

BROADEN YOUR KNOWLEDGE HELP MORE PEOPLE!



**MAY
15-16**

Inclusive Fitness Training Workshop
Register at <https://www.surveymonkey.com/r/PP2NLQC>

UM Skaggs
Building #114
Missoula, MT

What is Inclusive Fitness?

Fitness professionals must understand how to ensure people who may have a physical, sensory or cognitive disability feel welcome and receive appropriate and individualized guidance in order to meet their physical activity and fitness goals, whether in a health club, outdoor and/or home-based setting.



What will I learn?

In addition to general knowledge of exercise physiology, exercise testing and programming, you will also gain knowledge of:

- Inclusive facility design
- Awareness of social inclusion for people with disabilities
- American's with Disabilities Act (ADA)
- Safe and effective methods and recommendations of exercise
- Appropriate adaptations to exercise
- Precautions and contraindications to exercise related to disability
- Motivational techniques and appropriate instruction for individuals with disabilities to begin and continue healthy lifestyles

For Registration Information Contact:

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DISABILITY &
HEALTH PROGRAM