

TOWARDS AN INCLUSIVE SOCIETY THROUGH SPORTS

INCLUSIVE SPORT CONFERENCE 2021

DATE & TIME
16 TO 18 MARCH 2021
9AM - 5PM



Host



Co-host



EXERCISE & SPORT

building programs that makes a DIFFERENCE

David Geslak, BS, ACSM EP, CSCS
david@exerciseconnection.com

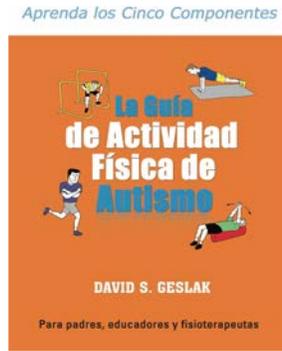
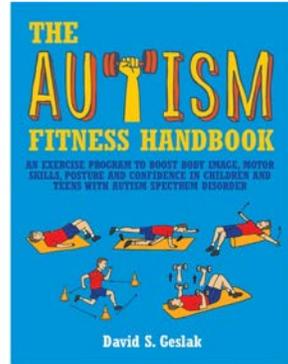




A Pioneer in Exercise & Autism



David S. Geslak
BS, ACSM EP-C, CSCS



Autism Exercise
SPECIALIST
CERTIFICATE



AMERICAN COLLEGE
of SPORTS MEDICINE
LEADING THE WAY®

- _ Para-Educator
- _ Fitness Coordinator
 - Giant Steps
- _ International
 - Keynote Speaker
- _ Published Author
- _ Contributing Writer



SINGAPORE 2019

Autism Exercise
SPECIALIST
C E R T I F I C A T E



AMERICAN COLLEGE
of SPORTS MEDICINE
LEADING THE WAY



EXERCISE CONNECTION

Sport
SINGAPORE



~100 Singapore Professionals earned their Certificate

**~ 100 Singapore Parents were trained on Autism
Exercise Benefits & Programs**

[ExerciseConnection.com](https://www.ExerciseConnection.com)

10-MINUTES OF EXERCISE REDUCES STEREOTYPICAL BEHAVIORS

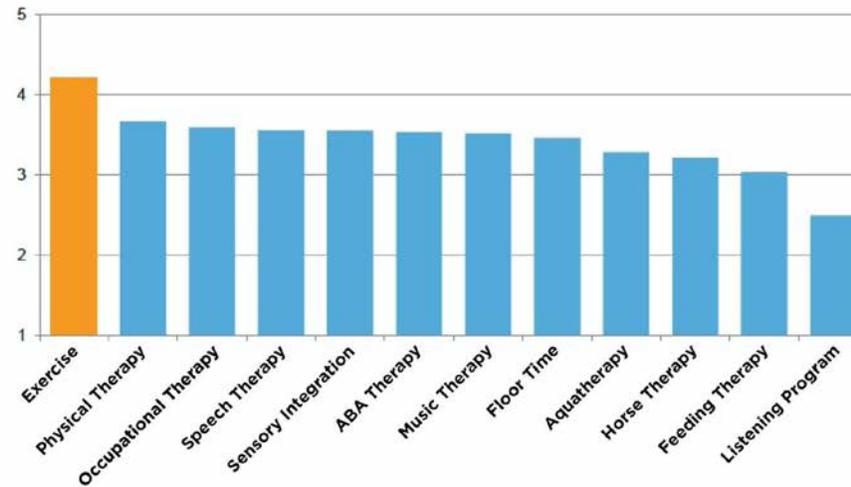
Researchers concluded that **10-minutes of low-to-moderate intensity exercise produces significant and large reductions in stereotypical behaviors (i.e. echolalia & handflapping)** in children with autism spectrum disorder.

Medicine & Science in Sports & Exercise Journal (2017)

"The Effects of Exercise Dose on Stereotypical Behavior in Children with Autism"



PARENTS RATE EXERCISE AS #1 TREATMENT



“Our National Survey of Autism Treatment Effectiveness, based on over 700 autism families, found that exercise was the number 1 rated treatment overall, with a rating of 4.2/5, substantially higher than the 2nd highest rated treatment with a 3.8/5. The major reported benefits of exercise were body awareness, gross motor, balance, fine motor, and attention.”

James B. Adams, Ph.D.

