

# ***Play On! Learning Activities for Youth Fitness***

## **About the Authors**



**Russell L. Carson, Ph.D.**, Assistant Professor in the Department of Kinesiology at Louisiana State University, is dedicated to teaching future PE teachers how to cultivate the harmonious development of spirit, mind and body. Russ earned his B.S. (Summa Cum Laude) and Pre K-12 certification in physical education at Springfield College. He has earned two state (Massachusetts AHPERD) and one national (NASPE) Outstanding Student Major Awards; the Robert M. Pate Scholarship Award from the Eastern District of AAHPERD; and AAHPERD's prestigious Past

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**Marybeth Lima, Ph.D.** is a professor in biological and agricultural engineering at Louisiana State University, a registered professional engineer, and a nationally certified playground safety inspector. The "Baton Rouge Playground Project," which pairs elementary and college students to design "dream playgrounds," has led to the design and construction of thirteen playgrounds at Baton Rouge public schools, Renaissance Village (for child evacuees of Hurricane Katrina), the Louisiana School for the Deaf, and the McMains Children's Developmental Center (Cerebral Palsy Foundation of Greater Baton Rouge). She received her Ph.D. from The Ohio State University in 1996.

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