



**LONG ISLAND  
AGENDA  
WINTER 2010  
Jan 5-Mar 9**

Faculty SCHEDULE

**EAST COAST  
INSTRUCTOR TRAINING SCHOOL**

Updated 11/20/2009

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

Tuesday	Jan 5	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	Jan 7	7:30pm-10:30pm	Sybil	Exercise Physiology (Chap. 1GF- 1PT)
Tuesday	Jan 12	7:30pm-10:30pm	Leonard	Health Screening/testing (Chap 4, 5, GF- 5 , 6 PT)
Thursday	Jan 14	7:30pm-10:30pm	Sybil	Anatomy and Kinesiology (Chap 2 GF - 2,3 PT)
Tuesday	Jan 19	7:30pm-10:30pm	Sybil	Anatomy and Kinesiology (Chap 2 GF- 2,3 PT)
Thursday	Jan 21	7:30pm-10:30pm	Leonard Michelle	*Blood Pressure and Body Composition Lab (Chap 5,6GF - 5,6PT)
Tuesday	Jan 26	7:30pm-10:30pm	Sybil	Nutrition and Weight Control (Chap 3 GF - 4 PT)
Thursday	Jan 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)
Tuesday	Feb 2	- 7:30pm-10:30pm	Leonard Marty	*Practical Aspects of PT Upper Body/ Lower Body Free wt. Chap 8,9, PT)

Thursday Feb 4	Group Fitness and Dual Only 7:30pm-10:30pm	Gail	*Warm-ups and Cool Downs, *Class Design and Format *Aerobic Choreography (Chap 5,6 GF)
Tuesday Feb 9	7:30pm-10:30pm	Leonard Marty	*Practical Aspects of PT Selectorized & Core Training (Chap 8,9, PT)
Thursday Feb 11	7:30pm-10:50pm	Gary	MuscularStrength Endurance (Chap 5 GF - 8,9 PT) *Body Sculpt Workshop *Flexibility*Stretch Workshop* (Chap 1,5 GF - 10 PT)
Tuesday Feb 16	7:30pm-10:30pm	Marty	Programming For Healthy (Chap.11PT)
Thursday Feb 18	7:30pm-10:30pm	Leonard	Muscular Injury / Injury Prevention, Emergency Proc (Chap 10 GF - 15 PT)
Tuesday Feb 23	7:30pm-10:30pm	Leonard	Programming for Special (Chap 8, 9GF - 12PT)
Thursday Feb 25	7:30pm-10:30pm		Winter weather make-up day
Tuesday Mar 2.	7:30pm-10:30pm	Michelle	Written EXAMS
Thursday Mar 4	7:30pm-10:30pm	Len/Marty Michelle	*PT PRACTICAL EXAM
Thursday Mar 11	7:30pm-10:30pm	Gail	*GroupPRACTICAL II Trial Exam *Group Practical 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 516-536-8700 - for DIRECTIONS ONLY

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