

Learning Outcome 1

- The reader will be able to learn about the benefits of participation in physical activity, sport and recreation

Learning Outcome 2

- The reader will be able to recognise the barriers to exercise for children and young people with physical disabilities

Learning Outcome 3

- The reader will be able to learn about ways to overcome the barriers to exercise

Learning Outcome 4

- The reader will become more informed of ways to motivate their child to engage in physical activity

Learning Outcome 5

- The reader will be able to learn about the different physical activity opportunities in Edinburgh and The Lothians