

ActivAbility e-course

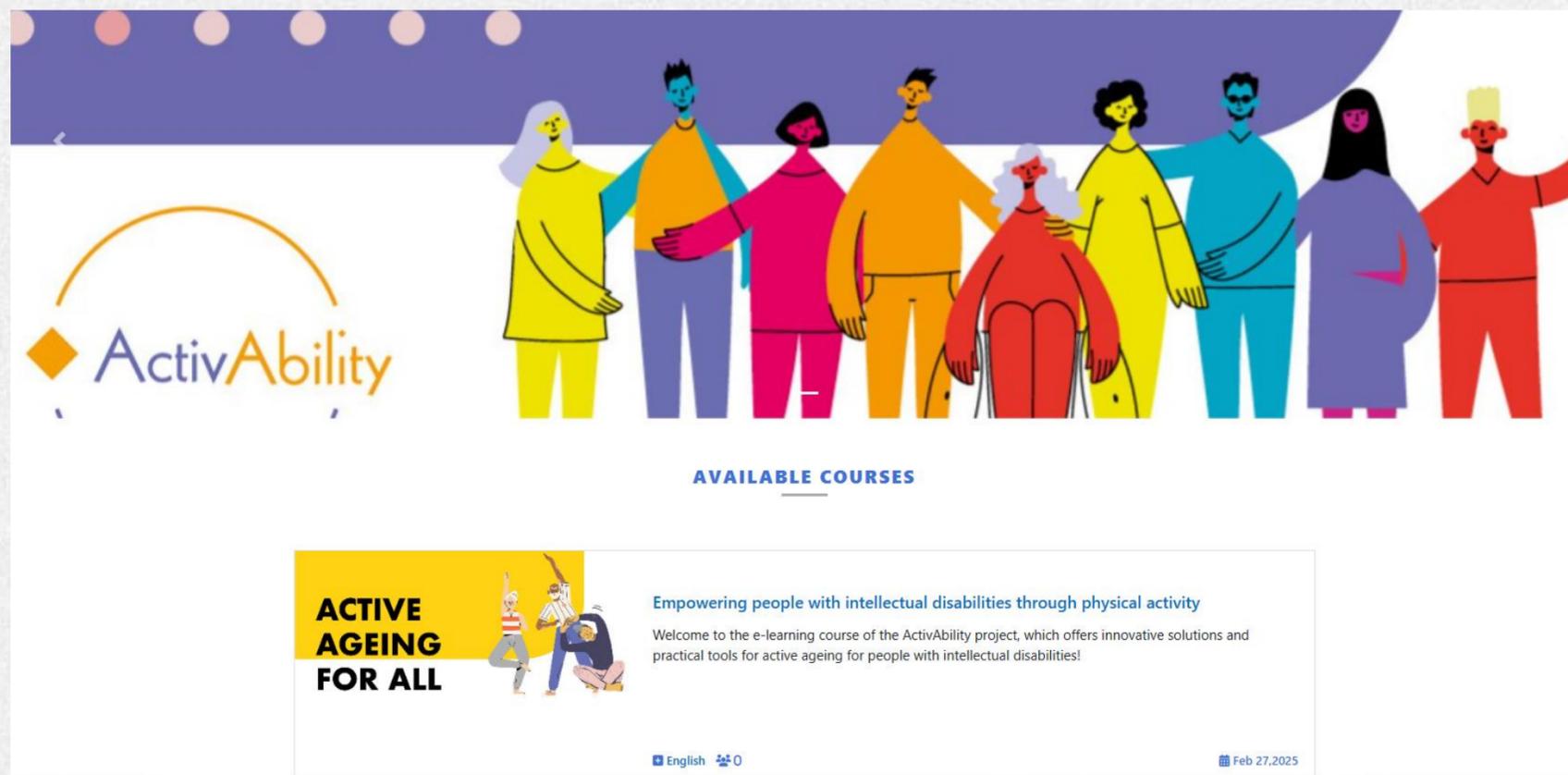
“Active ageing for all”

Exploring the e-Course: how to get started

Project number: 2022-1-R001-KA220-ADU00008674

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Introduction



First, choose the course in the language you want to study.

