 30

G8

**Example sports / activities:**

Shot · javelin · discus · distance club · precision club · grip ball throw · jumps · track · swimming · adapted mainstream sports.

## Profile

22

**Functional description:**

Both arms slightly impaired or absent below the elbow.

May need electronic aids to record.

Activities of daily living (ADL) may be affected.

**Medical description:**

Two upper limbs affected.

Upper limbs	Trunk lower	Limbs
Moderate to slight weakness, spasticity, athetosis, deformity or absence of both limbs.	Not affected.	Not affected.

**Medical diagnoses (example):**

Double below elbow amputation.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 16 · 21 · 22 · 24 · 29 · 30

G8

**Example sports / activities:**

Shot · javelin · discus · club · grip ball throw · distance club · precision club · jumps · track · swimming · adapted mainstream sports.

## Profile

23

**Functional description:**

One leg has a slight impairment.

Should be able to walk without an aid.

Capable of running.

Should be independent for activities of daily living (ADL).

**Medical description:**

One lower limb affected.

Upper limbs	Trunk lower	Limbs
Not affected.	Not affected.	Moderate to slight weakness, spasticity, athetosis, deformity or absence of one limb.

**Medical diagnoses (example):**

Single below knee amputation.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 17 · 18 · 19 · 20 · 23 · 28

G7

**Example sports / activities:**

Shot · javelin · discus · distance club · precision club · grip ball throw · jumps · track · swimming · table tennis · adapted mainstream sport.

## Profile

24

**Functional description:**

One arm slightly impaired or absent below the elbow.

One arm demonstrates some difficulty performing activities.  
Should be independent for activities of daily living.

**Medical description:**

One upper limb affected.

Upper limbs	Trunk lower	Limbs
Moderate to profound weakness, spasticity or deformity of one limb.	Not affected.	Not affected.

**Medical diagnoses (example):**

Below elbow amputation.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 16 · 21 · 22 · 24 · 29 · 30

G8

**Example sports / activities:**

Shot · javelin · discus · distance club · precision club · grip ball throw · jumps · track · swimming · table tennis · adapted mainstream sport.

## Profile

25

**Functional description:**

Very short stature.

Extreme shortness of limbs.  
May have some difficulties in performing some activities of daily living (ADL).

**Medical description:**

All four limbs and trunk reduced in stature.

Upper limbs	Trunk lower	Limbs
Very short stature. Extreme shortness of limbs.		

**Medical diagnoses (example):**

Achondroplasia (dwarfism).

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

Contact DSAUK for more information.

**Activity Alliance grouping:**

Profiles 12 · 25 · 26a · 26b · 31 · 32

G5

**Example sports / activities:**

Shot · javelin · discus · jumps · track · swimming · table tennis  
· adapted mainstream sports.

## Profile

26a

**Functional description:**

Moderate impairment in all four limbs.

Slight coordination and balance difficulties.

Independent in activities of daily living (ADL) but may be slower and less coordinated.

May have slight communication difficulties.

**Medical description:**

All four limbs affected. Gross coordination and balance affected.

Upper limbs	Trunk lower	Limbs
Moderate to slight weakness, spasticity or athetosis in two limbs. Impairment in all four limbs, but not as profound as profile 12.	May or may not be affected.	Moderate to slight weakness, spasticity or athetosis in two limbs.

**Medical diagnoses (example):**

Cerebral Palsy (Quadriplegia).

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 12 · 25 · 26a · 26b · 31 · 32

G5

**Example sports / activities:**

Shot · javelin · discus · jumps · track · swimming · table tennis · adapted mainstream sports.

**Functional description:**

Slight coordination difficulties in four limbs.

Minimal impairment in all four limbs.

Gross coordination and balance affected.

Fine motor skills affected.

Independent in performing activities of daily living (ADL) but slower and less coordinated.

May have slight communication difficulties.

**Medical description:**

All four limbs affected by dyspraxia.

Upper limbs	Trunk lower	Limbs
Moderate to slight weakness, spasticity or athetosis in two limbs. Impairment in all four limbs, but not as profound as profile 26a.	May or may not be affected.	Moderate to slight weakness, spasticity or athetosis in two limbs.

**Medical diagnoses (example):**

Developmental co-ordination disorder.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 12 · 25 · 26a · 26b · 31 · 32


**Example sports / activities:**

Shot · javelin · discus · jumps · track · swimming · table tennis · adapted mainstream sports.

