



SPORTS | FITNESS

Active Demonstration: Exceptional Fitness Structured System™ - Fitness

Speaker: Jason Miletsky B.S. CPT

Day Two: March 24, 2023

Times: 10:30-11:45 a.m. and 1:00-2:15 p.m.

Abstract

EFF employs the Exceptional Fitness Structured System™ curriculum and methodology developed by Jason Miletsky B.S. to provide its unique programs created specifically for individuals with autism, Developmental Disorders, and other special and exceptional needs including cognitive and physical disorders. The curriculum integrates functional fitness movements, and accounts for the five health-related and six skill-related components of fitness, as well as adaptive behavior, cognition level, communication skills, sensory needs, and executive functioning. This is accomplished through targeted assessment and individualized supports and fitness plan. The plan is continually reviewed to ensure proper instruction. The "core" movements and "survival skills" of the system are based on functional movement, martial arts movements, musical movement, yoga, and social safety instruction. Developer Jason Miletsky B.S. worked and continues to work very closely with experts in the fields of Autism, Behavior Analysis, Exceptional Learners, Exercise Physiology, Physical and Occupational therapies, medical doctor recreation therapy, and fitness coaches to create an eclectic approach to exercise and fitness programs, evidence-based curriculum, learning, and best practices. Through the use of a variety of fitness, exercise, and recreation equipment, fun activities, circuit routines, sensory items, music, and a variety of individualized and group supports, including visual supports, timers, schedules, etc. The Exceptional Fitness Structured System™ and curriculum are able to provide one of the most unique fitness, athletic, exercise, and recreational experiences not only for exceptional athletes but for all individuals regardless of ability level or age. Instruction can be provided on a 1:1 individual basis, group, private group, and we can come to you!

Learning Objectives

- The physical effects of autism on the body and how it influences fitness programming.
- Learning characteristics of individuals with autism and how they influence coaching and teaching strategies.
- Program design and exercise selection based on assessment.

