



**Greater New York Regional Chapter of the ACSM
presents
2010 Spring Training Conference**

***Hot Topics in Personal Training
and Sports Medicine***

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

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



Agenda
Saturday, March 27, 2010

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. In addition to speaking nationwide, Rochelle 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 am - **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**

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**

2:45 pm – **Panel Discussion: Business Concerns for the Fitness and Allied Health Professional**

4:00 pm - **Closing Remarks / Adjournment** – *Neal Pire, Executive Director, GNYRC-ACSM*

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.

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

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

If paying by credit card you must mail, fax or e-mail this form to John Martinez (JohnMartinez@NYC.rr.com) to receive the PayPal bill option

TUITION

Registered:	(before 3/ 19/ 10)	(at conference)
Professional		
GNYRC member:	\$ 100	\$125
Non- member:	\$ 150	\$175
Students:	\$ 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

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

Registration Form

Name:		
Email address:		
Home phone:		
Work Phone:		
Address:		
City:		
State:		
Zip:		
Affiliation / Firm:		
ACSM National #:	Are you an ACSM Fellow?	

Directions to Manhattan College

By Car

From Long Island

Robert F. Kennedy Bridge (Triborough Bridge) (from South) - 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.

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

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.

New York State Thruway (I-87) (from North)

Thruway South (I-87) becomes the Major Deegan Expressway. Exit at Van Cortlandt Park South, turn 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 New Jersey

George Washington Bridge (from West)

New Jersey Turnpike or Route 80 to George Washington Bridge. 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.

From New York City

F.D.R. Drive (from South)

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.

West Side Highway (from South)

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.

By Public TRANSIT

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.

Subway

No.1 train on Broadway-7th Avenue line to 242nd Street/Van Cortlandt Park Station (last stop). Walk up hill on West 242nd Street to main gate on right.

Buses

Bus routes near the College are the No. 7, No. 10 and No. 24, all of which stop at West 239th Street and Riverdale Avenue. The No. 1 stops at Broadway and West 242nd Street.

For more information on subway and city bus schedules, call NYC Transit information at (718) 330-1234.

Buses from New Jersey - Take bus to Port Authority Terminal at either West 42nd Street or West 178th Street. From there, take the No.1 train on Broadway-7th Avenue line to West 242nd Street/Van Cortlandt Park Station (last stop). Walk up hill on West 242nd Street to main gate on right.