



about ISSA

The International Sports Sciences Association was founded in 1988 by Sal A. Arria, DC, MSS, and Frederick C. Hatfield, PhD, MSS. These two pioneers in the field of fitness and sports medicine sought to build a solid foundation for health and fitness education that would standardize knowledge, techniques, and philosophy both nationally and internationally. ISSA then formed an advisory board culled from the elite ranks of research, coaching, sports medicine, and other branches of sports and fitness science. The majority of ISSA professors and advisors are both world-class athletes and Masters or PhDs—people who have extraordinary academic backgrounds *and* practical, “in-the-trenches” fitness training experience.

The ISSA acts principally as a teaching institution and certification agency for professional fitness trainers, aerobics instructors, nutritional experts, college strength coaches, physical therapists, occupational therapists, athletic trainers, teachers, and other individuals with a passion for sports, health, and fitness.

Recognized as The World Leader in Fitness Certification, the ISSA has provided certification and continuing education for over 65,000 fitness professionals, and several thousand more are currently participating in independent study or foreign student programs.

Enrollment Application

Student Information

Name _____ date _____

Address _____

City _____ State _____ Zip _____

Phone _____ day _____ eve _____

Email _____

Organization _____

How did you hear about ISSA? _____

Cost of the Program

Total Tuition \$595.00 US*

Shipping & Handling \$20.00 US*

Group Discounts are available. Call for details.

Payment Information

Money Order Check# _____

   

Credit Card # _____

Exp. date _____ Total to be charged to card _____

Cardholder _____

Signature _____

Complete and Return to

**ISSA • 1015 Mark Avenue
Carpinteria, CA 93013
Fax: 805.745.8119**

* All prices are in US dollars and are subject to change without notice. The \$20 shipping and handling fee applies to the continental US only. For all other areas, please call for exact shipping cost. Refunds granted within 30 days of date of purchase by written request, provided that all course materials are still in new condition. A \$50.00 administrative fee plus shipping costs will be deducted from all refunds. The cost of materials will also be deducted if materials are damaged or written in.

800.892.4772 • FitnessEducation.com



Fitness Therapy™

Improving quality of life.



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Fitness Therapy™ (FT) Program

If you could turn the clock ahead

and look into the future, you'd see a powerful union between the health care and fitness communities.

Tomorrow's health conscious individuals will understand the vital link between fitness and wellness. In an

attempt to capitalize on this awareness, hundreds of hospitals have already opened fitness facilities and hun-

dreds more are in various stages of development. Every day, numerous employment opportunities are opening

up in these facilities for therapists who are trained in exercise, sports and orthopedics. Spearheading the

drive to fill this need, the ISSA's Fitness Therapy™ program takes the best technologies from both

the health care and fitness realms, and combines them into a potent synthesis of opti-

mal holistic treatment. ISSA has developed this ground-breaking program

to train both health care practitioners and personal trainers

to work with special populations and restore

fitness in post-rehab patients.

ISSA's Educational Support team is here to help you—free of charge—while you study *and after* you become certified. Have a question about the course text? Give us a call. Need help planning a strength training program for a client recovering from knee surgery? Drop us a line.

Why the Fitness Therapy™ Program is Ideal for Health Care Professionals

This program enables you to shift your focus away from illness and towards prevention and wellness. In today's managed-care environment, reimbursement is also a key concern. As you know, most payers allow only enough treatments to bring the patient out of the acute phase, but not enough to restore the patient back to 100% functional ability and prevent re-injury. The Fitness Therapy™ Program opens up a new area of reimbursable services that you can provide, while bringing the patient back to fully-restored fitness.

Why the Fitness Therapy™ Program is Ideal for Your Patients and Clients

All too often, individuals suffering from debilitating medical conditions are inclined to think that fitness doesn't apply to them. In reality, fitness is even more vitally important to these individuals. The Fitness Therapy™ Program enables you to enhance the health and aliveness of anyone who has restrictions on their ability to exercise.

Tuition

\$595.00, plus shipping and handling, covers the cost of certification, including the course texts and on-going technical and educational support. There are no hidden costs!

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Why the Fitness Therapy™ Program is Ideal for Personal Trainers

With increasing frequency, orthopedists, cardiologists, and specialists in sports medicine are prescribing exercise therapy for post rehab patients. Unfortunately, most gyms and health clubs find that their ordinary trainers are not knowledgeable enough to design programs that accommodate the special needs of post-rehab patients. Often, routines are ill-conceived and they wind up exacerbating the patient's condition instead of improving it. The owners of these facilities are usually unqualified to evaluate the skills of health care professionals and reluctant to hire them for fear of being compelled to carry expensive medical malpractice insurance.

Course author Dr. Karl Knopf is uniquely qualified to bridge the gap between health care and fitness. Dr. Knopf began his teaching career at Foothill College in Los Altos, California, in 1976 as the coordinator of Adapted Physical Education. He has been instrumental in developing programs for persons with arthritis and chronic pain, disabilities, and the developmentally delayed. Dr. Knopf has been writing, consulting and speaking professionally throughout his career. Since 1986, he has been a consultant with Stanford School of Medicine for older adult research projects and is a recent recipient of the respected NISOD, Excellence in Teaching Award.