President's Professor, Arizona State University
Presentation at the US Autism/Asperger's Conference,
Tucson, AZ 2016

Evidence-Based Teaching Practices to Support Learning for ALL Students



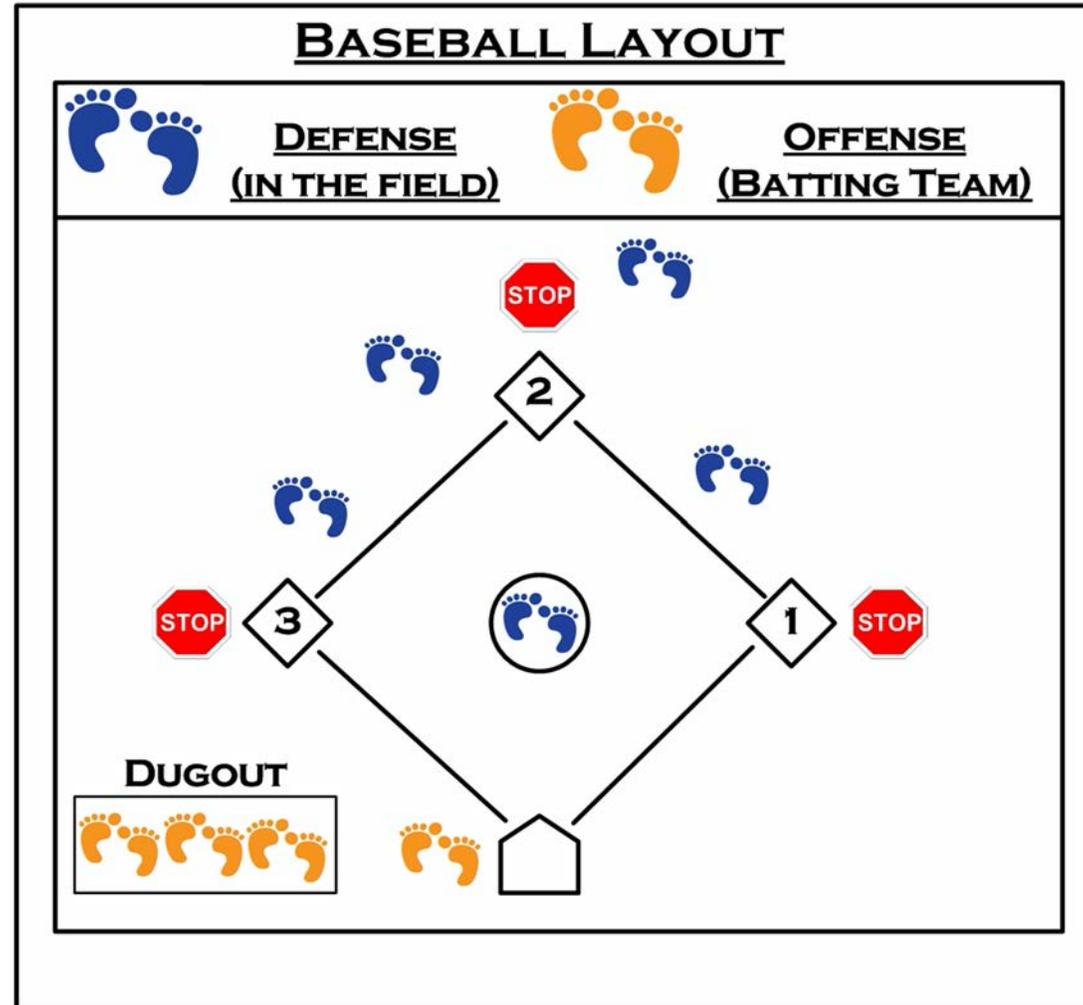
- Prompting
- PECS
- Visual Supports
- Video Modeling
- Modeling
- Social Narratives
- Technology-Aided
 - Instruction
- Reinforcement
- Exercise

Exercise is an Evidence-Based Practice



Increase in physical exertion as a means of
reducing problem behaviors
or
increasing appropriate behavior.

Autism Ready® Sport



Autism Exercise SPECIALIST CERTIFICATE



AMERICAN COLLEGE
of SPORTS MEDICINE®
LEADING THE WAY



EXERCISE CONNECTION



Who Qualifies?