The course is available in English, French, Italian, Portuguese and Romanian.





How to sign in to the platform

To sign in to the ActivAbility e-learning platform, you'll need a username and password.

Creating an Account:

If you don't have an account yet, look for the "Create New Account" button.

Click on this button, and it will direct you to a page where you can input your information.

You'll be asked to provide a username, a password, and your email address.

ActivAbility

Username

Password

Log in

[Lost password?](#)

Is this your first time here?
For full access to this site, you first need to create an account.

Create new account

Some courses may allow guest access

Access as a guest

Cookies notice

New account

Username [!]

The password must have at least 8 characters, at least 1 digit(s), at least 1 lower case letter(s), at least 1 upper case letter(s), at least 1 special character(s) such as *, -, or #

Password [!]

Email address [!]

Email (again) [!]

First name [!]

Last name [!]

City/town

Country

Select a country

Site policy agreement

Site policy agreement

I understand and agree [!]

Create my new account **Cancel**

[!] Required



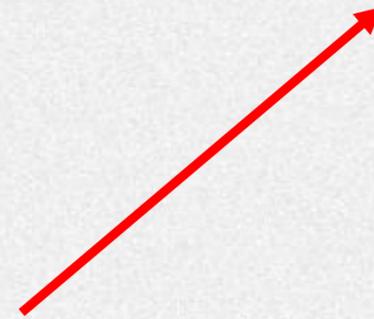
How to sign in to the platform

Verification Email:

Once you've submitted your information, the platform will send a verification email to the email address you provided.

Logging in:

After clicking the verification link, your account registration is now complete, and you can log in using the credentials you created.

A screenshot of the ActivAbility login page. It features the ActivAbility logo at the top, followed by input fields for "Username" and "Password". Below these is a blue "Log in" button and a link for "Lost password?". A section titled "Is this your first time here?" includes a text prompt and a "Create new account" button. Another section titled "Some courses may allow guest access" includes an "Access as a guest" button. At the bottom, there is a "Cookies notice" button.

ActivAbility

Username

Password

Log in

[Lost password?](#)

Is this your first time here?

For full access to this site, you first need to create an account.

