

Program Content	Level 1 Diabetes Training	Level 2 Diabetes Training	Level 3 Diabetes Training
Diabetes Overview	Key terms, diabetes and prediabetes basics, when to get a checkup first	Review of key terms, diabetes and prediabetes specifics (such as diagnosis, A1C, time in range)	Review of key terms, gestational diabetes basics
Motion Overview	Fitness basics, physiology basics, hormonal responses, exercise energy systems	Review and more on hormones, understanding insulin resistance and exercise effects	Reversal of insulin resistance, losing weight, keeping it off
Diabetes Motion Training	Cardio, resistance, flexibility, core, and balance training basics	Cardio exercise precautions, interval training, resistance, flexibility and unstructured activities, debunking myths	Maximizing muscle, keeping muscle while losing fat, revving up insulin action with training, balance training importance
Diabetes Motion Basics	Blood glucose monitoring, oral medications, injected (non-insulin) meds, medication exercise effects, effects of food, amino acids, creatine, injuries	Review of oral medications, exercise effects of other meds (like statins), effects of food on exercise and health, sports and energy drinks, specific vitamins	Review of injected (non-insulin) medications, use of insulin and exercise interactions, food intake for exercise and health, coffee, caffeine, other supplements
Diabetes Motion Specifics	Meters and continuous monitors, normal responses, factors that affect blood glucose, adjusting exercise food intake, adjusting meds and insulin for exercise, hypoglycemia, hyperglycemia	Monitoring exercise intensity, fine tuning food intake, low-carb eating, medication-induced hypoglycemia, spontaneous exercise, later-onset hypos, hypoglycemia unawareness, sprinting to prevent hypos, staying hydrated	More on exercise monitoring, factors affecting exercise benefits, review of food and medication adjustments, more on dealing with and preventing hypoglycemia, troubleshooting tips related to diabetes motion
Special Considerations	Health complications overview, overweight or obese clients, older clients	Diabetes-related health complications, medication weight gain, loss, maintenance, youth with diabetes, training trends	Review of health complications, specific concerns related to women, athletes and performance issues
Motion Motivation	Why people stop exercising, motivational interviewing, overcoming exercise barriers (quiz), effective goal setting	Overcoming specific barriers to motion, more on effective goal-setting, using technology for motivation	More on using technology and apps, getting emotionally fit through activity

