

# Inclusive Fitness Training



Special Olympics  
**Health**

MADE POSSIBLE BY **Golisano** FOUNDATION



KAISER  
PERMANENTE.

OFFICIAL HEALTH PARTNER  
OF SPECIAL OLYMPICS WASHINGTON

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](mailto:dnorton@sowa.org)

# Creating Your Special Olympics Online Learning Account



## STEP 1

- Go to the registration homepage by typing [learn.specialolympics.org](http://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\*

A screenshot of the Special Olympics Learning Portal login page. The page has a dark background with a person in a white shirt. The text "SPECIAL OLYMPICS LEARNING PORTAL" is at the top. Below it, it says "Please enter your Email and password to login:". There are two input fields: "Email" and "Password". Below the fields is a red "Login" button. Underneath the button is a link that says "Don't have an account? Create one" in orange text, which is highlighted with a red box and an orange arrow pointing to it. At the bottom, it says "Recommended Browser - Mozilla Firefox & Google Chrome latest version or IE 10 or above version."

## 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

A screenshot of the "NEW USER REGISTRATION - PART I" form. The form is on a light yellow background and contains several input fields, each with a red asterisk indicating it is required. The fields are: "User Title" (a dropdown menu with "--Select Title--"), "First Name", "Middle Name", "Last Name", "Email", "Gender" (a dropdown menu with "Select Gender"), and "Date of Birth".

# Creating Your Special Olympics Online Learning Account



## STEP 3

- Under "Learning Area" select "Health"

A screenshot of a web form showing a dropdown menu labeled "Learning Area". The menu is open, and the word "Health" is selected and displayed in the dropdown box. A small asterisk is visible to the right of the dropdown box.

## 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"

A screenshot of the "New User Registration - Part I" security verification screen. At the top, there is a CAPTCHA image showing the letters "TA2GC6" in a blue, pixelated font. Below the image, a text input field contains the characters "TA2GC6". Underneath the input field, there are two checkboxes: the first is checked and labeled "Click here to read and accept the privacy policy.", and the second is also checked and labeled "I agree to the Terms and Conditions.". At the bottom of the form, there are three buttons: "Register", "Clear All", and "Cancel". A red rectangular box highlights the "Register" button, and a blue arrow points from the left towards this button.

## STEP 5

- After entering the security information, you will be redirected to "New User Registration- Part II"
- Select "Other" under Area of Focus

A screenshot of the "NEW USER REGISTRATION - PART II" form. The title "NEW USER REGISTRATION - PART II" is at the top. Below it, there is a dropdown menu labeled "Area of Focus". The menu is open, and the word "Other" is selected and displayed in the dropdown box. A small asterisk is visible to the right of the dropdown box.

# Creating Your Special Olympics Online Learning Account



## 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


How did you hear about this training?

A Previous Volunteer Experience

Special Olympics Staff

Professional Volunteer

Other:




## STEP 7

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

**NEW USER REGISTRATION**

Thank You, you will receive account activation link from OKTA via email, once your registration is approved.



# Creating Your Special Olympics Online Learning Account



## 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**

<input type="checkbox"/>	☆	SO Learning Portal	New Course Assigned! - Dear Al
<input type="checkbox"/>	☆	SO Learning Portal	New Course Assigned! - Dear Al
<input type="checkbox"/>	☆	SO Learning Portal	New Course Assigned! - Dear Al
<input type="checkbox"/>	☆	SO Learning Portal	New Course Assigned! - Dear Al
<input type="checkbox"/>	☆	Okta	Welcome to Special Olympics! -

## 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.

# Creating Your Special Olympics Online Learning Account



## STEP 10

- Once on the Learning Portal Homepage, [learn.specialolympics.org](http://learn.specialolympics.org), login using your email and password

A screenshot of the Special Olympics Learning Portal login page. The page title is "SPECIAL OLYMPICS LEARNING PORTAL". Below the title, it says "Please enter your Email and password to login:". There are two input fields: "Email" and "Password". A red box highlights the "Login" button. Below the "Login" button, there is a link for "Forgot Password" and a link for "Don't have an account? Create one". At the bottom, it says "Recommended Browser - Mozilla Firefox & Google Chrome latest version or IE 10 or above version." Two blue arrows point to the "Email" and "Password" fields, and a red box highlights the "Login" button.

SPECIAL OLYMPICS LEARNING PORTAL

Please enter your Email and password to login:

Email

Password

**Login**

Forgot Password

Don't have an account? [Create one](#)

Recommended Browser - Mozilla Firefox & Google Chrome latest version or IE 10 or above version.