



Fitness, Health and Nutrition: Beyond The Basics

A PBS Adult Continuing Education Online Course

Open to All Interested Students

No Prerequisite Courses Required - Appropriate for All Students

Dates & Times

Tuesdays & Thursdays, 12-1:30pm EST

- Dec. 8, 10, 15, 17, 2020
- TWO WEEK BREAK
- Jan. 5, 7, 12, 14, 19, 21, 2021

Course Information and Registration

- Classes are held on the Zoom platform
- Tuition for full course is \$325
- All students receive a Certificate of Completion
- Register with credit card online:

<https://www.positivebehavior.org/adult-education.html>

See Reverse Side For Full Course Description

Questions?

AdultEd@positivebehavior.org

Course Description: Fitness, Health and Nutrition: Beyond The Basics

In this class we will be talking beyond the rudimentary principles of fitness and nutrition. Topics include how daily physical activity, mental wellness and dietary practices interact and, when in proper balance, lead to a long life of excellent well being. We will explore this balance of health and wellness in some depth. Students will learn how nutrients play a role in physical growth and act as preventatives for diseases. Also, the class will address the scientific underpinnings of what occurs when we strive for a healthy vs unhealthy lifestyle.

Topics will include, but are not limited to:

- **Macronutrients and Micronutrients**
- **Diets and nutritional lifestyles**
- **Exercise - Mechanics and training styles (Circuit, strength, cardiovascular, endurance)**
- **The 10 physical skills**
- **Modifications & goal settings**
- **And much more!**

You do not need to be in top physical condition to benefit from this class. The instructor has experience working with students at all levels of fitness. Any physical components of the class will be tailored to each student.

Your Instructor



Vincent Gamboni has been training in the fitness industry for over 10 years. He has held certifications through I.S.S.A as a Certified Personal Trainer and a L1 certified Crossfit coach. Vincent has worked with multiple populations during his training career and coached in multiple settings from 1 on 1 personal training to group classes in kickboxing, crossfit and sports training.

PBS Adult Education classes are taught using various instructional methods tailored to the specific needs of adult learners. Students will be encouraged to develop critical thinking, research and study skills, and utilize technology for learning and collaboration. All students benefit from being engaged with interesting material and collaborating with other students.