Create new account

Some courses may allow guest access

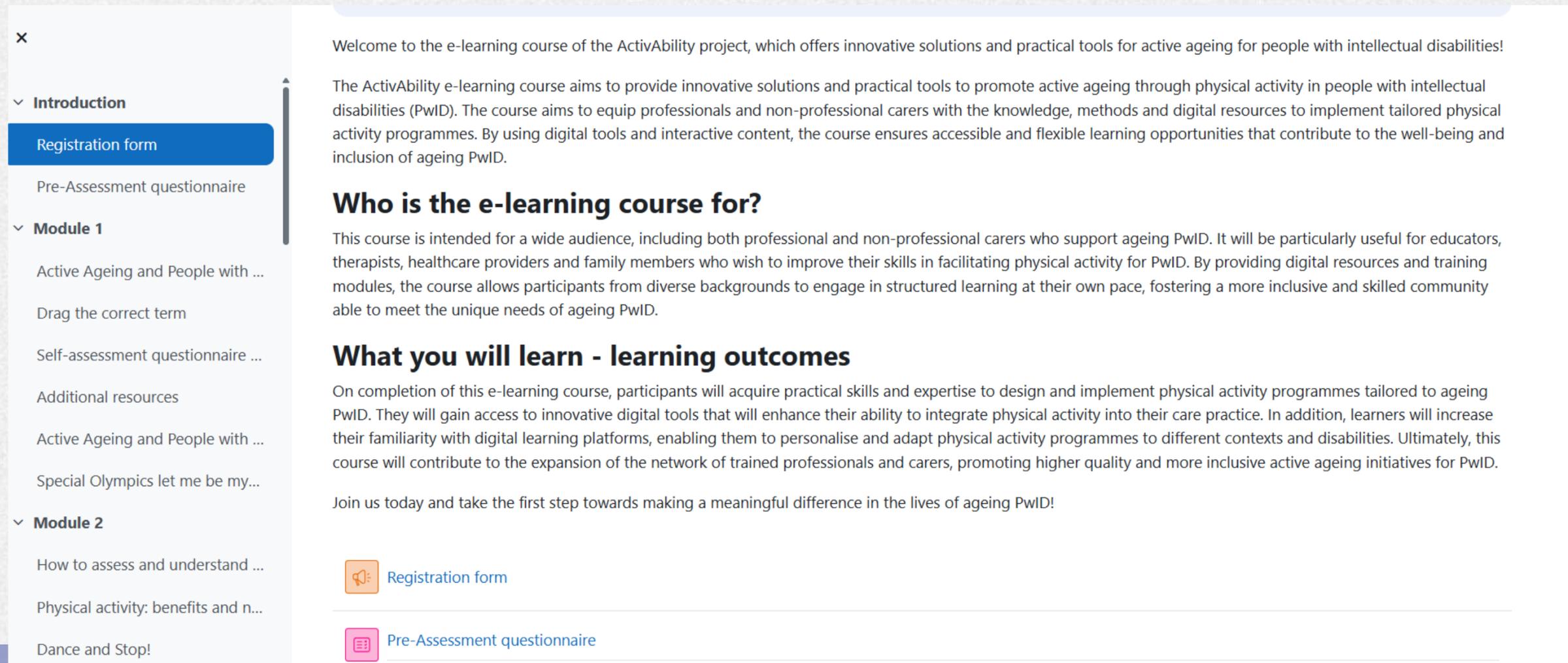
Access as a guest

Cookies notice



Co-funded by
the European Union

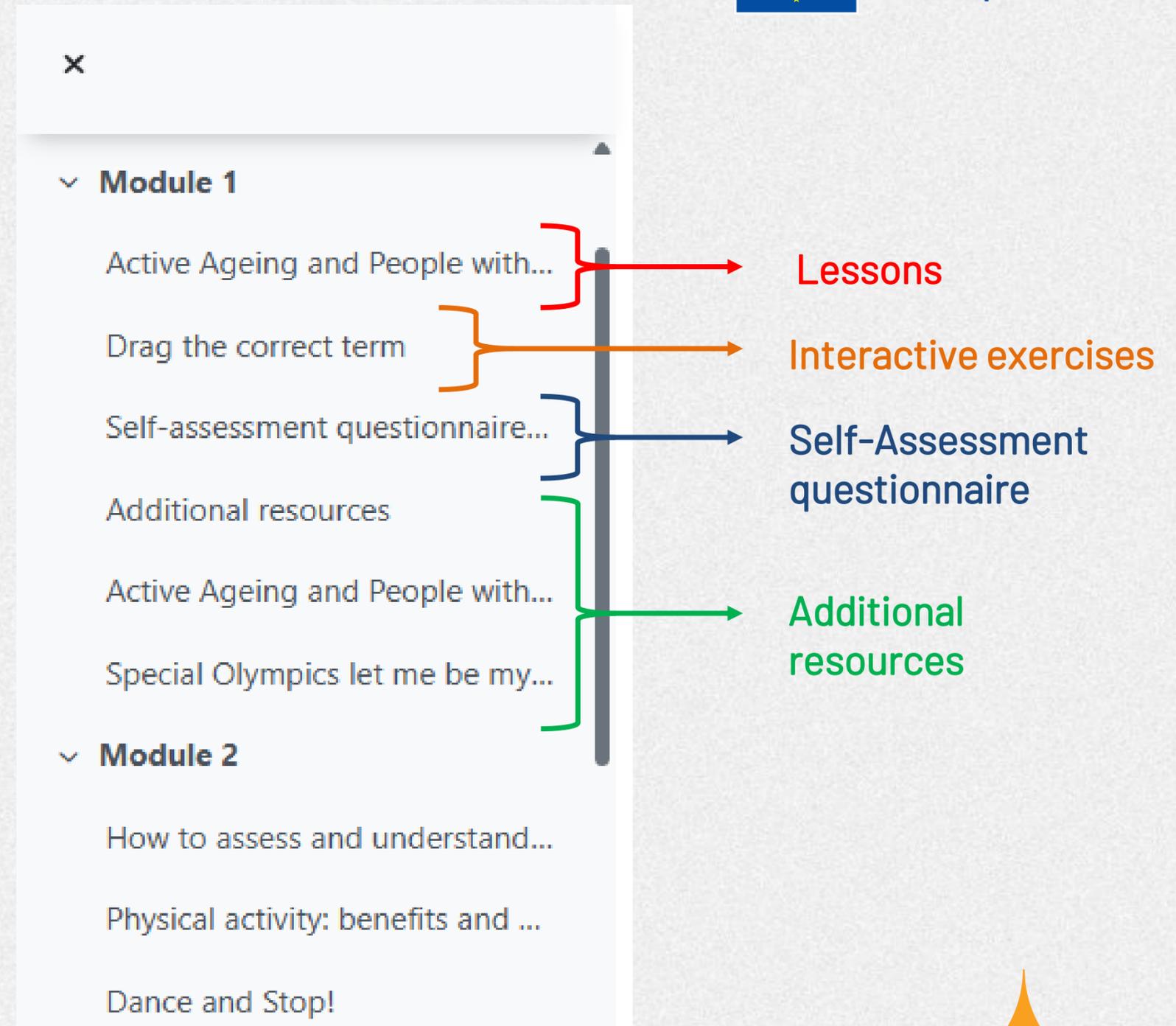
At the beginning of the platform you will find an introductory part explaining what the course consists of, who it is for and what it aims to achieve. You will also find a registration form to fill in and an optional pre-assessment questionnaire.

