

# *On-Line Functional Fitness for Physical Educators and Coaches (K-12)*



**“2009 Jump started my PE class with all new training ideas and instant activities”**

**Course:** Functional Fitness for Physical Educators and Coaches (K-12)

**Credits:**

Three (3) Continuing Education  
Graduate credits offered by the fully accredited University of St. Thomas

**How to Enroll:**

**Website** <http://www.attendigs.com/enroll.htm>

**Toll Free** 1-866-953-3131

**Email** [bpalmer4065@sbcglobal.net](mailto:bpalmer4065@sbcglobal.net)

**Summer Dates:**

Sec. 1 June 20 to July 29, 2011 CTED 866 / CRN 30810

Sec. 2 July 11 to August 19, 2011 CTED 866 / CRN 30811

**Instructor:** John Ditter, MS, Exercise Physiologist, CSCS

Tuition: \$645

Teachers and Coaches **Re-Energize** your classroom and athletic teams with **Dynamic New Training** techniques.

This course has been designed to introduce Physical Education Teachers and Coaches to functional fitness training. This **Hands-on** approach can be implemented immediately with your students/athletes.

Functional Fitness training is fun and a great way to enhance movement, coordination, muscular strength and endurance.

Functional fitness training is an integrated approach to training; this practical class will focus on the proper selection and implementation of instant activities and drills that can be used in small or large group settings. This course is taught **On-Line** and supported via **Instructional DVD's, Text Book, and Course Workbook.**



**Topics include:**

- Nutrition
- Class Room Program Design
- Dynamic Warm-ups
- Instant Classroom Activities
- Equipment Less Workouts
- Total Body Training
- Core Training
- Functional Training Equipment