



PE Central Professional Development – Online Courses
Enroll Now: sww.teachable.com

Course: Introduction to Self Defense Training for Physical Education

Course Dates: Ongoing

Cost: \$69.00

Credit: 8 hours

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

Assignments:

- Read self defense manual and complete worksheets and email to instructor.
- Complete Message Board questions and reflections
- Write Self Defense Unit Plan for physical education

Who Should Take: Grades 7-12 physical education teachers.

Course Purpose: The purpose of this course is to provide the information and skills necessary for a physical education teacher to safely and effectively implement, modify (when necessary) and teach basic-level self defense in physical education. We want you to feel comfortable with the knowledge and basic-level physical skills of self defense so you feel you can offer it to your students.

Benefits:

- Flexibility - Complete assignments at your own pace and schedule
- 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 self-defense manual

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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