

Integrating Physical Exercise into Instruction for Improved Learning Outcomes (P-12)

Offered through the After School Professional Development Program (ASPDP)
3 P-Credits; 36 CTLE Hours

Course Synopsis:

“Exercise is the single most powerful tool that you have to optimize your brain function.”

(John Ratey (2013), author of SPARK: The Revolutionary New Science of Exercise and the Brain and Professor of Psychiatry at Harvard Medical School)

No matter one’s learning preference, physical exercise throughout the school day is beneficial to all learners, at the level of health as well as academic achievement. In this course the value of movement and exercise, with the benefits it provides to learning, health (including physical, mental and social health), behavior and classroom management in the classroom, and even educators’ ability to thrive in the teaching profession, are all explored. In addition, ways to incorporate movement into instruction in all content areas and across content areas are taught and practiced. The course ends with participants sharing an approach to learning involving physical exercise: a game or other physical activity that promotes learning, in/across specific content areas, based on educators’ roles and current students’ needs.



Course Outline:

- Session 1: Movement, the Brain, and Learning
- Session 2: Movement and Physical Health
- Session 3: Movement and Mental Health
- Session 4: Movement and Behavior/Classroom Management
- Session 5: Movement and Teaching in All Content Areas
- Session 6: Final Project

Questions? Email us at support@quikitech.com.