



Post Fellowship Reporting - Project Summary

Report Title: Visit the Olympian host cities of London and Munich **Name:** Dr. Daniel Zeroski

Other Team Members:

Program: Oklahoma Program

Trip Dates: 11/30/-0001 - 11/30/-0001

Location Visited: London/Munich

Post Fellowship Reporting Template: PFR Template 02

Project Summary: I wanted to deepen my content knowledge first hand in European health lifestyles and wellness programs. I traveled to Europe for 46 days from May 23 to July 7, 2008 to study public schools, sport clubs, and community wellness and fitness programs. I visited (2) summer Olympian host cities: London, England (1908, 1948, & 2012) and Munich Germany (1972). I visited with health and fitness educators, sports club associations and community leaders in each of the two cities. Visiting the two (2) countries, talking to the people, and seeing the fitness and wellness programs with my own eyes undoubtedly strengthened my knowledge base. My many research goals were reached by conducting interviews, understanding daily life from a variety of personal perspectives and collecting research with heart rate monitors. First-hand experience allowed me to create new wellness courses that would entice my students and cultivate their love for wellness. My passion for physical fitness and wellness runs deep, and instilling a similar passion in my students is rewarding for me and healthy for them. The trip to the (2) cities was completed by visiting the Olympic sites and talking to the Olympic committees of each of the sites. I was inspired by working the Summer Olympic Games in Atlanta in 1996. In reading the Olympic creed my teaching philosophy was inspired. The Olympic Creed reads. "The most important thing in the Olympic Games is not to win but to take part just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."

Career Impact: The seven week fellowship helped me with a new approach to address health and fitness issues in my school, community and state. I have experienced renewed excitement and enthusiasm from researching information from this fellowship. My volunteering for the Olympic Games in Atlanta showed me how the Olympic Games can change a city into a healthy community by creating more programs and facilities in the city. I'm bringing back new ideas for promoting and motivating healthy lifestyles to my schools, community, and state. I'm coming up with new ways of promoting sports through clubs and associations outside of the school day. This will give more opportunities and resources to promote wellness and healthy lifestyle programs to all students during the school day especially the 80% of the student population not in school sport programs. These experiences allowed me to create new fitness programs for teachers and parents, along with new lesson plans in the classroom. In addition to the confidence, I also expanded the boundaries of my discipline, pushing myself to think outside the realm of teaching health lifestyles. In my twenty-eight years of experience in teaching at the elementary, secondary and college levels-the fellowship will motivate me to practice what I preach on healthy lifestyles by staying fit myself running, cycling, hiking and backpacking. Teaching has many challenges and meeting the individual needs of all types of learners is an important goal for me. This fellowship gave me a wealth of new knowledge and ideas and will increase my motivation to develop a variety of new lessons from concrete proven examples in Europe. This travel opportunity allowed me to learn and teach from personal experience. I want to use not just programs from the United States, but proven programs that work in the European schools and communities. To get the full European experience I hiked and backpacked in Europe. This once in a life time opportunity benefited the students and me as their teacher.

Classroom/Community Impact: This fellowship gave me new ideas and approaches to help me promote healthy lifestyles and fitness for students in my school, community, and state. Since the programs and approaches are not working state wide, to solve the problem, I looked at other countries approaches. I'm using the knowledge I gained to integrate with and expand my curriculum district wide to meet and surpass the state PASS (Priority Academic Student Skills) objectives as well as meet the individual instructional needs of our regular and special needs students. I like to expand the use of heart rate monitors district wide. The heart rate monitors were invented in Europe and popular in the sport clubs and physical education programs in the European countries. Technology has entered every factor of our lives. Teaching in the public schools nowadays is a challenge, which I embrace daily and believe with real world experiences I can bring to the classroom more interest in life long health. I'm planning on expanding the health lifestyles programs to our parents, community and state wide. I found new ideas to help students get excited about wellness and fitness. The majority of the European population is not overweight and they don't have the same health issues we do in the United States. The state health cost and health insurance rates are going up each year with more families that can't afford health insurance. By teaching healthy lifestyles at all levels in the public schools it could make health cost more affordable in the future for our students.

I started back to school in August as a teacher so full of enthusiasm and newly acquired knowledge and “chomping at the bit” to share with my students and school district. An excited teacher leading by example will create an excited learner.

Our school, community, and state will benefit by new approaches and ideas to help promote healthy lifestyles and fitness. By having an excited and more knowledgeable teacher to motivate and stimulate students to stay healthy and fit for life can benefit all.

I’m expanding the wellness program to teachers and staff in our school system, community and can share my new ideas statewide with workshops, conventions, state committees and articles. I requested the opportunity to present my experiences in district-wide staff development wellness programs. Our district is currently trying to improve wellness. I will become a walking or running, talking advertisement for Fund for Teachers and assist teachers in future grant applications at the local and state levels. I’m promoting my experiences with the Mayor’s Wellness Committee to promote wellness in the community. As school budgets get tightened, teachers are going to have to be more accountable for their programs.

Finally after visiting schools, sport clubs, communities and Olympic committees, I hope to set-up a website with ongoing communication with other schools in England. I will place on the site an exchange program so students can come and visit the United States and vice a versa. I chose England, because more students would get involved with no language barrier. Finally, I will set-up communication with the British Olympic Committee to get some volunteers from my state to help with the 70,000 volunteers needed in the future for the Summer Olympic Paralympics Games in June 2012 and Summer Olympic Games in July 17-29, 2012 in London, England.

Open Response: As I traveled Europe, I kept a travel log of activities and experiences to share in the classroom.

I’m using the information from this log to prepare for presentations at my school district, community, and state wide workshops. I develop, print and distribute a brochure with pictures (for visual learners) documenting my experiences as encouragement for other teachers to apply for future grants and staff development programs.

I’m providing a written report on how I used new educational material and curriculum ideas and the success of these based on student reaction and evaluations with heart rate monitors. The heart rate monitors are like individualized personal fitness trainer for each individual student that gives immediate feedback and documentation to the student and teacher. I’m documenting the new health programs with an expanded heart rate monitor program. The monitor continuously displays the heart rate throughout the time the individual is wearing the watch to determine the heart rate. This will determine if they are getting the full benefit of the new healthy lifestyles programs. I used my laptop computer to send back my travel log activities, experiences and pictures during my trip to my colleagues and local newspapers.

Quote: I'd rather die while I'm living, then live while I'm Dead!

Photos:



Running of the mountain goats in Zermatt, Switzerland



Stonehenge in England



International Olympic Museum in Lausanne, Switzerland



Backing in the Alps with the Matterhorn in background



Castle by Munich, Germany



Big Ben in London



Traditional dresses in Estonic



International Olympic training center in Lausanne, Switzerland