

**Be A Hero. Be a Teacher.
.... A Health or Physical Education Teacher**

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Background Information

- History growing up
 - 4 sport varsity athlete
 - Family of teachers
- University of Illinois
 - Nursing
 - Athletic Training
 - Pre – Physical Therapy
 - Physical Education



Background Information

- Teaching Experiences
 - High School PE in Illinois
 - Coached Softball and Swimming
 - Elementary School PE in Iowa
 - Coached HS Basketball and Volleyball
- Masters of Science degree
 - University of Illinois
- PhD
 - University of Texas at Austin
 - Curriculum and Instruction



Background Information

- What am I doing now?
 - 6 years at Wayne State University
 - Assistant Professor and Coordinator of the Physical Education, Physical Activity Leadership program
 - University of Hawai'i at Manoa
 - Associate Professor, Health and Physical Education



Why am I here today?

- Discuss health and physical education with you
- Share the importance of the field
- Share the benefits of becoming a PE and/or health teacher
- Talk about other job opportunities as a teacher



What is Physical Education?

This slide is a link to clip from Mr. Woodcock movie with the Hook of explaining that this isn't PE



What is Physical Education?

- Physical education provides students with a planned, sequential, K-12 standards based program of curricula and instruction designed to develop motor skills, knowledge and behaviors for active living, physical fitness, sportsmanship, self-efficacy and emotional intelligence.
- Part of the “Whole-Child” and considered a key “subject” in school



What is the Whole Child?

- ESSA Act used to use language that was specific to CORE SUBJECTS
- Now the language is about “a well-rounded education” – specifically mentioning working on the Whole Child



WHOLE SCHOOL, **WHOLE COMMUNITY**, WHOLE CHILD

A collaborative approach to learning and health



What is the Whole Child?



What is Physical Education?

- **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.



Isn't PE just like Recess?

Figure 4. Defining Physical Activity, Exercise and Physical Education

PHYSICAL ACTIVITY

Physical activity is any bodily movement that results in energy expenditure.

EXERCISE

Exercise is any physical activity that is planned, structured and repetitive for the purpose of improving or maintaining one or more components of fitness.

PHYSICAL EDUCATION

Physical education is an academic subject that provides a planned, sequential, K-12 standards-based program of curricula and instruction designed to develop motor skills, knowledge and behaviors for healthy, active living, physical fitness, sportsmanship, self-efficacy and emotional intelligence.



Why is PE Important?

- Prevention, prevention, prevention
- PE gives us an opportunity to create lifelong movers... an opportunity to introduce youth to something that they can LOVE for a lifetime



Why is PE Important?

- PE allows youth to learn the skills to be physically active for a lifetime
- What happens if we aren't physically active?

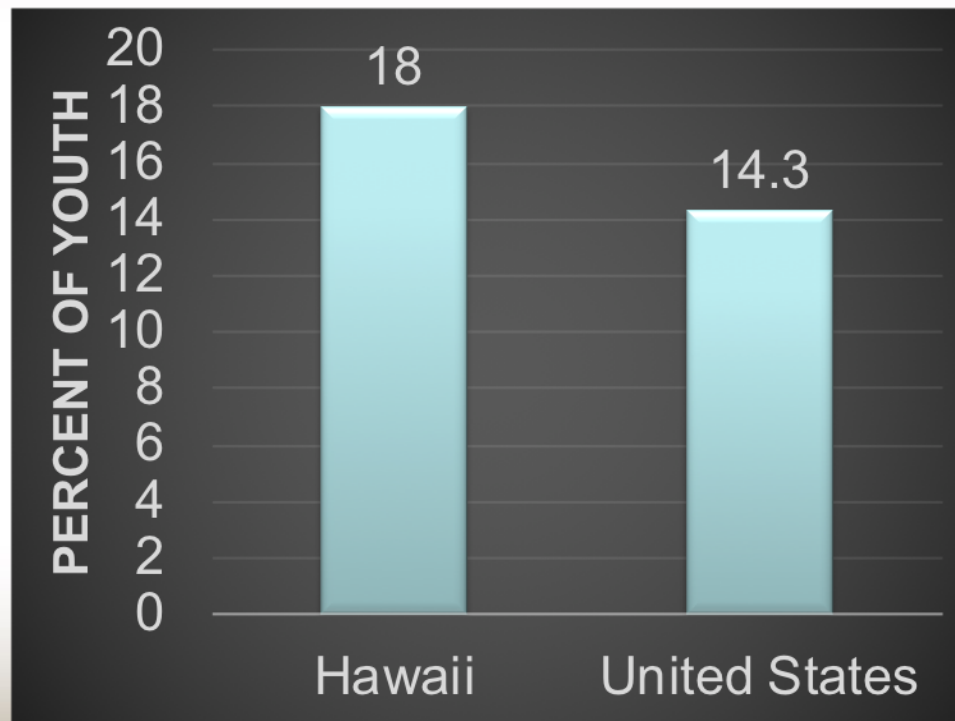
Link to this
YouTube:
<https://www.youtube.com/watch?v=rasZGZpQsy0>



