



Fitness Programming and Physical Disability

Patricia Miller

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No single book offers more information for developing and conducting exercise programs for groups that include people with physical disabilities. In *Fitness Programming and Physical Disability*, a dozen authorities in exercise science and adapted exercise programming explain how to effectively and safely modify existing programs for individuals with physical disabilities--without changing the quality or nature of the activity.

Fitness Programming and Physical Disability is an important reference for health fitness instructors, rehabilitation specialists, and fitness directors who design and lead group exercise programs. The book is also used as the text for Disabled Sports USA's "Fitness Is For EveryoneSM" Adaptive Fitness Instructor Certification Workshops.

The book is organized in four parts that guide the reader from theory into practice. **Part I**, an introduction, describes several common physical disabilities, provides insights to help exercise leaders better understand and communicate with people with disabilities, and draws attention to potential barriers that may limit access to community programs.

Part II explores the effects of physical disabilities on exercise and training, with particular emphasis on how physically disabling conditions may alter the structure and function of the physiological systems that interact to support aerobic and anaerobic exercise.

Part III offers guidelines for adapting specific fitness programs, such as resistance training, stretching, and aerobic dance, to meet the unique needs of people with physical disabilities.

Part IV provides practical guidelines for managing accessible fitness programs, including program development and promotion, handling medical emergencies in an exercise situation, tips for working with program participants who use wheelchairs, and much more.

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