



# The Autism Fitness™ Pro Course Syllabus

Overview: The Autism Fitness™ Pro Course is a hybrid program including 10 hours of self-paced video content, a Pro guidebook, and the full day virtual or in-person practical. The Autism Fitness™ Pro exam must be completed within two weeks following the Pro practical.

Exam consists of 30 multiple choice questions and video submission demonstrating a working knowledge of the programming, coaching, and positive support strategies.

## Part I: Online/Video Course Content

### Unit 1: Fitness as a Life Skill

- How fitness enhances everyday life
- The applicability of strength and stability to activities of daily living (ADLs)
- General and specific aspects of quality of life across age groups

### Unit 2: Neurodiversity and Fitness

- Common challenges and considerations for ASD/neurodivergent populations
- Neurodiversity and fitness programming
- Sports and fitness; comparison, contrasts, and challenges

### Unit 3: Introduction to the PAC Profile

- Understanding physical, adaptive, and cognitive functioning as they relate to fitness
- Physical functioning: Exercise performance, standard, modification, and progressions
- Adaptive functioning: Motivation and engagement
- Cognitive functioning: Communication, processing, and motor imitation

### Unit 4: Label, Demo, Do and Cue

- The standard operating practice for introducing and assessing baseline ability
- Labeling the exercise for reference and recall
- Demonstrating standard performance
- Onboarding the athlete and assessing initial performance

### Unit 5: Foundational Exercises

- Identifying the purpose of each exercise, primary muscles and movements involved
- Power exercises: push throw, overhead throw, scoop throw, Sandbell slam
- Strength exercises: squat, pushup, overhead press, band/cable row, band pulldown, farmers walk, heavy carry

### Unit 6: Fundamentals of programming

- Programming practices
- Designing a program based on PAC assessment results
- Prioritization of exercises
- Volume; Sets and repetitions for training effect

### Unit 7: Adaptive Support Strategies

- Common challenges and considerations in meaningful participation
- Effective use of behavior specific praise
- Appropriate use of tone
- Modifying or moving on with a challenging exercise
- Using choice during sessions
- Developing positive coach/athlete relationships



### **Unit 8: Cognitive support strategies**

- Common considerations and best practices to support communication and instruction
- Using clear/concise language
- Avoiding overcoaching
- Waiting/pausing for self regulation and focus

### **Unit 9: How to Supercoach**

- Using the PAC Profile to support all areas of skill
- Assessing and addressing program design and implementation
- Goal setting based on each area of ability
- Individualized use of strategies

## **Part II: Full Day Practical schedule (\*virtual or inperson)**

\*Virtual attendees must have equipment and a practice training partner for the last hour of the practical day. Participation in the Pro practical is mandatory for taking the Pro exam and earning full certification. Participation during the Pro practical is not graded. Exam is to be completed within 2 weeks of the Pro practical.

\*\*Agenda time subject to change slightly based on group size and location

### **9:30am-10:00am: Introductions and review of PAC Profile**

- Attendee introductions and what you want to get out of participating
- General review of the PAC Profile™ method

### **10:00-10:30am: Label/Demo/Do & Cue**

- Reviewing and practicing the exercise introduction and assessment strategy

### **10:45-11:15am: Physical functioning**

- Purpose and practice with foundational exercises

### **11:15am-12:15pm: Power exercise attendee practice**

- Push throws: standard, common compensation, modifications, progressions
- Overhead throws: standard, common compensation, modifications, progressions
- Scoop throws: standard, common compensation, modifications, progressions
- Sandbell slams: standard, common compensation, modifications, progressions

### **12:15-1:15pm: Meal Break**

### **1:15-2:15pm: Strength exercise attendee practice**

- Squats: standard, common compensation, modifications, progressions
- Pushups: standard, common compensation, modifications, progressions
- Overhead presses: standard, common compensation, modifications, progressions
- Band/cable rows: standard, common compensation, modifications, progressions
- Band/Lat pulldowns: standard, common compensation, modifications, progressions
- Farmers walk: standard, common compensation, modifications, progressions
- Sandbag/heavy carry: standard, common compensation, modifications, progressions

### **2:30-3:00pm: Program design review**

- Standard program template
- 1to1 and group program differences
- Straight sets, supersets, and circuits



### **3:10-3:45pm: Adaptive and cognitive support strategies**

- Incorporating BSP, choice, individual interests/preferences and tone into sessions
- Identifying processing delays in real time, supportive communication, cueing and fading procedures

### **4:00-5:00pm: Partner Practice**

#### **Power exercise partner practice**

W/ partner select 2 power exercises and demonstrate:

- 1) Introduction with Label/Demo/Do and Cue
- 2) Exercise modification with proper cueing
- 3) Use of Choice, Contingencies, BSP, and athlete-centered tone

#### **Strength exercise partner practice**

W/ partner select 2 strength exercises and demonstrate:

- 1) Introduction with Label/Demo/Do and Cue
- 2) Exercise modification with proper cueing
- 3) Use of Choice, Contingencies, BSP, and athlete-centered tone

### **5:00-5:30pm: Review for Pro Exam + Q & A**

Equipment needed for virtual practical

- 1) Soft medicine ball (AF highly recommends Dynamax mini ball 2lb or 4lb)
- 2) Sandbells or equivalent (2-6 lbs)
- 3) Resistance bands (preferably with handles) from 10-40lbs resistance (mini to light)
- 4) Box or bench for squats
- 5) Sandbag for carries
- 6) Dumbbells or kettlebells for farmers walks
- 7) Plastic rings (16-24" diameter) for foot placement

[Zoom link will be sent via email](#)

\*Attendees are allowed to transfer to a future practical date 1x within a year of enrollment. Cancelling the 2<sup>nd</sup> selected practical will require a \$75 reinstatement fee.