## Profile

27

**Functional description:**

Able to walk.

Opposite arm and leg profoundly impaired.

May need assistance with activities of daily living (ADL).

**Medical description:**

Two contralateral limbs affected.

Upper limbs	Trunk lower	Limbs
Profound weakness, spasticity, athetosis, deformity or absence of one limb.	Not affected.	Profound weakness, spasticity, athetosis, deformity or absence of one limb on contralateral side.

**Medical diagnoses (example):**

Above-knee and above-elbow amputation on opposite sides.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 13 · 14 · 15 · 27

G6

**Example sports / activities:**

Shot · javelin · discus · jumps · track · swimming · table tennis · adapted mainstream sports.

## Profile

28

**Functional description:**

Able to walk  
- may need  
a walking aid.

Both hips cause difficulties  
with walking.

Usually has a waddling gait.

Should be independent with  
activities of daily living (ADL).

**Medical description:**

Two lower  
limbs affected.

Upper limbs	Trunk lower	Limbs
Not affected.	Not affected.	Profound to moderate weakness in both hips.

**Medical diagnoses (example):**

Perthes disease, Bilateral dislocation of hips.

**Participation:**

Activity Inclusion Model - modified, disability sport,  
parallel, separate.

**Activity Alliance grouping:**

Profiles 17 · 18 · 19 · 20 · 23 · 28

G7

**Example sports / activities:**

Shot · javelin · discus · track · swimming · table tennis · adapted mainstream sports.

## Profile

29

**Functional description:**

Both shoulders causing problems with movement.

Able to perform movements below shoulder level.

Activities above shoulder level will be difficult or impossible to perform.

May need assistance with activities of daily living (ADL).

**Medical description:**

Two upper limbs affected.

Upper limbs	Trunk lower	Limbs
Profound to moderate weakness of two limbs.	Not affected.	Not affected.

**Medical diagnoses (example):**

Rheumatoid arthritis.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 16 · 21 · 22 · 24 · 29 · 30

G8

**Example sports / activities:**

Shot · javelin · discus · jumps · track · swimming · table tennis · adapted mainstream sports.

## Profile

30

**Functional description:**

Weakness or deformity of the trunk.

Able to stand and run.

Should be independent with activities of daily living (ADL).

**Medical description:**

Trunk affected.

Upper limbs	Trunk lower	Limbs
Not affected.	Profound to moderate weakness in neck or trunk.	Not affected.

**Medical diagnoses (example):**

Scoliosis, Arthritis, Spondylitis.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 16 · 21 · 22 · 24 · 29 · 30

G8

**Example sports / activities:**

Shot · javelin · discus · jumps · track · swimming · table tennis · adapted mainstream sports.

## Profile

31

**Functional description:**

Impairment in four limbs.

Both legs profoundly impaired.  
Both arms moderately impaired.  
Able to perform ADL but may be slower and less coordinated.  
Should be independent with activities of daily living (ADL).

**Medical description:**

All four limbs affected.

Upper limbs	Trunk lower	Limbs
Slight weakness, spasticity, athetosis or deformity of both limbs.	May or may not be affected.	Profound weakness, spasticity athetosis or deformity of both limbs.

**Medical diagnoses (example):**

Heredity Motor Sensory Neuropathy, Traumatic brain injury.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 12 · 25 · 26a · 26b · 31 · 32

G5

**Example sports / activities:**

Shot · javelin · discus · club · grip ball throw · track · swimming · table tennis · adapted mainstream sport.

## Profile

32

**Functional description:**

Impairment in four limbs.

Both arms profoundly impaired.  
Both legs moderately impaired.  
Able to perform ADL but may be slower and less coordinated.  
Should be independent with activities of daily living (ADL).

**Medical description:**

All four limbs affected.

Upper limbs	Trunk lower	Limbs
Profound weakness, spasticity athetosis or deformity of both limbs.	May or may not be affected.	Slight weakness, spasticity, athetosis or deformity of both limbs.

**Medical diagnoses (example):**

Cerebral Palsy (Quadriplegia), Heredity Motor Sensory Neuropathy, Traumatic brain injury.

**Participation:**

Activity Inclusion Model - modified, disability sport, parallel, separate.

**Activity Alliance grouping:**

Profiles 12 · 25 · 26a · 26b · 31 · 32

G5

**Example sports / activities:**

Grip ball throw · club · target activities · track · swimming · table tennis · adapted mainstream sports.

