Faculty

Anatomy/Kinesiology I & 11
Marie Scioscia, MS NYU, MMC, ACE P.T., Alvin Ailey Company

Introduction to Nutrition
Francine Waxman, MS in Human Nutrition, CDN from State of NY, Personalized nutritional consultant, Developer of nutrition courses for numerous colleges, Nutritional consultant to other health professionals

Teaching Adult Fitness I
Cathy Lloyd, Coordinator of Fitness Program, Marymount Manhattan College, ACE Personal Trainer, Certified Dance Therapist, Functional Fitness Specialist

Introduction to Exercise Physiology
Sherry Eyster, MA in Applied Physiology, ACSM Certified, MMC Fitness Instructor, MMC Personal Trainer, Older Adult Specialist

Teaching Adult Fitness II: Strength Training & Fitness Evaluation
Billy Davis

Teaching Adult Fitness III: Mat Exercise
Joanne Bogoslaw, MMC Fitness Instructor, Dance Instructor for NYC Board of Education

Regain And Maintain: Functional Fitness Through Life
Sybil Sidelman, RN, Critical Care Emergency, ACSM, Director of CPR, MMC Fitness Specialist for Older Adults

Business of Fitness
Christopher T. Kempski, ACE, NSAM, ACSM

Course Schedule

Anatomy & Kinesiology I (FIANAKI1)
Mon. 6:30 - 9:22pm; 6/10 - 7/22 (7 sess.)

Anatomy & Kinesiology II (FIANAKI2)
Not available this semester

Introduction to Nutrition (FINUTFIT)
Not available this semester

Teaching Adult Fitness I (FITEAFI1)
Thu. 6:30 - 9:30pm; 6/20 - 7/25 (5 sess.)
Skips 7/4

Teaching Adult Fitness II: Strength Training & Fitness Evaluation (FITEAFI2)
Not available this semester

Teaching Adult Fitness III: Mat Exercises (FITEAFI3)
Not available this semester

Introduction to Exercise Physiology (FIINTEXP)
Not available this semester

Regain And Maintain: Functional Fitness Through Life (FIRMFFIT)
Sat. 10:00am - 6:00pm; 6/15 (1 sess.)

Business of Fitness (FIELBU)
Not available this semester

The need for qualified fitness instructors continues to grow. To meet this demand, Hunter College and top fitness experts created a hands-on program that will train you for a career in the fitness arena.

Summer 2019 at CEP:
CEP's Summer semester runs from June 1 to August 11.
Classes do not meet on major holidays - please note skip dates.

The Certificate in Fitness Instructor Open House will be held on:
Wednesday, May 29, 2019 @6pm
RSVP by phone or online at http://bit.ly/CEP_RSVP

Daytime location:
695 Park Avenue, Room E1022; NY, NY 10065
Phone: 212-650-3850; Fax: 212-772-4302
Email: ce@hunter.cuny.edu
Mon.-Thu. 9am-5pm; Fri. 9am-4:45pm

Evening location:
71 East 94th Street; Room 333; NY, NY 10128
Phone: 646-963-6311; Email: ce@hunter.cuny.edu
Mon.-Thu. 5-9pm

www.hunter.cuny.edu/ce/certificates/

fitness-instructor

Summer 2019

www.hunter.cuny.edu/ce
Certificate In Fitness Instructor

Registration and Tuition:
The Certificate in Fitness Instructor is comprised of 9 required courses that must be completed within two years. Tuition for the certificate is $3300 plus the $35 registration fee and $125 payable to an outside gym. You can also register for courses individually plus the registration fee per semester. Payment plans are available. To register for courses online, visit our online registration portal. You may browse courses and register as a new or returning student. Certificate students must contact the registration office to select course schedules per semester. Courses should be taken in the order in which they are listed. To enter the program, interested applicants must complete the online Application and Physician's Clearance forms. If you're planning to become a Certified Personal Trainer (CPT), you must also obtain a CPR certificate which is separate from this program. 100% class attendance is expected. Any exceptions must be accompanied by a doctor's note. *Note: Please note that you are required to bring your own mat to class for some of the classes.

