**Exercise & Movement for Improved Learning Outcomes**

**After School Professional Development Program (ASPDP) registration required**  
New York City district participants seeking P/A+ credits towards a Master’s +30 or any other salary differential must complete additional registration with ASPDP. When available, register for the course on the ASPDP website during the semester you are completing coursework. The ASPDP course catalog is found here: <https://pci.nycenet.edu/aspdp/Course/Search>.

**Credits earned upon completion of semester coursework**  
Earn 3 P/A+ Credits and 45 CTLE hours upon successful completion of semester coursework. Time spent engaged in the course is reviewed by our instructors and staff members.

**To start your online coursework**

First, purchase on quikitech.com the individual course or a multi-course bundle (you will be able to select the course as part of your course bundle when the semester begins). Second, log in to your Quikitech account to access your course link.

**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

**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!)

Any questions? Please ask our Support Team at [support@quikitech.com](mailto:support@quikitech.com).