

### **Anatomy / Kinesiology**

Dr. Genie Tartell RN, Certified Sports Chiropractor, Graduate of CUNY Lehman College and New York Chiropractic College.

Nutrition Francine Waxman MS, CDN Nutrition.

Teaching Adult Fitness (TAFT I)

Cathy Lloyd Coordinator of Fitness Instructor Program, MMC, ACE Personal Trainer, Certified Dance Therapist.

Exercise Physiology Sherry Eyster

MA, in Applied Physiology, ACSM Certified, MMC, Fitness Instructor. Also MMC, Personal Trainer and Older Adult Specialist.

Strength Training TAFT II

Jonathan Uria Professional Fitness Specialist

NASM, ACE, MMC, Author and Founder of Yogilates.

Fitness Evaluation Sherry Eyster

Mat Exercise Teaching Adult Fitness III

30ara sessions Master Certification from Pilates Sports Center, Certified Pilates with additional focus on Feldenkrais, exercise Physiology/Kinesiology.

Exercise for Pregnancy and Post-Partum Clients Reine Vilim Masters Degree in Exercise Physiology, ACSM-PFT, Personal Trainer.

Exercise for Older Adults- Sybil Sidelman RN, Critical Care Emergency, ACSM, Director of CPR, MMC Fitness Specialist for Older Adults.

Fitness Evaluation Wendy Lee Carvill

New York City Exercise Therapist, MMC, Beth Israel Medical Center, ACE.

Mat Exercise Teaching Adult Fitness III Rachel Pribe Certified Pilates Instructor, NASM.

### **OR MORE INFORMATION**

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### **FALL SCHEDULE 2008**

FUNCTIONAL ANATOMY / KINESIOLOGY

PART I – Dr. Genie Tartell

Sept. 9, 16, 23, Oct. 2, 7, 14, 21, 28, Nov. 4, 11, Tues. 7-10 pm  
No class Sept. 30.

FUNCTIONAL ANATOMY / KINESIOLOGY

PART II –

Nov. 18, 25, Dec. 2, 9, 16, 23, Jan. 6, No class Dec. 30

TEACHING ADULT FITNESS I –

TAFT I – Cathy Lloyd

Sept. 18, 25, Oct. 2, 9, 16, Thurs. 6-9pm.

TUTORITION FOR FITNESS –

Francine Waxman –

Tues. Nov. 4, 11, 18, 25, Dec. 2.

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THE FITNESS  
INSTRUCTOR  
PROGRAM  
FALL 2008

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## **COURSES and CERTIFICATIONS**

These courses give you hands-on experiential training, that prepare you for future certifications, such as ACE, NASM, ACSM, and for work in health clubs, as instructors, managers, and personal trainers.

## **JOB OPPORTUNITIES**

Hunter will give you job leads as soon as you qualify or complete training. The fitness field calls us all the time asking for instructors and trainers.

## **CERTIFICATE REQUIREMENTS**

Complete all required courses within two years, plus one elective. You must obtain a CPR certificate. (Separate from program). Most courses have exams or presentations. All work is graded by exams, application, attendance and class participation, a grade of C is required to pass. Expect to study 3 to 5 hours per week per course.

Courses can be taken individually.  
100% class attendance. Any exception must be accompanied by a doctor's note.

## **APPLICATION PROCESS**

To enter the program, interested applicants must complete an application form and submit it with a Physicians Clearance Form.

**REGISTRATION** Class size is limited and early registration is advised.

**TUITION and FEES Pay for each course when you enroll, plus \$20.00 registration fee per semester. Payment plan available.**

## **THE REQUIRED COURSES FUNCTIONAL ANATOMY KINESIOLOGY**

**PART I** One book. 30 hours. 10 sessions.

Learn the anatomical background essential for understanding human movement.

**TOPICS** Terminology used for describing movement; skeletal, muscular and articular systems of the upper body and torso.

## **PART II**

The 2nd semester course applies the same principles of Anatomy

and Kinesiology to the lower body. It provides hands-on experience, using knowledge learned from both semesters.  
One book. 21 hours, 7 sessions.

## **TEACHING ADULT FITNESS LEVEL 1**

You will learn and practice the basic components of safe cardiovascular exercises, develop communication skills, for creative effective teaching, in group or 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 minute cardio-vascular segment of a class.  
No book. 15 hours. 5 sessions.

## **INTRODUCTION TO NUTRITION**

This course is a dynamic overview of the relationship between diet and bodily structure, vitality, and general state of wellness. Learn the process of how your food is converted to energy. One book. 15 hours. 5 sessions.

## **TEACHING ADULT FITNESS II (STRENGTH TRAINING)**

This participatory workshop emphasizes basic bio-mechanics, free weight training, and using state-of-the-art equipment needed for an effective workout. Learn verbal and tactile cueing techniques, progressions, safety precautions, and injury prevention. A substantial knowledge of Anatomy is advised. 6 sessions. 18 hours. The location will be a gym TBA.

## **INTRODUCTION TO EXERCISE PHYSIOLOGY**

A concise overview of the effects of exercise on the human body. This class begins with a brief introduction of nutrition for exercise, discusses the aerobic and anaerobic energy transfer systems. It covers basic elements of the cardio-vascular, pulmonary, lungs, and neuro-muscular systems, and explains how to utilize this information, with the study of specific physiologic adaptations to exercise training. One book. 20 hours, 9 sessions.

## **TEACHING ADULT FITNESS III:**

Mat Exercise This participatory workshop brings together practical and theoretical skills required to design and teach exercise programs and mat classes.

**TOPIC:** Principles of body conditioning. Core stabilization techniques, exercises from sports rehab, Pilates, Yoga, and dance,

valuable for personal training as well as group classes. One book. 15 hours, 6 sessions.

## **FITNESS EVALUATION**

Assess the status of your own fitness and needs of your clients by using simple reliable procedures. Conduct tests for body strength, flexibility, sub-maximal oxygen consumption, blood pressure, and measure body fat. Interpret the results and formulate a program to meet each client's goal. Please bring -Calculator, Note-paper, Watch with second-hand, Towels, 8 hours, 2 sessions. This course is taken at the end of the program.

## **ELECTIVES CHOOSE ONE**

### **EXERCISE FOR PREGNANCY and POST-PARTUM CLIENTS**

Learn how to design a program for this population. Emphasis is on the physiology and psychology of pregnancy, birth, and recovery; recommendations from The American College of Obstetrics and Gynecology. One book. 7 hours, One session.

### **EXERCISE FOR OLDER ADULTS**

Every 5 minutes someone turns 60, explore how exercise improves physiological and psychological health of older adults.

**TOPICS** Musculo Skeletal problems, diabetes, hyper-tension, coronary disease, arthritis, osteoporosis, and psychological attitude affecting exercise. Design fitness programs appropriate for older adults, colon, low impact aerobics, strength training, and chair exercises. One session. 8 hours.

### **BUSINESS OF FITNESS**

Getting started where to begin, how to interview, information sources for equipment, music, all related business.

**TOPICS:** What are the clubs looking for, insurance, liabilities, review communication skills, how to attract clients. A guest speaker with a successful business will share how they developed. One session. 3 hours.

## **FACULTY**

Staff members are all leaders in their field, they have been selected for their expertise and ability to communicate technical information clearly, with enthusiasm and understanding.