

Changing the Motivational Face of Fitness

Audience:	Middle School and High School Physical Education Teachers	Cost:	\$350 TEC/EDCO Members \$400 Non-Members
Instructor:	Glenn D'Avanzo	Earn:	24 PDPs
Dates & Times:	Wednesday–Friday, August 4–6 & 11-13, 2010 10:00 AM – 2:00 PM	Grad. Credit:	45 PDPs for graduate credit 2 credits from Worcester State College for an additional \$200, payable at the first class
Location:	Holliston High School - Room 501 and Weight Room		

Course Description: This course will guide you in developing a core strength and conditioning curriculum to elicit a broad response in participation and motivation. Learn to create an environment in which fitness is a sport and all participants are athletes. Help students develop speed, power, and overall fitness through cross-training and use of multiple modalities, including Olympic lifts, kettlebells, plyometrics, med balls and more. We will create classroom and gymnasium-based lessons that foster highly motivated group fitness in a supportive atmosphere with healthy and emotionally safe competition. Concepts for assessing principles of fitness and maintaining wellness throughout life will be reinforced. Participants will practice setting goals and designing a personal fitness program in order to bring the same skills to students via Jigsaw and Webquests. Through this exercise, students will discover the benefits of nutrition, exercise and stress management.

About the Instructor: Glenn D'Avanzo has presented at MAHPERD and TEC conferences. He has been teaching wellness and coaching a variety of sports and clubs since 1987. In addition, he has supervised and designed fitness programs in the educational setting as well as in the corporate fitness arena. Mr. D'Avanzo currently teaches wellness and rock climbing in Holliston. He is certified by Project Adventure in experiential adventure and group dynamics. His passion for teaching, coaching and learning earned him Holliston's "Teacher of the Year" as well as MAHPERD "Teacher of the Year" for Physical Education in 2007.

*Cancellations: Notice must be given at least **ten (10)** business days prior to the start of program.
Payment will be processed at that time and refunds will not be granted after that date.
Note: After May 28, a \$25 late fee is required with each course registration.*

To register: Complete this form and send, along with your check or purchase order, to:
TEC Professional Development, P.O. Box 186, Dedham, MA 02027

Please register me for "Changing the Motivational Face of Fitness" beginning on 8/4/10!
Enclosed is a check or purchase order for: ___\$350 TEC ___\$400 Non-TEC

Name: _____	School: _____
Home address: _____	Role: _____
City, state, zip code: _____	Address: _____
Email: _____	City, state, zip code: _____
Home phone: _____	Work phone: _____

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