

DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND MOVEMENT SCIENCE

All summer institutes listed award 3 graduate credits. For further information, please call the Department of Health, Physical Education and Movement Science at (516) 299-2671.

C.W. POST CAMPUS

PE 750	Obesity: Stemming the Epidemic, A Community Imperative (8332)	Dr. Trotto/ Dr. Koch	7/6-7/10
PE 750	Stress Management in and Out of the Classroom K-12 (8333)	Prof. Massaro	7/13-7/17
PE 750	Wellness: The Mind Body Connection (8334)	Prof. Massaro	7/20-7/24
PE 750	Parenting: Self and Others (8363)	Prof. Massaro	7/27-7/31

OBESITY: STEMMING THE EPIDEMIC, A COMMUNITY IMPERATIVE

PE 750 (8332)

M, T, W, Th, F, July 6 - 10

9 a.m. - 4 p.m.

PROGRAM COORDINATORS: **MARY TROTTO**, Ed.D., PT; **NANA KOCH**, Ed.D.

This course is aimed toward the physical education, health education and academic discipline/classroom teachers in K-12 schools. In addition to these primary faculties, principals and guidance counselors may find this course to be helpful in addressing the problem of overweight children and obesity in the school population.

The latest health information from primary care physicians and other health professionals indicates that overweight and obesity may be the most pervasive disorders affecting our children. Children who have either of these conditions have a much greater risk of remaining overweight and/or obese through adolescence and adulthood, and are subject to debilitating physical conditions detrimental to overall health.

When tackling this growing epidemic among children in our schools, the physical education and academic faculty needs to address its multiple causes. Toward this end, the course is designed in two parts: Part one focuses on the causes of overweight and obesity in our young children and part two explores the ways to best treat this epidemic through a total school and community collaborative effort. Course work focuses on curriculum development, hands-on physical activities to include in lessons in all subject areas, and ways to involve the school and all of its stakeholders in a community effort to combat this epidemic and create the "Exercising School."

INSTRUCTORS: **DR. MARY TROTTO**, PT ; **DR. NANA KOCH**

Mary Trotto, Ed.D., PT, professor emeritus, Department of Health, Physical Education, and Movement Science, C.W. Post Campus of Long Island University. While teaching at C.W. Post, Dr. Trotto received the David Newton Award for Teaching Excellence. She is an exercise physiologist. Her experience both in the area of fitness and conditioning and working with overweight children is extensive. Dr. Trotto plans to bring new concepts for working with overweight children via a total community involvement.

Nana Koch, Ed.D., is an associate professor in the Department of Health, Physical Education and Movement Science at the C.W. Post Campus of Long Island University. She consults with school districts and gives keynotes at conferences aimed at decreasing obesity and increasing physical activity and healthy nutritional practices in the schools. Most recently, she has been a consultant to the Rockland County Health Department and the Rockland Teachers' Center Institute, where she helped to create and teaches "Learning in Motion," a professional development program for school teachers that trains them to use physical activity to teach

academic content in all subject areas. Dr. Koch has taught teachers in staff development workshops and students in teacher preparation programs how to use movement as a tool that enhances the learning process and promotes healthy physical practices. She focuses on why children need to move, motor development and fitness concepts and how to incorporate physical activity into lessons on academic content.

GUEST SPEAKERS:

Ingrid Allison, Ph.D., brain development specialist. Dr. Allison has presented staff development programs throughout the metropolitan area on such topic as: *Brain-Compatible Learning, How Emotions Affect Behavior and Learning, How Stress Affects Behavior and Learning*. She also teaches in "Learning in Motion."

Steven Hollander, Ph.D., C.W. Post faculty, health education coordinator in the Department of Health, Physical Education and Movement Science.

Rhoada Tanenbaum, Ph.D., nutrition expert, C.W. Post adjunct faculty, Department of Health, Physical Education and Movement Science. Additional guests will be participating throughout the week.

INSTITUTE OBJECTIVES

Participants will:

- Learn about the extent of the overweight and obesity epidemic and its threat to the health and wellness of the nation's children and youth.
- Understand and articulate how physical activity enhances fitness, body awareness and academic learning.
- Understand and identify how the brain functions in relation to how we learn and retain information.
- Understand what nourishment we need to keep the brain and the body healthy.
- Learn how to use physical activity to teach academic subjects for all students in the class.
- Understand and describe how physical activity focuses attention, relieves stress and promotes fitness.
- Understand the movement development of students in grades K-12.
- Learn about government required school wellness policies.
- Learn about government programs aimed at the obesity epidemic.
- Learn how to coordinate the school community, parents and the community at large to create the Exercising School.
- Design and develop a physical activity curriculum that they can implement in their school/community.

TOPICS WILL INCLUDE:

The state of fitness and wellness in the America today

- The nation-wide extent of the overweight and obesity problem.
- Its scope, causes and identification in young children.
- The issue as focused on by the Centers for Disease Control and Prevention.

The impact of obesity on the child's growth and development

- Brain based research on why children need to move.
- The health ramifications associated with overweight and obesity.
- Focus on the "Traditional School" vs. the "Exercising School."

