

## Course Information Sheet

**Course Title:** ACSM's Exercise Management For Persons With Chronic Diseases and Disabilities

**Course Description:** Newly revised & rewritten for 2016, this comprehensive reference gives you the latest ACSM exercise protocol and guidelines for 46 separate chronic diseases and disabilities -- virtually every special population group you can think of. You will also appreciate the expanded list of medications and real life case studies. This book from Human Kinetics should be in the library of every serious athletic trainer, physical therapist, massage therapist and fitness professional. Course includes hard-cover textbook, separate testing booklet and free, instant grading. Hardcover, 372 pages. Fourth edition, 2016.

### Learning Objectives:

After completing this course, you will be able to:

#### Part I

1. Identify the seven exercise test families
2. Explain the effects of medicine on exercise capacity.
3. Identify the two kinds of risks involved in exercise when working with persons with a chronic disease or disability.
4. Explain the physiological differences between children and adults in response to exercise.
5. Describe the recommended method used to regulate exercise intensity for young children.

#### Part II

1. Describe the signs and symptoms used in diagnosis of a myocardial infarction.
2. Describe the positive results of exercise training on persons with previous MI.
3. Explain the possible effects of cardiovascular medication on exercise response.
4. Explain the effects of revascularization on exercise response.
5. Explain exercise program recommendations that should be considered for persons who have undergone CABGS or PTCA.
6. Identify the three forms of symptomatic angina.
7. Explain the effects ischemia can have on exercise response.
8. Identify the goal of exercise training for persons with angina.
9. Explain exercise program recommendations that should be considered for persons with angina.
10. Explain the effects of atrial fibrillation on exercise response.

11. Explain exercise program recommendations that should be considered for persons with atrial fibrillation.
12. Identify the basic types of pacemakers and how they function.
13. Identify the Valvular heart disease that is most often congenital.
14. Explain exercise program recommendations that should be considered for persons with Valvular heart disease.
15. Identify the hemodynamic or organ changes that are associated with chronic heart failure.
16. Describe the effects of exercise training on persons with chronic heart failure.
17. Explain exercise program recommendations that should be considered for persons with chronic heart failure.
18. Identify valid causes for exercise intolerance for persons who have undergone cardiac transplant surgery.
19. Explain exercise program recommendations that should be considered for persons who have undergone cardiac transplant.
20. Explain the effects of regular exercise on blood pressure.
21. Identify lifestyle changes recommended for control of high blood pressure.
22. Explain exercise program recommendations that should be considered for persons with high blood pressure.
23. Explain the technique used to assess peripheral circulation.
24. Explain the effects of exercise training on peripheral arterial disease.
25. Identify the recommended mode of exercise for persons with peripheral arterial disease.
26. Identify the primary cause of congenital aortic aneurysms.
27. Explain the effects of exercise on aneurismal disease.
28. Explain exercise program recommendations that should be considered for persons with aneurismal disease.

**PART III:**

1. Explain what is meant by restrictive pulmonary disease and what is meant by obstructive pulmonary disease.
2. Explain the effects of COPD on exercise response.
3. Explain exercise program recommendations that should be considered for persons with COPD.
4. Explain exercise testing recommendations that should be considered for persons with chronic restrictive pulmonary disease.
5. Explain exercise program recommendations that should be considered for persons with chronic restrictive pulmonary disease.
6. Explain the effects of asthma on exercise response.

7. Explain exercise program recommendations that should be considered for persons with asthma.
8. Explain the effects of cystic fibrosis on exercise response.
9. Identify the preferred method for exercise testing for persons with cystic fibrosis.
10. Explain exercise program recommendations that should be considered for persons with cystic fibrosis.
11. Explain the effects of lung and heart lung transplantation on exercise response.
12. Explain exercise testing recommendations that should be considered for persons with lung or heart lung transplantation.

#### **PART IV**

1. Identify the primary goal of exercise training for persons with renal failure.
2. Explain exercise program recommendations that should be considered for persons with ESRD and ESLD.
3. Identify a common disease risk for persons with long standing diabetes.
4. Explain the effects of diabetes on exercise response.
5. Identify the principal lipoprotein classes and identify which one transports cholesterol from peripheral tissues back to the liver.
6. Explain what effect lipid lowering medications can have on exercise.
7. Explain exercise program recommendations that should be considered for persons with hyperlipidemia.
8. Explain how obesity is associated with disease risk.
9. Explain exercise program recommendations that should be considered for obese adults.
10. Explain exercise testing recommendations that should be considered for frail adults.
11. Identify the goal of exercise training for frail, elderly adults.
12. Explain exercise program recommendations that should be considered for frail, elderly adults.

