



# ADAPTIVE & INCLUSIVE TRAINER (AIT) ADAPTIVE TRAINING ACADEMY

**Adaptive Training Academy (ATA)** is a mission-oriented non-profit (est. 2012) led by a coalition of adaptive athletes, trainers, physios, and health professionals dedicated to providing research-based fitness training education and guidance to **enable accessible and inclusive fitness training for every body, regardless of ability.**

ATA accomplishes its mission primarily by providing practical, real-world adaptive fitness and sports education (certificates and certifications) through in-person and online courses, training camps, and event consulting.

ATA supports the creation and success of adaptive fitness and sporting opportunities by offering grant funding, conducting and enabling research, and providing event consulting worldwide.



A few of our research and training partnerships



**1,600+**  
GYMS & ORGANIZATIONS TRAINED



**51+**  
COUNTRIES REPRESENTED





# ADAPTIVE & INCLUSIVE TRAINER (AIT) SEMINAR COURSE

The **AIT certification course** is an assessment-based certificate 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.

### COURSE INCLUDES:

- Asynchronous online coursework
- AIT Textbook (pdf)
- AIT certification exam (online)
- *Trainer listing on AIT directory*
- *Access to exercise video library*
- *Access to community discussion board*

Graduates earn the title of certified **Adaptive & Inclusive Trainer (AIT)** by completing the required coursework and passing the online certificate exam.

### AIT CERTIFICATE REQUIREMENTS

- AED & First AID certificate
- Complete all online coursework
- Pass AIT certificate exam (provided online)

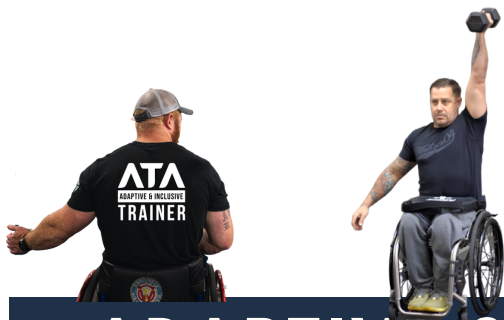


## COURSE LEARNING OBJECTIVES

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 & INCLUSIVE TRAINER (AIT)

## AIT SEMINAR COURSE OPTIONS

The AIT seminar course includes asynchronous online coursework in addition to the in-person seminar.

To accommodate the specific education needs of your organization, you can customize a seminar to include the specific session elements. Any coursework not provided in the seminar will be provided in the asynchronous online course and AIT textbook.

### OPEN TO PUBLIC SEMINAR

- Two-day seminar (9am-5pm)
- Schedule available online ([www.ata.fit](http://www.ata.fit))
- \$999/attendee

[LEARN MORE](#)

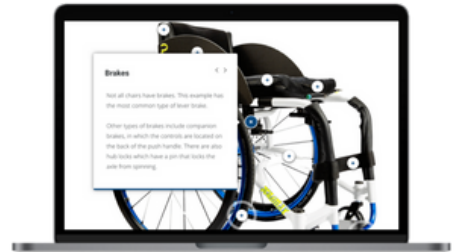


## ASYNCHRONOUS ONLINE COURSEWORK

- 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
  - Neruo Trainees
  - Seated Trainees
  - Intellectual Disabilities
- Common Impairments Awareness
- Facility and Digital Accessibility
- Inclusive Onboarding

## ASYNCHRONOUS ONLINE COURSEWORK DETAILS

- 6 hrs coursework | AIT Textbook: reading time 2.5 hrs
- Video Lectures: 1.25 hr | Assignments: 1 hr | Field Experience: 1.25 hrs



[LINK TO EXAMPLE](#)

## SYNCHRONOUS SEMINAR COURSEWORK

*\*All experiences listed. May curate customized seminar.*

- 3 Empathy Workouts w/ Simulated Impairments
- Disability Awareness and Language Discussion
- Functional Movement Pattern Exercises Workshops:
  - Adapting and creating exercises for:
    - Squats, Hinge, Push, Pull, Press, & Locomotion
- Conditioning Exercises Workshop
- Vision Trainee Lecture & Workshop
- D/deaf Trainee Lecture & Workshop
- Intellectual Disabilities Lecture & Workshop
- Workout Programming Lecture & Workshop
- New Trainee Onboarding & Program Implementation

## COURSEWORK DETAILS

- 7-14 hours of instructor-led training
  - Single-day 7 hrs | Two-day 14 hrs
- 9am-5pm (1-hour lunch break)





# ADAPTIVE & INCLUSIVE TRAINER (AIT)

## AIT COURSE STAFF

Each seminar includes a minimum of 3 ATA Seminar Staff. Larger seminars (30+) may accommodate more staff.

### 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*



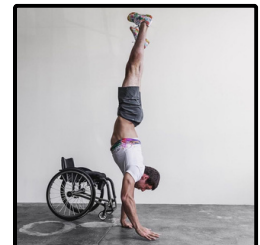
### Jenna Muri-Rosenthal, CCC SLP, CBIS, CF-L2

- 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

Includes all course staff (listed on previous page) who authored or contributed to the AIT curriculum.

#### 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

