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EDUC 315

Dr. Browne

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### Philosophy of Teaching Health and Human Performance

I have not always been passionate about health. When I was in high school, I did not see the point. It was simply an easy credit. Over the past five or six years, health has become a passion of mine. I realize now that health is not an easy credit but a way of living. I love getting children passionate about their health because that is something that will continue with them for the rest of their lives. Whether or not I am expected to teach health in my classroom, I will implement it regardless. I will have movement breaks to get the students used to always being active whether that be jumping jacks or doing yoga. I will also teach about healthy living in the content areas, especially science class.

In today's world, many children are becoming victims to overweight and laziness. They are glued to video games and electronics and would rather do that than go outside. I believe there is no better way to learn than in the outdoors exploring. I will be bringing my class into the outdoors as much as possible. We will exercise, find natural foods to eat, and learn as much as we can. I cannot wait to share my love for a healthy lifestyle with my students.

Some students do not have the guidance that teaches them these healthful habits. I then take it upon myself to fulfill that role. I will teach them how to eat right and why exercise is important. Combined, the students will see that they produce more energy for the students and

make learning easier and more enjoyable. One of the best ways for me to teach these concepts is to model it everyday. I also need to show that every once in awhile, it is okay to indulge and eat something that is not very good for us.

Living a healthful lifestyle is something that students will hopefully carry with them for their entire lives. It is a concept that never goes away. One has to always be eating right and exercising. It is my job to make sure students enjoy learning and following through with the concept.