

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

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

October 1992 – October 1994

Presentations at NJCU

- Leading a

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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