Physical activity in the U.S. & Hawaii

Youth who did **NOT** participate in at least 60 minutes of physical activity on at least 1 day

Note. Lower number is better

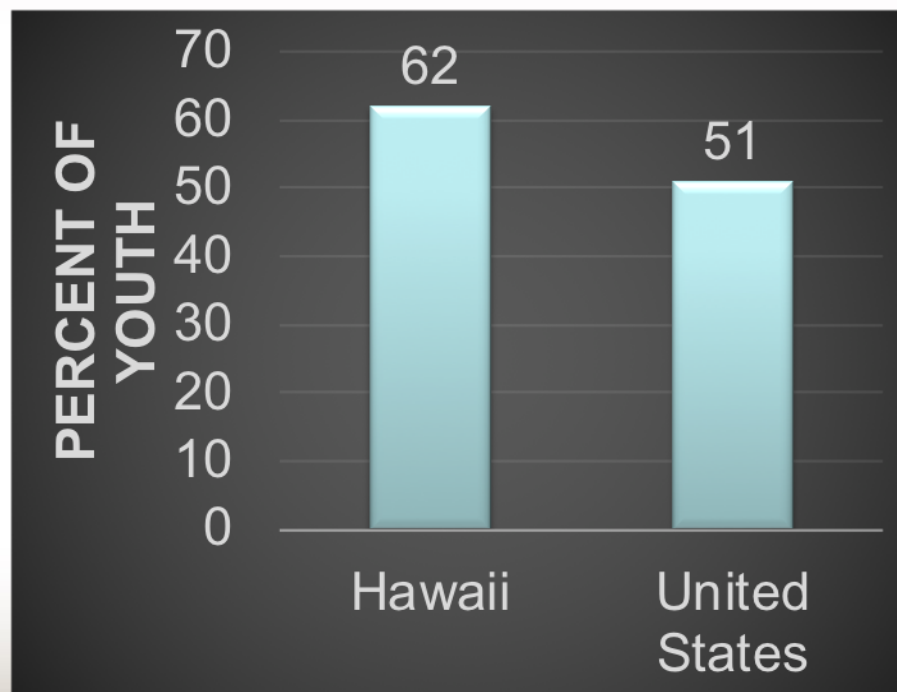


Centers for Disease Control and Prevention (2015). Youth risk behavior surveillance system.

Physical activity in the U.S. & Hawaii

Percentage of youth who were **NOT** physically active for 60 minutes at least 5 days a week

Note. Lower number is better



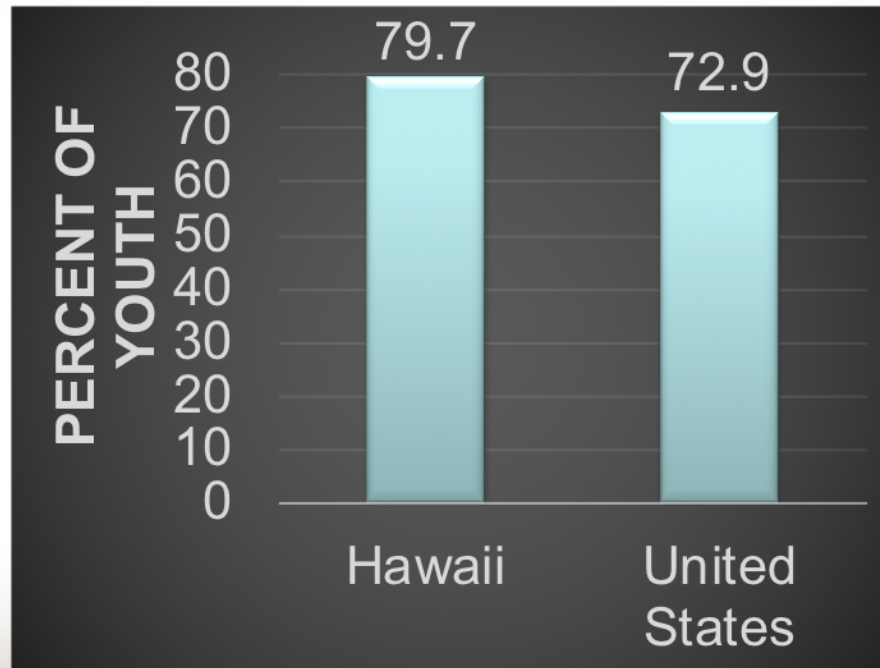
Centers for Disease Control and Prevention (2015). Youth risk behavior surveillance system.