A screenshot of the ActivAbility e-learning course interface. On the left is a navigation sidebar with a close button (X) at the top. The sidebar is divided into sections: "Introduction" (with a sub-item "Registration form" highlighted in blue), "Module 1" (with sub-items "Active Ageing and People with ...", "Drag the correct term", "Self-assessment questionnaire ...", "Additional resources", "Active Ageing and People with ...", "Special Olympics let me be my..."), and "Module 2" (with sub-items "How to assess and understand ...", "Physical activity: benefits and n...", "Dance and Stop!"). The main content area on the right has a light blue header and contains the following text: "Welcome to the e-learning course of the ActivAbility project, which offers innovative solutions and practical tools for active ageing for people with intellectual disabilities!" followed by a paragraph: "The ActivAbility e-learning course aims to provide innovative solutions and practical tools to promote active ageing through physical activity in people with intellectual disabilities (PwID). The course aims to equip professionals and non-professional carers with the knowledge, methods and digital resources to implement tailored physical activity programmes. By using digital tools and interactive content, the course ensures accessible and flexible learning opportunities that contribute to the well-being and inclusion of ageing PwID." Below this is a section titled "Who is the e-learning course for?" with a paragraph: "This course is intended for a wide audience, including both professional and non-professional carers who support ageing PwID. It will be particularly useful for educators, therapists, healthcare providers and family members who wish to improve their skills in facilitating physical activity for PwID. By providing digital resources and training modules, the course allows participants from diverse backgrounds to engage in structured learning at their own pace, fostering a more inclusive and skilled community able to meet the unique needs of ageing PwID." This is followed by a section titled "What you will learn - learning outcomes" with a paragraph: "On completion of this e-learning course, participants will acquire practical skills and expertise to design and implement physical activity programmes tailored to ageing PwID. They will gain access to innovative digital tools that will enhance their ability to integrate physical activity into their care practice. In addition, learners will increase their familiarity with digital learning platforms, enabling them to personalise and adapt physical activity programmes to different contexts and disabilities. Ultimately, this course will contribute to the expansion of the network of trained professionals and carers, promoting higher quality and more inclusive active ageing initiatives for PwID." At the bottom of the main content area, there is a call to action: "Join us today and take the first step towards making a meaningful difference in the lives of ageing PwID!" Below this are two buttons: "Registration form" with a speaker icon and "Pre-Assessment questionnaire" with a document icon.

