



ACSM/NCHPAD Resources for the Inclusive Fitness Trainer

By Cary Wing

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You can empower those who are challenged by physical, sensory or cognitive disabilities. The American College of Sports Medicine (ACSM) in collaboration with The National Center on Health, Physical Activity and Disability (NCHPAD) has developed a specialty certification for fitness professionals. Become an ACSM/NCHPAD Certified Inclusive Fitness Trainer, and give clients the knowledge and support to lead a healthy and comfortable lifestyle. This book provides the essential techniques and guidelines to prepare for the ACSM/NCHPAD Certified Inclusive Fitness Trainer certification including:

- Effective and adapted methods of exercise training.
- Exercise precautions for people with disabilities.
- An understanding of current ADA policy specific to recreation facilities and standards for accessible facility design.
- Instruction to individuals with disabilities to begin and continue healthy lifestyles.

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Editorial Review

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The American College of Sports medicine, founded in 1954, is the world's largest sports medicine and exercise science organization with more than 50,000 national, regional, and international members and certified professionals in more than 90 countries. With professionals representing more than 70 occupations, ACSM offers a 360-degree view of sports medicine and exercise science. From academicians to students and from personal trainers to physicians, the association of public health, health/fitness, clinical exercise, and health care professionals is dedicated to helping people worldwide live longer, healthier lives through science, education, medicine, and policy. For more information, visit www.acsm.org, <http://www.acsm.org/facebook>, and <http://www.twitter.com/acsmnews>.

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