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# Medical Fitness Specialist Certificate Program Handbook

## *Alzheimer's Prevention and Intervention: A Guide to Working with Seniors and People at Risk*

### **Course 1:**

Introduction to Alzheimer's Disease

### **Course 2:**

Exercise Prescription for Alzheimer's Intervention and Prevention

Sponsored by: Alzheimer's Research and Prevention Foundation

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## *Certificate Program Vision and Objectives*

Fitness Learning Systems has partnered with Medical Health Organizations and the Medical Fitness Network to develop, produce, and maintain comprehensive Medical Fitness Specialist Certificate Programs for continuing education for the health-fitness industry. The goal of these programs is to link the general public served by the Medical Health Organizations with qualified health-fitness professionals for disease prevention and management.

### **Vision**

To develop an education program based on the Alzheimer's Research and Prevention Foundation's integrative medical approach to enable health-fitness professionals and caregivers to provide evidence-based modalities and approaches to help prevent memory loss and Alzheimer's disease, and improve the quality of life for those suffering with the disease.

### **Objectives**

1. To further the mission of the ARPF through a credentialing program providing tools for health-fitness professionals for Alzheimer's prevention and intervention.
2. To supply health-fitness professionals and caregivers with a scientifically-proven, integrative medicine program to prevent memory loss and Alzheimer's disease that can be used in their work/practice.
3. To make Dr. Dharma Singh Khalsa's pioneering work in Brain Longevity® and Alzheimer's prevention available through a quality specialist training program.

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## *Purpose of Specialist Certificate Credential*

Fitness Learning Systems provides accredited continuing education for the health, allied health, and fitness industries. The Medical Fitness Specialist Certificate Programs are offered as continuing education for licensed or certified professionals. In a Specialist Certificate format, the continuing education serves as a credential of advanced study for a specific disease condition. Through this credential, the licensed or certified professional will be able to provide safe and effective programming and services to the general public who are at risk or have these disease conditions. Partnership with Medical Health Organizations ensures quality evidence based content, methods, and practice. The goal is to raise confidence in those who hire (employer or the public) these credentialed professionals by providing a standard of quality and safety in practice.

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## *Accreditation*

Fitness Learning Systems is accredited by the International Association for Continuing Education and Training (IACET). Fitness Learning Systems complies with the ANSI/IACET Standard, which is

recognized internationally as a standard of excellence in instructional practices. As a result of this accreditation, Fitness Learning Systems is authorized to issue the IACET CEU.

In order to achieve Authorized Provider accreditation, FLS completed a rigorous application process, including a review by an IACET site visitor, and successfully demonstrated adherence to the ANSI/IACET 1-2013 Standard addressing the design, development, administration, and evaluation of its programs. FLS has pledged its continued compliance with the Standard, and is now authorized to use the IACET name and Authorized Provider logo on promotional course material. In addition, FLS is now linked to the IACET web site and is recognized as offering the highest quality continuing education and training programs.

**About IACET:** The International Association for Continuing Education and Training (IACET) is a non-profit association dedicated to quality continuing education and training programs. IACET is the only standard-setting organization approved by the American National Standards Institute (ANSI) for continuing education and training. The ANSI/IACET Standard is the core of thousands of educational programs worldwide. For more information, please visit [www.iacet.org](http://www.iacet.org) or call 703-506-3275.

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### *Certificate Credential Eligibility Criteria*

Anyone can complete the educational content in the specialist certificate courses and receive a Certificate of Completion.

To help ensure safety and effectiveness in practice, and to elevate the medical fitness certificate programs, FLS and its partners have initiated pre-requisite requirements for those interested in achieving the Alzheimer's Prevention and Intervention Specialist certificate credential.

To register for the Alzheimer's Prevention and Intervention specialist certificate credential, you must meet the following requirements.

1. You must be at least 18 years of age.
2. You must hold and provide proof of a current credential in the health, allied health, or fitness industry including:
  - a. An allied health professional with a licensed credential:
    - Physical, Occupational, Respiratory therapist or assistant
    - Registered or Licensed Nurse
    - Registered Kinesiotherapist
    - Medical, Osteopathic, or Chiropractic Doctor
    - or other accepted license in the allied health professions.
  - b. College degree in exercise science, kinesiology, health sciences, physical education, health education, or a related field.
  - c. Accredited Certification in health, fitness, wellness, allied health, or health care.

The credentials listed above are the most common credentials earned, but the list is not comprehensive. You can petition to have your credential reviewed for acceptance. Please send the name of your credential, the organization it is issued through, start and expiration date, and a website

link where additional information about the credential can be reviewed to [info@fitnesslearningsystems.com](mailto:info@fitnesslearningsystems.com). You will receive a reply within 15 business days. If your credential is approved, you must register for the Specialist Certificate within 30 days of acceptance.

