

On-Line Functional Fitness for Physical Educators and Coaches (P-12)



“2011 Jump started my PE class with all new training ideas and instant activities”

Course: Functional Fitness for Physical Educators and Coaches (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

Winter/Spring Dates:

Sec. 1 Jan. 9 to Feb. 20, 2012 CTED 866 / CRN 22934

Sec. 2 Feb. 17 to Mar. 30, 2012 CTED 866 / CRN 22942

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