

PROFESSIONAL DEVELOPMENT COURSE DESCRIPTIONS

Available Now – Enroll Today!

Alternative Trends in Successful Coaching & Teaching Techniques

Course Description – Includes Courses 1139, 1140 & 1141

In teaching and coaching, we see firsthand the negative impact that stress can have on the performance of our students and student athletes. Great coaches are great teachers and use all the techniques that science teaches to get peak performance out of their students/athletes. In this workshop, we will investigate ways to use the power of the human brain to help students stay focused and relaxed. Through an exploration of various techniques, including the use of color and music, we'll learn how to make a big difference in the successful execution during classroom testing or the state championships.

Part 1 – Course # 1139

Alternative Trends in Successful Coaching Teaching Techniques: Dealing with Stress

As a teacher and coach, you understand that stress can (ruin) destroy an otherwise strong performance. Understanding how to help students deal with stress is essential in helping them to do their best. This workshop focuses on ways to deal with stressful situations and how to overcome the negative influences that hinder top performance.

Part 2 – Course # 1140

Alternative Trends in Successful Coaching Teaching Techniques: Understanding and Addressing Biofeedback

Self-awareness – both physical and mental – is important to our students' success. When we hear what the body is saying, we can respond with our best efforts. Preparing for any endeavor requires proper warm up mentally and physically. This workshop examines the most recent brain science which points to a new approach to getting prepared for competition in or out of the classroom.

Part 3 – Course # 1141

Alternative Trends in Successful Coaching Teaching Techniques: Influencing the Power of Positive

Anyone in life can be negative; but to do one's best, it's the positive that must prevail. Helping students and student athletes understand that negativity can only yield negative results is critical. "The power of the positive" rearranges the thinking patterns to the positive side of performance. The brain responds to appropriate sensory input in powerful ways. Taking advantage of the nose---the sense of smell--- to enhance performance outcomes is one small, often overlooked technique that can benefit your students and student athletes.

The Psychology of Peak Performance

Course Description – Includes Courses 1142, 1143 & 1144

Understanding the importance of mental training to support our students' peak performance in the classroom and on the playing field is the focus of this workshop series. In each of these workshops, teachers and coaches alike will benefit from learning various techniques for using the practical application of brain science to improve student performance.

Part 1 – Course # 1142

The Psychology of Peak Performance: Thinking to Win...Winning Within ...Athletic and Academic Success

Teaching individuals to “think” is far more involved than most understand. The process of “thinking appropriately” for the given challenge at hand **MUST** be taught or coached...it doesn't come naturally. This set of presentations takes you through a fresh approach to motivating students & athletes to pay attention to their thinking process in order to achieve successful results. Don't ever assume that those under your direction know how to properly “think”.

Part 2 – Course # 1143

The Psychology of Peak Performance: Time to Get Better...Out of Sight/ Out of Mind

Success is based upon many factors. The power of the mind will “make or break” the performances of any individual. Taking charge of the mind is the ultimate challenge for great teachers or great coaches. Helping students and student athletes harness that power doesn't have to be mind-boggling. A sample approach using the sport of volleyball will help you incorporate these brain-training approaches.

Part 3 – Course # 1144

The Psychology of Peak Performance: Mind Games...Mental Tool Box

All playing field and classroom activities require a keen focus on the essentials of good thinking in order for our students to wind up in the winning column. This workshop will challenge you to think in a new way as you teach and coach. Using the sport of swimming as an example, we will learn ways to adapt these techniques for immediate application to your teaching or coaching needs.

Nutritional Foundations for Better Performance

Course Description – Includes Courses 1145, 1146 & 1147

This course is designed to expand the student's knowledge beyond general dietary concerns to include the nutritional needs of the physically and mentally active. Special emphasis is placed on maximizing training and performance with consideration given to the positive and negative impacts associated with a variety of diets and dietary supplements. This workshop discusses the science behind nutrition and the nutritional concepts needed by students and student athletes at any level of learning and performance. The principles required for a solid understanding of good nutrition fundamentals as well as cutting-edge nutritional concepts that will maximize performance success are at the core of this exploration. A study in dietary supplements, how they work, precautionary advice and the safety issues involved is discussed and examined in relation to available current research.

Part 1 – Course # 1145

Nutritional Foundations for Better Performance: Energy & Fuel...Understanding How Hydration & Fluid Balance Impact Learning and Athletic Performance

Taking advantage of nutritional science to improve performance is often overlooked by teachers & coaches alike. The value of understanding nutritional basics and some of the latest science to aid the body in all aspects of bettering mental and physical responsiveness is critical.

Part 2 – Course # 1146

Nutritional Foundations for Better Performance: Understanding How Carbohydrates, Fats & Proteins Impact Learning and Athletic Performance

Misunderstandings of the crucial function of basic nutrients can make or break the classroom or athletic endeavors of any student. The workshop examines how new research is improving our understanding of the time-tested basics of quality nutrition and its importance. We will also explore creative new approaches for enhancing the intellectual and physical performance of our students and student athletes.