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### *Certificate Credential Completion Requirements*

To receive the Alzheimer's Prevention and Intervention specialist certificate credential, the following steps must be completed. You must:

1. Register for the course on the FLS or an affiliate's website.
2. Provide proof of a required current credential. (See Certificate Credential Eligibility Criteria)
3. Complete each course viewing all material for each required course in the certificate program.
4. Complete the required examination for each course with a passing score of 75% or above.

Upon completion of all requirements, you will receive the Alzheimer's Prevention and Intervention specialist certificate credential.

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### *Registration, Course Completion, Examination*

You must register for the Specialist Certificate course online at the FLS website or through one of the FLS affiliate/partner websites.

You will access your courses through your membership page. Follow all instructions on the Certificate access page and take the courses in the order recommended and shown.

After you complete each course, take the online examination available in the course. When you submit your exam, it will be scored and your results will be provided to you. You must score 75% or higher to pass each exam.

Complete the evaluation and print off your continuing education certificate of completion for each course, or you can access it at any time on your membership page. Depending on your certifying/licensing organization, you will need to either present the individual course certificates of completion or the specialist certificate of completion for your continuing education credit. All certificates can be accessed at any time on your membership page. After all required courses are completed, and you have provided proof of a required credential, you will receive a Specialist Certificate of Completion.

Proof of a required credential can be faxed, emailed, or mailed to the contact information provided in this handbook.

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## *Maintaining the Specialist Certificate Credential*

Your Specialist Certificate credential is valid for 2 years from the date of completion. In order to maintain the quality and relevance of the Medical Fitness Specialty Certificate credential, you must complete renewal requirements every 2 years to review evidence-based practice evolving through research. These required courses will be approved by many certifying organizations for continuing education credit.

### **Specialist Certificate Renewal Requirements**

- A 1-2 hour Disease Update CE online course is required.
- 2 hours of additional CE including information for safe practice, new modalities, and research-based practice for the disease.

These required courses will be approved by many certifying organizations for continuing education credit. For more information and to re-credential, go to

[www.fitnesslearningsystems.com/links/certificate-renewal-alzheimerss.html](http://www.fitnesslearningsystems.com/links/certificate-renewal-alzheimerss.html)

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## *Frequently Asked Questions*

### **What is the purpose of re-credentialing?**

To encourage ongoing competency and strive to maintain a high standard for credentialed professionals.

### **What do I need to do in order to re-credential?**

You will receive re-credentialing information by email 6 months prior to your due date. (Please keep the email you have listed on your membership page current.) In order to re-credential without retaking the Specialist Certificate examination again, you must complete the renewal form on-line at the renewal page on the FLS website ([www.FitnessLearningSystems.com](http://www.FitnessLearningSystems.com)) and pay a processing fee that includes the required Disease Update CE online course. Please keep all documentation of your re-credential activity for your records.

You must also submit a certificate of completion for a minimum of 2 hours of approved course work. Approved courses are listed on the renewal page.

### **Can my renewal be used for CE for my Certification renewal?**

Your renewal CEs for the Specialty Certificate will be approved by most certifying organizations for continuing education credit. If needed, you can access all documentation necessary for the Easy Petition process online at [www.FitnessLearningSystems.com](http://www.FitnessLearningSystems.com).

### **Are extensions granted for the renewal?**

All professionals are granted a six (6) month grace period and will be charged a \$25 late fee. You do not need to contact FLS for that extension as the grace periods are done automatically, no paperwork is required. Once your renewal requirements and paperwork are submitted and the appropriate fees have been paid, the next recertification cycle will continue on the original schedule.

### **How do I find the approved courses I need for renewal?**

The disease update CE course will be available online on the renewal page on the Fitness Learning Systems website. Approved courses for the additional 2 hours of CE required will also be available on the renewal page of the FLS website. Instructions are given for petitioning courses, getting credit for college courses, and teaching/lecturing credit.

### **Do CEs carry over?**

CEs do not carry over from one re-credentialing time frame to another.

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### *Contact Information*

Toll Free: 888 221-1216

Direct: 513 367-1251

Fax: 513 574-9857

Email Address: [info@FitnessLearningSystems.com](mailto:info@FitnessLearningSystems.com)

Mailing Address:

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Harrison, OH 45030 USA

Web Address:

[www.FitnessLearningSystems.com](http://www.FitnessLearningSystems.com)

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### *Fitness Learning Systems*

### *Links to General Policies and Procedures*

[www.FitnessLearningSystems.com](http://www.FitnessLearningSystems.com)

[General Use Policies](#)

[Continuing Education Policies](#)

[Privacy Policy](#)

[Refunds and Cancellations](#)

[Complaint Resolution Policy](#)

[Disclosure Statement](#)

[Non Discrimination Policy](#)

[Accessibility](#)