

In Support of Sport Promotion



Presents

Autism Exercise **SPECIALIST** CERTIFICATE **WORKSHOP**

SEPTEMBER 12 *or* 13, 2019

RAINBOW CENTRE

501 Margaret Drive Singapore 149306

9:00am - 4:00pm

Registration begins at 8:30. Light breakfast and lunch will be provided.

EARN THE CERTIFICATE

WHO QUALIFIES

- Fitness Professionals
- PE/APE Teachers
- Physical, Occupational, & Recreational Therapists
- PTA's and COTA's
- Special Education Teachers
- Speech Pathologists

WEBINARS

- Six ACSM CEC's
- Five webinars with exams
- Two research articles with exams

WORKSHOP

- Six ACSM CEC's
- One-day workshop
- Functional strategies
- Case-study exam

LIMITED TO 100 SLOTS

HOW TO REGISTER

- Register your interest at go.gov.sg/acsmworkshop
*Note this is a register for *interest only*, subjected to final selection.
- For more details, please contact Stefanie Ang at stefanie_ang@sport.gov.sg or inclusivesport@sport.gov.sg

PARTICIPANT FEE

- Actual Course Fees: SGP\$560
(50% funded by SportCares DSMP Fund \$280)
*DSMP: Disability Sports Master Plan
- **Amount payable by Participant: SGP\$280**
(Online module: \$148 + SportSG \$132 = \$280)
- Payment instructions will be followed up upon confirmation of your slot.



David Geslak
Exercise Physiologist

WORKSHOP LED BY:



Amber Pantaleo
Special Education Teacher

MAKE A PROFOUND DIFFERENCE



Presents

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

Workshop led by:
David S. Geslak, BS, ACSM EP-C, CSCS
Amber Pantaleo, LBS1

AGENDA

- 8:30 – 9:00am: Registration**
- 9:00 – 9:30am: Introduction & Webinar Recap**
- Welcome & autism exercise research updates
 - Review EC Five Components, Evidence-Based Practices
 - Physical Assessment
- 9:30 - 10:15am: Individual & Group Program Design**
- Individual - Roan, Brody, Bill, Jack
 - Group - Station Protocols
- 10:15 – 11:00am: Using ExerciseBuddy**
- Using the First-Then Board, Start-Finish Board, Circuits Routine
 - Creating custom visuals/videos, teaching tools, etc
- 11:00 – 11:10 am: BREAK**
- 11:10am – 11:55am: Top 10 Exercises for the Gym, Classroom, or Home (Active Participation)**
- 12:00 – 12:30am: LUNCH**
- 12:30am – 1:30pm: Top 10 Exercises Continued.. (Active Participation)**
- 1:30 – 2:15 pm: Exercise Station Practicum (Active Participation)**
Following the EC group protocol, you will perform educationally-driven exercises that have been successful to teach those with autism. These exercises can also be taught individually and/or in a classroom setting.
- 2:15 – 2:45 pm: Group Program Design (Active Participation)**
You will be divided into groups and work together to create a workout plan based on various scenarios you may encounter when working with those with autism.
- 2:45 pm - 3:30 pm: Group Instruction (Active Participation)**
You will present the workouts created to your peers, explaining why you selected the evidence-based practices used, equipment used, exercises taught and the duration.
- 3:30 – 4:00 pm: Case-Study Exam**

MAKE A PROFOUND DIFFERENCE