The modules

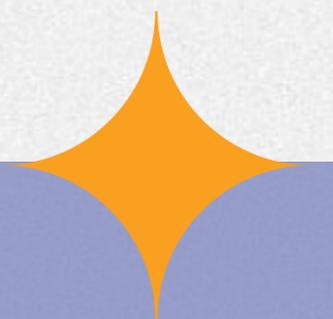
On the left hand side of the screen you'll find an index with a table of contents for the course.
As you scroll down, you'll come across the six modules, each of which is divided into

- **Lessons:** these sections contain the theoretical content of the course.
- **Interactive exercises:** such as learning games or simulations are provided to help you put what you've learned into practice.
- **Self-assessment questionnaires:** these tests/quizzes allow you to assess your understanding of the core content covered in the module.
- **Additional resources:** these include videos, useful links to external websites, reports and documents to enhance your learning



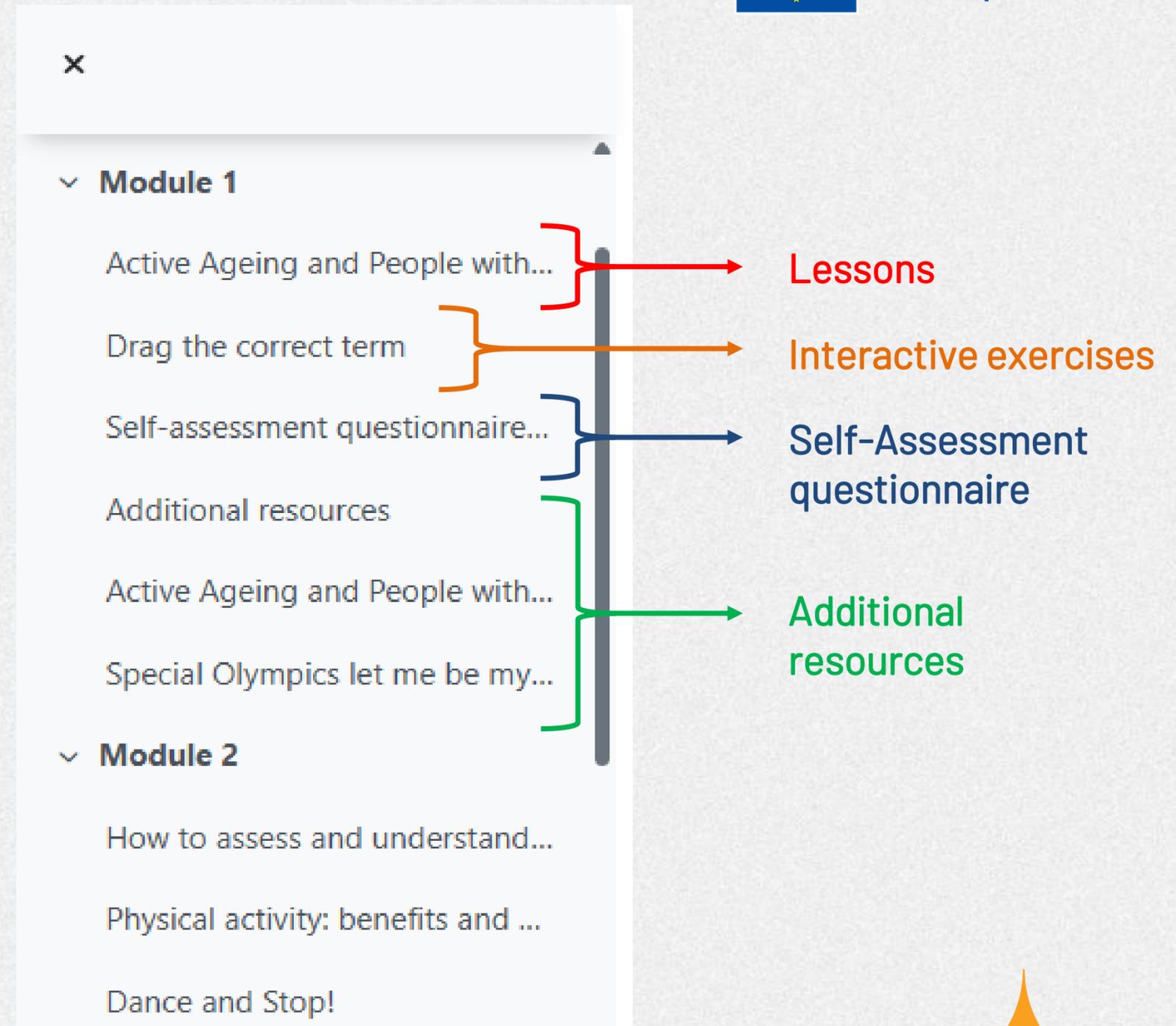
The screenshot shows a course index with two modules. Module 1 is expanded, showing five items: 'Active Ageing and People with...', 'Drag the correct term', 'Self-assessment questionnaire...', 'Additional resources', and 'Active Ageing and People with...'. Module 2 is partially visible with three items: 'How to assess and understand...', 'Physical activity: benefits and ...', and 'Dance and Stop!'. Colored arrows and brackets link these items to labels on the right: a red arrow points from the first item to 'Lessons', an orange arrow from the second to 'Interactive exercises', a blue arrow from the third to 'Self-Assessment questionnaire', and a green arrow from the fourth to 'Additional resources'.