Physical activity in the U.S. & Hawaii

Percentage of youth who are **NOT** meeting the national recommendation of 60min/day

Note. Lower number is better

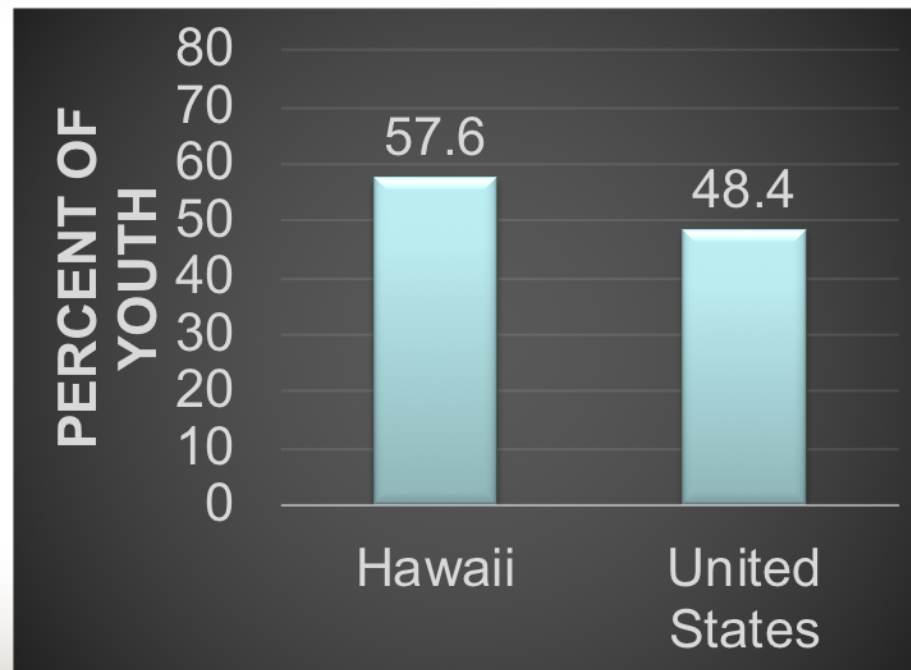


Centers for Disease Control and Prevention (2015). Youth risk behavior surveillance system.

Physical activity in the U.S. & Hawaii

Percentage of youth who did not attend physical education classes on 1 or more days in an average week when they were in school

