



**Date:** Wednesday, October 18 at 4:00 p.m. EDT

**Teaching Fitness Concepts with Technology and Apps** with Lisa Witherspoon

This webinar will discuss a variety of technology and apps that focus on fitness success. Teachers will learn how to effectively and efficiently implement new strategies while using technology to assist in teaching fitness concepts.

**About the Presenter:**

Dr. Lisa Witherspoon is a full-time consultant and a former Assistant Professor at The University of South Florida in the Department of Teaching and Learning. Dr. Witherspoon is an international expert on the subject of technology driven games and exercise with a grounded passion in using technology to reach children in the 21st century. In addition, she serves on National committees and Advisory Boards related to physical education, technology, active gaming, sports and fitness concepts. She also serves as the PE Central Active Gaming Managing Editor and has been elected as an Inaugural iTeach Fellow at the University of South Florida to assist future teachers and current faculty in using technology in the classroom. Dr. Witherspoon is in the Virginia Tech University Hall of Fame, Catawba Valley Hall of Fame, Newton-Conover Hall of Fame, and was inducted into the ACC Legends class of 2011 for women's basketball. She has designed and implemented various basketball camps all over the country to help young athletes acquire the fundamental skills necessary to feel confident and competent to progress in movement development. Her continued passion is to meet generations where they are in terms of interests and desires in order to help guide individuals in gaining and/or maintaining physically active lifestyles.

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