Item	Category
Active Ageing and People with...	Lessons
Drag the correct term	Interactive exercises
Self-assessment questionnaire...	Self-Assessment questionnaire
Additional resources	Additional resources
Active Ageing and People with...	Additional resources



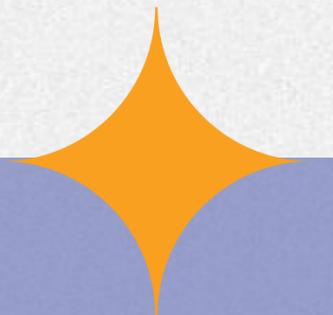
The modules

The lessons are designed to be completed in order from 1 to 6, however the learner can choose which lesson to complete by simply clicking on the drop down menu on the left of the screen.



A screenshot of a course menu interface. The menu is titled 'x' and is expanded to show 'Module 1' and 'Module 2'. Under 'Module 1', there are five items: 'Active Ageing and People with...', 'Drag the correct term', 'Self-assessment questionnaire...', 'Additional resources', and 'Active Ageing and People with...'. Under 'Module 2', there are three items: 'How to assess and understand...', 'Physical activity: benefits and ...', and 'Dance and Stop!'. Colored arrows and brackets point from the menu items to labels on the right: a red arrow points from 'Active Ageing and People with...' to 'Lessons'; an orange arrow points from 'Drag the correct term' to 'Interactive exercises'; a blue arrow points from 'Self-assessment questionnaire...' to 'Self-Assessment questionnaire'; a green arrow points from 'Additional resources' to 'Additional resources'; and another green arrow points from the second 'Active Ageing and People with...' item to 'Additional resources'.

- Module 1
 - Active Ageing and People with... → Lessons
 - Drag the correct term → Interactive exercises
 - Self-assessment questionnaire... → Self-Assessment questionnaire
 - Additional resources → Additional resources
 - Active Ageing and People with... → Additional resources
- Module 2
 - How to assess and understand...
 - Physical activity: benefits and ...
 - Dance and Stop!



