Session Outline
ACSM Health and Fitness Summit
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Practical Strength Training For People With Disabilities

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During this session Dr. Jeff Schlicht and Dr. Emily Stevens will review current exercise prescription guidelines for adults with disabilities and provide demonstrations of exercises and modifications used in their strength training class for adults with disabilities. This program has been in existence for more than five years, and services people with physical and intellectual disabilities. The objective of this session is to model for fitness professional what it takes to run a successful class for this underserved population, with the ultimate goal of encouraging nationwide growth of exercise programs for adults with disabilities. Anyone with an interest in working with special populations is encouraged to attend; this could be the group of students you have been looking for!

1) Introduction and overview (5 min.)

2) Review exercise prescription guidelines for adults with disabilities (20 min.)

3) Demonstrate practical strength training exercises and modifications (50 min.)

4) Concluding remarks and Call to Action (15 min.)

At the end of this session, participants will be able to:

1. Identify exercise prescription guidelines for adults with disabilities
2. Model exercise modifications for people with various physical and mental disabilities
3. Structure an exercise class for people with all levels of physical ability
4. Advocate for the physical activity needs of this underserved population

References


Advocacy and Funding

- The National Center on Physical Activity and Disability http://www.ncpad.org/
- National Coalition for Promoting Physical Activity www.ncppa.org