

Sergio G. Villamizar 160 Rutgers Avenue
Berkeley Heights, NJ 07922
svillamizar@njcu.edu

Summary

Effective lecturer with over twenty years of experience teaching at the college level; solid academics and practical experience in all aspects of physical training, including nutrition and weight control. Excellent communication, leadership and public speaking skills. Diligent worker with a demonstrated ability to work hard and meet challenges.

Teaching Philosophy:

My objectives as a teacher are to facilitate an appreciation for the particular subject that I am teaching, to provide fundamental knowledge and improve student's critical thinking skills through group activities, class discussions and written assignments. I also believe that the instructor should set very specific and clear standards from the beginning of the semester to set the stage for a productive learning environment. The instructor must lead by example by coming early to class, being prepared, showing enthusiasm and providing detailed written assignments which clearly explain what the students should include in their work. In addition, I believe that learning is better accomplished as collaboration between the students and the instructor; therefore, the students can expect that I am approachable, available to answer questions in and out of the class room and genuinely interested in their academic success. I always make an effort to learn all of my student's names; I give them reading assignments ahead of time so that instead of lecturing we can have discussions, I encourage my students to ask questions and to have an open mind. Ultimately my main goal is to instill an appreciation for physical activity and foster an understanding of its importance for both our mental and physical well-being, as well as our quality of life.

Education

Master of Science in Exercise Physiology Queens College-CUNY, Flushing, NY	June 1994
Bachelor of Science in Physical Education Queens College-CUNY, Flushing, NY	February 1991
Bachelor of Fine Arts – Summa Cum laude New Jersey City University, Jersey City, NJ	May 2007
Master of Fine Arts	Expected graduation date: May 2020

Experience

Adjunct Lecturer New Jersey City University, Jersey City, NJ Instruct students in the Fitness, Exercise & Sports Department in Nutrition, Foundations of Physical Fitness, Health & Wellness, Weight training Methods, Responding to Emergencies, Spinning and Fencing.	June 1995 to the present
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Fitness Center Coordinator January 1995 to the present
New Jersey City University, Jersey City, NJ
Hire, train, schedule, and supervise the staff of the fitness center (FC). Develop and implement operational policies and procedures. Develop wellness programs for FC users. Conduct fitness assessments and structure conditioning programs for individuals and groups. Oversee maintenance and repair of FC equipment. Develop, coordinate, and direct strength and conditioning programs for all intercollegiate athletic teams. Develop special programs within the recreation/fitness center area. Prepare budget recommendations and analysis. Recommend equipment purchases and serve as assistant building manager whenever necessary.

Coordinator of Intramural and Recreational Events August 1998 to the present
New Jersey City University, Jersey City, NJ
Assume a major role in policy formulation, fiscal planning, and budget development. Develop, organize, promote and supervise all intramural and recreational activities. Hire, train and supervise personnel. Serve as liaison to the University, advocating and communicating on all matters concerning the Intramural Sports and Special Events Programs.

Fitness Center Supervisor and Lecturer August 1993-January 1995
John Jay College of Criminal Justice, New York, NY
Trained clients in physical conditioning, administered fitness tests, designed and prescribed exercise regiments based on the goals and needs of each client. Monitored progress and adjusted exercise programs accordingly. Provided health and nutritional counseling and assisted in organizing and operating the fitness center. Trained and supervised exercise leaders. I also served as one of the instructors for the CUNY/NYPD cadet program, and the 1994 and 1999 Female Fire Fighters Training Program.

Graduate Assistant for Physical Education Department August 1991-August 1994
Queens College CUNY, Flushing, NY
Taught undergraduate classes in the Physical Education Department. Instructed students in Fencing, Aerobic Dance, Volleyball, Soccer and Physical Conditioning classes. Improved public speaking abilities and teaching skills substantially in this position.

Marine Lance Corporal July 1986 – July 1992
United States Marine Corps Reserve – various locations
Gained qualities of leadership, initiative, self-discipline, and a strong respect for physical fitness in the military service. Trained in communications and performed as wireman and switchboard operator.

Other Career Related Information

Special Examiner Oct. 1994-June 1995 and January 2000-June 2000
New York City Fire Department
Long Island City, NY.

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Aerobics instructor
Fashion Institute of Technology
Recreation Department, New York, NY

October 1992 – October 1994

Presentations at NJCU

- Leading a Healthier and Empowering Lifestyle
- Emergency Personnel Fitness
- Ergogenic Aids and Nutrition
- Avoiding the Freshman Fifteen
- Physical Activity for the Busy Lifestyle
- Practical Nutrition
- Exercise Myths & Misconceptions
- Coronary Heart Disease Risk Factors
- Sports Safety
- A Safer and Healthier Life
- Improving Athletic Performance

Courses Developed and Instituted

- *Basic Fencing* 1995
- *Emergency Personnel Fitness* 2008
- *Self: I as Body* 2014/2015

Community Service

- Health & Wellness Committee 1995 – 2010
- Gifts from the Heart Project 1995 – present
- NJCU's Diversity Stride Coordinator 2004 – 2015
- NJCU's Relay for Life Team Development & Recruitment Coordinator 2017

Honors and Awards

- Distinguish Service Award for seven years of service to
The Health & Wellness Committee 2001
- Outstanding Community Service Award for service to
The Gifts from the Heart Project 2002
- Excellence in Student Service Award from the NSLS 2011
- Team Captain of the Year Awards from the ACOD 2006, 2008, 2012, 2013
- Outstanding Fund Raiser Awards from the ACOD 2009, 2014

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Professional Organizations

- The National Strength and Conditioning Association
- The American College of Sports Medicine
- The United States Fencing Association
- The American Red Cross
- The Professional Association of Diving Instructors

Certifications

- Certified Strength and Conditioning Specialist-National Strength and Conditioning Association
- Certified First Aid, CPR/AED Instructor-American Red Cross
- Certified Level One Coach (all three weapons) -United States Fencing Association
- Certified Assistant Instructor-Professional Association of Diving Instructors
- Certified 3 Star Spinning Instructor-Mad Dog Athletics

Other Skills

Proficient with Microsoft office
Photoshop
Wix Website Developer

Languages

Spanish: Native language
English: Fluid

References

Available upon request