

BEHAVIORAL FITNESS TRAINING

For children and adults with special needs



COURSE SUMMARY

Behavioral Fitness Training is a training tool used with the special needs population to improve upon many facets of their lives. Behavioral Fitness Training (BFT) is the process of using movement based exercises to reduce behavioral issues, improve/increase daily focus and productivity, strengthen functional movement patterns and improve overall health, increase social interaction and meet sensory needs.

This course will introduce professionals (trainers, therapists, educators) and family members to the initial steps of Behavioral Fitness Training. This course will identify the three phases of BFT (Observation, Interaction/Rapport and Implementation). Each phase will be broken down into several sub-categories giving a more detailed look at BFT.

TOPICS TO BE PRESENTED

- **Observation Phase:**

Sensory needs, social interaction, communication, functional movement patterns.

- **Interaction/Rapport Phase:**

Developing rapport (trust, personal boundaries, communication, stimuli, and learning styles).

- **Implementation Phase:**

Development of behavioral and fitness programming based on observation and interaction/rapport phases.

COURSE OBJECTIVES

Through this course you will be able to:

1. Identify the 3 phases of BFT
2. Explain the 3 phases of BFT and develop skills to effectively work with individuals with special needs
3. Recognize self-stimulatory behavior
4. Recognize and develop skills to meet an individual's sensory needs
5. Start building a foundation of cognitive, behavioral and physical tools to work with children and adults with special needs



Bret Bondlow

Bret Bondlow is the owner of Compelling Fitness located in Hanover, MA. Bret has twenty years of combined personal training and social work experience and is certified through the National Academy of Sports Medicine as a Performance Enhancement Specialist. Bret holds a B.S. in Behavioral Science and started his career in social work as a residential counselor working in residential treatment centers, group homes and crisis centers. He went on to train staff in crisis intervention training and the development of behavior/risk assessment plans. Bret experienced firsthand the value of exercise as a stress reliever and began implementing exercise routines to reduce behavioral issues and increase daily productivity.

Today, Bret brings his unique training style together in two different training programs - Behavioral Fitness Training and Trigger the Trigger Fitness Therapy. Each program uses movement-based exercises to reduce behavioral issues, increase productivity, improve functional strength, reduce social anxiety, improve social interaction, and address sensory needs.

"There is such a need for these programs for children and adults with special needs. Regular exercise helps them focus and reduces behavioral incidents."

Bret Bondlow, Owner, Compelling Fitness

Mission Statement

Our goal is to provide children and adults with special needs, regardless of cognitive, physical, emotional or behavioral abilities, with the opportunity to engage in physical fitness programming, social interaction, daily life skills (job opportunities), sensory integration, nutrition, and PLAY.



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