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7-1-2021

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## [Using Fitness to Decrease Teacher Stress](#)

July 1, 2021

Undergraduate sport management students will have an opportunity to work directly with the community thanks to a Georgia Southern University Service Grant received by Megan Byrd, Ph.D., Tamerah Hunt, Ph.D., and Christina Gipson, Ph.D. These three faculty members from the Department of Health Sciences and Kinesiology collaborated on a project titled “What a year: Using fitness and mindfulness to decrease teacher stress.”

Students enrolled in the courses Leadership in Sport Development and Assessment in Sport Development will be providing fitness sessions and mindfulness activities to Bulloch County teachers for 10 weeks during the fall and spring semesters. The program “Mind and Body Fitness presented by HSK of Georgia Southern” will be offered free of charge to Bulloch County teachers and be held at Fit Statesboro and Georgia Southern City Campus. The program will be limited to 15 participants in the fall and 20 participants in the spring.

“This service grant will allow us to provide a pool of individuals that are trained in the basic application of fitness programming and mindfulness techniques to the community,” stated Gipson. “Our goal is to not only have a sustainable program where students gain experience working in the community, but also support the mental health in our teachers.”

Students will be trained in fitness through Fitness Mentors and trained in mindfulness activities through Symonds Training and Research.

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