Note. Lower number is better



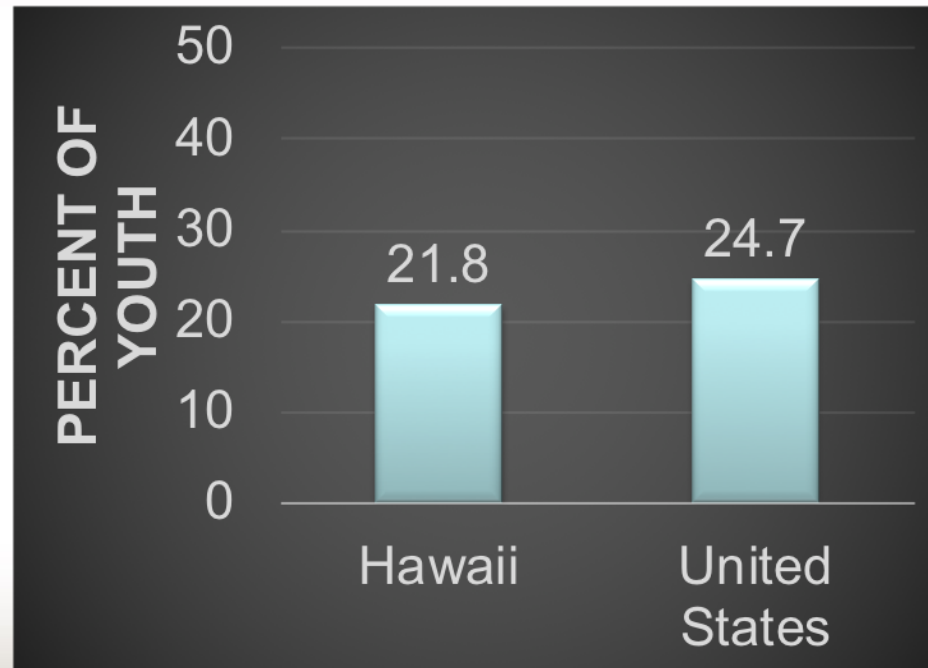
Centers for Disease Control and Prevention (2015). Youth risk behavior surveillance system.



Physical activity in the U.S. & Hawaii

Percentage of youth who watched television 3 or more hours per day on an average school day

Note. Lower number is better



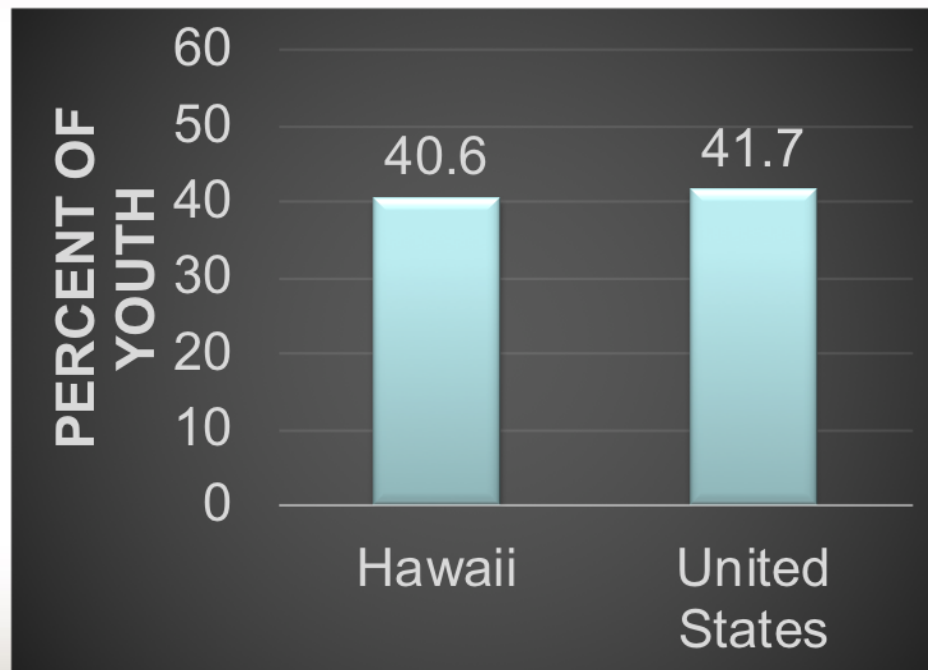
Centers for Disease Control and Prevention (2015). Youth risk behavior surveillance system.



Physical activity in the U.S. & Hawaii

Percentage of youth who used computers 3 or more hours per day on an average school day

