Inclusive Fitness Training

This module is designed to provide volunteer Fitness Coaches with information that will help them to be effective at engaging our athletes in fitness.

What you will learn:

- Definition of an intellectual disability.
- Known health disparities and barriers to participation experienced by individuals with intellectual disabilities.
- Principles and strategies for communicating, instructing, and motivating individuals with intellectual disabilities.
- Ideas for warm-up/cool-down, active sport practice, conditioning, and fitness assessment tailored to Special Olympics athletes.

Instructions:

- Watch this video or view these steps for instructions to create an account.
- Select "Inclusive Fitness Training" in the course catalogue.
- Visit the Special Olympics resources page for more information.

Contact: Della Norton / dnorton@sowa.org
Creating Your Special Olympics Online Learning Account

STEP 1

- Go to the registration homepage by typing learn.specialolympics.org into your internet browser*
- Click the orange text below the login button to create an account
  - *Google Chrome, Mozilla Firefox, or Internet Explorer is required to use the Online Learning Portal*

STEP 2

- Once you have clicked “Create Account”, your screen will redirect you to “New User Registration- Part I”
- Complete the fields as directed
- Note Red Asterisk * fields are required
**STEP 3**

- Under “Learning Area” select “Health”

**STEP 4**

- Once you have responded to the fields in “New User Registration- Part I” enter the security information as it appears on YOUR screen, and check the boxes to agree to the Privacy Policy and Terms and Conditions
- Click “Register”

**STEP 5**

- After entering the security information, you will be redirected to “New User Registration- Part II”
- Select “Other” under Area of Focus
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**STEP 6**
- Respond to the required fields in “New User Registration- Part II”
- Once you have responded to required fields, click the red “Submit” button at the bottom of the page

**STEP 7**
- Once you have clicked “Submit”, you will be redirected to a confirmation message
- Click “Done”
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**STEP 8**

- To confirm your account, login to the email you used to register *
- You will receive an email from the sender “Okta” with the subject “Welcome to Special Olympics”, as seen below
- Click this email

  *Some users will need to wait up to 48 hours for account approval*

  ![Email Preview]

**STEP 9**

- Once inside the email sent by “Okta”, click the green “Activate” button to activate your account
- You will be redirected to the homepage

Welcome to Special Olympics!

Hi Athena,

Special Olympics is using Okta to manage access to web applications.

Your system administrator has created a Special Olympics user account for you.

Click the following link to activate your Special Olympics account:

- [Activate Special Olympics Account](#)

  This link expires in 30 days.
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**STEP 10**

- Once on the Learning Portal Homepage, learn.specialolympics.org, login using your email and password.