Supplemental Figure 1: sample exercise programs

***Reactive basic HEP***

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| **EXERCISE (s) \*\*Repeat cycle 3 times\*\*** | **TIME** | **FOOT POSITION** | **TOTAL TIME** |  |
| 1. Postural sway (lean as far as you can without taking a step then back to center), working your way around a “clock” (lean towards 1o’clock, then center, 2o’clock, then center etc)
 | 1 min each direction (clockwise/counter clockwise) | Hip distance | 6 min | IMG_0523IMG_0509IMG_0525IMG_0509 |
| 1. Turn body side to side (look over right shoulder, then over left shoulder)
2. Toss ball straight up in the air and catch it
 | 1 min each exercise | Feet together | 6 min | 5C:\Users\beckl\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\772.jpg  |
| 1. Step forward and then backward, alternating legs over the line
2. Step to the right, bring your feet together, step to the left, feet together, over the line
 | 1 min each exercise | Feet together/stepping | 6 min | C:\Users\beckl\Desktop\116___03\IMG_0503.JPGC:\Users\beckl\Desktop\116___03\IMG_0502.JPG IMG_0504IMG_0505 |
| 1. Reach forward as far as you can without taking a step, then come back to center
 | 1 minute | Feet together | 3 min | IMG_0507IMG_0506 |

***Reactive basic Virtual Reality program***

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| **DISC** | **GAME** | **LEVEL** | **#TIMES** | **EST. TIME** |
| Adventure | 20,000 leaks (Free Play) | Basic  | 2 | 6 min |
| Sports | Soccer (Main Event) | Any  | 1 | 6 min |
| Sports | Table tennis (Main Event) | Any  | 2 | 10 min |

***Reactive Intermediate HEP***

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| **EXERCISE (s)** | **TIME** | **FOOT POSITION** | **TOTAL TIME** |  |
| 1. Turn body side to side (look over right shoulder, then over left shoulder) and throw/catch or bounce/catch the ball
 | 2 min | Feet together | 6 min | C:\Users\beckl\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\767.jpgC:\Users\beckl\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\766.jpg |
| 1. Balloon toss (hit the balloon straight up to yourself, trying not to let it hit the ground)
 | 2 min | Feet tandem \*\*weight evenly between feet  | 1. min
 | IMG_0541 |
| 1. Toss or bounce ball forward and step to catch it
2. Toss or bounce ball backward as above

3. Toss or bounce ball to the right as above4. Toss or bounce ball to the left as above | 1 min each exercise | Feet together/stepping | 12 min | C:\Users\beckl\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\760.jpgC:\Users\beckl\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\762.jpg C:\Users\beckl\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\765.jpg  |

***Reactive Intermediate Virtual Reality Program***

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| **DISC** | **GAME** | **LEVEL** | **#TIMES** | **EST. TIME** |
| Adventure | 20,000 leaks (Free Play) | Intermediate  | 2 | 6 min |
| Adventure | Rallyball (Free Play) | Intermediate  | 1 | 4 min |
| Sports | Soccer (Main Event) | Any  | 1 | 6 min |
| Sports | Beach volleyball (Main Event) | Any  | 1 | 6 min |

***Reactive Advanced HEP***

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| **EXERCISE (s)** | **TIME** | **FOOT POSITION** | **TOTAL TIME** |  |
| 1. Postural sway (lean as far as you can without taking a step then back to center), working your way around a “clock” (lean towards 1o’clock, then center, 2o’clock, then center etc)
 | 1 mineach direction (clockwise/counter clockwise | Feet together, lean toward | 6 min | IMG_0523IMG_0509IMG_0525IMG_0509 |
| 1. Balloon toss (hit the balloon straight up to yourself, trying not to let it hit the ground)
 | 1 min each leg | Single leg  | 6 min | IMG_0542IMG_0543 |
| 1. Toss or bounce ball forward and step to catch it
2. Toss or bounce ball backward as above

3. Toss or bounce ball to the right as above4. Toss or bounce ball to the left as above | 30 sec each leg in front for each exercise | Start in tandem/ step to a lunge/return to tandem | 12 min | C:\Users\beckl\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\768.jpg C:\Users\beckl\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Word\760.jpg |

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| **DISC** | **GAME** | **LEVEL** | **#TIMES** | **EST. TIME** |
| Sports | Soccer (Main Event) | Any  | 1 | 6 min |
| Sports | Beach volleyball (Main Event) | Any  | 1 | 6 min |
| Adventure | River rush (Free Play) | Advanced  | 3 | 6 min |
| Adventure | Rallyball (Free Play) | Advanced  | 2 | 6 min |

***Reactive Advanced Virtual Reality Program***