

Resources: Disability and Fitness Specific

The Aerobics and Fitness Association of America (AFAA) *The AFAA, founded in 1983, is the world's largest fitness educator. The AFAA produces a wide variety of educational materials including a journal, textbooks, reference manuals and videos.*
Website: <http://www.afaa.com>

American College of Sports Medicine (ACSM) *The ACSM promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health and quality of life.*
Website: <http://www.acsm.org/>

American Council on Exercise (ACE) *The ACE accomplishes sets certification and education standards for fitness instructors and conducts ongoing public education about the importance of exercise.*
Website: <http://www.acefitness.org/>

American Running Association (ARA) *The ARA (formerly the American Running and Fitness Association) is a nonprofit, educational organization dedicated to providing educational support to runners through programs and sound information on training, nutrition, injury prevention, treatment, and rehabilitation.*
Email: run@americanrunning.org
Website: <http://www.americanrunning.org/>

Disabled Sports USA *Disabled Sport USA's mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation, and educational programs.*
Email: programs@dsusa.org
Website: <http://www.dsusa.org/>

Healthy People 2020 *This website provides information on all the goals and objectives of Healthy People 2020.*
Website: www.healthypeople.gov/

Human Kinetics *produces innovative, informative products in all areas of physical activity that help people worldwide lead healthier, more active lives.*
Website: www.humankinetics.com

National Center on Physical Activity and Disability (NCPAD) *The NCPAD's mission is to promote substantial health benefits that can be gained from participating in regular physical activity. The slogan of NCPAD is "Exercise is for Every Body," and every person can gain some health benefit from being more physically active.*
Email: ncpad@uic.edu
Website: <http://www.ncpad.org>

National Strength and Conditioning Association (NSCA) *The NSCA is an international nonprofit educational association which presents the most advanced information regarding strength training and conditioning practices, injury prevention, and research findings.*
Email: nsca@nsca-lift.org
Website: <http://www.nsca-lift.org/>

Orthotic & Prosthetic Athletic Fund Inc. (OPAF) *The OPAF aims primarily to enable individuals served by the orthotics and prosthetics community to enjoy the rewards of personal achievement, physical fitness, and social interaction.*
Email: rlb@opfund.org
Website: <http://www.opfund.org/>

PE4U *The PE4U website offers dozens of links to exceptional websites relate to health and fitness issues*
Website: <http://www.pelinks4u.org>