

Adapted physical activity is defined as a cross disciplinary body of knowledge directed towards the identification and solution of individual differences in physical activity. It is a service delivery profession and an academic field of study which supports an attitude of acceptance of individual differences, advocates enhancing access to active lifestyles and sport, and promotes innovation and cooperative service delivery and empowerment systems. Adapted Physical Activity includes, but is not limited to, physical education, sport, recreation, and rehabilitation.

This definition of APA is always a purpose of discussions and evolutions worldwide. It may thus evolve with time.