

# *Functional Fitness for Physical Educators and Coaches*

*(P-12) 100% Online*

# \$50

Instructor Savings  
when you mention this  
ad to the instructor!



**“2012 Jump started my PE class  
with all new training ideas  
and instant activities”**      **Jeff**

**Course:** Functional Fitness for Physical Educators and Coaches (P-12)

**Credits:**

Three (3) Graduate credits awarded by  
[Silver Lake College](#)

**How to Enroll:**

Website [Enroll online](#)

Toll Free 1-866-953-3131

Email [bpalmer4065@sbcglobal.net](mailto:bpalmer4065@sbcglobal.net)

IGS [Home website](#)

**Instructor:** John Ditter, MS,  
Exercise Physiologist, CSCS

**Tuition:** \$675

Teachers and Coaches **Re-Energize** your classroom and athletic teams with **Dynamic New Training** techniques.

This course has been designed to introduce Physical Education Teachers and Coaches to functional fitness training. This **Hands-on** approach can be implemented immediately with your students/athletes.

- “12 Minutes to Fitness”
- Nutrition for athletes
- Instant activities and drills that can be used in small or large group settings in PE or athletics
- Sample workouts will be shared
- This course is taught Online and supported via Instructional DVD’s, Text Book, and Course Workbook.



**Summer:**

EDU 589.118

Sec. 1 - June 10 - July 14, 2013

Sec. 2 - July 15 - August 18, 2013