



# *The Canadian Paralympian Project: Factors affecting long-term development in para sport*

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## BACKGROUND

The lack of research in Para sport is problematic for coaches, athletes and administrators looking for evidence-based models of development to make decisions on elements of athlete training, talent selection and coach education. The objective of this project was to develop a more comprehensive understanding of the psychosocial factors affecting the development of Canadian parasport athletes.

## METHODS

Multi-phase mixed methods approach

*Phase 1 – Research Synthesis* – systematic review of previous literature, theory development

*Phase 2 – Large-scale Developmental Histories* – quantitative survey (modified Developmental History of Athletes Questionnaire) with 213 elite Paralympic athletes from Canada and Australia.

*Phase 3 – Qualitative Investigation* – coach, athlete and HP directors, perspectives on system support, key elements in development, perspectives leading into Tokyo 2020

***Conclusion: Para athlete development is highly nuanced and although there is some relevant research from able-bodied settings, strong differences between sports and disability groups emphasize the need for context-specific models.***

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