## Profile

36

**Functional description:**

Totally blind.

Should be independent with activities of daily living (ADL).

**Medical description:**

Totally blind. No light perception in either eye.

Profile 36 (B1)

**Sight tests should be re-tested every 1-3 years.**

**Medical diagnoses (example):**

Blind - from no perception of light in either eye up to perception of light but inability to recognise the shape of a hand at any distance in any direction (British Blind Sport definition).

**Participation:**

Activity Inclusion Model - modified, parallel, disability sport, separate.

For more information on specific sports pathways please contact British Blind Sport.

**Activity Alliance grouping:**

Profiles 36 · 37a · 37b

G9

**Example sports / activities:**

Shot · javelin · discus · jumps · track · swimming · adapted mainstream sports e.g. football and cricket.

## Profile

37a

**Functional description:**

Partial sight.

Should be independent with activities of daily living (ADL).

**Medical description:**

Partial sight.  
Visual acuity above 2/60 up to a visual activity of 6/60.

Profile 37a (B2)

**Sight tests should be re-tested every 1-3 years.**

**Medical diagnoses (example):**

Retinosa pigmentosa.

**Participation:**

Activity Inclusion Model - modified, parallel, disability sport, separate.

For more information on specific sports pathways please contact British Blind Sport.

**Activity Alliance grouping:**

Profiles 36 · 37a · 37b

G9

**Example sports / activities:**

Shot · javelin · discus · jumps · track · swimming · adapted mainstream sports e.g. football and cricket.

## Profile

37b

**Functional description:**

Partial sight.

Should be independent with activities of daily living (ADL).

**Medical description:**

Partial sight.  
Visual acuity from 2/60 to 6/60 or a visual field less than 20 degrees corrected vision.

Profile 37a (B3)

**Sight tests should be re-tested every 1-3 years.**

**Medical diagnoses (example):**

Photophobia.

**Participation:**

Activity Inclusion Model - modified, parallel, disability sport, separate.

For more information on specific sports pathways please contact British Blind Sport.

**Activity Alliance grouping:**

Profiles 36 · 37a · 37b

G9

**Example sports / activities:**

Shot · javelin · discus · jumps · track · swimming · adapted mainstream sports e.g. football and cricket.

## Profile

38

**Functional description:**

Hearing impairment.

**Medical description:**

Deaf and Hearing Impaired. A loss of hearing of 55 decibels in the better ear at frequencies 500Hz, 1000Hz, and 2000Hz.

An official audiogram needs to be presented to the UK Deaf Sport for verification prior to any competition.

(See International Committee of Sport for the Deaf (ICSD) Audiogram Regulations at [www.deaflympics.com/pdf/AudiogramRegulations.pdf](http://www.deaflympics.com/pdf/AudiogramRegulations.pdf) and Audiogram Form at [www.deaflympics.com/audiogramform.php](http://www.deaflympics.com/audiogramform.php)).

**Participation:**

Activity Inclusion Model - modified, parallel, disability sport, separate.

For more information on specific sports pathways please contact UK Deaf Sport.

**Activity Alliance grouping:**

Profiles 36 · 37a · 37b

**Example sports / activities:**

Shot · javelin · discus · jumps · track · swimming · adapted mainstream sports e.g. football and cricket.

## Profile

39

**Functional description:**

Intellectual impairment.

NC Level 2 or below at Key stage 3 in English, maths, science.

May need assistance with some activities of daily living (ADL).

**Medical description:**

Intellectual Impairment. Those with a learning disability combined with a physical impairment can be allocated dual profiles.

Learning disability. Global IQ 75 or below.

**Medical diagnoses (example):**

Downs syndrome, Global Developmental Delay.

NB. at a National level, disability does not usually include specific learning difficulties such as Dyslexia and some forms of Autism.

**Participation:**

Activity Inclusion Model - modified, parallel, disability sport, separate.

**Classification:**

Apply through UKSALPD - contact one of the Home regional offices for more details. (e.g. for England Mencap Sport, Scotland Scottish Disability Sport, Wales Welsh Sports Association for People with Learning Disabilities, Northern Ireland Disability Sports Northern Ireland).

**Activity Alliance grouping:**

Profiles 39

G11

**Example sports / activities:**

Shot · javelin · discus · jumps · track · swimming · adapted mainstream sports e.g. football and cricket.

## Profile

42

**Functional description:**

A medically diagnosed condition that affects functional ability.

