

College Instructor's Workshop: Fitness Education for PETE Students

SHAPE America, Seattle Convention

Tuesday, March 17, 2015

8 am to Noon

Speakers: Chuck Corbin, Pam Kulinna, Jennifer Reeves, Ben Sibley, Ray Vallese, Jeff Walkuski, Greg Welk, Scott Wikgren

- 8:00 Introduction, Chuck
Rationale, Standards, Fitness Education History
- 8:20 Available Resources, Chuck and Scott
- 8:40 Physical Best/PTFP, Jennifer
- 9:00 Fitnessgram, Greg Welk
- 9:20 Break
- 9:30 Fitness for Life (K-12) Chuck
- 10:00 e-book overview, Ray Vallese
- 10:20 Examples of Programs that Work, Pam, Ben, JEff
- 10:50 Break
- 11:00 Course Options, Preparing a Course Outline (Syllabus)
- 11:10 Group Discussion: Workable Plans, Course/Unit Content, etc.
- 11:30 Group Reports
- 11:50 Questions and Discussion

Groups

Full Semester Fitness Education Class (Pam)

Full Semester Fitness Education Class (Ben)

Unit in Methods or Curriculum Class (Jeff)