Outcomes of Individualized Personal Training Programs for Three Adult Siblings with Autism

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Abstract
The purpose of this study was to assess the efficiency of three 6-week individualized personal training programs for three adult brothers who have autism. Using a single subject design, physical activity levels, basic fitness measures, and interviews were used to construct three individualized training programs to fit the subjects needs. Findings from this study can guide professionals in the adapted physical activity field who work with adults who have autism. Individualized personal training programs may provide an avenue for treatment or behavior modification for adults with autism.

In conclusion, the benefits of individualized personal training programs for adults with autism are not well established. However, the results of this study indicated that providing adults with autism with an individualized training program can be beneficial for the individual in more ways than one way. All three subjects saw improvements upon starting the program.

Methods
Each subject worked out twice a week with researcher and was evaluated on independent and dependent measures. The subjects were introduced 10 days apart to measure the impact of the independent measure.

The format of each workout will begin with a warm-up that focuses on basic body movements. At the end of the workout a cool down activities and/or stretches will be performed. Proper warm-up, cool-down, and stretching procedures will be followed, which help decrease the risk of musculoskeletal injuries.

The pool and gym equipment were utilized for resistance and cardiovascular benefits. His workouts varied due to his mood and lasted from 35-130 minutes. The key to making his workout successful was to make the activity engaging and interactive.

Discussion & Conclusions
The above graphs indicate the overall effectiveness of each subjects’ workouts before, during and after the intervention. Subject one’s effectiveness was based on how active each workout was, how many prompts were needed and the amount of time exercised.

Subject two’s effectiveness was based on how many prompts were needed during the workout.

All three subjects have benefited and continued their individualized training program. These findings can influence future exercise opportunities for individuals with autism. Specifically, personal trainers, physical educators, direct support professionals, behavior specialists and rehabilitation specialists who develop adapted physical activity programs for individuals with autism.

Further research is needed on similar programs being held in various locations in order to validate these results.

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