

# Mara Lach

## HONOURS RESEARCH



### Research Focus:

Mara's thesis aims to examine the effective inclusion of children with disabilities in a summer sailing program. She used an autoethnographical approach to conduct a detailed analysis of her experience with the sailing program and used interviews to obtain parental perspectives. She found that three children with various intellectual and physical disabilities, including Autism Spectrum Disorder, Fetal Alcohol Spectrum Disorder, Specific Learning Disabilities, Generalized Anxiety, and Developmental Coordination Disorder were able to participate successfully alongside their peers. This research helps to highlight the many benefits of inclusive physical activity and recreation opportunities and increase the promotion of sailing as a viable option for children with all types of disabilities.

### About Mara:



Mara grew up in Oakville, Ontario and was very excited to make the move out to the east coast and become a part of the Acadia Kinesiology family. She has been sailing for more than ten years and coaching for five years. Through the S.M.I.L.E. program, she has developed a passion for working with children and youth with disabilities. Under the guidance of her supervisor, she was able to combine both passions and teach sailing to children with disabilities this past summer.

Supervisor: Dr. Chris Shields