



Level 1 Course Syllabus

Part 1: Online Learning Section

Introduction

Objective: Attendee introductions and goals

Unit 1: Fitness As a Life Skill

Objective: To identify the myriad ways fitness (resistance training and conditioning exercises) can improve activities of daily living (ADLs) and quality of life for the ASD/Neurodivergent population.

Video 1: How physical abilities (strength, stability, motor skill) enhance activities of daily living (ADLs), can prevent age-related medical and physical conditions, and improve quality of life.

Unit 2: Neurodiversity and Fitness

Objective: Understanding the complex interactions and challenges for ASD/ND individuals as related to participating in meaningful fitness programs

Video 1: Fitness for Life Skills

Video 2: Neurodiversity and Fitness

Video 3: Sports and Fitness

Unit 3: Understanding the Athlete Perspective

Objective: Conceptual and practical approaches using an empathetic model of coaching for best results

Video 1: The Keys to Empathetic Coaching

Unit 4: The PAC Profile Approach

Objective: Understanding the standard operating system for assessing and addressing physical, adaptive, and cognitive functioning

Video 1: Introduction to the PAC Profile Method

Video 2: Physical Functioning

Video 3: Adaptive Functioning

Video 4: Cognitive Functioning/Neurological

Video 5: Cognitive Functioning/Neuromuscular

Unit 5: Exercises in Programming

Objective: Identifying, exploring, and using appropriate and effective exercises for individual and group programs.

Video 1: Introduction to Exercise Protocols

Video 2: Introduction to Warm-up Exercises

Videos 3-6: Warm-up Exercises (Standard/Modifications/Progressions)

Video 7: Introduction to Power Exercises

Videos 8-11: Power Exercises (Standard/Modifications/Progressions)

Video 12: Introduction to Strength Exercises

Videos 13-20: Strength Exercises (Standard/Modifications/Progressions)

Unit 6: Best Programming Practices

Objective: Developing a working knowledge of exercise protocols and structuring programs in multiple environments

Video 1: Optimal Programming Strategies and Structures for Individuals

Video 2: Optimal Programming Strategies and Structures for Groups

Unit 7: How to Supercoach

Objective: Using positive behavior support and communication strategies for best outcomes across different athlete profiles

Video 1: Coaching Towards Measurable Goals

Video 2: Next Steps in Your Level 1 Certification

Part 2: Virtual or In-person practical

Agenda for Virtual or In-person Practical Event

9am-10:00am: Introductions and review of PAC Profile

10:15-11:15am: Hands-on warm-up exercises (practicing standard/modifications/progressions)

11:30-12:15: Hands-on power exercises (practicing standard/modifications/progressions)

12:15-1:15: Meal Break

1:20-2:30: Hands-on strength exercises (practicing standard/modifications/progressions)

2:40-3:30: Positive behavior support + coaching strategies in-session

3:40-5:00pm: Small group/partner practice with programming/coaching