#### **PART V**

1. Explain the effects of cancer on exercise response.
2. Explain exercise program recommendations that should be considered for persons with cancer.
3. Explain the effects exercise training can have on persons with AIDS.
4. Explain exercise program recommendations that should be considered for persons with AIDS.
5. Explain the effects of abdominal organ transplantation on exercise response.
6. Explain exercise program recommendations that should be considered for persons who have undergone organ transplant.
7. Explain exercise testing recommendations that should be considered for persons with chronic fatigue syndrome.
8. Explain exercise program recommendations that should be considered for persons with chronic fatigue syndrome.
9. Identify which exercise activities are not recommended for persons with fibromyalgia.

10. Explain exercise program recommendations that should be considered for persons with fibromyalgia.
11. Explain the effects of anemia on exercise response.
12. Explain exercise program recommendations that should be considered for persons with anemia.
13. Explain the risk association between platelet count and lifting heavy weights.
14. Explain exercise program recommendations that should be considered for persons with bleeding or clotting disorders.

#### **PART VI**

1. Identify the two most common rheumatologic diseases.
2. Explain the effects of arthritis on exercise response.
3. Explain exercise program recommendations that should be considered for persons with rheumatologic disease.
4. Explain the different methods used to measure appropriate exercise activity for persons with chronic LBP and persons with acute LBP.
5. Explain exercise program recommendations that should be considered for persons with lower back pain.
6. Explain exercise testing recommendations that should be considered for persons with osteoporosis.
7. Identify the benefits of exercise training for persons with osteoporosis.
8. Explain exercise program recommendations that should be considered for persons with osteoporosis.
9. Explain the possible disadvantages of using walking or jogging as a long term exercise activity for LL amputees.
10. Explain exercise testing recommendations that should be considered for LL amputees.

#### **PART VII**

1. Explain the association between the area of the brain involved in neurological impairment and exercise response.

2. Explain exercise program recommendations that should be considered for persons who have experienced a CVA or TBI.
3. Explain the difference between tetraplegia, paraplegia, and quadriplegia.
4. Explain exercise testing recommendations that should be considered for persons with spinal cord disabilities.
5. Explain exercise testing recommendations that should be considered for persons with muscular dystrophy.
6. Explain exercise program recommendations that should be considered for persons with muscular dystrophy.
7. Explain the different types of seizures that may affect a person with epilepsy.
8. Identify activities that are not recommended for persons with epilepsy.
9. Explain exercise testing recommendations that should be considered for persons with multiple sclerosis.
10. Explain exercise program recommendations that should be considered for a person with multiple sclerosis.
11. Explain exercise testing recommendations that should be considered for persons with polio and post polio syndrome.
12. Explain exercise program recommendations that should be considered for persons with polio or post polio syndrome.
13. Explain exercise program recommendations that should be considered for persons with ALS.
14. Identify the benefits and overall goal of exercise training for persons with ALS.
15. Explain the exercise abilities associated with the different CP ISRA groups.
16. Identify the effects of exercise training on persons with CP.
17. Explain exercise program recommendations that should be considered for persons with CP.
18. Explain the motor symptoms of Parkinson's disease.
19. Explain the exercise program recommendations that should be considered for persons with Parkinson's disease.

## **PART VIII**

1. Explain the classification levels of mental retardation.
2. Explain the effects of Down's syndrome on exercise response.
3. Explain exercise testing recommendations that should be considered for persons with mental retardation.
4. Identify exercise activities that are effective and increase motivation for persons with mental retardation.
5. Explain exercise program recommendations that should be considered for persons with Alzheimer's disease.

6. Identify the three most common mental illness diagnoses.
7. Explain exercise testing and programming recommendations that should be considered for persons with mental illness.
8. Explain exercise program recommendations that should be considered for persons with hearing loss.
9. Identify which type of visual impairment has the most effect on mobility.
10. Explain exercise program recommendations that should be considered for persons with visual impairment.

**Target Audience:** Beginner/Intermediate/Advanced

**Schedule and Format:** Self-paced home study

**Fees:** Please see our website for the most current details on pricing & CE awards:

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**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

**Instructor/Author Credentials:**

The American College of Sports Medicine (ACSM), founded in 1954, is a professional membership society with more than 50,000 national, regional, and international members in more than 90 countries dedicated to improving health through science, education, and medicine. ACSM members work in a range of medical specialties, allied health professions, and scientific disciplines. Members are committed to the diagnosis, treatment, and prevention of sport-related injuries and the advancement of the science of exercise.

The ACSM promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards:

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**Sponsors:** N/A