

## **Universal design for learning: An overview of principles for equitable education and exploration on their application to physical activity promotion in healthcare settings.**

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Academic preparation in kinesiology has multiple applications, including the preparation and ongoing professional development of physical and health (P&H) educators (Thomas et al., 2019). P&H educators seek to inspire and teach future generations of people to lead healthy-active-lifestyles across their lives (Cardinal et al., 2016). Central to achieving this aim is that nobody is left behind (U.S., *National Physical Activity Plan*). The focus and educational methods must be inclusive. Universal Design for Learning (UDL) is a curriculum-design-tool for creating inclusive educational practices, which has seen nascent application in physical education settings as one means of assuring inclusivity when teaching children and youth with disabilities (Kennedy et al., 2019). Individuals entering the adult years become especially reliant on healthcare systems for guidance and support. Unfortunately, healthcare providers, though, are not universally prepared for this (Cardinal et al., 2015). Strategies to build healthcare provider capacity to effectively counsel patients with regard to physical activity exist (e.g., Project PACE [Physician-Based Assessment and Counseling for Exercise]). However, unique socio-structural barriers remain for individuals with disabilities, including some that may be manifested by healthcare providers due to implicit biases. Research on counseling curricula for active lifestyle promotion that are designed and implemented with UDL methods should provide insights that will help close the knowledge gap between healthcare provider training and people's lived experiences. Kinesiologists are well-positioned to facilitate such work. We will discuss a-UDL-approach to curriculum development and provide future research recommendations aimed at supporting equity in patient counseling practices focused on physical activity promotion.

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