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Children's Fitness Expert to Lead Institute for Physical Education Teachers

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COLLEGE OF EDUCATION & HUMAN DEVELOPMENT

Selected News Releases

Children's Fitness Expert to Lead Institute for Physical Education Teachers

It's well documented that lifelong participation in physical activity can improve both physical and mental well-being, but far too many of the nation's children are left lagging on the sidelines or bleachers during what should be a prime opportunity for learning new skills, strengthening young bodies and building self-esteem — physical education class.

One of the foremost leaders in physical education will share skills and techniques for more effective instruction with Maine PE teachers during a University of Maine institute opening Monday, June 28. Dr. George Graham, professor at Virginia Tech, author, consultant to schools around the country as well as the U.S. Tennis Association and the Professional Golf Association, and international speaker, will instruct and demonstrate strategies for maximizing learning and participation and minimizing off-task and reluctant behavior.

Approximately 50 K-12 PE teachers, the majority from Maine, will take part in the enrollment-limited June 28-July 2 Children's Physical Educational Institute, sponsored by the division of Kinesiology and Physical Education at UMaine. Those completing the course will have the opportunity to take the American Master Teacher Program for Children's Physical Education (AMTP) exam.

Dr. Graham is director of curriculum and instruction for AMTP, which he co-founded with Human Kinetics. He serves as the senior advisor for PE Central, known as the "ultimate" web site for PE teachers, and on the advisory board of PE-TV.

Childhood is a critical period for developing the habits that lead to regular and enjoyable participation in physical activity. However, some physical educators are still using antiquated approaches that emphasize competition in team sports, boring military-style fitness routines and demanding activities that exclude poorly skilled or timid children, the AMTP points out. Such experiences can lead to children developing negative attitudes toward physical activity and feelings of inadequacy early on and to a population of unfit and physically uneducated adults.

Sue Schiemer, physical education specialist with the Bloomsburg (Pa.) Area School District and a national instructor for AMTP, will also be among the presenters.

Media Advisory/Interview Opportunity

Note: Dr. George Graham will be at the Children's Physical Education Institute all day Monday, June 28 and until noon on Tuesday, June 29. The institute will be held at the Veazie Community

School from 8 a.m.-5 p.m. Contact is Glenn Reif, UMaine associate professor of kinesiology and physical education. A schedule for June 28 is enclosed.

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