RESEARCH HUB

PARKINSON'S DISEASE (PD) SPECIALIZED TRAINING

PD is the fastest-growing neurological disorder. Fitness professionals are likely to encounter members living with it and exercise is one of the most effective ways to help them improve their mobility, confidence and quality of life.

PD-specific certifications support the skills to design safe, effective workouts and position your facility as a trusted resource. The programs below provide proven tools to help clients with PD move better and stay independent longer.

PARKINSON'S DISEASE (PD)-TRAINING OPTIONS FOR FITNESS PROFESSIONALS

Program	Format	Benefits
PWR!Moves Instructor Certification	Live or virtual workshops (2-day), valid for 3 years. CEUs required for renewal.	Exercise professionals can learn PD-specific group and one-on-one functional movement training.
APDA Parkinson's Disease Training for Fitness Professionals	Live or virtual workshops (2-day), valid for 3 years. CEUs required for renewal.	Introductory course for any fitness or wellness professional. This training clarify the basics of safe PD exercise programming.
PD Warrior Level 1 / Introductory Theory	Online theory + practical workshops; Level 1 is for fitness/professionals.	Allows fitness professionals to integrate neuro-active exercise techniques for their PD clients based on concepts of neuroplasticity.
MedFit Parkinson's Disease Fitness Specialist	Online self-study course (12.5 hours) for exercise professionals, providing a Certificate of Specialization.	Offers deeper PD-focused specializations, programming adaptations, safe exercise program design for group and individual work.