

Professional Role Model

The article, "How fit do educators need to be?" Looked at the relationship between a physical educator's physical fitness and his/her employability and teaching effectiveness. The article begins with a statement, "Because innumerable pedagogical and personality factors interact to determine the effectiveness of a teacher, no definitive answer can be given as to how physically fit a physical educator needs to be." The article plays devils' advocate for each side.

Employability, the article discusses an interesting survey that has taken place involving those responsible for hiring physical education teachers. The results were to find whether or not the fitness of the applicant might be a factor in hiring, and how important it was. In the given scenario of the survey, it showed that being slightly overweight reduced a person's chances of getting a job, and being more overweight (slimmed) chances even more. I was interesting to read that the only time the better conditioned applicant didn't favor well was if he or she was compared to someone who had better grades and only ten pounds overweight.

Teaching effectiveness, a deeper look was taken into the teaching effectiveness of physical educator's and their physical fitness level. The study used the same teacher as a control, being sure that content, enthusiasm, and quality of demonstrations were identical. However, to one class he appeared physically fit and in the other significantly overweight. Students instructed by the seemingly overweight teacher received a 72% on their thirteen question exam, compared to the 85% received by the other group. Though this study was done on a small scale, the conclusion came to that if all else was equal, the fitness level of the physical educator could have an impact on teaching effectiveness.

From the discussion of this article and my own personal experiences, **I think that it is more important to exhibit an active lifestyle rather than to exude a perfect physic. This article brought up a very good point, students will judge you no matter what you look like, whether you are in six pack shape or if you're caring around extra pounds.** Physically fit students for instance may judge you if you are not the epitome of fit, while overweight or sedentary children could find you intimidating, crazy for looking like 'that', and possibly think to

themselves that they could never achieve ‘that’, creating even more of a want to steer clear of physical activity. I do think it’s important to be fit but more importantly live a healthy and active lifestyle. **It is the enthusiasm brought to the classroom and the knowledge shared with students that count. If students learn how much fun being physically active can be and work towards living an active lifestyle, the healthy lifestyle will come in due time.**

It is difficult to answer the question, how physically fit does a physical educator need to be? **Be healthy, be happy. What I know about being a role model is that it is important to feel good about oneself; inside and out. For me, living a healthy and active lifestyle is no question why I feel so positive about myself. It is that, which students will pick up on and be influenced by.**

Being a professional role model affects my teaching because, students are constantly looking at you and listening to you, students are incredibly observant. Knowing this my teaching is affected in a positive manner. I am sure to always prepare, dress and carry myself well. I am also aware of the language that I use with students both during oral communication as well as written communication, making sure it is appropriate grammar and for the age level of the students. For the reasons mentioned along with my living a healthy and active lifestyle I am a professional role model for my students.

Since beginning my time in the Physical Education Teacher Certification program at Keene State College, I have improved upon my communication skills and confidence while teaching. **I have also become more knowledgeable about what it means to be healthy and active and I have taken what I have learned and applied it to my daily life. I have seen changes in the way I eat, sleep, and exercise.** I do my best to eat smaller portions and healthier foods. I have learned the effect poor sleeping cycles have on a person’s health, so I am sure to get ample sleep so I can rest, recover, and stay healthy. I have learned about many different forms of exercise and the program has given me opportunities to try numerous skills/activities which have given me more of a desire to step out of my comfort zone and try something that is new. **It is how I have taken my knowledge base and injected it into my daily life that has helped me become the role model that I am.**

I will continue to be a role model to my students by showing a neat and professional appearance each day. I will be sure to bring a high energy level into my class by being enthusiastic and motivating to my students. Energy is contagious, as they say. I think that being enthusiastic in my teaching and motivating to my students will bring out their enthusiasm for the activity and want to motivate their peers. My colleagues will see my energy and good mood each day I walk into school which will add to working in a positive and cohesive environment. I am dedicated to being sure I continue to live a healthy and active lifestyle. It is what I love and it is a lifestyle I want others to love. I will achieve this by trying new activities, telling my students about what I am doing, perhaps organize an outing, be a coach, or be an advisor to a club. I will discuss and try these activities with my colleagues to get them involved and excited. I want to get across that you can be healthy and active without being 'jacked' or have 'the perfect beach body'. **I want others to understand the benefits of living this way and will do my best to aid in understanding. I am and will continue to be a professional role model.**