



MASSACHUSETTS COLLEGE OF LIBERAL ARTS  
 NORTH ADAMS, MASSACHUSETTS  
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# Methods for Introducing Fitness Concepts into All Curricula

**with instructor Stuart Schwartzman, Ed.D.**

Summer 2021 • For Graduates Course Number 690.07 • CRN 40102 • 3 Credits

Through cooperative learning, current research and interactive lessons, teachers will be able to incorporate concepts associated with health and fitness into their individual subjects and levels. Participants will develop a unit of materials specific to their disciplines and return to their classes with immediately usable lessons. An overall structure of problems, planning and presentations involving connections between health issues and the classroom will propel teachers toward course goals. **Historical and local considerations will be employed to introduce gender, ethnic, and inclusion issues. FOR ALL TEACHERS AND STAFF K-12: Language Arts, Science, Family and Consumer Sciences, Mathematics, Social Studies, World Languages, Special Education, Music, Art, Fine Arts, Physical Ed., Technology Ed., Health, Guidance.**

**\$945**

**\* ONLINE DISTANCE LEARNING \***

**C O U R S E  
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**The reactions and research of bookstores/libraries, Yale University Art Gallery, and Hudson River Museum, Yonkers, NY will be done online with no in person visits.**

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Summer 2021    **COURSE REGISTRATION FORM:** Methods for Introducing Fitness Concepts into All Curricula  
 For Graduates Course 690.07 • CRN 40102 • 3 CREDITS • August 7, 2020 • Stuart Schwartzman

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