

# *Helping Students Get Fit To Learn More Successfully (P-12)*

**Looking, listening, and moving** are basic sensory skills many students need to learn as they study their academic subjects. In the classrooms of today many educators are recognizing the need for such “soft skills” as auditory discernment, symbol recognition, visual flexibility, and self regulation.

According to current research movement activates the brain, optimizes learning, and helps in the management of stress and performance anxiety. Students who perform movement physically and emotionally do a much better job in their classroom. Students who are active and physically fit are engaged in their own learning and score better on standardized testing measures.

**Topics will include:**

Physical health  
Mental health  
Brain break activities  
General nutrition  
Study skills

Classroom ideas, materials, strategies and activities will be presented, shared and evaluated. Group sharing and cooperative research will also be included.



**Course:** Helping Students Get Fit To Learn More Successfully (P-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)

**Winter/Spring Dates:**

Sec. 1 Jan. 9 to Feb. 20, 2012 CTED 722 / CRN 22941

Sec. 2 Feb. 17 to Mar. 30, 2012 CTED 722/ CRN 22951

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

Tuition: \$645