



**PE Central Professional Development – Online Courses**  
**Enroll Now:** [ssww.teachable.com](http://ssww.teachable.com)

**Course:** Standards-Based K-12 Physical Education

**Course Dates:** Monday, January 14 – Friday, March 8, 2019 (8 weeks)

**Pre-registration Dates:** through January 11, 2019

**Cost:** \$399.00 (does not include required text which you purchase on your own)  
Additional \$165 will be paid to Adams State Univ. for credits. More info below.

**College Credit:** Optional 3 graduate credits from Adams State University, Alamosa, CO.  
You will register with ASU and the extra cost is \$165 (\$55 per credit hour) payable to ASU

**Instructor:** Renae Buss, Retired Elementary PE Teacher, Le Mars, Iowa

**Who Should Take:** K-12 Physical Education Teachers

**Book (Required):** Lund, J & Tannehill, D. (2015). *Standards-based physical education curriculum development (3<sup>rd</sup> Ed.)*. Burlington, MA: Jones & Bartlett Learning. ISBN-978-1-284-03419-6. Purchase on your own.

**Course Purpose/Description:** This is an asynchronous, online course. Students will receive an email Sunday evening each week with a reminder of the topic of the week, readings, assignments related to the topic including discussion questions and due dates. Students can progress through the readings and assignments at their own pace during the week.

**Assignments:** 7 major assignments and a final project; including developing an action plan for an Elementary PE program that aligns with National Standards, defending a standards-based curriculum, identifying characteristics of learners, locating level 1 outcomes regarding fitness knowledge, constructing a rubric, analyzing body image portrayals in the USA, designing a fitness/wellness education curriculum based on HOPE units, and "value" challenges for change. Grades: A-F.

**Benefits:**

- Flexibility - Complete assignments at your own pace during the week
- Earn college graduate credit from the comfort of your own home
- Put credit towards your teacher licensure renewal (check with PD Coordinator)
- Affordability!

**What you will get out of the course:**

- Certificate of Completion and optional 3 graduate credits are available from Adams State. ASU admission is not required, just register and pay for credit with Web link provided during course. We suggest paying for this during the course!

**What you need to take the course:**

- Access to the Internet using a computer/tablet and ability to view videos, PDF and Microsoft Word and Power Point documents.

**To Learn More Contact Mark Manross at PE Central**

678-764-2536 (cell),

Web: <http://ssww.teachable.com> Email: [ecourses@pecentral.org](mailto:ecourses@pecentral.org)