

Outcomes of Individualized Personal Training Programs for Three Adult Siblings with Autism

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The purpose of this study is to develop 6-week individualized personal training programs for three adult brothers who have autism. Using a single subject design, physical activity levels, basic fitness measures, and interviews will be used to measure the effectiveness of the individualized programs. Findings from this study will influence professionals in the adapted physical activity field who work with adults who have autism. Individualized personal training programs may provide an avenue for treatment or behavior modification for adults with autism.

In conclusion, the benefits of individualized personal training programs for adults with autism are not well established. The results of this study will add to research that examines the benefits of physical activity for individuals who have autism. The majority of previous studies focus on children with autism. This study is unique as it is evaluating physical activity for adults with autism. Through the publication and presentation of findings, professionals working with this population may be able to implement individualized personal training programs in their own work.

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