Required Courses:

Anatomy and Kinesiology I $500 (FIANAKI1)
Learn the anatomical background essential for understanding human movement. Topics include: terminology for describing movement, skeletal, muscular and particular systems of the upper body and torso. (No prerequisite required). 100% attendance is mandatory. Book: Anatomy Coloring Book by Wynn Kapit

Anatomy and Kinesiology II $400 (FIANAKI2)
The 2nd course applies the same principles of Anatomy and Kinesiology to the lower body. It provides hands-on experience using knowledge learned from both semesters. (Prerequisite - Anatomy & Kinesiology I). 100% attendance is mandatory. Book: Anatomy Coloring Book by Wynn Kapit

Introduction to Nutrition $400 (FINUTFIT)
This course is a dynamic overview of the relationship between diet, physiology, and wellness. Along with the study of carbohydrates, lipids, and proteins, as both fuel and building blocks of bodily structure, it clarifies how food choices set physiological pathways in motion which ultimately create health or lack of health. This nutrition course clarifies what it takes to create truly healthy diets. (No prerequisite required).

Teaching Adult Fitness Level I $400 (FITEAFI1)
You will learn and practice the basic components of safe cardiovascular exercises and develop communication skills for effective teaching, group and private sessions. You will learn to cue suitable warm-ups and cool-downs to music using correct alignment during stretches and isolations. Students will teach a 5 minutes cardio-vascular segment of a class. (No prerequisite required).

Teaching Adult Fitness II: Strength Training & Fitness Evaluation $825 (FITEAFI2)
Strength training is essential for a complete and balanced fitness program. In this course, students will learn the science of strength training, the elements of fitness assessment using current industry standards as well as the practical side of how to train for different levels and goals. Course lecture and material will include: Study pre-activity screening of clients, client risk stratification, preparing and leading clients through assessment tests and interpretation of test results. Practice in measuring blood pressure, cardiopulmonary, cardiovascular and neuromuscular and respiratory fitness, body composition and muscular strength and flexibility. How to design effective strength training workouts using different methods, such as pyramid training and circuits, and how to establish proper form and alignment for optimal functional movement. Classes will start in a regular classroom and the remaining 6 sessions will be held at a fully equipped facility so that ample time can be spent learning and practicing how to train all the muscles of the body using free weights, machines, hybrid equipment, and body weight exercises. Gym membership fee required.

Regain And Maintain: Functional Fitness Through Life $200 (FIRMFFIT)
At any age, maintaining optimal wellness has physical, social and financial benefits. This issue takes on special significance as older adults become the fastest growing segment of the population. Learn how to design exercise programs that can benefit people of any age who have lost the ability to function at their highest level they. Topics will include balance, strength and cardiovascular training, as well as a chair exercise program. Special consideration will be given to chronic conditions such as heart disease, diabetes and musculoskeletal disorders. (No prerequisite required).

Business of Fitness $99 (FIELBU)
This course focuses on getting started: where to begin, how to interview, information sources for equipment, music and all related business. Topics include: what clubs are looking for, insurance, liabilities, a review of communication skills and how to attract clients. A guest speaker will share how he/she developed a successful business. (No prerequisite required).

Introduction to Exercise Physiology $500 (FIINTEXP)
This class studies the impact of exercise on the human body. We begin with understanding aerobic and anaerobic energy transfer, follow with study of the body’s three major physiologic systems: pulmonary, cardiovascular and neuromuscular and conclude with discussion of initiating physiological adaptations through exercise training. Required Book: Essentials of Exercise Physiology, 4th edition (2011), Katch, McArdle & Katch. Prerequisites: Anatomy & Kinesiology I and II and Introduction to Nutrition.