



NEW

**Comprehensive
Textbook**

NEW

**Course for Your
Academic Program**

FREE

**Training Course
For Professors**
(w/purchase of text)

**WITH LAWSUITS ON THE RISE, NOW IS THE TIME
to teach a Legal/Risk Management course or add
Legal/Risk Management content to an existing course.**

FREE faculty training course and materials with purchase of the required textbook

Law for Fitness Managers and Exercise Professionals

Prepare your students to meet the many legal duties and risk management responsibilities they will have as exercise and fitness/wellness professionals.

Free Faculty Training Course: June 7 – Aug. 6, 2021

Nine Weeks Self-Study — Three Live Review and Discussion Sessions

This hybrid course includes self-study and live classes via Zoom. Upon registering for this course, professors will receive the “free” course materials:

- (a) Study Questions for each chapter in the text,
- (b) Answers to the Study Questions for each chapter, and
- (c) Ancillaries that accompany the textbook.

Ancillaries include: PPT slides for each chapter, suggestions for interactive class assignments/projects, and guidelines for a community fitness facility risk management audit.

The course is organized into three modules. For each module, professors will read the textbook chapters assigned, answer the Study Questions for those chapters and compare their answers with the provided Answers to the Study Questions.

The live classes will be a review/discussion of those chapters. In the final live class, course ancillaries will be provided and discussed plus continuing education for professors provided by the textbook publisher.

Module 1: Weeks of June 7, 14, and 21 (3 weeks): **Textbook Chapters 1-4**
Participate in the Live class the week of June 28th (Day/Time TBA)

Module 2: Weeks of June 28, July 5, and 12 (3 weeks): **Chapters 5-8**
Participate in the Live Class the week of July 19th (Day/Time TBA)

Module 3: Weeks July 19, 26, and August 2 (3 weeks): **Chapters 9-11**
Participate in the Live Class on Friday, August 6th (Time TBA).

REGISTER AT: www.fitnesslawacademy.com by May 28, 2021



Textbook Special Features Include:

- ◆ Peer-reviewed by 10 highly-experienced lawyers, academicians, fitness managers, and exercise professionals.
- ◆ Descriptions of over **110 legal cases** that occurred in fitness facilities/programs including **30 spotlight cases**.
- ◆ Detailed descriptions of effective risk management strategies .
- ◆ Legal liability related to current topics such as **HIIT, technological applications** (e.g., virtual exercise programs, data privacy), **integration with the healthcare industry**, **COVID-19**, and **discrimination** (e.g., race, disability, sexual harassment).
- ◆ Key Points throughout that highlight and emphasize important legal and risk management principles and concepts.
- ◆ Over 100 tables, figures, exhibits, and photos to provide additional, relevant information and illustrate textual content.
- ◆ Numerous sample forms and documents.
- ◆ Highly-referenced text—on average, over 80 references in each chapter.

New Textbook

This ground-breaking, comprehensive, 538-page textbook is the exercise professional's "go-to" resource.

Specifically written for a "lay" audience, this textbook describes:

WHAT Laws do Fitness Managers and Exercise Professionals Need to Know?

WHAT

WHY

WHY do Fitness Managers and Exercise Professionals Need to Know the Laws?

HOW do Fitness Managers and Exercise Professionals Apply the Laws?

HOW

Textbook Contents

PREFACE

Part I: The Need for Legal and Risk Management Education

Part II: Textbook Organization, Special Features, Definitions, and Website

PART I: OVERVIEW OF THE LAW, LEGAL LIABILITY, AND RISK MANAGEMENT

Chapter 1: U.S. Law and Legal System

Chapter 2: Creating a Safety Culture: Building a Comprehensive Risk Management Plan

Chapter 3: Complying with Federal Laws: Honoring Legal Rights

Chapter 4: Negligence and Common Defenses to Negligence

PART II: LEGAL LIABILITY EXPOSURES AND RISK MANAGEMENT STRATEGIES

Chapter 5: Hiring Credentialed and Competent Personnel

Chapter 6: Pre-Activity Health Screening and Fitness Testing

Chapter 7: Exercise Prescription and Scope of Practice

Chapter 8: Instruction and Supervision

Chapter 9: Exercise Equipment Safety

Chapter 10: Managing Facility Risks

Chapter 11: Emergency Planning and Response

LIST OF ABBREVIATIONS, GLOSSARY, CASE INDEX, INDEX

Free Faculty Training Course: FAQs

1. Why is this training course free?

The publisher of the textbook, Fitness Law Academy, LLC, decided to provide the training at no cost due to recent financial challenges facing academic institutions. The training course/materials are free with the purchase of the new textbook. Professors will need to purchase it on Amazon (\$89). If the new textbook is adopted for an academic course, a complimentary copy of the textbook will be mailed after the training course and upon verification of its adoption.

