

CERTIFICATE IN ADAPTIVE EXERCISE

With over 16% of the global population living with a disability, there is a growing demand for professionals who can provide adaptive exercise solutions and promote inclusivity in fitness and wellness areas. The undergraduate Certificate in Adaptive Exercise is designed to equip students with specialized knowledge and skills to work effectively with individuals with physical and mental disabilities in fitness and recreational settings. This program emphasizes an interdisciplinary and holistic approach to fostering an understanding of diverse disabilities, and creating environments that are inclusive, safe, and empowering. The certificate will emphasize respectful and inclusive language, ensuring students can effectively and empathetically communicate with individuals with varying abilities. Students will apply knowledge in real world setting as they complete a service learning component of the certificate.

This certificate is open to all majors.

Learning Objectives

Upon successful completion, students will be able to:

1. Discuss and explain disability, disability rights, using history, legislation, universal design, and people first language, to foster a respectful and inclusive approach to exercise programming and patient/client interactions throughout one's lifespan.
2. Examine key legislation such as the Americans with Disabilities Act (ADA) and the Individuals with Disabilities Education Act (IDEA) that have shaped the rights of individuals with disabilities throughout history.
3. Discuss the principles of universal design and its role in creating accessible environments.
4. Practice people-first language to foster respect and dignity in communications and interactions within and social factors that impact exercise programming for individuals with chronic diseases, disabilities, and other unique health considerations across the lifespan.
5. Identify and describe unique exercises, tools and contraindications associated with assessing and prescribing exercise for special populations, ensuring safe and effective interventions.
6. Apply evidence-based guidelines during a service learning component that prioritize safety, effectiveness, and quality of life for diverse populations.
7. Discuss integrating physical activity as a management strategy for mental health conditions such as anxiety, depression, PTSD, and substance abuse, considering the unique needs of these populations.
8. Identify activity opportunities available for special populations at the national, state and local levels.

Learn more about the Certificate in Adaptive Exercise on the Department of Health and Exercise Science website. (<https://www.chhs.colostate.edu/hes/programs-and-degrees/>)