Curriculum development focused on decreasing the incidence of obesity

- Community involvement in the development of the "Exercising School."
- School wellness policies, as required by the federal government as of July, 2006.
- Steps to a healthier U.S. initiative.
- Grants to schools to implement physical activity programs.

Movement and exercise development aimed to cure obesity

- Designing physical activity and movement programs for creating the "Exercising School."

- Creating implementation plans to make the changes needed to refocus schools to address their student's overweight and obesity issues and institute "Exercising School" programs.

STRESS MANAGEMENT IN AND OUT OF THE CLASSROOM K-12

PE 750 (8333)

M, T, W, Th, F, July 13 - 17

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: **MARY MASSARO**

For those who wish to master techniques of stress management for increased productivity and well-being. This year's institute centers around the child, those who work with children, live with children and are children at heart. Information on the effect stress plays on our physical and mental well-being has grown considerably over the past few years. Techniques for the management of stress has been researched and developed for self-regulation of psycho/physical processes.

There's an increase in awareness of the amount of stress on our children today. Coping strategies for children with stress include techniques which focus on the needs of children (K-12).

This institute will help students gain a comprehensive understanding of stress and of ways intervention which makes the management of stress and concomitant homeo stasis possible in the lives of children.

Teachers, health professionals, managers, employees and those who work with children will find this institute of particular value, as well as those who are aware of the need to manage better their own personal stress level.

INSTRUCTOR:

Mary Massaro, M.S., executive director, Balanced Health Systems; consultant to major corporations and school districts on wellness, stress management, productivity and group team effectiveness, she has authored a chapter in the book, *Walking in Two Worlds: Self Relations in Theory, Practice and Community*. Her private practice is in Mind/Body Integration Therapy; certified in Eriksonian Hypnotherapy; Rational-Emotive Therapy; Stress Management Education, and Neurolinguistic Programming; National Board of Directors, American Association of Pain Management Centers; Fellow, American Academy of Pain Management. Completing her certification and licensure in Modern Psychoanalysis; adjunct faculty, C.W. Post Campus of Long Island University.

TENTATIVE GUEST LECTURERS:

Dr. Eric Adler, licensed acupuncturist and Chinese medicine expert

Joe Adornato, Self-defense expert

Dr. Steve Hollander, C.W. Post faculty, health education coordinator

Vincent Massaro, vice president, Metropolitan College of New York City

Abbe Miller, psychotherapist, art therapist

Dr. Leslie Nadler, psychotherapist and C.W. Post adjunct faculty

Debbie Pinsky, yoga expert

Jonathan Pinsky, executive coach

Laura Savino, "Dr. DeClutter"

Jessie Shaw, licensed acupuncturist, Chinese herbs expert

Trudy Steinfeld, master NLP practitioner

Dr. Rhoada Tanenbaum, C.W. Post adjunct faculty, nutrition expert

Dr. Mary C. Trotto, P.T., Professor Emeritus, Department of Health, Physical Education & Movement Science, C. W. Post Campus of Long Island University

WELLNESS: THE MIND BODY CONNECTION

PE 750 (8334)

M, T, W, Th, F, July 20 - 24

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: **MARY MASSARO**

Wellness is a proactive way of life that incorporates good health habits, such as adequate exercise, rest, nutrition, sound communication, interpersonal skills, supportive thought processes, and spiritual nurturance. These habits affect an individual's major life activities: work, play and self-care. This institute will provide a broad based wellness training, dedicated to enhancing knowledge of healthful living practices. The course encourages life style changes that promote healthier behaviors by focusing on the physical, emotional and spiritual resources of the individual to cope more effectively with life's challenges and assist in creating a productive personal and professional life.

The institute teaches the principles of wellness management in order to help others. This course is for individuals who wish to gain advanced understanding and mastery of wellness management for increased personal and professional well-being and productivity and who wish to use the principles of wellness management in helping others respond constructively to demanding lifestyles.

A variety of cognitive and experimental methodologies will be presented in support of the mind/body health model of healing, stress management and wellness maintenance.

TOPICS WILL INCLUDE:

- Physiological/psychological foundations of wellness
- New approaches toward wellness
- Spiritual dimensions of wellness
- Communication: internal and external
- Techniques for healing
- Nutrition for wellness
- Exercise for wellness
- Rational-emotive therapy
- Time/issue management skills
- Balancing work and family life
- Conflict in the workplace
- Role playing and group experiences
- Substance abuse vs. wellness
- Alzheimer's, AIDS, and care taking
- The life changes – the wellness connection
- Eriksonian hypnotherapy

INSTRUCTOR:

Mary Massaro, M.S., executive director, Balanced Health Systems; consultant to major corporations and school districts on wellness, stress management, productivity and group team effectiveness, she has authored a chapter in the book, *Walking in Two Worlds: Self Relations in Theory, Practice and Community*. Her private practice is in Mind/Body Integration Therapy; certified in Eriksonian Hypnotherapy; Rational-Emotive Therapy; Stress Management Education and Neurolinguistic Programming; National Board of Directors, American Association of Pain Management Centers; Fellow, American Academy of Pain Management. Completing her certification and licensure in Modern Psychoanalysis; adjunct faculty, C.W. Post Campus of Long Island University.

