

- **Module 1: What is Parkinson's Disease?**
  - Lesson 1: Introduction to the Module
  - Lesson 2: What is Parkinson's Disease?
  - Lesson 3: James Parkinson and Scientific Advancement
  - Lesson 4: Interview with Renee R., Vanderbilt Research Coordinator
  - Lesson 5: The Brain
  - Lesson 6: Diagnosis and the Beginning of Motor Symptoms
  - Lesson 7: Facial Masking
  - Lesson 8: Hypophonia, Freezing, Dysphagia, and Speech Pathology
  - Lesson 9: Dystonia and non-Motor Symptoms
  - Lesson 10: Genetics vs. Environment (i.e., Nature vs. Nurture)
  - Lesson 11: Young Onset Parkinson's Disease
  - Lesson 12: Neurologist vs. Movement Disorder Physician, Diagnostic Testing, and Stages of PD
  - Lesson 13: Group Interview, Discussion of PD stages, and Recap
- **Module 2: Therapies Today and in the Future**
  - Lesson 14: Introduction to the Module
  - Lesson 15: Medication
  - Lesson 16: Surgical Therapies and the Duopa Pump
  - Lesson 17: Surgical Therapy and DBS
  - Lesson 18: Complementary Therapies and Developing Medical and Fitness Teams
  - Lesson 19: Fitness Therapies and Module Recap
- **Module 3: Benefits of Exercise**
  - Lesson 20: Introduction to the Module
  - Lesson 21: Interview and More Research
  - Lesson 22: Interview and Overcoming Obstacles
  - Lesson 23: Virtual Training and Module Recap
- **Module 4: Boxing and Parkinson's Disease**
  - Lesson 24: Introduction to the Module and History of Boxing in Parkinson's
  - Lesson 25: Equipment; How to Teach Body Positioning and the Jab
  - Lesson 26: The Cross
  - Lesson 27: The Hook
  - Lesson 28: The Uppercut
  - Lesson 29: Footwork
  - Lesson 30: Additional Boxing Moves
  - Lesson 31: Sample Group Class for PD Clients
- **Module 5: Effective Exercise Program Design - Part 1**
  - Lesson 32: Introduction to the Module
  - Lesson 33: The "What" of Effective Program Design
  - Lesson: The "Why" of Writing Up Your Program
  - Lesson 35: The "How" of Creating an Effective Program
  - Lesson 36: Warm-Up Exercises
  - Lesson 37: Sample Workout
  - Lesson 38: Cueing
- **Module 6: Effective Exercise Program Design - Part 2**
  - Lesson 39: Effective Program Design
  - Lesson 40: Effective Program Design (Con't)
- **Competency Assessment: Parkinson's Disease Fitness Specialist\**