



ADAPTIVE & INCLUSIVE TRAINER (AIT)

CONTINUING EDUCATION DOCUMENTATION ONLINE COHORT COURSE

COURSE: Adaptive and Inclusive Trainer Certification (Online Course)

EDUCATION UNITS: 25 hours total: 20 asynchronous, 5 synchronous

INSTITUTION: Adaptive Training Academy

CONTACT INFO: info@ata.fit | www.ata.fit



ADAPTIVE & INCLUSIVE TRAINER (AIT) CERTIFICATION COURSE

The **AIT certification course** is an assessment-based certification course that provides a comprehensive education in adaptive fitness methodology, risk management, exercise adaptations, and whole health programming. Graduates learn and practice procedures that will enable them to conduct safe and effective fitness training for a wide spectrum of people with disabilities, while also providing an inclusive setting using universal design principles. Graduates earn the title of certified **Adaptive & Inclusive Trainer (AIT)** by completing the required coursework and passing the certification exam.

COURSE LEARNING OBJECTIVES

After completing this course, graduates will be able to:

- Apply safe and effective adaptive and inclusive fitness training principles and methods.
- Communicate effectively using multiple methods and appropriate disability terminology and adaptive fitness nomenclature.
- Identify common and individualized safety risks and implement sufficient risk mitigation policies and strategies to maximize trainee safety.
- Identify and utilize common adaptive equipment (prosthetics, orthotics, wheelchairs, specialized fitness and sports devices, and more) and understand their effects on movement and task accomplishment.
- Integrate with the trainee's whole health support team by understanding the trainer's role in coaching people with temporary impairments and permanent conditions.
- Write and analyze workout programming for temporarily impaired and permanently adaptive trainees using any preferred fitness methodology.
- Create and modify exercises to meet the individualized needs and constraints of trainees.
- Plan and execute training sessions for one-on-one clients and group fitness.
- Conduct introduction onboarding for new trainees.

ADAPTIVE TRAINING ACADEMY | 501(C)3 NON-PROFIT | [INFO@ATA.FIT](mailto:info@ata.fit)





ADAPTIVE & INCLUSIVE TRAINER (AIT)

COURSEWORK DETAILS

20 hours of asynchronous, self-paced coursework

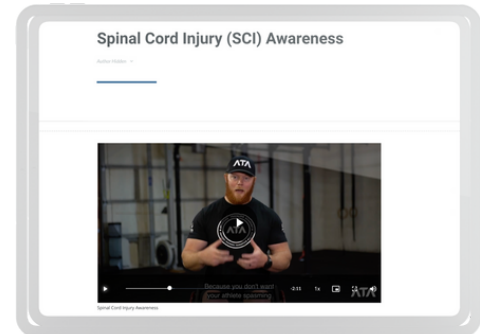
- 15.5 hours: Video Lectures and Demonstrations
- 3 hours: Textbook Self-Study
- 1.5 hours: Assessments

5 hours of synchronous, instructor-led virtual sessions

Textbook Wordcount: 54,562

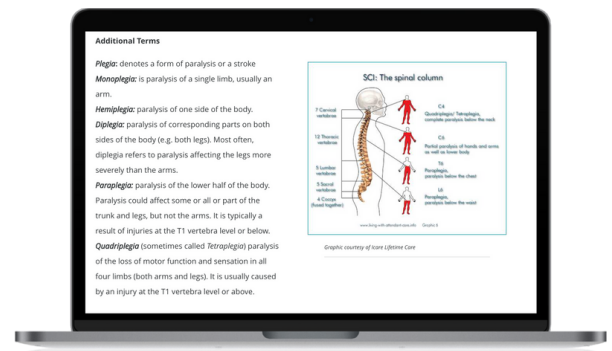
Online Course Wordcount: 46,885

Course Bibliography (cited sources): [External Link](#)



