



**LONG ISLAND
AGENDA
SUMMER 2009
July 7-August 27**

Faculty SCHEDULE

Updated 5/12/2009

Your student contact at the ECITS office is Michelle Abrahams 516-432-6877.

Tuesday	July 7	6:30pm-7:30pm 7:15pm-8:15 8:15pm-10:30pm	Michelle Gary	On-site Reg Introduction Monitoring Exercise Intensity, Cardiorespiratory Training (Chap 1,5 GF - 7 PT)
Thursday	July 9	7:30pm-10:30pm	Leonard	Health Screening/testing (Chap 4, 5, GF- 5 , 6 PT)
Tuesday	July 14	7:30pm-10:30pm	Sybil	Exercise Physiology (Chap. 1GF- 1PT)
Thursday	July 16	7:30pm-10:30pm	Sybil	Anatomy and Kinesiology (Chap 2 GF - 2,3 PT)
Tuesday	July 21	7:30pm-10:30pm	Sybil	Anatomy and Kinesiology (Chap 2 GF- 2,3 PT)
Thursday	July 23	7:30pm-10:30pm	Leonard Michelle	*Blood Pressure and Body Composition Lab (Chap 5,6GF - 5,6PT)
Tuesday	July 28	7:30pm-10:30pm	Marty	Selecting Equipment, Footwear, Flooring, Voice Inj Insurance and Legal Issues Leadership, Motivation, etc. (Chap 6,7,11GF 13,14,17 PT)
Thursday	July 30	7:30pm-10:30pm	Sybil	Nutrition and Weight Control (Chap 3 GF - 4 PT)

Tuesday August 4 - 7:30pm-10:30pm	Leonard Marty	Upper Body/ Free wt. Progressions Chap 8,9, PT	*Practical Aspects of PT
Thursday August 6 7:30pm-10:45pm	Gary	MuscularStrength Endurance (Chap 5 GF - 8,9 PT) *Body Sculpt Workshop *Flexibility*Stretch Workshop* (Chap 1,5 GF - 10 PT)	
Tuesday August 11 7:30pm-10:30pm	Leonard Marty	Lower Body /Free wt. Progressions Core Training (Chap 8,9, PT)	*Practical Aspects of PT
Thursday August 13 7:30pm-10:30pm	Gail	Group Fitness and Dual Only *Warm-ups and Cool Downs, *Class Design and Format *Aerobic Choreography (Chap 5,6 GF)	
Tuesday August 18 7:30pm-10:30pm	Marty	Programming For Healthy (Chap.11PT)	
Thursday August 20 7:30pm-10:30pm	Leonard	Muscular Injury / Injury Prevention, Emergency Proc (Chap 10 GF - 15 PT)	
Tuesday August 25 7:30pm-10:30pm	Leonard	Programming for Special (Chap 8, 9GF - 12PT)	
Thursday August 27 7:30pm-10:30pm	Len/mart	*PT PRACTICAL EXAM	
Tuesday Sep 1 8:00pm-9:30pm	Michelle	Written Exams	
Thursday Sep 3 8:00pm-10:00pm	Gail	*GroupPRACTICAL EXAM	

*Practical Training & Demo*Please come dressed and ready to work out for these sessions! Reading Assignments are denoted by "GF" for Group Fitness and "PT" for Personal Trainers.

Location: Sportset 60 Maple Ave, Rockville Center, NY call 516-536-8600 - for DIRECTIONS ONLY

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