

# College of Public Health News

May 6, 2014

Georgia Southern University

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## Sport Education

May 6, 2014



A collaborative study including Dr. Andrew Hansen, assistant professor of community health behavior and education at the Jiann-Ping Hsu College of Public Health Georgia Southern University examines the use of the sport education instructional model in weight training classes. Weight training classes are offered in many secondary level physical education classes. The type of instruction used is crucial to ensuring students understand the content knowledge and the enjoyment weight training has to offer as a lifetime activity. By using the sport education model (SEM) in weight training classes, teachers can encourage physical activity and health related fitness in a way students will have a positive experience. The purpose of this paper was to provide teachers who implement weight training the steps necessary to incorporate the SEM within a weight training program.