

Attention Physical Educators



Presenter

Dr. Ed Thomas is the Iowa Department of Education, Health and Physical Education Consultant. He has taught for over 25 years at numerous schools including The University of Iowa, Northern Illinois University, and Emory University. He is a Fulbright Scholar and has lived, worked, and studied in diverse cultures including Germany, Korea, Burma, and Thailand. Thomas earned a B.S. and an M.A. in Exercise Science from The University of Iowa and an Ed.S. and Ed.D. in Curriculum and Supervision with an emphasis in Health Promotion from Northern Illinois University. He has authored dozens of articles and has been widely quoted in the media including The New York Times, Parks and Recreation, Wall Street Journal, Soldiers Magazine, Washington Post, and Army Times. The Fitness Council of the Sporting Goods Manufacturers Association has named Thomas a quotable expert on fitness and health. He presents often at national and state conferences. Recent presentations include the National Strength and Conditioning Association Convention, East and West Coast Perform Better Summits, Wisconsin State Best Practice in HPE, and numerous military physical training workshops.

AEA 13 has organized a series of training workshops designed specifically for physical educators.

ICN Sessions:

**October 21, 2005 – 8:30-11:30 a.m.
November 30, 2005 – 2:00-4:00 p.m.
January 18, 2006 – 2:00-4:00 p.m.
February 14, 2006 – 2:00-4:00 p.m.
March 10, 2006 – 8:30-11:30 a.m.**

Body Mechanics 1 and 2 – ICN Sessions on October 21, 2005, and November 30, 2005 (*each of these sessions are different and each can be taken as a stand-alone workshop*):

Body mechanics is an IAC Chapter 12 physical education content requirement and represents the foundation of motor development. The link between motor, cognitive, and affective development is widely taught and accepted in educational theory. These two workshops will review historical and current topics related to body mechanics and posture. Practical application of these theories will be an integral part of these workshops.

Functional Fitness 1, 2, and 3 – ICN Sessions on January 18, 2006, February 14, 2006, and March 10, 2006 (*each of these sessions are different and each can be taken as a stand-alone workshop*):

Theory and practical application of selected physical education curriculum innovations that emphasize functional fitness. Issues related to special physical education including corrective and developmental skills will also be addressed. Workshops will include methods of teaching individual and group functional fitness with selected hand-held tools including medicine balls, tubing, dumbbells, weighted wands, Indian clubs, etc.

Cost: Cost **per site** for each ICN session is **\$5 per hour**.

To register for an ICN site near you, please contact Julia Hood at jhood@aea13.org with the following information:

Name: _____ E-mail: _____ AEA #: _____

ICN Site #: _____ ICN Site Name: _____

Date(s) You Are Requesting: _____

Deadline for registering is 10 days prior to the day of the session you are attending.