



Elementary Classroom Teachers as Movement Educators (B&B Physical Education)

By Susan Kovar, Cindy Combs, Kathy Campbell, Gloria Napper-Owen, Vicki Worrell

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Physical activity does not start and end in the gymnasium during the school day. It happens all around, every day to make the best lifelong learners. *Elementary Classroom Teachers as Movement Educators* discusses how teachers can incorporate movement into their daily lessons to help students better learn and engage in a healthy lifestyle.

This updated fourth edition continues to cover the traditional physical education content including motor learning and development, exercise physiology, curriculum, safety, and pedagogy in an in-depth way that is meaningful to the classroom teacher. In addition, the book emphasizes motivating children to be active, teaching activity to children with special needs, and integrating subject content and physical activity in the classroom.

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Editorial Review

About the Author

Kathy Campbell, Ed.D., FACSM, is currently a faculty associate at Arizona State University. Recently Kathy worked in the private sector as an exercise physiologist and manager of cardiac rehabilitation at Advanced Cardiac Specialists in Apache Junction, Arizona. Her background includes teaching, coaching, and curriculum development in public schools and at four universities. She has worked in the field of exercise physiology and adult fitness for over 20 years, is a Fellow of the American College of Sports Medicine and possesses certification in Advanced Cardiac Life Support, ACSM Exercise Specialist and ACSM Exercise Test Technologist. Kathy earned her Ed.D. and M.S. degrees in Health, Physical Education and Leisure from Oklahoma State University and B.S. in Biology with a minor in Physical Education from New Mexico State University. Kathy's interest in daily physical activity in the schools is evidenced by former work with elementary school teachers in workshops and short courses for fitness education in the public schools. She has several publications and presentations in the area of exercise and fitness, is a former chair of the Applied Exercise Science Council (NASPE), and a past president of the Central States Chapter of ACSM.

Cindy A. Combs has taught Adapted Physical Education (APE) for 21 years and implemented the first APE program in the Harvey County Special Education Coop in Newton, Kansas in 1984. She received her BS in Health and Physical Education and in Special Education from Bethel College, N. Newton, Kansas and her MS in curriculum and instruction from Wichita State University. Cindy is a past president of the Kansas AAHPERD. She currently serves on the Editorial Board for *Strategies*. She was the 2004 State of Kansas Adapted Physical Education Teacher of the year. In 1999, she was awarded the National Shaklee Teacher Award "to recognize ten of the country's most outstanding teachers of children with disabilities". Cindy has served as adjunct faculty teaching Adapted Physical Education and courses in qualitative research.

Susan K. Kovar is a Professor of Physical Education and Dean of the Graduate School at Wichita State University. Susan has spent her 25-year career in higher education preparing elementary physical educators and classroom teachers to meet the movement needs of elementary-aged children. Much of her scholarship (research, publication and presentations) over that period of time focused on issues in physical education and methods of teaching elementary physical education. She received a B.S. degree from the University of Nebraska, an M.S. degree from the University of Illinois, and a Ph.D. from the University of Minnesota. She is an active member of AAHPERD and NASPE, having served on a number of NASPE Committees. For seven years, she was a reader for the NASPE/NCATE process for accreditation of undergraduate physical education preparation programs in institutions of higher education. For an additional five years, she served as one of seven NASPE/NCATE adjudicators who made final recommendations to NCATE regarding these programs. She is a reviewer for *JOPERD* and *Strategies*. In 1987 she was named CAPEHE Young Scholar by the Central Association for Physical Education in Higher Education, and in 1998 she was named Central District AAHPERD Scholar.

Gloria Napper-Owen is an associate professor in Physical Education-Teacher Education and chair of the Department of Health, Exercise, and Sports Sciences at the University of New Mexico. She also serves as program coordinator for the undergraduate Physical Education Teacher Education program and the graduate Curriculum and Instruction program. Gloria's teaching expertise is in elementary physical education and the alignment of curriculum, instruction, and assessment. In 2007, Gloria was a key member of the College of

Education's NCATE Task Force and helped prepare the institution and program reports for a successful accreditation review. In 2001 Gloria received the Southwest District AAHPERD Honor Award, the highest award given at the district level, and in 2005 she received the Professional Honor Award from New Mexico AHPERD. She has held leadership roles within AAHPERD, SWDAAHPERD, and NMAHPERD. Gloria has authored articles on beginning teacher induction, teacher development, and issues in elementary physical education. She has made numerous presentations at national, district, and state conventions on the topics of her research focus.

Vicki J. Worrell is an associate professor at Emporia State University in Kansas. Vicki has been in higher education for ten years and taught elementary physical education in public schools for 19 years. She received a BS from Wichita State University, a MEd from the University of Kansas and an EdD from Oklahoma State University. Vicki has served as chair of the Council of Physical Education for Children (COPEC), chair of the NASPE Public Relations Committee, served a three year term as a member of the NASPE Cabinet and currently serves on the AAHPERD Strategic Planning Committee. She has recently completed a three year leadership term as President-elect, President and Past President of the Central District AAHPERD. Vicki continues to serve as the Executive Director for the Kansas Association for Health, Physical Education, Recreation and Dance. Recently she was a co-author for two books that were published by NASPE: *Never Play Leapfrog with a Unicorn* and *Roadblocks to Quality Physical Education*. Vicki was the 2006 NASPE Joy of Effort recipient and the 1993 National Elementary Teacher of the Year.

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