A letter detailing functional difficulties from appropriate medical profession must be provided.

May have a minimal coordination impairment.

Symptoms may be variable.

**Medical description:**

Non- specific impairment which is variable and difficult to measure and grade: e.g. MS, ME, syndrome disorders, haemophilia, transplant, organ dysfunction.

**Functional description:**

May have difficulty with activities involving endurance, will fatigue easily.

**Participation:**

Activity Inclusion Model - modified, parallel, disability sport, separate.

**Classification:**

This classification is for intra and inter school competition only and is not recognised as a physical or learning disability sports classification.

**Activity Alliance grouping:**

Profiles 42

G12

**Example sports / activities:**

Shot, javelin, discus, jumps, track, swimming, table tennis, Adapted mainstream sports.

# Dictionary of useful terms

<b>Ataxia</b>	Loss of control of voluntary movements where groups of muscles no longer balance with each other - unsteady gait with problems of balance - often associated with Cerebral Palsy
<b>Athetosis</b>	Frequent involuntary writhing movements - often associated with Cerebral Palsy
<b>Atrophy</b>	Wasting of parts or all of the body
<b>Bilateral</b>	On both sides
<b>Brachial</b>	Referring to the arm
<b>Congenital</b>	Present at birth
<b>Contralateral</b>	Opposite sides
<b>Disability</b>	A disability is any restriction or lack (resulting from impairment) of ability to perform an activity in the manner or within the range considered normal for a human being' - World Health Organisation (WHO)
<b>Dysfunction</b>	Impaired function
<b>Dysmelia</b>	Malformation of a limb (prefix 'dys' means reduced or impaired, prefix 'a' means loss of e.g. Amelia - absence of a limb)
<b>Dysplasia</b>	Failure to develop
<b>Dystrophy</b>	A disorder, usually congenital, of the structure or functions of an organ or tissue
<b>Hemiplegia</b>	Paralysis affecting ipsilateral limbs (arm and leg on same side of the body)
<b>Immeasurable impairment</b>	Non- specific impairment which is variable and difficult to measure and grade
<b>Impairment</b>	Any loss or abnormality of psychological, physiological, or anatomical structure or function' - WHO
<b>Ipsilateral</b>	Same side
<b>Mono</b>	Prefix denoting single
<b>Monoplegia</b>	Paralysis affecting one limb only

# Dictionary of useful terms

<b>Motor</b>	Relating to movement
<b>Myopathy</b>	Weakening or wasting occurring in muscles
<b>Neuropathy</b>	Disease of the nervous system
<b>Osteo</b>	Relating to the bone
<b>Paraplegia</b>	Paralysis affecting both legs due to Spinal Cord Injury
<b>Plegia/paresis</b>	Alternative terms for paralysis
<b>Plexus</b>	Network of blood vessels or nerves
<b>Profile</b>	Functional assessment of physical ability to participate in sport
<b>Quadraplegia</b>	Paralysis affecting 4 limbs (due to Cerebral Palsy)
<b>Scoliosis</b>	Curvature of the spine
<b>Spasm</b>	A sudden powerful, involuntary contraction of the muscle
<b>Spasticity</b>	Increased tone in muscles, making it difficult to move a limb
<b>Spatial</b>	Relating to space
<b>Spondylitis</b>	Inflammation of the vertebrae of the spine
<b>Talipes</b>	Club feet
<b>Tetraplegia</b>	Paralysis affecting 4 limbs (due to Spinal Cord Injury)
<b>Trauma</b>	Injury or damage
<b>Triplegia</b>	Paralysis affecting 3 limbs
<b>Unilateral</b>	One side

## Useful contacts

Home country disability sports contacts	
<b>Activity Alliance</b> Tel: 01509 227750 E: <a href="mailto:info@activityalliance.org.uk">info@activityalliance.org.uk</a> <a href="http://www.activityalliance.org.uk">www.activityalliance.org.uk</a>	<b>Disability Sport Northern Ireland (DSNI)</b> Tel: +44 2890 469 925 E: <a href="mailto:email@dsni.co.uk">email@dsni.co.uk</a> <a href="http://www.dsni.co.uk">www.dsni.co.uk</a>
<b>Disability Sport Wales (FDSW)</b> Tel: 0300 300 3115 E: <a href="mailto:info@disabilitysportwales.com">info@disabilitysportwales.com</a> <a href="http://www.disabilitysportwales.org">www.disabilitysportwales.org</a>	<b>Scottish Disability Sport (SDS)</b> T: 0131 317 1130 E: <a href="mailto:admin@scottishdisabilitysport.com">admin@scottishdisabilitysport.com</a> <a href="http://www.scottishdisabilitysport.com">www.scottishdisabilitysport.com</a>

