

Exercise & Movement for Improved Learning Outcomes (NYC ASPDP Version)

Credits through After School Professional Development Program (ASPDP)

Register with ASPDP to earn P-credits and CTLE hours.

Total course hours

3 P-credits = 36 coursework hours.

Spring 2019 semester dates

Start coursework on February 4, 2019 and finish by June 7, 2019.

Register with ASPDP by April 29, 2019.

Start your online coursework

Go to quikitech.com/nyc and log in to access your course portal.

Aligned with Danielson's Framework for Teaching, including Components:

- 2d: Managing Student Behavior
- 3c: Engaging Students in Learning

Aligned with Next Generation Standards, including:

- Speaking & Listening Anchor Standard #1: Prepare for and participate effectively in a range of conversations and collaborations with diverse partners; express ideas clearly and persuasively, and build on those of others. (Working with partners in specific ELA activities that involve physical movement is shown in this course to greatly enhance English Language development, including vocabulary development and speaking and listening skills.)
- Mathematics Learning Standards (2017), Standard for Mathematical Practices #5: Use appropriate tools strategically. (Physical activity (including using our fingers!) has been proven to be a very appropriate, even cognitively engaging tool for problem solving!)

(Please note: This course proves that exercise enhances students' capacity to master all academic content standards!)

Course Description:

“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: This course consists of 6 sessions.

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