

ONLINE CERTIFICATION COURSE COVERAGE

Rock Steady Boxing's Online Certification Course offers a professional development opportunity for coaches at existing Affiliate locations. This in-depth course provides a knowledge of Parkinson's disease and boxing basics that will enhance a coach's effectiveness in the gym.

ROUND 1-WE ARE ROCK STEADY

- Are you Ready?
- Day of Diagnosis
- Going Home with Parkinson's
- Coach Introductions
- The Role of the Rock Steady Coach

ROUND 2-KNOW YOUR OPPONENT-PARKINSON'S DISEASE

- Parkinson's Disease Facts
- Idiopathic or Atypical Parkinson's?
- Common Motor and Non-Motor Symptoms
- Disease Progression
- Parkinson's Treatments
- A Multidisciplinary Approach

ROUND 3-RING STRATEGY-HOW ROCK STEADY FIGHTS BACK AGAINST PARKINSON'S

- The Rock Steady Method
- Longitudinal Study Proves RSB's Methodology is effective in combating Parkinson's Symptoms
- Class Levels as They Correspond with the Hoehn and Yahr Scale
- Functional Fitness
- The Rock Steady Attitude

ROUND 4-ROCK STEADY'S PHILOSOPHY AND FIGHT-BACK ATTITUDE

- The Day of Diagnosis - A Life - Changing Moment
- To Fight or Not to Fight?
- Assembling a Team of Experts
- Re-Aligning Perceived Expectations
- The Rock Steady Coach as a Positive Force (We Put the Party in Parkinson's!)

ROUND 5-PREPARING FOR THE FIGHT-THE ROCK STEADY CURRICULUM

- Curriculum Structure
- Breaking Down the Curriculum Components
- Class Levels with Modifications and Progressions
- Coach's Tips and Tricks/Identifying Symptoms and Offering Work-Through Strategies and Solutions
- Safety Guidelines for Coaches and Volunteers in Class

ROUND 6-PRE-FIGHT CHECKUP-INITIAL INTAKE AND ASSESSMENT

- Initial Intake Interview/Exceeding Customer Expectations
- Necessary Intake Paperwork
- Physical Assessment (Fullerton or Berg Balance test, 30 Second Sit-to-Stand, and the Timed-up-and Go Test)
- Collecting Subjective and Objective Data
- Conservative Class Placement

ROUND 7-ABOUT BOXING

- The Million-Dollar Question...“Why Boxing?”
- Research-Based Evidence
- A Boxer's Training Regimen
- How a Boxer's Training Regimen Helps Combat Parkinson's Disease Symptoms
- Forced, Intense Exercise; Set, Reach, and Surpass Goals!
- The Fun Factor!

**ROCK STEADY**

CONTINUED ->

BOXING

ROUND 8-BOXING-SPECIFIC EXERCISES

- Boxing-The Heart of Rock Steady's Curriculum
- Chase-The-Rabbit, Modifications and Progressions
- Jump-Rope, Modifications and Progressions
- Shadow Boxing, Modifications and Progressions
- Roadwork, Modifications and Progressions

ROUND 9-BOXING MOVES

- Anatomy of a Punch and Footwork
- Parkinson's Benefit-Posture
- Parkinson's Benefit-Balance
- Parkinson's Benefit-Breathing
- Parkinson's Benefit-Rotation

ROUND 10-BOXING SPECIFIC ROUTINES

- Hand Protection; Hand-Wraps, Gel Wraps, and Boxing Gloves
- Heavy Bag
- Speed Bag
- Double-Ended Bag
- Focus Mitts

ROUND 11-CORE WORK

- Anterior Core Exercises- Modifications and Progressions
- Oblique Exercises-Modifications and Progressions
- Posterior Core Exercises-Modifications and Progressions
- Special Considerations-Anterior Core Stretching

ROUND 12-BUILDING A RSB-STYLE WORKOUT

- Curriculum Breakdown
- Warm-up-Examples, Modifications and Progressions

- Workout-Examples, Modifications and Progressions
- Core-Work-Examples, Modifications and Progressions
- Cool-Down-Examples, Modifications and Progressions
- Cheesy Cheer...Bring-it-in!!

ROUND 13-HEALTH AND SAFETY

- Safety-Top Priority!
- ADA Compliance and Accessibility
- Volunteers, Cornermen, and Safe Ratios in Class
- Emergency Response Protocol
- Scope of Practice
- Coach Self-Care and Compassion Fatigue
- Depression and Parkinson's - Suicidal Ideation and Coach Responsibility

ROUND 14-RSB-STYLE CUSTOMER SERVICE

- The Coach's Role-Safely Challenging Perceived Expectations
- Challenging at All Levels
- Encourage Competition
- Practice Compassionate Listening
- The Fun Factor and Social Component
- The Rock Steady Community

ROUND 15-COACHING CORNERMEN AND VOLUNTEERS

- Coaching the Cornerman
- Volunteer Recruitment
- Training Qualified Volunteers
- Code of Conduct and Volunteer Expectations
- Sample Volunteer Orientation

ROUND 16-FINAL EXAM AND TEST