



**LONG ISLAND
AGENDA
SUMMER 2010
July 6-August 31**

SCHEDULE

Updated 4/12/2010

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

Tuesday	July 6	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 8	7:30pm-10:30pm	Leonard	Health Screening/testing (Chap 4, 5, GF- 5 , 6 PT)
Tuesday	July 13	7:30pm-10:30pm	Sybil	Exercise Physiology (Chap. 1GF- 1PT)
Thursday	July 15	7:30pm-10:30pm	Sybil	Anatomy and Kinesiology (Chap 2 GF - 2,3 PT)
Tuesday	July 20	7:30pm-10:30pm	Sybil	Anatomy and Kinesiology (Chap 2 GF- 2,3 PT)
Thursday	July 22	7:30pm-10:30pm	Leonard Michelle	*Blood Pressure and Body Composition Lab (Chap 5,6GF - 5,6PT)
Tuesday	July 27	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 29	7:30pm-10:30pm	Sybil	Nutrition and Weight Control (Chap 3 GF - 4 PT)

Tuesday August 3 - 7:30pm-10:45pm	Gary	MuscularStrength Endurance (Chap 5 GF - 8,9 PT) *BodySculpt/*Stretch (Chap 1,5 GF - 10 PT)
Thursday August 5 7:30pm-10:30pm	Leonard Marty	*Practical Aspects of PT Upper Body/ Free wt. Progressions Chap 8,9, PT
Tuesday August 10 7:30pm-10:30pm	Leonard Marty	*Practical Aspects of PT Lower Body /Free wt. Prog Core Training (Chap 8,9, PT)
Thursday August 12 7:30pm-10:30pm	Group Fitness and Dual Only Gail	*Warm-ups and Cool Downs, *Class Design and Format *Aerobic Choreography (Chap 5,6 GF)
Tuesday August 17 7:30pm-10:30pm	Marty	Programming For Healthy (Chap.11PT)
Thursday August 19 7:30pm-10:30pm	Leonard	Muscular Injury / Injury Prevention, Emergency Proc (Chap 10 GF - 15 PT)
Tuesday August 24 7:30pm-10:30pm	Leonard	Programming for Special (Chap 8, 9GF - 12PT)
Thursday August 26 7:30pm-10:30pm	Len/Marty	*PT PRACTICAL EXAM
Tuesday August 31 8:00pm-9:30pm	Michelle	Written Exams
Thursday Sep 2 7:30pm-10:30pm	Gail	*Group II/PRE-PACTICAL
Group Practical by appt if necessary		

*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 516-536-8700 - for DIRECTIONS ONLY

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