

Let's Get Physical

The Newsletter of the Health and Physical Education Department—*The Action Department*
Fashion Institute of Technology of the State University of New York (FIT-SUNY)

For the latest in happenings in the Health and Physical Education Department, including updates to the Summer and Fall 2004 course schedules, visit us at: <http://www3.fitnyc.edu/healthandphysicaleducation/>.

The First Health and Fitness Student Art Competition: Deadline Extended to April 21; Vote on April 27 & 28

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The deadline for submitting artworks for the Health and Physical Education Department's first student art competition has been extended to April 21 at 2pm. Student voting has been scheduled for April 27 and 28. Two prizes valued at \$200 each will be awarded to the two best artworks depicting physical activities at FIT or promoting other healthy behaviors.

Entries will be displayed in the Health and Fitness Gallery space in the hallway in the subbasement of the A Building outside of the Health and Physical Education Department for the rest of the Spring semester. They are also posted at the department website above (click on Art Competition Entries). The winning entries will be selected in one of two ways. One winner will be selected by currently registered students by voting for their favorite piece. The other will be selected by the Health and Physical Education faculty. Pick up an entry form at the office in AX13.

All currently registered full- or part-time students are eligible to submit a maximum of three entries. Maximum size is 12" x 14" width or height by 1/4" thick, mounted on a lightweight mounting board with no frame. Original drawings, paintings, photographs, or computer designs are acceptable media.



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Meet the Faculty: Dr. Lawrence Galante

Adjunct professor Dr. Lawrence Galante, who teaches Tai Chi and Kung Fu, two of our most popular courses in FIT's Health and Physical Education Department, has been se-



Dr. Lawrence Galante demonstrates a move in the Yang-style form of Tai Chi.

lected as one of several experts in the field of holistic medicine to participate in a two-day discussion/lecture/demonstration titled "Holistic/Integrative Healthcare Today: Knowing Your Choices, Enriching the Practice, and Solving Social Issues," which will be offered at the Graduate Center of City College. Other speakers on the panel will include: Dick Gregory, David Christner, M.D., Erika T. Schwartz, M.D., Marc Niveu, Ph.D., Enrico Melson, M.D., and others.

Dr. Galante teaches Chi Kung, and Practical Hypnosis at the Graduate Center. He also conducts hypnotic Stop Smoking and Weight Loss group sessions there as well. In addition Dr. Galante also teaches several "hands-on healing modalities," including Shiatsu, Reiki, Chi Kung Healing, and Polarity Therapy.

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Meet the Faculty: Dr. Lawrence Galante **Some Entries from the Health and Fitness Art Competition**

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He has been studying various healing modalities for over 40 years, ever since his Kung Fu students started injuring themselves during sparring practice, and he has never stopped studying and learning about healing. He is certified in Medical Hypnosis and in NLP (Neuro-Linguistic Programming), and he recently received the Presidents Award from the International Association of Counselors and Therapists.

Professor Galante is also a renowned homeopath and teaches homeopathy in the USA and in Europe. Homeopathy is the second-largest medical system in the Western world, and Dr. Galante was the director of the Atlantic Academy of Classical Homeopathy for six years, as well as being one of its principal instructors. He has also lectured on homeopathy at Columbia Medical Center in New York and at Naturopathic Colleges.

Dr. Galante has also been invited by Dr. Steven Straus, M.D., director of NCCAM, the National Center for Complementary and Alternative Medicine, to participate in their five-year strategic planning forum, and to testify before the U.S. Department of Health and Human Services to voice his opinion regarding future directions for research, training, outreach, and integration in complementary and alternative medicine (CAM) held March 22, 2004, in Bethesda, Maryland.

Professor Galante taught at NYU and Hofstra University for many years and teaches regularly in Europe during his summer breaks. He has taught Tai Chi at FIT for 20 years, and he is the author of two books and ten instructional videos.

Who's Teaching What When?

Do you want to know who is scheduled to teach HPE courses this summer or next fall? The tentative schedule can be found in the Summer and Fall Previews of faculty course schedules at our website below.



HPE on the Web: <http://www3.fitnyc.edu/healthandphysicaleducation/>

Faculty Phone Numbers (HPE Main Office: 212.217.7724)

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| Binzer, Renée217-7730 | Howard, Jennifer217-3286 | Noonan, Raymond J.217-7460 |
| Bird, Stephanie217-7731 | Jackson, Charles217-3109 | Nudell, Hilary217-7447 |
| Clarke, Peggy217-7054 | Jones, Melanie217-7733 | Puro, Howard.....217-3287 |
| DiPalma, Eleanor.....217-7948 | Lewis, Ted217-7025 | Rapkin, Leonard217-7789 |
| Eisenstein, Anne-Michele.....217-7785 | Manno, Dana217-7166 | Schubert, Monique.....217-7183 |
| Galante, Lawrence217-7801 | Mehlman, Arlene217-7784 | Skirka, Nicholas.....217-7173 |
| Gordon, Karen Allyn217-7164 | Nacinovich, Raoul217-7807 | Wong, Sharon.....217-3274 |