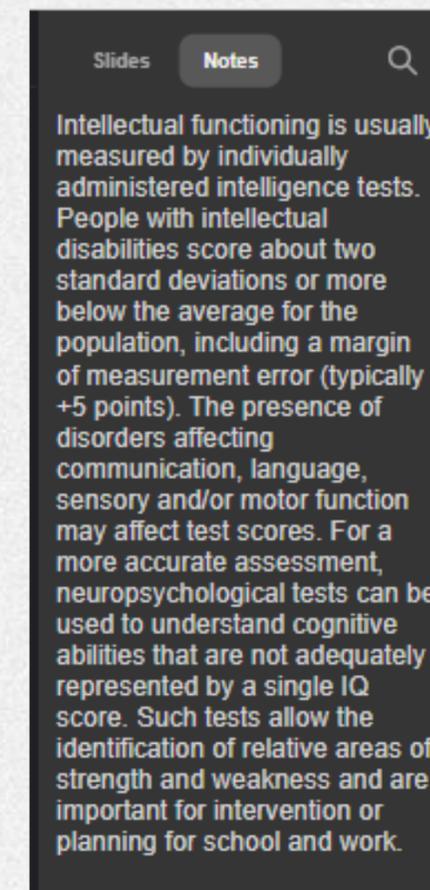
The lessons

As soon as you press "Enter" on the lesson you wish to follow, you'll be presented with an on-screen presentation with various functions designed to assist you throughout your learning journey.



The screenshot shows a presentation interface. The main slide displays the title "Module 1 Active Ageing and Intellectual Disabilities" and "Created by: ANS". A sidebar on the right shows a list of 12 slides, with the "Notes" tab selected and circled in red. A red arrow points from the "Notes" tab to a separate notes panel on the right. At the bottom of the presentation, a "Next" button is circled in red, with a red arrow pointing to it from the text below.

Certain slides contain notes! Remember to click the button to check if there is any additional text accompanying the slide.