COURSE SYLLABUS

- Disability Awareness and Language
- Adaptive Equipment
- Principles of Adaptive & Inclusive Training
- Adaptive Workout Programming
- Awareness, Training Methods, Exercise Adaptations:
 - Upper Extremity Impairments
 - Lower Extremity Impairments
 - Neurological Impairments
 - Spinal Cord Injury Trainees
 - Seated Trainees
 - Vision Trainees
 - D/deaf Trainees
 - Intellectual Disabilities
 - Dwarfism Trainees
- Facility and Digital Accessibility
- Inclusive Onboarding

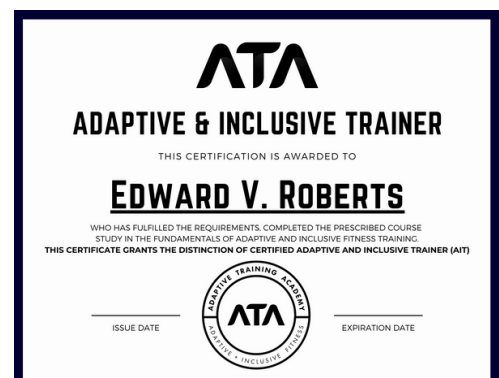


CERTIFICATION REQUIREMENTS

Certifications are valid for 3 years.

Recertification requires passing current AIT exam.

- Complete all coursework
- Pass certification exam (administered online)
- 40 multiple-choice questions (80% required)





ADAPTIVE & INCLUSIVE TRAINER (AIT)

AIT COURSE STAFF

Primary AIT staff presentors and curriculum contributors.

Alec Zirkenbach, CCFT, AIT

- Seminar Staff, Executive Director
- Invictus Fitness, Adaptive Coach
- San Diego State University, Adaptive Athletics S&C Coach (advisor)
- Veterans Administration, Adaptive Fitness & Sport Advisor
- 10 yr US Navy Veteran (LT ret.)
- Founded and operated 3 gyms with adaptive programs
- Created: CrossFit Specialty Course: Adaptive Training
- Wrote classification/competition manual for CrossFit Adaptive Divisions
- Featured in Men's Health



Jenna Muri-Rosenthal, CCC SLP, CBIS, CF-L2

- Seminar Staff, Neuro SME
- Certified Brain Injury Specialist (CBIS)
- Masters in Communication Sciences & Disorders
- Health Professions Teaching & Learning Certified, HPED
- Speech-Language Pathologist, Massachusetts General Hospital (MGH)
- Adjunct Professor at MGH Institute of Health Professions
- Founder & Coach, Fit to Function Recovery



Tom Miazga, CF-L1, ASCA, AIT

- Seminar Staff, Seated Athlete SME (CP Athlete)
- Wisconsin Swimming Disability Chair
- USOPC Athlete Advisory Council Member, Para Swimming
- United Training Foundation, Board Member
- CrossFit Adaptive Correspondent / On-Field Reporter
- Adapt & Conquer Crossfit, Lead Coach
- 2008 US Paralympic Team Member, Swimming



Casey Acree, MS, CSCS, OPEX CCP, CF-L1

- Seminar Staff, Upper Ext. Athlete SME, Programming SME
- Masters of Exercise Science
- 2x CrossFit Games Champion (UE, '21, '22)
- 4 Time Wodapalooza Adaptive Standing Champion
- Owner/Coach, Summit Systems, LLC
- Underdogs Athletics Individual Remote Coach



Kevin Ogar, CCFT, AIT

- Seminar Staff, Seated Athlete SME (SCI T11)
- 2022 CrossFit Games Champion (Seated Division)
- CrossFit Level 1 & 2 Seminar Staff
- CrossFit Watchtower, Owner & Coach
- WheelWOD, Coach & Head Judge
- Competed on Team USA for Para Powerlifting
- Movie: Kevin Ogar Will of Steel





ADAPTIVE & INCLUSIVE TRAINER (AIT)

