

Schedule

Saturday, March 27, 2009

- 7:30 AM **Registration/Continental Breakfast**
- 7:55 AM **Welcoming Remarks** – *Neal Pire, Executive Director, GNYRC-ACSM*
- 9:00 AM **Size Sensitivity Training for the Personal Trainer and Allied Health Professional** - *Rochelle Rice, President, In Fitness & In Health, New York, NY.* Nationally-recognized speaker, author, and educator. Rochelle dedicates herself to empowering women of size by connecting the body, the mind, and the heart through focus, movement, and breath. She is the author of *Real Fitness for Real Women* (Warner, 2001). Over the past decade, Rochelle has worked with a diverse range of professionals and individuals from across the nation to create an encompassing approach to well-being that has enhanced the lives and health of women of size. Rochelle also offers private practice, workshops for the fitness industry, customized curricula for healthcare professionals, yoga centers, and dance disciplines, as well as corporate health fairs and seminars. Rochelle established the In Fitness & In Health Wellness Center for plus-size women, located in midtown Manhattan.
- 10:00 AM **ACL Injury Risk Assessment and Prevention for the Health Fitness Professional** - *Tedd Keating, PhD, Assoc. Professor, Chair, Dept. of Physical education and Human Performance, Manhattan College, Bronx, NY and Lisa Toscano, EdD, ATC, Associate Professor, Manhattan College, Bronx, NY.* An overview of the contributing factors to ACL injury incidence, with special attention to modifiable attributes of the athlete/client. Demonstration of a user friendly risk assessment tool will follow.
- 11:00 PM **Positive psychology: Practical Applications for Enhancing Performance, Fitness, and Health** – *Jeff Cherubini, PhD, Assistant Professor, Dept of Physical Education and Human Performance, Manhattan College, Bronx, NY.* Positive psychology, the scientific study of happiness, refers to three pursuits: the pleasant life (positive emotion), the engaged life (engagement), and the meaningful life (meaning). When individuals are aware of, pursue and blend all three lives, authentic happiness or the full life is more likely to be achieved (Seligman, 2002; Seligman & Csikszentmihalyi, 2000; Seligman, Steen, Park, & Peterson, 2005). With programming acknowledging these pursuits, health fitness professionals are in a unique position to contribute to and promote this movement of positive psychology (Cherubini, 2009). Furthermore, given ACSM's goal to maintain and enhance physical performance, fitness, health, and quality of life for all, the pursuits of positive psychology appear to be a natural match for ACSM members.
- 12:00 Noon **Lunch** – (on your own)
- 12:30 PM **GNYRC ACSM Business Meeting (Members only)**
- 1:15 PM **Marketing Tactics for the Independent Personal Trainer** - *Neal I.Pire, MA, FACSM, President, Inspire Training Systems, Exec Dir GNYRC-ACSM, Ridgewood, NJ.* Veteran trainer and strength and conditioning specialist, and author of soon-to-be-published ACSM's Business for the Health Fitness Professional, Neal Pire, will share some of the "How-to's" and "must-have's" of marketing your training business or professional practice
- 2:15 PM **Break with Speakers / Network with Attendees**
- 2:45PM **Panel Discussion: Business Concerns for the Fitness and Allied Health Professional**
- 4:00 PM **Closing Remarks / Adjournment** – *Neal Pire, Executive Director, GNYRC-ACSM*

Statement of Need

The planning committee, based on examinations of various sources of needs assessment, determined that Exercise and Sports Medicine issues in the Older Adult were areas in which participants wished to discuss clinical pearls in order to keep sports medicine professionals at their highest state of practice readiness.

Educational Objectives

- At the conclusion of this activity, participants should be able to:
- Address the special needs of the "woman of size" as training client
- Understand the etiology of ACL injury, and apply training protocols to decrease the risk of ACL injury
- Describe positive psychology characteristics and apply relevant applications to enhancing performance, fitness, and health for themselves and their clients.
- Devise effective marketing strategies for a personal training business or professional practice

*** The ACSM has implemented a new policy where you will be responsible for sending CEC/CEU forms directly to ACSM National with payment.**

IMPORTANT REMINDERS

- No advanced registration received after **March 19** will be accepted. If you miss the deadline, you must then register the day of the conference. **NO EXCEPTIONS!** * Tuition is non-refundable.
- Payments accepted by cash or personal check. For credit card or debit payments, John Martinez will send you a PayPal bill (which is only accepted for pre-registration).
- You must attend the full-day Saturday to receive continuing education credits. No certificates or credits will be given after scheduled verification times.
- **ALL STUDENTS MUST BE FULL-TIME STATUS** and submit with registration form a copy of valid current student ID or a letter from faculty member indicating full-time status.

