

# CHRONIC DISEASE SPECIALIST

CERTIFICATION GUIDE



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SCWFIT.COM

## **SCW Nationally Recognized Certifications**

SCW Fitness Education is a nationally recognized certification organization that has trained over 100,000 Fitness Professionals. Our certifications are recognized by fitness facilities across the USA and Internationally. The SCW Fitness Education Certifications are both general and specialty in orientation and span from Group Ex, PT, Aqua, Yoga, Barre, Pilates, Sports Nutrition, Weight Management, Kettle Weights and more. Each certification is developed and lead by qualified, veteran trainers that have 20+ years of fitness experience. Theory, practice, and application combine to credential our SCW professionals and prepare them for quality instruction at large, small and specialty facilities.

Most SCW Online Certifications are presented live at each of our SCW MANIA® conventions. When offered, our live certifications are free (within one year) for those who have completed the courses.

## **SCW Fitness Education**

SCW is an internationally recognized education body that provides hands-on certifications and continuing education courses and conventions to fitness professionals in multiple disciplines nationwide. For the past 28 years, since 1987, Personal Trainers, Group Exercise Instructors, Small Group Training Leaders, Aquatic Exercise Professionals, Cycling Teachers, Mind-Body Experts, Sport Specific Training Educators and many more get certified through SCW. This outstanding Family of Leaders also supports Managers, Directors and Owners of clubs and facilities nationwide. As the largest Conference Leader and Continuing Education Provider in the world, MANIA® offers eight Professional Training Conventions in Philadelphia, California, Florida, Atlanta, Dallas, DC, Midwest (Chicago), and Boston serving over 10,000 health and wellness professionals and reaching over 90,000 virtually.

## **SCW Certifications Published by**

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Disclaimer:

The authors and publisher of this material are NOT RESPONSIBLE in any manner whatsoever for any injury which may occur through reading or following the instructions in this manual.

On behalf of SCW Fitness, we thank you for your decision to purchase the SCW Chronic Disease Specialist Online Certification, which is an important foundation in preparation for your Personal Training certification. We expect you will come away from this Online Certification having learned new and valuable information that will serve to further your enthusiasm, practical application of knowledge and employable skill sets as a fitness professional.

## **Online Certification Contents**

### **Educational Materials Included:**

- ✓ Course manual: SCW Chronic Disease Specialist Certification
  
- ✓ This SCW Online Certification Guide for the course, which includes
  - Personal Training Certification Course Instructions, Objectives, Outline and Exam Instructions
  
  - Comprehensive Online Exam

## **COURSE OBJECTIVE**

**Chronic diseases** are defined broadly as conditions that last one year or more and require ongoing medical attention or limit daily living or both. According to the CDC, heart disease, cancer, and diabetes are the leading causes of death and disability in the United States.

[www.cdc.gov/chronicdisease](http://www.cdc.gov/chronicdisease)

**Objective:** This course provides fitness professionals with the basic knowledge to understand the most prevalent chronic diseases, symptoms, causes, and treatment methods to work with this growing demographic safely and effectively. Learn valuable tools to improve client trust, decrease their pain and increase quality of life. Level-up your career as a personal or group fitness professional with an in-depth knowledge of chronic diseases.

## **OVERVIEW: SCW PERSONAL TRAINING CERTIFICATION**

### **Section One: The Role of a Fitness Professional**

- 1) Understand the scope of practice of a fitness professional including:
- 2) Exercise Science & Practical Application
  - a) Design Classes/Programs
  - b) Motivation & Clear, Safe Instruction
- 3) Understand how to meet Client Needs in different populations including:
  - a) Athletes & General Population
  - b) Youth/Pre and Post-Partum Fitness
  - c) Active Aging
  - d) Rehabilitation

### **Section Two: The New Role of a Fitness Professional**

- 1) Understand how fitness professionals have increased their scope of practice and how their role has grown over time.
- 2) What is a Client Intake Form and how to use it
- 3) Define and understand different Chronic Diseases
- 4) Know the concept of Exercise Science and how it is applied as a fitness professional
  - a) Design, Implementation & Execution
- 5) Mindset, Empowerment and Mindfulness
- 6) Understand how to build Communication & Trust with your clients