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Dr. Mary C. Trotto, P.T., Professor Emeritus, Department of Health, Physical Education & Movement Science, C. W. Post Campus of Long Island University

PARENTING: SELF AND OTHERS

PE750-003 (8363)

M, T, W, Th, F, July 28 - August 1

9 a.m. - 4 p.m.

PROGRAM COORDINATOR: MARY MASSARO

This institute is appropriate for those who wish to learn, through the understanding of parenting practices, how we change ourselves towards becoming more fully-functioning human beings, and in the process, facilitate the growth and well-being of others. This institute has as its objectives an in-depth comprehensive study and mastering of techniques for parenting both self and others. Guest lecturers who will participate in this institute come from a variety of specializations and interests. All have collaborated to provide a comprehensive exposition of "Parenting."

This course will focus on three facets of parenting. First and foremost, the course will discuss the parenting of the self, a skill that enables us to extend out to nurture, guide and support others from a place of balance and wholeness. Next, it will inform about how to parent the core relationships in our lives, the significant dyads and other family configurations.

This parenting area will explore in-depth the constellation of family structures that have emerged since the days of the 1950's version of parenting as seen in "Father Knows Best." Finally, the course will explore how vital it is to extend ourselves as "parent" out into the larger community, as a means to provide inspiration and guidance and to extend essential lifelines.

INSTRUCTOR:

Mary Massaro, M.S. executive director, Balanced Health Systems; Consultant to major corporations and school districts on wellness, stress management, productivity and group team effectiveness, she has authored a chapter in the book, *Walking in Two Worlds: Self Relations in Theory, Practice and Community*. Her private practice is in Mind/Body Integration Therapy; certified in Eriksonian Hypnotherapy; Rational-Emotive Therapy; Stress Management Education and Neurolinguistic Programming; National Board of Directors, American Association of Pain Management Centers; Fellow, American Academy of Pain Management. Completing certification and licensure in Modern Psychoanalysis; adjunct faculty, C.W. Post Campus of Long Island University

Principal speakers in this Institute:

Dr. Francine Blattner has been in the private practice of psychiatry in Portland, Maine for 25 years, concentrating on the assessment and treatment of children, adolescents, and adults.

Celia Bockhoff, M.S.W., L.C.S.W., B.C.D. has a private psychotherapy practice in Saddle River, NJ, and has over 20 years of experience with adults and adolescents in psychotherapy, hypnotherapy, and relational approaches.

Dr. Frank Brady is a professor and Chairperson of the Department of Health, Physical Education, & Movement Science at C.W. Post. Dr. Brady has a distinguished scholarly record, publishing in *Perceptual and Motor Skills*, *Quest*, *Journal of Humanistic Education*, and *Journal of Physical Education, Recreation and Dance*.

Joan Cerny is a clinical social worker who has a private psychotherapy practice specializing in adoption and other issues.

Mark Copron worked as a transplant coordinator for a large New York City hospital transplant center. He speaks on all the issues concerning non-traditional parenting.

Abbe Miller, M.S., A.T.R.-L.P.C. has specialized in the treatment of trauma associated dissociative disorders and has presented nationwide at conferences on this subject.

Jonathan Pinsky brings 20 years of experience to the field of personal growth, life coaching, business consulting, and executive leadership.

Jessie Shaw L.Ac., M.S. O.M., MBA is a practitioner of Chinese medicine and is a licensed acupuncturist and certified Chinese herbalist.

This Institute will aid participants to:

- Gain knowledge of the history of parenting in this and other cultures.
- Develop understanding of the major concepts of modern psychoanalysis as it relates to parenting, such as character formation, boundary setting, emotional regulation.
- Develop understanding of the major concepts of Self-Relations Therapy as it relates to therapy.
- Become aware of parenthood styles and patterns.
- Experience their “child” as potentiator of change within themselves.
- Identify personal and professional goals of self-transformation.
- Appreciate parenting as powerful experiences of character formation.
- Become aware of special considerations in parenting situations other than nuclear family parenting.

TOPICS WILL INCLUDE:

The Diverse Dimensions of Parenting

- The child within you
- Your own children
- Close personal relationships
- The community

Work Toward Parenting and Nurturing of Self

- The importance of home, the environment that supports parenting
- Finding “home” inside oneself
- Understanding and dealing with all of our feelings

Parenting and Working with Non-Traditional Family Structures

- Explore same-sex parents
- Discover the world of step-parenting
- Parenting special needs children
- Parenting multiple babies per birth
- Choosing not to parent

- Single parenting
- Bi-racial parenting
- Explore adoption and parenting
- Alternative conception – in vitro, surrogate parenting
- In-laws as parents
- Long distance parenting

Parenting in Intimate Relationships and Significant Dyads

- “Sandwich generation” strategies
- Gain knowledge of parenting our parents
- Parents as guides who offer choices
- Working parents
- Grandparents as parents
- Parenting the chronic illness

The Power of Parenting in the Community

- Understand concepts of parenting in the classroom
- Facilitating maturational growth for children and their parents
- Teachers and counselors as parents
- Community advocacy