REGISTRATION Please PRINT Clearly

(If paying by credit card you must mail, fax or e-mail this form to JohnMartinez@NYC.rr.coml)

Name: _____ Email: _____
 Home Phone: _____ Work Phone: _____
 Address: _____ Apt. #: _____
 City: _____ State: ____ Zip: _____
 Institution/ Firm: _____
 ACSM National membership #: _____ Are you an ACSM Fellow? _____

TUITION

	(before 3/20/10)	(at conference)
Registered:		
Professional		
GNYRC member:	\$ 100	\$125
Non- member:	\$ 150	\$175
Students:		
GNYRC member:	\$ 25	\$ 50

Tuition Fee (see table above):.....\$ _____
 Optional Donation to GNYRC- ACSM\$ _____

TOTAL ENCLOSED (checks payable to: "GNYRC- ACSM") \$ _____

Mail completed registration form with check to: John Martinez, 258 West 91st Street, Suite 1-B, New York, NY 10024. Fax: 212-875-0143. For information call: 800-905-9293 or Laura Giordano at 646-620-7764

Credit Designation

An application for CEC approval has been submitted to ACSM. ACSM-approved CEC's may qualify and fulfill continuing education requirements of other professional agencies including: NASM, NSCA, NATA, APTA, and ACE.

Directions to: Manhattan College - Rodriguez Room in Miguel Hall

VIA Subway: 1 Train (Broadway Line to 242nd Street/Van Cortlandt Park -last stop). Walk up hill on West 242nd Street to main gate on right.

Metro-North : The Marble Hill, Spuyten Duyvil and Riverdale railroad stations are all near the College. The Marble Hill Station is the best choice for connecting with public transportation or taxi. For schedule information, call Metro-North at (212) 532-4900.

VIA Auto: From Long Island and Points (from South): Robert F. Kennedy Bridge (Triborough Bridge) - Follow signs to Major Deegan Expressway North (I-87), exit at Van Cortlandt Park South, bear right off ramp and bear right onto Broadway. At second traffic light, turn left and then left again onto Manhattan College Parkway. Proceed uphill to main gate on right.

(from East) Whitestone or Throgs Neck Bridge - To Cross Bronx Expressway (I-95), to Major Deegan (I-87) North, -follow directions above from Major Deegan.

From New York City: From F.D.R. Drive - F.D.R. Drive to Major Deegan Expressway North (I-87). Exit at Van Cortlandt Park South, bear right off ramp and bear right onto Broadway. At second traffic light, turn left and then left again onto Manhattan College Parkway. Proceed uphill to main gate on right.

From West Side Highway - West Side Highway to Henry Hudson Parkway North to West 239th Street Exit. At stop sign, proceed straight across intersection (monument on left), pass traffic light and bear right at fork onto Manhattan College Parkway. Proceed downhill to main gate on left.

From New Jersey: George Washington Bridge (from West) - Follow signs to Henry Hudson Parkway North to 239th Street Exit (no commercial vehicles). At stop sign, proceed straight across intersection (monument on left), pass traffic light and bear right at fork onto Manhattan College Parkway. Proceed downhill to main gate on left.

Saw Mill River Parkway/Henry Hudson Parkway

Traveling North: Exit at 239th Street. Go to stop sign, cross intersection and bear right onto Manhattan College Parkway. Proceed downhill to main gate on left.

Traveling South: Exit at 246th Street. Turn left at first traffic light, turn right onto Fieldston Road at circle and then turn left onto Manhattan College Parkway. Proceed downhill to main gate on left.

**Greater New York Regional Chapter
2010 GNYRC-ACSM SPRING TRAINING
MEETING**



***HOT TOPICS IN PERSONAL TRAINING
AND SPORTS MEDICINE:***

**Saturday, March 27, 2010
Manhattan College
Miguel Hall - Rodriguez Room
Bronx, New York**

This educational activity is designed for Athletic Trainers, Coaches, Exercise Physiologists, Exercise Specialists, Fitness Professionals, Massage Therapists, Nutritionists, Physical Educators, Physical Therapists, Sports Conditioning Professionals, and all other Allied Health Professionals.

No special prerequisites are required to attend this educational activity.

Jointly Sponsored by
The American College of Sports Medicine and
The Greater New York Regional Chapter ACSM