



# BAL-A-VIS X<sup>®</sup>

APRIL 22 & APRIL 23, 2023 9:00 AM - 4:00 PM

USF College of Education, TECO Hall (Tampa campus)

Registration Fee: \$200

Register at: [tinyurl.com/anchinbvx](https://tinyurl.com/anchinbvx)

Participants will receive a comprehensive overview of the Bal-A-Vis X program, including its history, research, and implementation. The program is designed to be a high-quality, evidence-based physical education program for middle school students. It is a 200+ minute program that is designed to be a high-quality, evidence-based physical education program for middle school students. The program is designed to be a high-quality, evidence-based physical education program for middle school students. The program is designed to be a high-quality, evidence-based physical education program for middle school students.

## THE WHY – Rationale & Research

The Bal-A-Vis X program is based on research that shows that physical education is essential for middle school students. It is a high-quality, evidence-based physical education program that is designed to be a high-quality, evidence-based physical education program for middle school students. The program is designed to be a high-quality, evidence-based physical education program for middle school students.

## THE HOW – Top 3 Learner Objectives for Participants

Participants will be able to: 1. Implement the Bal-A-Vis X program in their classrooms. 2. Assess the effectiveness of the program. 3. Evaluate the program's impact on student learning. The program is designed to be a high-quality, evidence-based physical education program for middle school students.

Participants will have an additional opportunity to purchase personal sets of table tennis equipment at the end of the training.

## MEET YOUR FACILITATORS



### KATY AND OSCAR HELD

Founder and Son, Purposeful Movement, Ann Arbor, Michigan

They are the founders of Purposeful Movement, a physical education program for middle school students. They have been teaching physical education for over 20 years. They are passionate about physical education and want to share their knowledge with other educators. They have developed a comprehensive physical education program that is based on research and is designed to be a high-quality, evidence-based physical education program for middle school students.

Website: <https://www.bal-a-vis-x.com> | <https://www.purposeful-movement.com>

Resources: <https://www.bal-a-vis-x.com/resources>

YouTube: [https://youtu.be/\\_mbQv34Zs-w](https://youtu.be/_mbQv34Zs-w)