2. Who are the professors teaching the training course?

The authors of the textbook: JoAnn Eickhoff-Shemek, PhD, FACSM, Barbara Zabawa, JD, MPH, and Paul Fenaroli, JD. Their bios are posted on the Fitness Law Academy's website (www.fitnesslawacademy.com).

3. Do I have to be a lawyer to teach a Legal/Risk Management course?

Of course, it would be ideal but it is not necessary. There are many professors who teach Sport Law courses who are not lawyers. The textbook and training course cover the basic knowledge of the law needed by today's exercise professionals. The legal content presented in the textbook is very basic—no complex legal theories. The focus of the textbook (written for a "lay" audience) and faculty training course is on "risk management" strategies that help minimize legal liability for practicing professionals. Throughout the textbook, it is emphasized that fitness managers/exercise professionals must consult with competent legal counsel regarding various daily operational issues. The training course will provide important classroom strategies on how to properly cover legal issues without being a lawyer.

4. What are the eligibility requirements to take this training course?

Individuals need to be full-time or part-time faculty members who teach in an exercise science, fitness/wellness, or related program and have an interest in providing students with important legal, risk management, and fitness safety knowledge and skills.

Free Faculty Training Course: FAQs cont.

5. Does the textbook and training course cover CAAHEP accreditation competencies?

YES! The textbook covers many of the competencies for “exercise sciences” (e.g., Domain IV: Legal/Professional and Domain V: Management, Parts A and C) and for “exercise physiology” (e.g., Domain V for Applied and Domain VI for Clinical: Legal and Professional Responsibilities). ACSM has announced that by August 2027, individuals seeking ACSM certification (exercise physiologist and clinical exercise physiologist) will need to graduate from a CAAHEP accredited program. Now is the time to meet the requirements for accreditation. Offering a Legal/Risk Management course will help academic programs meet many of the competencies in the “legal” domains.

6. Can a Legal/Risk Management course be taught online?

YES! Given the many ancillaries provided, it will be convenient to teach a Legal/Risk Management course online, hybrid, or in-person.

7. Have professors used the new textbook for a course?

Dr. Suzanne Wambold was the first professor to adopt this new text for a required course she taught in the fall of 2020 for exercise science majors at the University of Toledo. She stated:

“The text is an outstanding compilation of legal cases to discuss with students as well as facts and risk management strategies to discuss and use as a basis for creating risk management plans. The legal cases presented have opened the eyes of many of my students. I encourage others to review this text and implement it in their programs. The knowledge the students obtain from this text will help them become responsible health/fitness professionals. It is my hope that they will keep this text and refer to it often as a helpful resource.”

8. What is the feedback from students after they complete a Legal/Risk Management course?

Dr. Eickhoff-Shemek taught a graduate level Legal/Risk Management course for 20 years. The following are examples of typical student comments from anonymous course evaluations in her last class prior to retirement in 2017:

“The course gave me a ton of insight that I never considered beforehand as far as legal matters are concerned. I can safely say that I can use much of what I have learned in this course with risk management.”

“I am very glad I took this class as it has taught me a lot of legal situations that can arise within the Exercise Science field. I believe this class is really important and should be a requirement for all students...It is important that as professionals entering the field we are aware of different legal scenarios that can occur, how to avoid them and handle them if they do arise.”



9. If we cannot offer a course for our students, is there another way they can learn important legal/risk management content?

YES! Students can register for your “independent study” course (3 semester credit hours recommended) and then register for the Fitness Law Academy’s CEC/CEU “self-study” course (Minimizing Legal Liability and Maximizing Fitness Safety) which utilizes the textbook and requires passing an examination. Upon successful completion, either 22 ACSM CECs or 2.0 NSCA CEUs are awarded. Students receive a 20% discount. More information is on the Fitness Law Academy’s website (www.fitnesslawacademy.com).

10. Can I earn CECs/CEUs by taking this faculty training course?

YES! After completing the faculty training course, professors should be well-prepared to take the CEC/CEU examination (described in #9 above) and will receive a 50% discount off the CEC/CEU course fee.

11. Who do I contact if I have questions about the faculty training course?

Dr. JoAnn Eickhoff-Shemek at: drjes2014@gmail.com.

12. How do I register for the course? When is the registration deadline?

To register, go to www.fitnesslawacademy.com—see Educational Courses and complete and submit the Faculty Training Course Registration Form. Deadline is May 28, 2021.