- Licensed PE/APE teachers
- Licensed therapists (PT, OT, RT, SLP's)
- ABA & Behavior Therapists
- Special Education Teachers
- NCCA accredited fitness professionals



Step 1
Online Modules
\$120



Step 2
Virtual Workshop \$350



ONLINE MODULES SUPPORTING RESEARCH Advances in Autism Journal

Frequency at which participants reported using evidence-based practices increased significantly from pretest to posttest ($p = .031$)

Participants' perceived self-efficacy in using evidence-based practices significantly improved from pretest to posttest ($p = < .001$)

autismexercisespecialist.com

Autism Exercise
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AMERICAN COLLEGE
of SPORTS MEDICINE
LEADING THE WAY



EXERCISE CONNECTION

Approved for up to
.12 NSCA CEUs

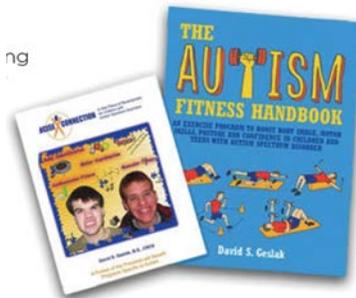


May or June 2021

For More Details & Information or to Sign Up Contact:

Stefanie Ang --- Stefanie_ANG@sport.gov.sg

Visual Exercise SYSTEM



Autism Fitness Handbook and DVD

- Five Components Package
- Sports Package
- Yoga Package
- Fitness Room Package
- Dynamic Flexibility Package
- Wheelchair Package



exercise  buddy
AUTISM'S VISUAL EXERCISE SYSTEM

CHALLENGES THE STUDENTS NOT THE TEACHERS

Instructional Resource

- Create Assessments
- Customize Routines
- Collect Real-Time Data

Measure IEP Goals



ExerciseBuddy.com



EB Pro Features



**Synchronous &
Asynchronous Learning**



**Multiple User
Profiles**



**Save Unlimited
Workouts**



**Collect & Report
Student Data**

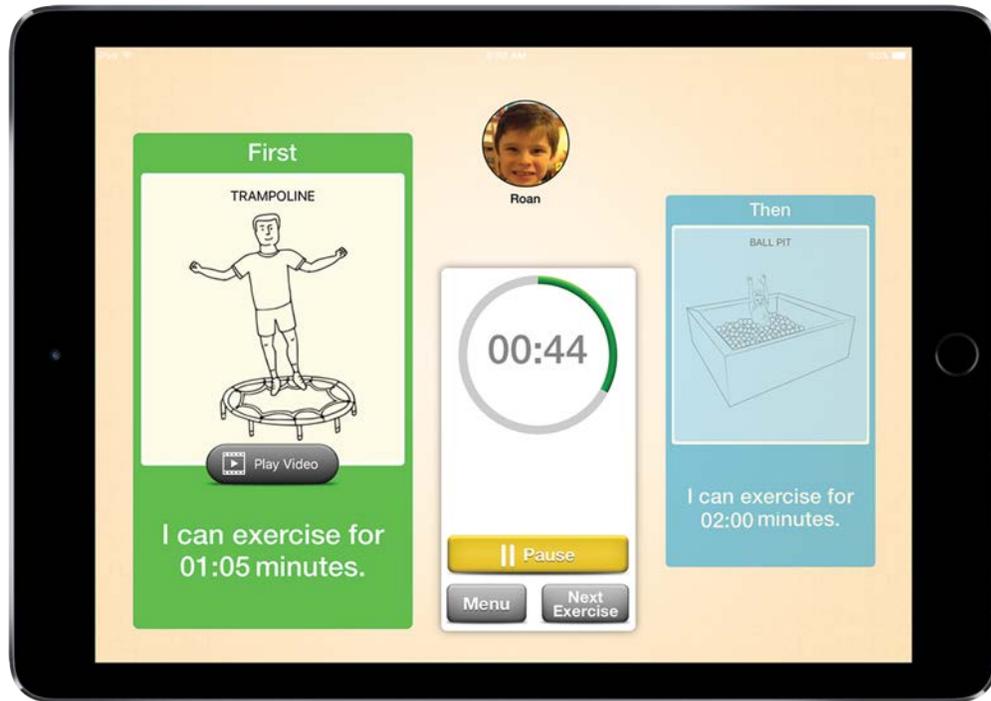


**Create Custom
Visuals & Videos**

Compatible with tablets powered by iOS and Android
(e.g., iPads, Android tablets & most Google Chromebooks).