Part 3 – Course # 1147

Nutritional Foundations for Better Performance: Understanding How Vitamins, Minerals... Nutritional Supplements Impact Learning and Athletic Performance

BEWARE! While there is no doubt that proper nutritional supplementation is a huge advantage to those who use the evolving science of nutrition wisely, we must always remember that “more” is not necessarily better. Students and student athletes need to be aware of the many new discoveries that evidence-based nutritional science brings our way and use it for better performance. This workshop looks at some of the newest breakthrough information that will lend a winning edge to any challenge at hand.

Course #1321

Building Student Leadership

Student Leadership, such a hot topic today, but what actually does “Student Leadership” mean? Student leadership is something that has to be fostered with intention. Building student leadership is a goal most educators have, as instilling leadership skills enhance student lives as well as everyone around them both inside and outside the classroom. This course will give you an array of ideas and strategies that will assist you while you instill, generate, and strengthen leadership skills in yourself as well as your students.

Course #1322

Help Students Self Regulate through Mindfulness, Yoga, Stress Reduction and Calming Sensory Activities

Research shows that students than can self-regulate are able to make greater gains academically, socially and emotionally. Using theory and practice which includes mindfulness, yoga, stress reduction and calming sensory activities, this will provide an abundance of strategies to quiet the mind and open it to learning. These self-regulation strategies can be implemented with the typical as well as students with autism spectrum disorders, ADHD anxiety, depression and other socio-emotional problems.

Course #1342

What’s In Your Space?

Today’s students are digital kids: they text, swipe, interact with a variety of screens, and are constantly connected—and they will see changes in their lifetimes that we can only imagine. . In this course, learners will be presented with a series of points that highlight why Generation Z has a different view of the world and what educators can do to more effectively teach them including: the effect screen interaction is having on Gen Z’s learning style, the global interests of Gen Z and its impact on Gen Z’s future in a global society and what K-12 schools can do to adjust their practices and learning spaces to better serve the Gen Z generation.

Coaches & Teachers Professional Development Registration Form

Muskingum University • New Concord, Ohio • (P) 740-826-8038 • (F) 740-826-6038 • gcs@muskingum.edu • www.muskingum.edu

Date: _____ Student ID #: _____ SSN: _____

Name: _____
Last First M.I. Maiden/Previous

Address: _____
Street City State Zip County New Address?

Phone: _____
Home Work Cell/Other

E-mail: _____ Employer: _____

Are you a NEW or CONTINUING student at Muskingum University?

I would like more information about completing my Master's Degree at Muskingum University

Professional Development Courses: Please indicate which course(s) for which you would like to register

Course #	Course Title	Semester Hours
<input type="checkbox"/> EDUC 580-n 1139	Alternative Trends: Dealing with Stress	1
<input type="checkbox"/> EDUC 580-n 1140	Alternative Trends: Understanding and Addressing Biofeedback	1
<input type="checkbox"/> EDUC 580-n 1141	Alternative Trends: Influencing the Power of Positive	1
<input type="checkbox"/> EDUC 580-n 1142	The Psychology of Peak Performance: Thinking to Win	1
<input type="checkbox"/> EDUC 580-n 1143	The Psychology of Peak Performance: Time to Get Better	1
<input type="checkbox"/> EDUC 580-n 1144	The Psychology of Peak Performance: Mind Games	1
<input type="checkbox"/> EDUC 580-n 1145	Nutritional Foundations for Better Performance: Energy & Fuel...	1
<input type="checkbox"/> EDUC 580-n 1146	Nutritional Foundations for Better Performance: Understanding Carbohydrates, Fats & Proteins...	1
<input type="checkbox"/> EDUC 580-n 1147	Nutritional Foundations for Better Performance: Understanding Vitamins, Minerals...	1
<input type="checkbox"/> EDUC 580-n 1321	Building Student Leadership	1
<input type="checkbox"/> EDUC 580-n 1322	Help Students Self Regulate through Mindfulness, Yoga, Stress Reduction and Calming Sensory Activities	1
<input type="checkbox"/> EDUC 580-n 1342	What's in Your Space?	1

Professional Development tuition is \$199 per credit hour

TOTAL DUE: 199.00 X _____ Semester Hours = \$ _____ **TOTAL DUE**

Please bill my school or agency against the attached (or faxed) purchase order # _____ Dated: _____

My check for \$ _____ is enclosed, dated: _____ Check # _____

Please charge my: MasterCard Visa Discover \$ _____ Expires (MM/YY) _____

Card # _____ 3-digit CVV: _____

Print cardholder's name _____ Cardholder's signature _____

I intend to file or have filed for financial aid/loans.

Signature _____

Date _____