

FAQ – Virtual Exercise Program

1. What is the virtual program?

The Center of Achievement offers therapeutic exercise programs via Zoom video communication due to the Covid 19 situation. 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.

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. An assisted one-on-one session for clients who need physical assistance for exercise by a family member or caregiver at home.

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. When will the virtual class start and end?

The virtual Fall classes will start on September through December. The virtual Spring classes will start in February and end in May. Summer classes - TBD

6. What times are offered for the virtual program?

Virtual One on One Assisted Program – TBD each semester.

7. 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. Five 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)

8. 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 CSUN- COA. The cost will be noted on the registration form.

9. Will I need a medical clearance?

Yes, the Center of Achievement/Brown Center Medical Release Form will need to be signed and completed by your physician. The Medical Release can be will be faxed or mailed if preferred.

10. Is there additional paperwork to fill out?

Yes, each Fall semester updated registration paperwork is required. You will be provided this information via email. It will need to be completed and returned via mail back to the center. There may be programing changes that require additional paperwork be completed based on unforeseen circumstances during another semester, spring or summer.

11. What if I am a new client, can I register for the program?

All new clients will need to contact the Client Coordinator, Angel, at 818-677-7499 to schedule an intake appointment prior to being accepted into the program.

12. If I was awarded the Britten Scholarship can it be applied towards the virtual program at the Center of Achievement?

Yes, if you received the Special Virtual Britten Scholarship award it can be used towards the virtual program based on the terms of the award. Information regarding the award stipulations will be provided to the awarded recipient.

13. Can my scholarship award be carried forward to a different semester?

No, scholarship awards issued for specific semesters may not be transferred into future semesters.

14. When will the Britten Scholarship applications be offered again?

The Britten Scholarship is offered to existing clients in the CoA program and not guarantee each time. The scholarship application notifications and information will be provided to client once they are available.