### **Section Three: What is a Chronic Disease?**

- 1) Know what risk behaviors the primary causes of Chronic Disease are
- 2) Understand the cost and challenges of Chronic Disease.
- 3) Understand Epidemiology and what role it plays in Chronic Disease

### **Section Four: Chronic Disease Causes, Symptoms & Treatments**

- 1) Understand causes, symptoms, and treatments for:
  - a) Cancer
  - b) Heart Disease
  - c) Alzheimer's
  - d) Parkinson's Disease
  - e) Arthritis/Autoimmune Disease
  - f) Stroke
  - g) Diabetes/Obesity
    - i) Cardiovascular Disease
    - ii) Smoking Related Health Issues

### **Section Five: Training the Brain**

- 1) Understand what Neuroplasticity is and what role it plays in Chronic Disease
- 2) Know the functions and responsibility of:
  - a) Hippocampus
  - b) Front Lobe
  - c) Temporal Lobe

### **Section Six: Program Design Special Considerations**

- 1) Know the six foundational movement patterns and how they can be implemented.
- 2) Be aware of the 8 elements to consider when designing a program.
- 3) Understand the 7 stages of Grief and be able to provide emotional support / motivation.
- 4) Have an understanding on constructing a safe and effective program including: warm up, main exercise, and stretch.

### **Section Seven: Stay In Your Lane**

- 1) Know when you should refer your clients to a specialist
  - a) Medication, Nutrition & supplements
- 2) Understand the difference between prescribing and guidelines

### **Section Eight: Growing Your Fitness Business**

- 1) Understand the different avenues to growing your business virtually and through social media
- 2) For continued education you can reference our [SCW Virtual Training Certification](#)

## **CHRONIC DISEASE CERTIFICATION**

### **HOW TO GET THE MOST FROM YOUR ONLINE CERTIFICATION**

- ✓ Review this online certification guide (1/2 hour)
- ✓ Review the entire course manual and make notes regarding your strengths and weaknesses (1 hour)
- ✓ When you are instructed to consult the course manual, refer to the section of material indicated. Focus on the areas that you are least familiar with to insure understanding. (time varies)
- ✓ Follow instructions and take the comprehensive online exam. Submit all materials within 60 days.

## Exam Instructions

After you complete the course, you will be ready to take the exam. Please follow these simple instructions:

1. To take your exam click on the following link: <http://www.scwfit.com/chronicdiseaseexam>
2. After you click on the link above, you will be asked to create a log-in and password to access your exam, results, and certificate.
3. Keep your log-in and password in a safe place and do not lose it.
4. Begin your exam.
5. There is no time limit for the exam - you can even start and stop your exam with the ability to resume later. The exam will be available for 60 days after the date of your purchase.
6. You must obtain a score of 70% or greater to pass. You have two attempts to pass the exam.
7. Once you pass your exam, you can print your customized certificate by clicking on the certificate link on the bottom right-hand corner of the page.

## Certification Renewal

Upon successful completion of your examination, you will be SCW certified for two years. To renew your certification, you must complete 20 continuing education credit hours. You can obtain CECs from a SCW Approved Provider. Please visit [scwfit.com/scwproviders](http://scwfit.com/scwproviders) to view the list of approved providers. If you have obtained more than 20 credit hours, extra hours do not carry over into the next period. SCW recognizes other courses taken through all accredited colleges and universities. Academic courses relating to the field of fitness such as leadership, teaching skills, fitness management, nutrition, research, anatomy, physiology, exercise programming, and others can be applied towards your SCW Certification renewal.

There is a renewal fee for each SCW Certification. If you do not renew your certification before it expires, a late fee will be assessed. If your certification is not renewed within six months of expiration, you will need to take the course again.

Earn up to 8 CECs with each SCW Online Certification. [www.scwfit.com/certifications](http://www.scwfit.com/certifications) To bring a Live SCW Certification to your facility, please visit [www.scwfit.com/hostsite](http://www.scwfit.com/hostsite).

Earn up to 20 CECs in one weekend and offer CECs for SCW, ACE, AFAA, AEA, ACSM and NASM. [www.scwfit.com/MANIA](http://www.scwfit.com/MANIA)

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