

Multiple Subject

Physical Education & Health Methodology Workshop

Physical Education and Health Methodology Workshop is structured to provide each participant with a practical, working knowledge of the K-8 Physical Education and Health curricula, as well as the skills and the instructional techniques needed for the successful implementation.

The PE requirement for Multiple Subjects candidates is met by taking a course: KINS 172 or by completing one session of the Physical Education and Health Methodology Workshop. Completion of the workshop fulfills the Multiple Subjects Credential PE requirement. However, it is not a course and will NOT be placed on your transcripts. Teaching Credentials will provide the names of students to the Credential office upon successful completion of the workshop.

Registration and Schedule

Registration for these workshops will not open until AFTER Orientation in August.

The PE Workshops will be offered in a Hybrid format. You must email the instructor (lmichals@csus.edu)* with a formal request to be added to the course in CANVAS – please use your CSUS email only. Enrolled students will receive an invitation to join the PE Workshop Canvas Class and will need to complete four asynchronous activities the day before you attend the in-person session on Tuesday, September 10th or Friday, December 6th. You cannot attend the in-person session without completing the mandatory assignments. Workshop dates:

- **Wednesday, September 11, 2024**
4:30pm - 7:20pm
Room TBA
- **Saturday, December 7, 2024**
9:00am - 12:00pm
Room TBA

All students attending the workshop:

- Must come prepared to participate in physical activities.
- Must wear appropriate athletic attire and footwear (this is mandatory). Activities will be modified for injuries or physical limitations.
- Must arrive on time and prepared with a HARD COPY of a completed mini-Lesson Plan.

***Email the instructor AFTER ORIENTATION IN AUGUST. All of the instructions and information for attending the workshop will be reviewed during the orientation.**

Workshop Goals

- Improve physical education content offerings and instructional methodology of teachers
- Motivate teachers to embrace new ideas and apply those ideas to their teaching
- Increase physical activity opportunities on campus throughout the school day (before school, during lunch, after school) for all students
- Modify the school environment to make it more conducive to physical activity promotion and facilitate lasting change

Questions

Dr. Elisa Garzitto-Michals – lmichals@csus.edu

Teaching Credentials – coe-cred@csus.edu