



Date: 5/17/2017 at 4:00 p.m., EDT

Rethinking the Role of Fitness in PE with Aaron Beighle

The term “fitness” is often misunderstood and its role in physical education misguided. This webinar will discuss key components of fitness as they relate to physical education and strategies for integrating fitness concepts into physical education lesson. An overview of fitness self-testing as a strategy for making fitness assessment educational will also be provided.

About the Presenter:

Aaron Beighle holds a Ph.D. from Arizona State University specializing physical education and physical activity for youth. He is currently a faculty member in the Department of Kinesiology and Health Promotion at the University of Kentucky. Dr. Beighle has worked with school districts, recreation programs, and youth sport organizations across the country in their efforts to maximize physical activity experiences and promote youth to be physically active for a lifetime. He is the author and co-author of more than 80 research-based and practical articles. In addition, through his writings, speaking, trainings, and training development work, Dr. Beighle has been a leading advocate for Comprehensive School Physical Activity Programs. Beighle is also a co-author of six books (*Promoting Physical Activity and Health in the Classroom*, *Pedometer Power*, *Pedometer Power 2nd ed.*, *Dynamic Physical Education for Elementary School Children 16e., 17e, 18e*).