

MS Fitness Specialist

## Module 14

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# Health/Fitness Professional Evaluation Checklist

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# Chapter Fourteen

## Health/Fitness Professional Evaluation Checklist

As a health and fitness professional working with clients with MS, it is imperative that he/she master the skills below and have a working knowledge of the fundamentals, principles, anatomy, and exercise programming for clients with MS. Take a moment and check off the skills that you have mastered and make notes and adjustments to the ones upon which you need improvement.

Definition of MS	
History of MS	
MS and Epidemiology	
Gender Differences	
Age	
Ethnicity	
Economic Implications	
MS Terms	
Types of MS	
Pathophysiology of MS and Affected Anatomy	
MS and the Brain	
MS and the Spinal Cord	
MS and the Optic Nerves	
MS Symptoms, Causes, Risk Factors, Diagnosis, & Treatments	
Symptoms	
Causes & Risk Factors	
Diagnosis	
Treatments	
MS Lifestyle Management	
Mental Fitness	
Make Lifestyle Changes for a Healthy Mind	
Meditation	
Yoga	
Positive Affirmations	
Vision Board	
Journaling	
The Power of Nature	
Dealing with Burnout	
Stress vs. Burnout	
MS and Exercise	
The Benefits of Exercise	
The Best Types of Exercise	
MS Exercise Limitations & Guidelines	
8 Key Components of MS Exercise	
FITT Principle and MS	
Exercise Safety and Proper Technique	
Scope of Practice for Health and Fitness Professionals	
Screening and Assessments	
Multiple Sclerosis Functional Composite (MSFC)	

Other MS Assessments	
Multiple Sclerosis Quality of Life Inventory (MSQLI)	
Specific MS Condition Assessments	
Par-Q	
Cardiorespiratory Assessment: Six Minute Walking Test (6MWT)	
Muscular Strength Assessment: Peripheral Muscle Strength	
Flexibility	
Posture Screening	
Goals and Program Design	
Goal Profile	
Concentric and Eccentric Contractions for Program Design	
Training Methods for MS	
The Goal of Each Exercise Designed for MSers (Concept and Theory)	
Program Design	
Exercise Session Format	
Sample Weekly Formats	
Specific Adaptations for Client with MS	
Progression and Regression	
Adapting a Specific Routine	
Adapting in a Wheelchair	
Nutrition and Healthy Weight Management	
10 Tips to a Healthy Plate	
Maintaining a Healthy Weight	
Weight Loss	
Weight Gain	
Mealtime Tips	
Inflammation	
Short List of Foods to Enjoy/Foods to Avoid	
Foods to Enjoy	
Foods to Avoid	
Mindsets for MSers	
Meal Planning	
Nutrient Timing	
Eating Healthy on a Budget	