

Adult Exercise Program

Introduction

Hi there! My name is Jordan Wheeler and I am a second-year studying Kinesiology (the study of movement). My passions are exercise, art, and helping others :) I have a special place in my heart for adults diagnosed with an autism spectrum disorder. I am devoted to helping people with autism stay active and feel welcome in the community.

Description

I will be holding an exercise program for adults diagnosed with autism from March 15th - May 22nd. This program will contain sport related exercise moves and have a new sports theme each week. The class will be broken into four parts: a warm up, sports themed workout, group game, and cool down. Each week will have fun, new, and challenging exercises for every member of the class to crush. There is no equipment needed, just a positive attitude is recommended :)

Class Outline

1. **Introduction period (5-10 minutes) **only do for first class**
 - a. Introduce myself and my credential
 - b. State goals:
 - i. Provide a safe and fun environment for physical activity
 - ii. Help provide wellness and build habits that are lifelong
 - iii. Show how exercise can be fun
 - c. Explain class format and how each class will run
 - i. Begin with warmup ~ 5 min
 - ii. Introduce sport of the day
 - iii. Sport style circuit workout ~ 30 min
 - iv. Group exercise game ~ 15 min
 - v. Cooldown ~ 10 minutes
 1. Lead through stretches
 2. Have them agree on next sport theme
 3. Rate workout
 4. Say one positive thing about themselves for the class
 5. All around waves and goodbyes
 - d. Have class introduce themselves
 - i. Name
 - ii. Age
 - iii. Favorite sport (give examples)
 - iv. What they are most excited about for this class
 - e. Any questions?

2. Warm up

- a. Each exercise will be 30 seconds
- b. We will warm up for 5 minutes
 - i. Arms: arm circles (forward and back), rotational punches, sky punches
 - ii. Legs: lunge position, legs wide and move side to side, squats (modification: walking high knees)
 - iii. Cardio: vertical hops (modification: calf raise), stationary jump rope (modification: standing skips), jumping jacks (modification: standing jacks)
 - iv. One minute water break before we begin
 1. During water break explain how many exercises and how many rounds and Introduce sport
 2. Any questions before we start?

3. Sports Themed Workout **soccer

- a. First circuit
 - i. Goalie training
 1. Cross sky punches **punching ball over bar
 2. Fast feet (mod: slow feet) **ready for PK
 3. Squats (mod: touch toes and up) **goalie position
 - a. Show exercises before starting circuit
 - b. Each exercise will be 35 seconds long with a 25 second rest between each exercise. Repeat circuit three times
- b. One minute water break
- c. Second circuit
 - i. Defender training
 1. Vertical jumps (mod: calf raises) **header
 2. Front kicks **long ball kick
 3. Lateral raises **bodying someone off the ball
 - a. Show exercises before starting circuit
 - b. Each exercise will be 35 seconds long with a 25 second rest between each exercise. Repeat circuit three times
- d. One minute water break
- e. Third circuit
 - i. Offense training
 1. Inchworms **flopping
 2. Star jumps (mod: walking out star jump)**celebrating after goal
 3. Farmers walk **walk back to midfield after goal being scored
 - a. Show exercises before starting circuit
 - b. Each exercise will be 35 seconds long with a 25 second rest between each exercise. Repeat circuit three times
- f. One minute break

4. Group exercise game: fit dice (15 min)

- i. Each person gets a chance to tell me when to roll the die. The green die tells the group what type of exercise and the white die tells the group how many reps we do of the exercise
 1. Green die:
 - a. 1: jumping jacks
 - b. 2: monkeys
 - c. 3: squats
 - d. 4: cross punch
 - e. 5: vertical jump
 - f. 6: frog jumps
 2. White die:
 - a. 1: 2 repa
 - b. 2: 4 reps
 - c. 3: 6 reps
 - d. 4: 8 reps
 - e. 5: 10 reps
 - f. 6: 12 reps

5. Cool down (5 min)

- a. Arms:
 - i. Neck rolls, cross arms stretch, hands behind back stretch
- b. Legs:
 - i. Hamstring stretch, wide stance lean to one side, one foot forward calf stretch
- c. Wrap up:
 - i. Name one positive thing about your session today, vote on sport for next week, high fives all around