



Medical Conditions & Exercise Certification

Provider: Native American Fitness Council

Course Description

Learn how to work with clients that have chronic diseases, orthopedic limitations & other medical conditions. This training shows how to properly screen clients, work with health professionals and design appropriately modified exercise programs based on their specific needs. Medical conditions covered include diabetes, cardiovascular disease, arthritis, obesity, pregnancy and orthopedic deficiencies.

Continuing Education Credits: 27 hours

Eligibility to Participate: 18 years of age or older, CPR/AED recommended (not required)

Certification Renewal: The Medical Conditions & Exercise Certification is a specialty certification of the Native American Fitness Council & does not need renewal. Continuing education is encouraged.

Agenda

Day 1

- 8:00 - 8:15 Registration
- 8:15 - 9:30 The Fitness Professional's Role Working with the Medical Community
- 9:30 - 10:00 Exercising with Medical Conditions
- 10:00 - 10:15 Break
- 10:15 - 12:00 Chronic Disease & Exercise - Hypertension, Heart Diseases
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Chronic Disease & Exercise - Respiratory Diseases
- 2:30 - 2:45 Break
- 2:45 - 3:15 Special Conditions - Pregnancy
- 3:15 - 4:15 Working with Youth & Elders
- 4:15 - 4:30 Questions & Answers

Day 2

- 8:00 - 8:15 Introductions & Warm-up
- 8:15 - 10:00 Chronic Disease & Exercise - Diabetes
- 10:00 - 10:15 Break
- 10:15 - 12:00 Chronic Disease & Exercise - Cancer
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Chronic Disease & Exercise - Arthritis
- 2:30 - 2:45 Break
- 2:45 - 4:15 Functional Exercise System Lecture
- 4:15 - 4:30 Questions & Answers

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Day 3

- 8:00 - 9:30 Warm-up – Dynamic Joint Movement
- 9:30 - 10:00 Functional Exercise System – Foot & Ankle
- 10:00 - 10:15 Break
- 10:15 - 12:00 Functional Exercise System – Knee
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Functional Exercise System - Hip
- 2:30 - 2:45 Break
- 2:45 - 4:15 Functional Exercise System - Core
- 4:15 - 4:30 Questions & Answers

Day 4

- 8:00 - 9:30 Warm-up - Tai Chi Elder Workout
- 9:30 - 10:00 Relaxation Exercise Lecture - Breathing
- 10:00 - 10:15 Break
- 10:15 - 12:00 Relaxation & Balance Exercises Hands On
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Relaxation Exercise Lecture - Soft Tissue Mobilization
- 2:30 - 2:45 Break
- 2:45 - 4:15 Functional Exercise System - Shoulder
- 4:15 - 4:30 Awarding of Certificates