

In Support of Sport Promotion



Presents

## Challenging Autism **WITH EXERCISE** PARENT WORKSHOP

### WHY EXERCISE?

Research has shown that exercise for those with autism is a gateway to reducing stereotypical behaviors (e.g., hand flapping, echolalia) and improving focus, social skills and language development.

*"Our National Survey of Autism Treatment Effectiveness, given to autism parents, 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 (physical therapy) with a 3.8/5." – Dr. Jim Adams, Arizona State University*

**SEPTEMBER 14, 2019**

**RAINBOW CENTRE**

501 Margaret Drive Singapore 149306

**9:00am - 3:00pm**

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

### WORKSHOP OUTCOMES

#### PARENTS WILL:

1. Gain confidence and inspiration by reviewing and understanding the research supporting the benefits of exercise for those with autism.
2. Demonstrate and instruct 10 fundamental exercises to do with their children.
3. Be able to apply evidence-based practices (e.g., visual supports, technology-aided instruction, etc.) to support exercise.
4. Know how to use exercise for sensory breaks at home, in the classroom, and beyond.
5. Learn agility ladder & letter jumping activities that will improve motor coordination and language development.

### LIMITED TO 100 SLOTS

#### HOW TO REGISTER

- Register your interest at [go.gov.sg/acsmpparentworkshop](http://go.gov.sg/acsmpparentworkshop)  
\*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](mailto:stefanie_ang@sport.gov.sg) or [inclusivesport@sport.gov.sg](mailto:inclusivesport@sport.gov.sg)

#### PARTICIPANT FEE

- Actual Course Fees: **SGP\$100**  
(50% funded by SportCares DSMP Fund \$50)  
\*DSMP: Disability Sports Master Plan
- Amount payable by Participant: **SGP\$50**
- Payment instructions will be followed up upon confirmation of your slot.



David Geslak  
Exercise Physiologist



Amber Pantaleo  
Special Education Teacher

WORKSHOP  
LED BY:

**MAKE A PROFOUND DIFFERENCE**



**EXERCISE CONNECTION**  
Enhancing Focus, Fitness & Family in the Autism Community

[exerciseconnection.com](http://exerciseconnection.com)

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Presents

**Challenging Autism**  
***WITH EXERCISE***  
PARENT WORKSHOP

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

## AGENDA

- |                 |                                                                                                                                   |
|-----------------|-----------------------------------------------------------------------------------------------------------------------------------|
| 9:00 - 9:15am   | Introduction & overview of content/goals for the workshop                                                                         |
| 9:15 - 9:30am   | Importance of exercise for those with autism<br>(e.g., health-enhancing exercise, social skills, sport, physical education, etc.) |
| 9:30 - 10:00am  | Evidence-based teaching strategies for those with autism                                                                          |
| 10:00 - 10:45am | ExerciseBuddy App: Uses in an exercise, home, or school setting                                                                   |
| 10:45 - 11:00am | Break                                                                                                                             |
| 11:00 - 12:00pm | Coach Dave's Top 10 exercises for those with autism<br>(Active Participation)                                                     |
| 12:00 - 12:30pm | Lunch                                                                                                                             |
| 12:30 - 1:00pm  | Creating Exercise Stations in a home, school, or gym setting<br>(Active Participation)                                            |
| 1:00 - 1:30pm   | Educationally-Driven Exercises (Active Participation)                                                                             |
| 1:30 - 2:00pm   | Introducing Yoga (Active Participation)                                                                                           |
| 2:00 - 3:00pm   | Questions and Workshop Wrap Up                                                                                                    |

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