

Exercise Considerations and Program Design for Special Populations Certification Course Syllabus

Fall 2021

Instructor Information

Instructor

Michael Maziekas

General Information

Description

The Certified Special Population Trainer (CSPT) course is designed for the exercise professional who wants to gain a better understanding of disorders and chronic conditions and to obtain the skills necessary to appropriately evaluate, assess, and prescribe exercise as an intervention to this population.

This certification course is the first step to building a referral network from healthcare providers.

Expectations and Goals

Course completion should be approximately 20 - 24 hours with 13 hours of live presentation and practical application. Students are given the first four assignments on October 1st as a self-pace learning. The first class will begin with a review of those chapter readings and practical assessments. Students are required to read each class chapter prior to the class.

Course Materials

The 11th edition of the ACSM's Guidelines for Exercise Testing and Prescription

This critical handbook delivers scientifically based standards on exercise testing and prescription to the exercise professional, and the student. This manual gives recommended procedures for exercise testing and exercise prescription in healthy and diseased patients.

Course Schedule

	Topic	Platform	Date/Time
Assignment 1	Benefit and Risk	Home study	
Assignment 2	Pre-exercise evaluation	Home study	
Assignment 3	Interpreting Exercise Testing	Home study	
Assignment 4	General Principles	Home Study	
Class 1	Review and practical	Zoom	Oct 21 st 6:00 - 9:00 pm
Class 2	Cardiac and Pulmonary	Zoom	Oct 23 rd 10:00 - 2:00 pm
Class 3	Metabolic and Brain	Zoom	Oct 24 th 10:00 - 12:00 pm
Class 4	Other Conditions	Zoom	Oct 24 th 12:00 - 2:00 pm
Class 5	Review	Zoom	Oct 26 th 6:00 - 8:00 pm
Exam	Exam	Online	