School sport	
<b>Youth Sport Trust</b> Tel: 01509 226600 E: <a href="mailto:info@youthsporttrust.org">info@youthsporttrust.org</a> <a href="http://www.youthsporttrust.org">www.youthsporttrust.org</a> <a href="http://www.yourschoolgames.com/how-it-works/inclusive-sport">www.yourschoolgames.com/how-it-works/inclusive-sport</a>	<b>Sainsbury's Active Kids For All</b> Inclusive PE Training Tel: 01509 227753 E: <a href="mailto:programmes@activityalliance.org.uk">programmes@activityalliance.org.uk</a> <a href="http://www.inclusivepe.org.uk">www.inclusivepe.org.uk</a>
<b>Inclusive Activity Programme</b> Tel: 01509 227753 E: <a href="mailto:programmes@activityalliance.org.uk">programmes@activityalliance.org.uk</a> <a href="http://www.activityalliance.org.uk/how-we-help/training/inclusive-activity-programme">www.activityalliance.org.uk/how-we-help/training/inclusive-activity-programme</a>	

### Inclusive Activity Programme

The Inclusive Activity Programme was launched in 2018 and builds on the successful delivery of the Sainsbury's Inclusive Community Training programme. The programme equips people with the skills to engage disabled people and people with long-term health conditions more effectively in activities. It provides a unique opportunity to improve the confidence and competence of the coaching family, local community activators and health and care professionals to deliver inclusive activity. Costing no more than £20 per person, the Inclusive Activity Programme is delivered through a 3-hour practical workshop in which participants are supported to learn about tools to support inclusive delivery, explore creative ideas to support disabled people to take part in physical activity and sport and are introduced to Activity Alliance's 10 Talk to Me Principles. To find out more information about the programme and to book your place, please contact [programmes@activityalliance.org.uk](mailto:programmes@activityalliance.org.uk) / 01509 227753.

## Useful contacts

### Sainsbury's Active Kids For All

The Sainsbury's Active Kids For All Inclusive PE training provides free training through a 3 hour practical workshop and eLearning modules to support teachers, trainee teachers and school staff to provide a high quality PE curriculum ensuring that all young people are included and progressing in lessons. The workshop supports delegates to consider their current PE provision in the context of learner's journey, to establish how and why some young people may be disengaged from PE and to identify practical ideas to ensure all learners are included and making progress. The programme is managed by Activity Alliance and is delivered across the UK in partnership with the Youth Sport Trust, Disability Sport Northern Ireland, Disability Sport Wales and Scottish Disability Sport. For more information about the programme and to book your free place, please visit [www.inclusivepe.org.uk](http://www.inclusivepe.org.uk)

National disability sports organisations	
<b>Wheelpower</b> T: 01296 395995 E: <a href="mailto:info@wheelpower.org.uk">info@wheelpower.org.uk</a> <a href="http://www.wheelpower.org.uk">www.wheelpower.org.uk</a>	<b>Dwarf Sports Association UK</b> T: 01246 296485 <a href="http://www.dsauk.org.uk">www.dsauk.org.uk</a>
<b>Cerebral Palsy Sport (CP Sport)</b> T: 01159 257027 E: <a href="mailto:info@cpsport.org">info@cpsport.org</a> <a href="http://www.cpsport.org">www.cpsport.org</a>	<b>LimbPower</b> T: 07503 030702 E: <a href="mailto:info@limbpower.com">info@limbpower.com</a> <a href="http://www.limbpower.com">www.limbpower.com</a>
<b>British Blind Sport</b> T: 01926 424247 E: <a href="mailto:info@britishblindsport.org.uk">info@britishblindsport.org.uk</a> <a href="http://www.britishblindsport.org.uk">www.britishblindsport.org.uk</a>	<b>UK Deaf Sport (UKDS)</b> E: <a href="mailto:participation@ukds.org.uk">participation@ukds.org.uk</a> <a href="http://www.ukdeafsport.org.uk">www.ukdeafsport.org.uk</a>
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This document is also available in Word format.  
Please contact us if you need more support.

Activity Alliance is the operating name for the English  
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