

8:30 – 8:45am | Introduction & Online Modules Recap

8:45 – 9:15am | Create a Positive Learning Environment & Managing Behaviors During the Exercise Session

9:15 – 9:45am | Understanding & Giving Physical Assessments

9:45 - 10:15 am | Individual Program Design

10:15 - 10:25am | Break

10:25 - 11:00am | Top 10 Exercises for Therapy Sessions, Classroom, or Gym (Active Participation)

11:00 – 12:00 pm: LUNCH

12:05 – 12:35pm | Top 10 Exercises continued & Educationally-Driven Exercises (Active Participation)

12:35 – 12:50pm | Exercise Buddy (Technology-Aided Instruction) Review

12:50 – 2:00pm | Exercise Station Practicum (Active Participation) & Case-Study Program Design (Active Participation)

- Following the EC group protocol, participants will learn new activities and perform exercises that have been successfully with autistic clients.
- In small groups, participants create a workout plan based on various scenarios when working with those with autism individually or in groups.

2:30 pm - 3:15pm | Group Instruction (Active Participation)

- Participants present the workouts created to peers, explaining why you selected the evidence-based practices used, equipment used, exercises taught and the duration.

3:15 – 4:00pm | **Case-Study Exam**