



# Physical Best promotes lifetime fitness for children

**P**hysical Best is a comprehensive health-related fitness education program developed by physical educators for physical educators. The program is a practical health related youth fitness education program that is designed to meet NASPE's National Physical Education Standards. It is inclusive, comprehensive, age appropriate, and has a strong emphasis on lifetime participation in physical activity.

Physical Best is one of the premiere physical fitness programs for the K-12 school market. Physical Best is a comprehensive fitness education program that enables students in grades K-12 to develop and practice the knowledge, skills, and confidence necessary for an active and healthy lifestyle. The program educates, challenges, and encourages all children to develop important physical and behavioral skills. It teaches educators how to maximize their students' activity time while teaching them about health-related fitness. The goal of the Physical Best program is to edu-

cate students about the benefits and help them develop the skills necessary to be physically active, so that they can take charge of their own fitness and health through regular, enjoyable physical activity. The focus of Physical Best is to educate all children, regardless of athletic talent, physical and mental ability, or disability.

## The reach of Physical Best

In the past 20 years more than 35,000 physical education teachers have attended one or more of the 1000+ Physical Best workshops that have been held in 45 states, Puerto Rico, and internationally. More than 1,800,000 students have been taught by physical education teachers who have attended a

Physical Best workshop. Developed by top teachers for teachers Physical Best Instructors have credentials that include NASPE Teacher of the Year, National Board Certified Teacher, Disney Teacher of the Year, etc. With guidance and expertise from these highly qualified Physical Education Teachers and industry partners,



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Learn more at **[www.naspeinfo.org/physicalbest](http://www.naspeinfo.org/physicalbest)**





The Cooper Institute and Human Kinetics, Physical Best has been able to produce fitness education and assessment materials that are easily incorporated into existing lesson plans and address the needs of all students regardless of athletic skill or ability. Physical Best activities are designed to be fun and teach important health and fitness

concepts by having teachers provide personal guidance to students on how to improve their health and fitness levels. Beyond the classroom, Physical Best includes a home extension component that allows teachers to assign homework that builds upon classroom lessons and learning and involves parents and the community in the process.

### AHA approval

The Physical Best program has been reviewed by the American Heart Association and is consistent with their science and recommendations for physical activity. Additionally, the Physical Best program received a GOLD



(highest possible) rating in a program evaluation study conducted by The Cooper Institute in Dallas, Texas. The study evaluated childhood obesity programs and identified those with the greatest potential to help reduce childhood obesity; of the 150 programs scored, Physical Best was one of 47 to receive a GOLD rating.

### Physical Best in NYC

Physical Best has been integrated, along with FITNESSGRAM, into the nation's largest public school system – New York City Public Schools. In the last seven years the NYC Department of Education has implemented the Physical Best program and the FITNESSGRAM assessment tool in grades K-12 resulting in more than a million students in NYC learning through the Physical Best and FITNESSGRAM programs.

One of the most unique aspects of the NYC project is that is that it is a collaborative effort between the New



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York City Department of Health and Department of Education. Funding and implementation efforts are focused on making long term health and lifestyle changes in the population of NYC students. Through monitoring student achievement with the FITNESSGRAM assessment tool the school system will be able to capture longitudinal data that reflects the status of students' health as they progress through the grade levels.

### Certification

Physical Best has two certification workshops: The Physical Best Health-Fitness Specialist Certification and the Physical Best Health-Fitness Instructor Certification. Both certification training programs are 7 hours long and require a certification exam upon completion of the course. The Specialist training workshop covers both theory and activity. It is designed for both novice and veteran physical educators and teaches participants about the Physical Best program. Participants are given information and tools to help implement the program effectively into their schools. They are taught the history and philosophy of health-related fitness education and assessment, practice Physical Best activities



as well as learn how these activities teach students the components and principles of health-related fitness. One of the most unique components of the Physical Best program is that it can be integrated into any existing curriculum and taught to students immediately upon the teacher's return to the classroom.

The Physical Best Instructor workshop is designed to “train the trainers” of the Physical Best program. Certified Instructors lead Physical Best and FITNESSGRAM workshops across the country, teaching other teachers to implement the programs in their schools. This certification is geared toward teachers with teaching and Physical Best experience who want to be certified to train other teachers. The Instructor workshop gives participants a more in-depth knowledge base of the principles and partnerships supporting the Physical Best program and teaches the keys to successful workshop management.

*For Physical Best workshop descriptions, pricing information or to schedule a workshop please visit: [www.naspeinfo.org/physicalbest](http://www.naspeinfo.org/physicalbest).*



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## Physical Best at the 2011 AAHPERD National Convention

### New editions of the following resources will be available for purchase:

- ◆ *Physical Education for Lifetime Fitness: The Physical Best Teacher's Guide*
- ◆ *Physical Best Activity Guide: Elementary Level*
- ◆ *Physical Best Activity Guide: Middle and High School Level*

The following Physical Best workshops will be offered in San Diego at the AAHPERD National Convention:

- **Physical Best for Higher Education: Integrating Physical Best into PETE Curriculums**  
Tues 3/16/11 8:00am-4:00pm
- **Physical Best Health-Fitness Specialist Certification Workshop**  
Tues 3/16/11 8:00am-4:00pm
- **Physical Best Instructor Workshop**  
Tues 3/16/11 8:00am-4:00pm By Invitation Only

Be sure to attend the Physical Best convention sessions for more information about the program. Check the convention program book for more details.

- Connect the Disconnect: Teaching Physical Fitness During Games and Sport
- Double the PLEASURE, Double the FUN: PB for Secondary PE
- The Best of the Best: Elementary Physical Best 3rd Edition

Register for the National Convention and Physical Best workshops after November 1 at [www.aahperd.org/whatwedo/convention](http://www.aahperd.org/whatwedo/convention).



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