

Summer Workshops 2009

PRE-REGISTRATION

Please mark the workshop(s) you plan to attend.
(Workshops are 8 a.m.-5 p.m. on PSU's main campus)

- June 5 & 6:** Kin-Ball Sport & Other Cooperative Games/Activities
- June 8 – July 2:** Implementing Body Composition Measurement In Your Elementary/Middle School Curriculum online class
- June 15 – 18:** Wedding Dance
- June 25 – 26:** Physical Activities for Classroom Wellness
- July 10 – 11:** Effective Recreation for Assisted Living and Long Term Care Facilities Times

Cost: \$70 per workshop (checks, cards, PO#)
Workshops may be taken for course credit by enrolling (see below).

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

Method of Payment:

- Check (payable to Pittsburg State University)
- Credit Card: Mastercard Visa Discover

Card # _____

Expiration date ____/____

- I'm interested in enrolling in course credit.**

Enrollment is for 1-hour credit for each workshop and can be done through the Registrar's Office at 620-235-4200. (Fees are \$206 for Kansas resident graduate credit; \$154 for Kansas resident undergraduate credit). May count toward CEU's.

Complete the above information and mail with payment to:

Pittsburg State University, Attn: Susan Downing, Department of Health, Human Performance & Recreation, 1701 S. Broadway, Pittsburg, KS 66762

Check out HHPR online summer courses

COURSE	COURSE #
Lifetime Fitness Concepts	HHP 150-99
Intro to Therapeutic Rec.....	REC 240-99
Field Study In Rec Leisure & Fitness.....	REC 270-99
Rec Practicum	REC 275-99
Mgmt Strategies/Financing In Rec	REC 320-99
Scientific Foundations of Coaching.....	HHP 340-99
Elem School Phys Ed & Health.....	HHP 341-99
Survey Research Techniques In Rec	REC 419-99
Adapted Physical Education	HHP 462-99
Motor Development	HHP 466-99
Scientific Princ/Strength Cond	HHPR 763-99
Seminar: Trends and Issues	HHPR 840-01
Internship	HHPR 895-99

For more information on these and additional courses offered, please visit www.pittstate.edu/departments/health or contact the HHPR Department at 620-235-4665.



Pittsburg State University

www.pittstate.edu/departments/health



Department of Health, Human Performance & Recreation



Pittsburg State University

www.pittstate.edu/departments/health

Kin-Ball Sport & Other Cooperative Games/Activities

JUNE 5 & 6

Friday, June 5, 8:30 a.m. - 4:30 p.m.

Saturday, June 6, 9 a.m. - 3:30 p.m.

Student Recreation Center

REC 440-51/HHPR 704-51 (1 hr credit)

Instructor: Dr. Chuck Killingsworth

Emphasizing cooperative physical activities using inflatable nylon balls, this hands-on workshop will include an explanation of several activities that can be done with various age groups including KIN-BALL Sport. If at least 24 students enroll, there will be a free drawing for a KIN-BALL Sport ball, bladder, and inflator. A written assignment will be due by Friday, June 12th at noon via e-mail.

WHO SHOULD ATTEND?

Students, teachers, health and fitness instructors, as well as the general public are invited to attend this workshop.

Implementing Body Composition Measurement In Your Elementary/Middle School Curriculum

JUNE 8 - JULY 2

Online Workshop

HHP 440-99 (1 hr credit)

HHPR 704-99

Instructor: Dr. Robert Hefley

The necessity and methods of body composition measurement for adolescent and prepubescent youth will be examined. Students will learn about the newest technologies available for measuring body composition and get hands-on experiences with the occasional on-site classes.

WHO SHOULD ATTEND?

This workshop is designed for physical educators in grades kindergarten through 8.

Wedding Dance

JUNE 15 - 18

6 - 9 p.m.

Student Recreation Center

HHP 440-50/HHPR 704-50 (1 hr credit)

Instructor: Dr. Janice Jewett

This class is geared toward the individual or couple desiring to learn wedding and social dances as well as educators wishing to expand their curriculum. Learn cultural, folk and ballroom dances often danced at weddings and other social events. Prepare your students for an elementary, middle school or high school dance, a family or friend's wedding and/or gain confidence to add or expand your dance curriculum. Topics will include dance etiquette, proper open and closed dance positions, technique and cueing. Dances that may be learned during this workshop include various popular line dances, mixer dances (where you change dance partners), cultural and folk dances such as the Grand March and social dances including the waltz, fox trot, swing and two-step.

WHO SHOULD ATTEND?

Educators at various levels will benefit from this course. This includes elementary classroom teachers and physical and music educators at all levels. This workshop may also be valuable to the individual (or couple) wanting to learn basic wedding and social dances that can be used at special occasions. No previous dance experience is required.

Physical Activities for Classroom Wellness

JUNE 25

8:30 a.m. - 4:30 p.m.

JUNE 26

8:30 a.m. - 12:30 p.m.

Student Recreation Center

HHP 440-51/HHPR 704-56 (1 hr credit)

Instructor: Dr. Janice Jewett

Discover new ways to help your students refresh their minds and bodies enabling them to focus on learning

objectives. These activities and icebreakers can be used in a traditional classroom, hallway or gym...anytime and anywhere with little or no equipment needed. Have fun while interacting and learning from others who work with children regularly. Enhance the physical activity in your setting and watch your students excel in various areas including wellness.

WHO SHOULD ATTEND?

Classroom teachers, physical educators, music teachers, camp directors and others who work with children will learn quick, easily implemented icebreakers and activities that are fun, engaging and stimulating.

Effective Recreation for Assisted Living and Long Term Care Facilities Times

JULY 10

3 - 9 p.m.

JULY 11

9 a.m. - 5 p.m.

Student Recreation Center

REC 440-52/HHPR 704-52 (1 hr credit)

Instructor: Dr. Dan Ferguson

The quality of life and life satisfaction for aging Americans is influenced largely by opportunities to be active, productive and useful on a daily basis. The use of free time for recreational purposes that promote physical, mental and intellectual health are increasingly important. Highlights will include programs of physical activity to reduce falls, service opportunities, social stimulation, activities to stimulate brain function, animal assisted programs, humor clubs, activities for men and more. Documented evidence of program effectiveness will be presented as well as new ideas to meet the needs of today's residents.

WHO SHOULD ATTEND?

Activity Directors and Recreational Therapists will find this workshop to be very helpful for providing programs of activity that do much more than just occupy time.