Not compatible with phones

Uses Evidence-Based Practices



1. Technology-Aided Instruction
2. Visual Supports
3. Video Modeling
4. Social Narratives
5. Exercise
6. Reinforcement

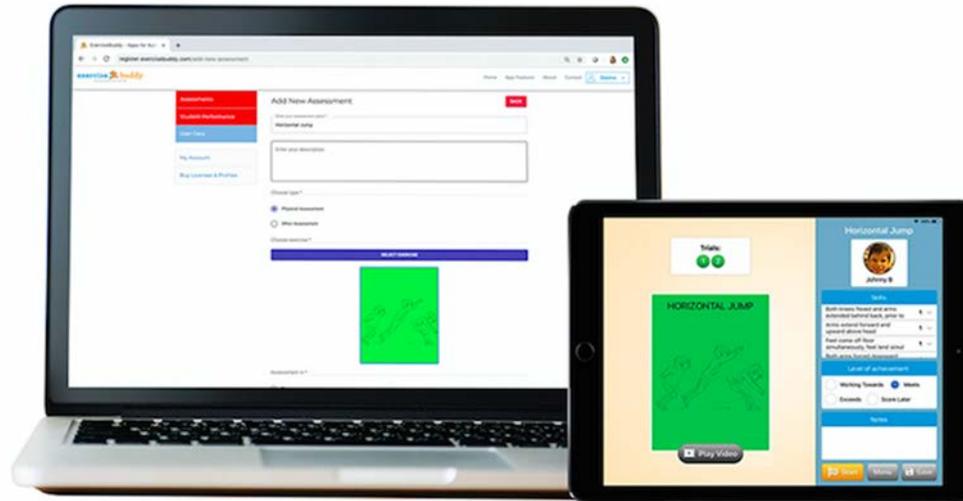


YOU DON'T NEED PENCILS
TO COLLECT DATA

Workout Name	Target	Exercise Time/Reps	Performance	Off Task Time	Total Time	Efficiency	Video Time	Comments
Warm-Up								
HIP EXTENSION	12	00:29 12	100.00%	00:08	00:37	78.38%	00:00	
STABILITY BALL HUG	01:00	00:50	83.33%	00:00	00:50	100.00%	00:00	Independent after video mo...
Stretch and Legs								
LAY ON LOG	02:00	02:00	100.00%	00:02	02:02	98.36%	00:24	
SQUAT - boy	8	00:19 8	100.00%	00:00	00:19	100.00%	00:36	Great flexibility in butterfly po...
One Step at a Time								
CROSSOVER MARCH	30	02:49 14	46.67%	00:00	02:49	100.00%	00:25	
Totals		Exercise Time 07:40		Off Task Time 00:22	Total Time 08:02		Video Time 01:25	

ExerciseBuddy.com

The New Assessment Tool!



Design assessments
and rubrics online



Assess and score
student's performance



Track student
data & progress

EMBRACED BY HIGHER EDUCATION

“...ExerciseBuddy, in conjunction with a system of least prompts and reinforcement, taught participants to acquire physical activity skills at home and generalize the skills at local community fitness sites.”

Laura A. Bassette, Ph.D., BCBA-D
Assistant Professor of Special Education,
Ball State University

SUPPORTING RESEARCH STUDIES

- Education and Training in Autism and Developmental Disabilities | 2021 (In Press)
- Psychology in the Schools | 2020
- Journal of Special Education Technology | 2020
- Journal of Physical Education, Recreation and Dance | 2018
- Behavioral Analysis in Practice | 2018
- PALAESTRA | 2018
- Physiology & Behavior | 2017

USED IN RESEARCH



USED IN CLINICS & CURRICULUM



TOWARDS AN INCLUSIVE SOCIETY THROUGH SPORTS



\$6/month or \$54/year
per license



ExerciseBuddy
Tutorials

www.youtube.com/c/DavidGeslak

14-DAY FREE TRIAL

ANDROID APP ON Google play

Available on the App Store

Search
“ExerciseBuddy Professional”

THANK YOU



Search

“ExerciseBuddy
Professional”

14-DAY FREE TRIAL



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Start taking the Online Modules! [acsm.org](https://www.acsm.org)