COURSE AUTHORS, CONTRIBUTORS, AND EDITORS

Logan Aldridge, CF-L2, AIT

- **ATA Upper Extremity SME, Virtual Coaching SME**
- Peloton Instructor (first and only adaptive instructor)
- Logan Aldridge Foundation, President
- *Former Pro Wakeboarder*
- *Sponsored Nike Athlete*
- *4-time WheelWOD World Champ (adaptive upper div.)*
- *3rd Place CrossFit Games (2021)*
- *Holds two Guinness World Records*
- *Has invented 5+ pieces of adaptive equipment*

Jamie Shawn Hardman, MA, NIC, CF-L1, AIT

- **ATA Disability Awareness, Signed Language SME**
- Gallaudet University, MA Deaf Studies
- Salt Lake College, Professor of Language Interpreting
- National Interpreter Certification (NIC)
- CrossFit Level 1 (CF-L1)
- CrossFit Kids Trainer
- *Intern for the World Federation of the Deaf (WFD)*
- *Fluent in Norwegian Sign Language*
- *Coaches adaptive fitness (signed and spoken)*

Marc Gil Manzanares, CF-L2, AIT

- **ATA Sensory SME**
- Limited Edition Athletes, Founder & Director
- Pompeu Fabra University, MS Public and Social Policy
- Madrid Autonoma University, MS Social Diversity
- Certified Spanish National Weightlifting Trainer
- Certified Adaptive Swimming Trainer
- *The fittest Vision athlete in the world (2017-2021)*
- *Director of ATA's European division*
- *Adaptive athlete: has a rare vision disease (Stargardt)*

Kristen Arnold, MAT, M.Ed., CF-L1, AIT

- **ATA Director of Education, Intellectual Trainee SME**
- ASU, Doctoral Candidate (Special Education)
- Whitworth University, MA Teaching
- ASU, M.Ed. Learning Design and Technologies
- *3x CrossFit Games Competitor*
- *Proud mother to a special needs son (Downs & Autism)*

Kiersten McCartney, DPT CF-L1, AIT

- **ATA Research Director**
- Ph.D. Candidate - Biomechanics and Human Movement Sciences
- Founder/Head Coach, Arena Adaptive
- Doctor of Physical Therapy
- MS - Kinesiology & Nutrition
- Level 1 USA Track & Field Coach
- *Serves on the CrossFit Adaptive Competition Eligibility Board*
- *Assisted in creating/writing the CrossFit Adaptive Athlete Policy (classification document)*

Will Wright, Ph.d, M.Ed., CSCS, AIT

- **ATA Strength & Conditioning SME**
- University of Alabama Adapted Athletics, Director of Sports Performance
- Valdosta S. University, MS Education Health & Phys. Ed.
- Certified K-12 Physical Education Teacher
- *Ph.D. in Exercise Physiology*
- *First-ever D1 Adapted Athletics S&C Coach*
- *Coached 6 National NSCA All-Americans*
- *Coached 5 National Championship UofA teams*

Christina Latex, CTRS, CF-L2, AIT

- **ATA Recreation Therapist SME**
- Orlando VAMC Recreational Therapist
- *Has created and runs a successful adaptive fitness program for Veterans at the Orlando VAMC*
- *Advisor to the National Veterans Wheelchair Games and National Veteran Summer Sport Clinic*

Dr. Amanda Iannotti, OTD, OTR/L, CF-L 1, AIT

- **ATA Assistant Director of Education**
- ATA Occupational Therapy SME
- Doctor of Occupational Therapy
- Adaptive CrossFit Coach

CEU PRE-APPROVAL

Through our partners at the Institute of Clinical Excellence (ICE), all AIT course options are pre-approved as a California Physical Therapy Approved Provider (CPTAAP-34) and approved automatically in every state that shares reciprocity.



STATES WITH RECIPROCITY

Alabama, Alaska, Arizona, Arkansas, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Idaho, Indiana, Iowa, Kansas, Kentucky, Massachusetts, Michigan, Mississippi, Missouri, Montana, Nebraska, New Hampshire, North Carolina, North Dakota, Oregon, Rhode Island, South Carolina, South Dakota, Tennessee, Utah, Vermont, Virginia, Washington, Wisconsin and Wyoming.