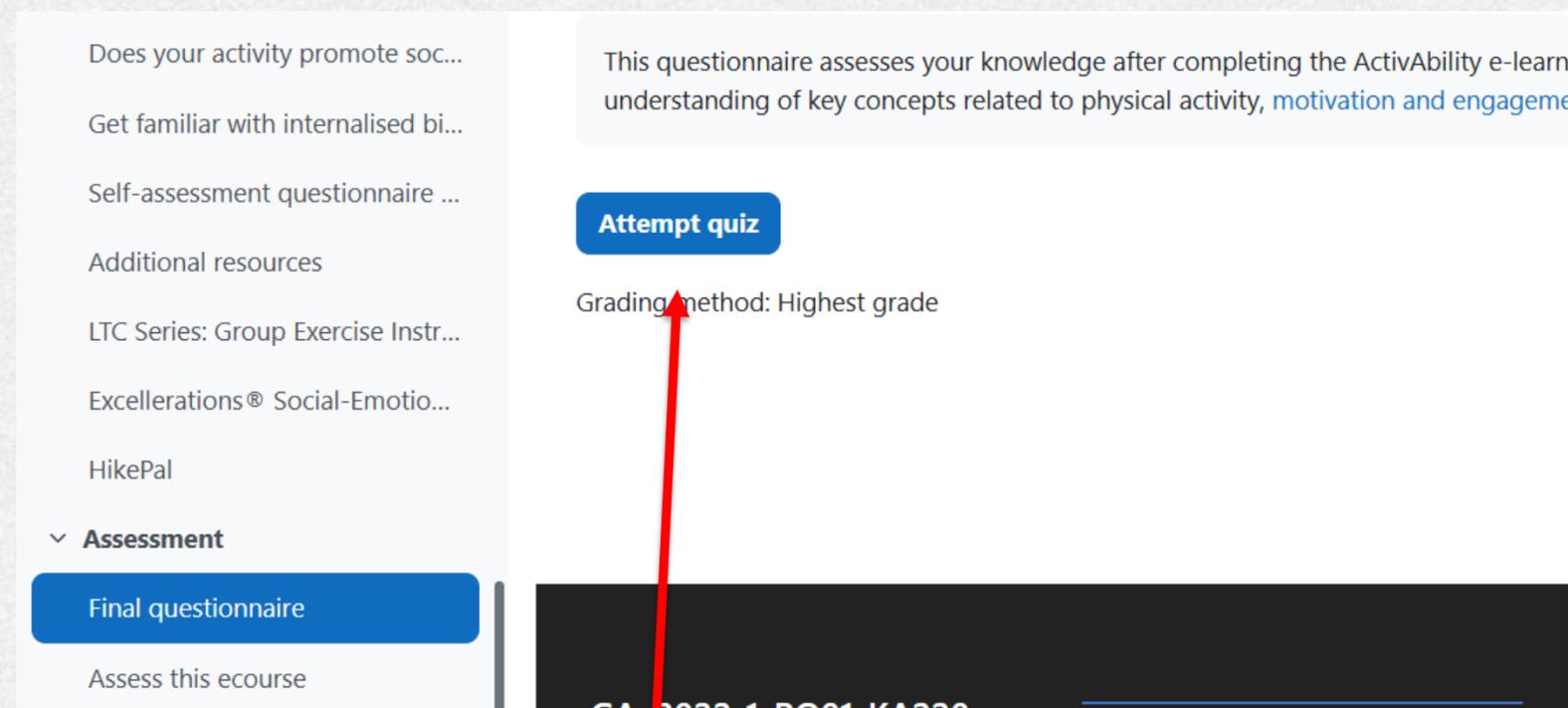
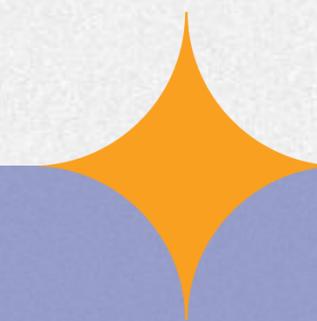
The notes panel displays the following text: "Intellectual functioning is usually measured by individually administered intelligence tests. People with intellectual disabilities score about two standard deviations or more below the average for the population, including a margin of measurement error (typically +5 points). The presence of disorders affecting communication, language, sensory and/or motor function may affect test scores. For a more accurate assessment, neuropsychological tests can be used to understand cognitive abilities that are not adequately represented by a single IQ score. Such tests allow the identification of relative areas of strength and weakness and are important for intervention or planning for school and work."

Use this button to move to the next slide.

At the end of the e-learning course you will find an evaluation questionnaire for the e-learning course. It's important that each participant completes this questionnaire as we will be collecting feedback.

Based on the feedback received, the Partnership is committed to making the necessary adjustments to improve the course.

Your input is highly valued and will directly contribute to improving the overall learning experience. Thank you in advance for your co-operation.

A screenshot of a course evaluation interface. On the left is a sidebar menu with items like "Does your activity promote soc...", "Get familiar with internalised bi...", "Self-assessment questionnaire ...", "Additional resources", "LTC Series: Group Exercise Instr...", "Excellerations® Social-Emotio...", "HikePal", and a collapsed "Assessment" section. The "Assessment" section is expanded to show "Final questionnaire" (highlighted in blue) and "Assess this ecourse". The main content area shows a description: "This questionnaire assesses your knowledge after completing the ActivAbility e-learn understanding of key concepts related to physical activity, motivation and engagemen". Below this is a blue "Attempt quiz" button and the text "Grading method: Highest grade". A red arrow points from the bottom of the page up to the "Attempt quiz" button. At the bottom of the page, a black bar contains the text "GA-2022-1-P001-KA220".



Download your certificate!



Co-funded by
the European Union

Once you have completed the course and questionnaire, you will be able to download your certificate of participation in the ActivAbility e-learning course.

Congratulations!



CERTIFICATE



This is to certify that

Name, Surname

attended and successfully completed

Empowering people with intellectual disabilities through physical activity



Co-funded by
the European Union

Date



We wish you a
great learning
experience!





Project Number: 2022-1-RO01-KA220-ADU000086744

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.