



PE Central Professional Development – Online Courses

Enroll Now: sww.teachable.com

Course: Kickboxing Fitness for Physical Education

Course Dates: Ongoing

Cost: \$69.00

Credit: 8 hours

Instructor: Tim Rochford, MS, CPT (NASM, ACE, CI), MES (ACE)

Assignments:

- Read manual and complete worksheets and email (or mail) to instructor. Need scanner if emailing.
- Complete Message board questions and reflections

Who Should Take: Grades 6-12 physical education teachers.

Course Purpose: The purpose of this course is to provide the information and skills necessary for a physical education professional to safely and effectively implement, modify/adapt (when necessary) and teach various kickboxing fitness workout formats in physical education classes.

Benefits:

- Flexibility - Complete assignments at your own pace and schedule. Final exam must be completed within 30 days of sending in assignments.
- Grade free - Complete your assignments, get feedback from instructor.

What you will get out of the course:

- 8 hours of Professional Development credit (check with your principal)
- Certificate of completion
- Free access to 2-hour video demonstrating kickboxing techniques

What you need to take the course:

- Access to the Internet using a computer/tablet and ability to view videos, PDF and Microsoft Word documents. Access to a scanner is really helpful too!

To Learn More Contact Mark Manross at PE Central

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