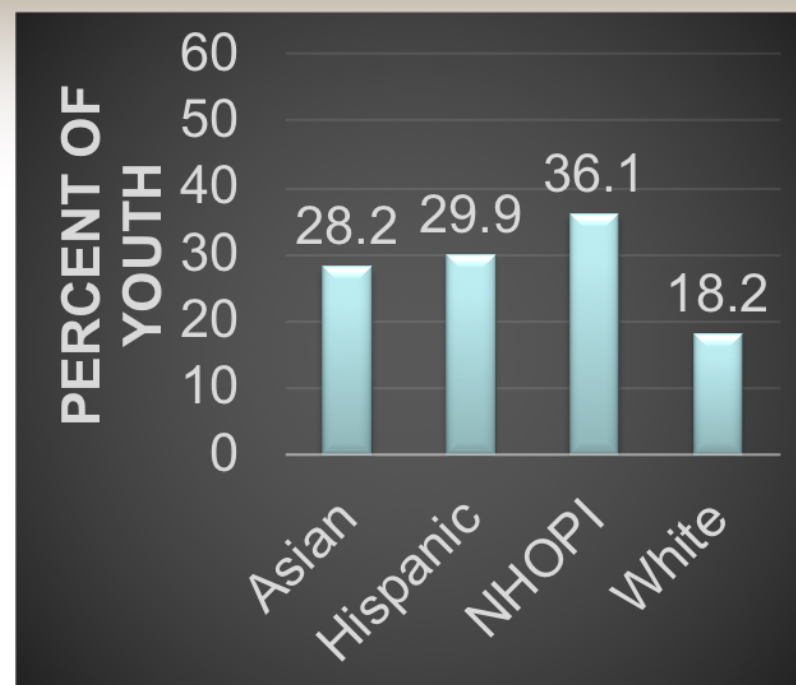
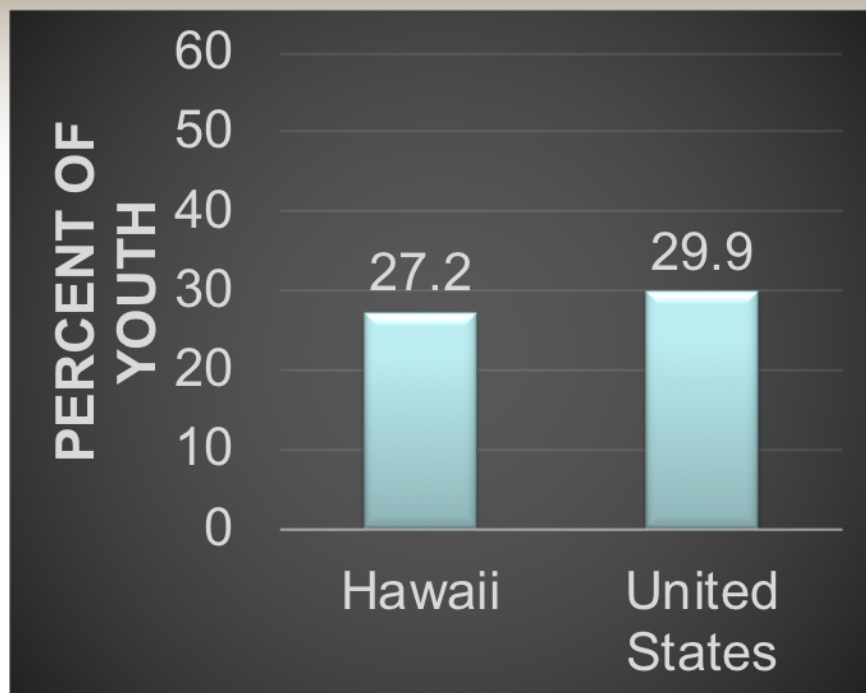
Note. Lower number is better



Centers for Disease Control and Prevention (2015). Youth risk behavior surveillance system.



