Brief Description
Exercise (ECE) is a strategy that involves an increase in physical exertion as a means of reducing problem behaviors or increasing appropriate behavior while increasing physical fitness and motor skills. With ECE, learners engage in a fixed period of programmed physical activity on a regular basis. ECE sessions often begin with warm-up exercises and end with cool-down activities and may include aerobic activities (e.g., jogging, jumping, swimming), strength training, and/or stretching that can take place indoors, outdoors, or at a swimming pool for aquatic exercise programs. ECE is often used in conjunction with prompting, reinforcement, and visual supports.

Qualifying Evidence
ECE meets evidence-based criteria with 3 group design and 3 single case design studies.

Ages
According to the evidence-based studies, this intervention has been effective for preschoolers (3-5 years) to middle school-age learners (12-14 years) with ASD.

Outcomes
ECE can be used effectively to address behavior, school-readiness, academic, and motor skills.

Research Studies Providing Evidence


**Exercise Fact Sheet—Suggested Citation**