



FAQ – Virtual Exercise Program

1. What is the virtual program?

During this time of COVID-19 closure, the Adaptive Fitness Clinic offers therapeutic exercise programs via the Zoom video communication. You will be able to perform various exercises at home following real-time instructions on your computer or tablet screen. Customized exercise sessions will specifically address your health and fitness concerns in a one-on-one session with an instructor or in a small group session.

2. How do I access the virtual program?

You will need a) internet access, b) an electronic device to use the Zoom video call (e.g., laptop, tablet, computer with a webcam), c) a safe place to perform exercises and d) a couple of exercise tools (e.g., theraband, towel, water bottles)

3. Who can sign up for the virtual program?

Clients with various levels of abilities or disabilities may be accommodated by our specialized virtual program. Currently we are offering one-on-one virtual training sessions with your student trainer, supervised by clinic faculty and staff.

4. What are the benefits of the virtual program?

You can continue staying active and healthy during this COVID-19. In addition, consistent physical activity and exercise will help you prevent dysfunction, losing what you are capable of doing in activities of daily living and other health complications.

5. What times are offered for the virtual program?

See schedule below:

Winter 2021

Virtual One on One Assisted Program (*Schedule subject to change):

M/W - 9:00am/10:30am/12:00pm

T/Th - 9:30am/11:00am/12:30pm

F - 9:00am/10:30am

Spring 2021

Virtual One on One Assisted Program (*Schedule subject to change):

M/W - 9:00am/10:30am/12:00pm

T/Th - 9:30am/11:00am/12:30pm/2:00pm/6:00pm

F - 9:00am/10:30am

6. What exercise equipment is needed and will it be provided?

No major exercise equipment is required for our virtual program. If you have any exercise equipment at home, we will try to incorporate it into your exercise program. 5 required items for our virtual program include: a) Therabands (resistant band), b) cuff weights, c) water bottles (or dumbbells), d) towel, and e) heart rate measuring device (e.g., smartphone app, pulse oximeter, blood pressure monitor, or fitness tracker such as Fitbit, Applewatch)

7. What is the cost of the virtual program and how do I pay?

Preferred method of payment is Credit Card. If paying by check, make check payable to SDSU Adaptive Fitness Clinic

Virtual One on One Assisted Program: Cost \$840.00, 2x weekly

*******San Diego Regional Center clients, SDRC will pay for your program if you are approved to attend.**

8. Will I need a medical clearance?

All new clients will need to leave a message on our clinic voicemail, 619.594.2017 or email us, sdsufitclinic@sdsu.edu, to schedule an intake appointment prior to being accepted into the program.

You will be sent a medical authorization form to be completed by your primary care physician.

9. When will the Center reopen?

Our top priority is the safety and well being for all. Under the directions of state, local and university officials and in conjunction with health guidelines, SDSU campus officials will determine when we will resume face to face, in-person operations for the SDSU Adaptive Fitness Clinic.