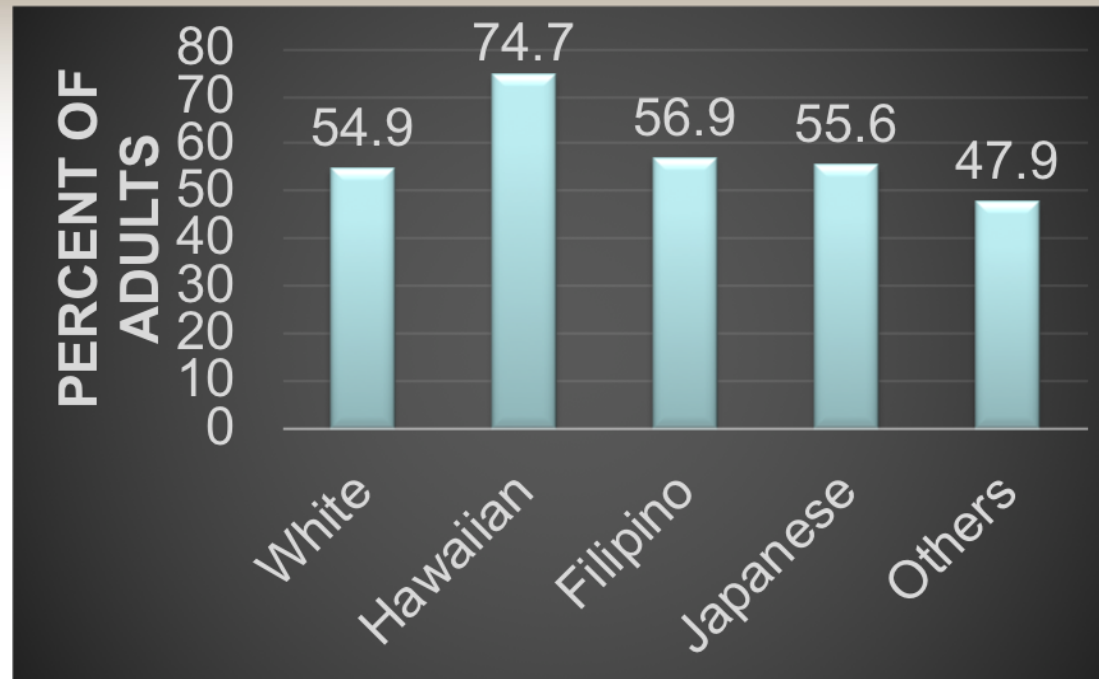
Overweight & Obesity in the U.S. & Hawaii



Centers for Disease Control and Prevention
(2015). Youth risk behavior surveillance
system.



Overweight & Obesity in Adults in Hawaii



Hawaii State Department of Health (2015). Hawaii
Behavioral Risk Factor Surveillance System



So What?

Be A Hero. Be a Teacher. A Physical Education Teacher



Why would I want to do this?

- You want to make a difference in children's lives
- You are passionate about sport and physical activity



Why would I want to do this?

- You want a steady job
- You want your summers off
- You want the opportunity to make extra income, but still have it related to your work
- You want to coach....



Let's Talk Salary & Benefits

- State of Hawaii (raises each year ~ 1.5%)

| Years of Teaching Experience Prior to HDOE | Class II Bachelor's | | Class III Bachelor's + 30 or Master's | | Class VII PhD or EdD | |
|---|-------------------------|-------------------------|--|-------------------------|-------------------------|-------------------------|
| Steps | 1 st Quarter | 2 nd Quarter | 1 st Quarter | 2 nd Quarter | 1 st Quarter | 2 nd Quarter |
| * No SATEP 1 | \$35,962 | \$37,218 | \$38,838 | \$40,195 | | |
| ** SATEP 5 (0-3 yrs) | \$47,443 | \$49,100 | \$51,238 | \$53,028 | \$61,094 | \$63,228 |
| 6 (4-5 yrs) | \$48,866 | \$50,574 | \$52,775 | \$54,619 | \$62,928 | \$65,126 |
| 7 (6 yrs) | \$50,333 | \$52,091 | \$54,359 | \$56,258 | \$64,815 | \$67,079 |

- Other Benefits
 - Hybrid Pension/Retirement plan
 - Great health care
 - Flex spending, etc.
 - Public Service Loan Forgiveness



Let's Talk Salary & Benefits

- National average for a PE teachers salary is:
 - Starting salary: \$43,000 (entry level)
 - Keep in mind this is essentially 10 months
 - Could add other things on top of it
 - Average ending salary: ~\$100,000+
- Other Benefits
 - Hybrid Pension/Retirement plan
 - Great health care
 - Flex spending, etc.
 - Public Service Loan Forgiveness



Why wouldn't I want to be a teacher?

- Stressful
- Burnout
- It's a big responsibility to be in charge of youth every day
- **Do the benefits outweigh the risks?**



What other path could I find myself in?

- Administration
 - Principals
 - Athletic Directors
 - Curriculum Specialists
- Other related fields
 - Sport specific training
 - Youth sport organizations
 - Camp programs
 - Educational trainers that train PE teachers on use of equipment

POLAR

IHT | **SPIRIT**
SYSTEM



GOPHER



How do I get into the PE program here at UHM?

- Two Options
 - Undergrad route
 - Post-Bachelors – Masters route
- Contact Da Houl
 - houl@hawaii.edu



Questions??

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