

# **Multiple Subject**

## **Physical Education & Health Methodology Workshop**

Physical Education and Health Methodology Workshop is structured to provide each participant with a practical, working knowledge of the K-8 Physical Education and Health curricula, as well as the skills and the instructional techniques needed for the successful implementation.

**The PE requirement for Multiple Subjects candidates is met by taking a course: KINS 172 or by completing one session of the Physical Education and Health Methodology Workshop.** Completion of the workshop fulfills the Multiple Subjects Credential PE requirement. However, it is not a course and will NOT be placed on your transcripts. If you require this course, you will receive an invite to be added to the off-time table CANVAS class at the beginning of the semester. **Two semester students will be able to take the course in the Fall and three semester students will be allowed to take the class in the Spring semester.** The Teaching Credentials department will provide the names of students to the Credential office upon successful completion of the workshop.

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### **Registration and Schedule**

**Registration for these workshops will not open until AFTER Orientation in August, 2026.**

Two semester students will be added to the off time-table class at the beginning of the Fall semester and Three semester students will be added to the Canvas class at the beginning of the Spring semester. You must accept the Canvas invite in order to register for the course. You will be asked to sign up for either one of the two dates noted below (only applicable in fall).

The PE Workshops will be offered in a Hybrid format. You will need to complete four asynchronous activities day **before** you attend the in-person sessions. **PLEASE NOTE: You will only be invited to this class if you require this course. Please read all CANVAS class requirements and announcements prior to attending the workshop.**

#### **FALL SESSION** (only open to **TWO SEMESTER** students)

- **Saturday, September 12, 2026**  
9:00am - 11:50am  
Room TBD
- **Wednesday, October 14, 2026**  
4:00pm - 6:50pm  
University Union, Forest Suite 2<sup>nd</sup> floor

#### **SPRING SESSION** (open to **THREE SEMESTER** students)

- **Saturday, February 6, 2027**  
9:00am - 11:50am  
Room TBD

All students attending the workshop:

- ✓ Must come prepared to participate in physical activities.
- ✓ Must wear appropriate athletic attire and footwear (this is mandatory). Activities will be modified for injuries or physical limitations.
- ✓ Must arrive on time and prepared with a HARD COPY of a completed mini-Lesson Plan.

**\*Email the instructor AFTER ORIENTATION IN AUGUST. All of the instructions and information for attending the workshop will be reviewed during the orientation.**

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### **Workshop Goals**

- Improve physical education content offerings and instructional methodology of teachers
- Motivate teachers to embrace new ideas and apply those ideas to their teaching
- Increase physical activity opportunities on campus throughout the school day (before school, during lunch, after school) for all students
- Modify the school environment to make it more conducive to physical activity promotion and facilitate lasting change

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### **Questions**