



1

## Course Description

NETA's Adaptive Fitness online module provides education and training for fitness instructors and personal trainers wishing to learn more about adaptive populations, or who are interested in working with clients requiring scaling or adaptations due to a temporary or permanent disability. Disability awareness and understanding will be introduced, and general adaptations to upper extremity, lower extremity, seated and neuromuscular clients will be discussed and displayed through sample workouts.

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2

## Course Objectives

- Introduce disability awareness and understanding
- Display various general adaptations to upper extremity, lower extremity, seated and neuromuscular clients
- Program individual-specific workouts based on client goals, preferences, and ability
- Develop ability to coach and lead clients safely through adapted workouts.

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3

## Section One Presence of Adaptive Fitness

<http://joshthemonoskier.com/intro-video>

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4

## Presence of Adaptive Fitness

Wheelchair and Disability Bodybuilding <https://youtube.be/dXfed8GSuNLI>

Adaptive CrossFit <https://www.youtube.com/watch?v=GkqA00kAwD8>

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5

## Recreation and Fitness Center Design

<https://www.nchpad.org/fitnessCenter/index.html>

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6