

GOPHER

WEBINARS

Date: Wednesday, November 14 from 5:00 - 6:00 p.m., EST

Mental Fitness: Tips for Including Mental Wellness in PE

- with Maria Corte

Mental fitness is one of the most important aspects of fitness PE teachers can teach to students. This webinar will explore how to incorporate mental wellness type activities such as yoga, pilates, stretch & tone and relaxation into a PE curriculum.

About the Presenter:

Maria Corte attended Arizona State University where she received a Physical Education Bachelors Degree. She received her Master's Degree from the University of Phoenix in Education Administration. Maria has been teaching at Mesa High School since 1994. While teaching at Mesa High, Maria has developed and created a cutting-edge fitness program and the Mesa High Elite Fitness Club, which serves as a model for schools around the country. In addition to her teaching, she has coached varsity volleyball, track, cheerleading and is one of the strength and conditioning coaches at her high school. Maria has made numerous state and national presentations. She speaks on a number of topics including innovative fitness routines, management and discipline, and skill instruction. Maria was named the 2004 Arizona High School Physical Education Teacher of the Year and in 2005 she received the NASPE Southwest District High School Teacher of the Year Award.

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