

## ABSTRACT

**CREATIVE PROJECT:** ADVANCING INCLUSIVITY AND ACCESSIBILITY OF CROSSFIT FOR ATHLETES WITH INTELLECTUAL DISABILITIES

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Exercise is crucial for preventing diseases like diabetes, cardiovascular issues, and obesity. CrossFit offers a unique approach to fitness by combining gymnastics, weightlifting, and cardio sports into one program. Moreover, all CrossFit movements can be modified to fit anyone's skill level. For people in their 70s to teenagers, CrossFit is intended to serve the masses. However, a major gap still exists: CrossFit spaces are not fully inclusive for athletes with intellectual disabilities [ID] due to a lack of knowledgeable and experienced coaches. Currently, there are few resources to help coaches modify workouts for their athletes and even fewer resources to help them coach ID athletes. I bridge this gap by creating a mobile app designed to help coaches learn to adapt CrossFit movements and coach the ID population. By using design thinking methods, I created *X-Adapt*, an app that helps coaches work with intellectually disabled athletes.

*Keywords:* intellectually disabled athletes, CrossFit, design thinking, mobile app, in-the-moment coaching