FIGHTING BACK AGAINST PARKINSON’S

Round 1 - We Are Rock Steady
• Are you Ready?
• Day of Diagnosis
• Going Home with Parkinson’s
• Coach Introductions
• The Role of the Rock Steady Coach

Round 2 - Know Your Opponent - Parkinson’s Disease
• Parkinson’s Disease Facts
• Idiopathic or Atypical Parkinson’s?
• Common Motor and Non-Motor Symptoms
• Disease Progression
• Parkinson’s Treatments
• A Multidisciplinary Approach

Round 3 - Ring Strategy - How Rock Steady Fights Back Against Parkinson’s
• The Rock Steady Method
• Longitudinal Study Proves RSB’s Methodology is effective in combating Parkinson’s Symptoms
• Class Levels as They Correspond with the Hoehn and Yahr Scale
• Functional Fitness
• The Rock Steady Attitude

Round 4 - Rock Steady’s Philosophy and Fight-Back Attitude
• The Day of Diagnosis - A Life - Changing Moment
• To Fight or Not to Fight?
• Assembling a Team of Experts
• Re-Aligning Perceived Expectations
• The Rock Steady Coach as a Positive Force (We Put the Party in Parkinson’s!)

Round 5 - Preparing for the Fight - The Rock Steady Curriculum
• Curriculum Structure
• Breaking Down the Curriculum Components
• Class Levels with Modifications and Progressions
• Coach’s Tips and Tricks/Identifying Symptoms and Offering Work-Through Strategies and Solutions
• Safety Guidelines for Coaches and Volunteers in Class

Round 6 - Pre-Fight Checkup - Initial Intake and Assessment
• Initial Intake Interview/Exceeding Customer Expectations
• Necessary Intake Paperwork
• Physical Assessment (Fullerton or Berg Balance test, 30 Second Sit-to-Stand, and the Timed-up-and Go Test)
• Collecting Subjective and Objective Data
• Conservative Class Placement

Round 7 - About Boxing
• The Million-Dollar Question…“Why Boxing?”
• Research-Based Evidence
• A Boxer’s Training Regimen
• How a Boxer’s Training Regimen Helps Combat Parkinson’s Disease Symptoms
• Forced, Intense Exercise; Set, Reach, and Surpass Goals!
• The Fun Factor!

CONTINUED ->
ROUND 8-BOXING-SPECIFIC EXERCISES
• Boxing-The Heart of Rock Steady’s Curriculum
• Chase-The-Rabbit, Modifications and Progressions
• Jump-Rope, Modifications and Progressions
• Shadow Boxing, Modifications and Progressions
• Roadwork, Modifications and Progressions

ROUND 9-BOXING MOVES
• Anatomy of a Punch and Footwork
• Parkinson’s Benefit-Posture
• Parkinson’s Benefit-Balance
• Parkinson’s Benefit-Breathing
• Parkinson’s Benefit-Rotation

ROUND 10-BOXING SPECIFIC ROUTINES
• Hand Protection; Hand-Wraps, Gel Wraps, and Boxing Gloves
• Heavy Bag
• Speed Bag
• Double-Ended Bag
• Focus Mitts

ROUND 11-CORE WORK
• Anterior Core Exercises- Modifications and Progressions
• Oblique Exercises-Modifications and Progressions
• Posterior Core Exercises-Modifications and Progressions
• Special Considerations-Anterior Core Stretching

ROUND 12-BUILDING A RSB-STYLE WORKOUT
• Curriculum Breakdown
• Warm-up-Examples, Modifications and Progressions
• Workout-Examples, Modifications and Progressions
• Core-Work-Examples, Modifications and Progressions
• Cool-Down-Examples, Modifications and Progressions
• Cheesy Cheer...Bring-it-in!!

ROUND 13-HEALTH AND SAFETY
• Safety-Top Priority!
• ADA Compliance and Accessibility
• Volunteers, Cornermen, and Safe Ratios in Class
• Emergency Response Protocol
• Scope of Practice
• Coach Self-Care and Compassion Fatigue
• Depression and Parkinson’s - Suicidal Ideation and Coach Responsibility

ROUND 14-RSB-STYLE CUSTOMER SERVICE
• The Coach’s Role-Safely Challenging Perceived Expectations
• Challenging at All Levels
• Encourage Competition
• Practice Compassionate Listening
• The Fun Factor and Social Component
• The Rock Steady Community

ROUND 15-COACHING CORNERMEN AND VOLUNTEERS
• Coaching the Cornerman
• Volunteer Recruitment
• Training Qualified Volunteers
• Code of Conduct and Volunteer Expectations
• Sample Volunteer Orientation

ROUND 16-FINAL EXAM AND TEST

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