

**Be A Hero. Be a Teacher.  
.... A Health or Physical Education Teacher**

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# Background Information

- History growing up
  - 4 sport varsity athlete
  - Family of teachers
- University of Illinois
  - Nursing
  - Athletic Training
  - Pre – Physical Therapy
  - Physical Education



# Background Information

- Teaching Experiences
  - High School PE in Illinois
    - Coached Softball and Swimming
  - Elementary School PE in Iowa
    - Coached HS Basketball and Volleyball
- Masters of Science degree
  - University of Illinois
- PhD
  - University of Texas at Austin
  - Curriculum and Instruction



# Background Information

- What am I doing now?
  - 6 years at Wayne State University
    - Assistant Professor and Coordinator of the Physical Education, Physical Activity Leadership program
  - University of Hawai'i at Manoa
    - Associate Professor, Health and Physical Education



# Why am I here today?

- Discuss health and physical education with you
- Share the importance of the field
- Share the benefits of becoming a PE and/or health teacher
- Talk about other job opportunities as a teacher



# What is Physical Education?

This slide is a link to clip from Mr. Woodcock movie with the Hook of explaining that this isn't PE



# What is Physical Education?

- Physical education provides students with a planned, sequential, K-12 standards based program of curricula and instruction designed to develop motor skills, knowledge and behaviors for active living, physical fitness, sportsmanship, self-efficacy and emotional intelligence.
- Part of the “Whole-Child” and considered a key “subject” in school



# What is the Whole Child?

- ESSA Act used to use language that was specific to CORE SUBJECTS
- Now the language is about “a well-rounded education” – specifically mentioning working on the Whole Child



**WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD**

*A collaborative approach to learning and health*



# What is the Whole Child?



# What is Physical Education?

- **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.



# Isn't PE just like Recess?

Figure 4. Defining Physical Activity, Exercise and Physical Education

## PHYSICAL ACTIVITY

Physical activity is any bodily movement that results in energy expenditure.

## EXERCISE

Exercise is any physical activity that is planned, structured and repetitive for the purpose of improving or maintaining one or more components of fitness.

## PHYSICAL EDUCATION

Physical education is an academic subject that provides a planned, sequential, K-12 standards-based program of curricula and instruction designed to develop motor skills, knowledge and behaviors for healthy, active living, physical fitness, sportsmanship, self-efficacy and emotional intelligence.



# Why is PE Important?

- Prevention, prevention, prevention
- PE gives us an opportunity to create lifelong movers... an opportunity to introduce youth to something that they can LOVE for a lifetime



# Why is PE Important?

- PE allows youth to learn the skills to be physically active for a lifetime
- What happens if we aren't physically active?

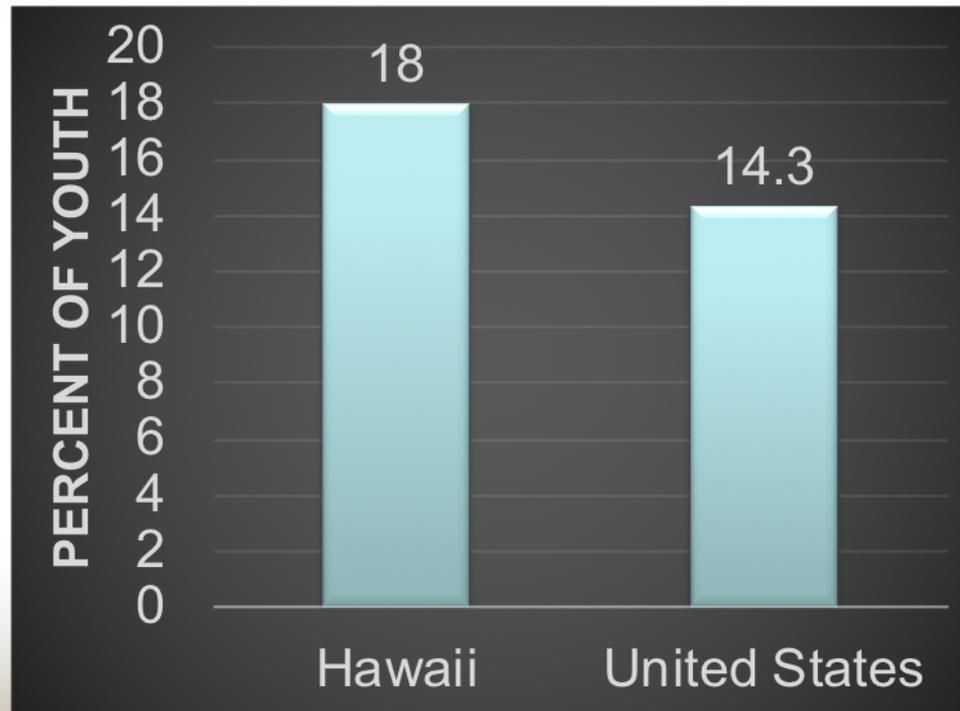
Link to this  
YouTube:  
<https://www.youtube.com/watch?v=rasZGZpQsy0>



# Physical activity in the U.S. & Hawaii

Youth who did **NOT** participate in at least 60 minutes of physical activity on at least 1 day

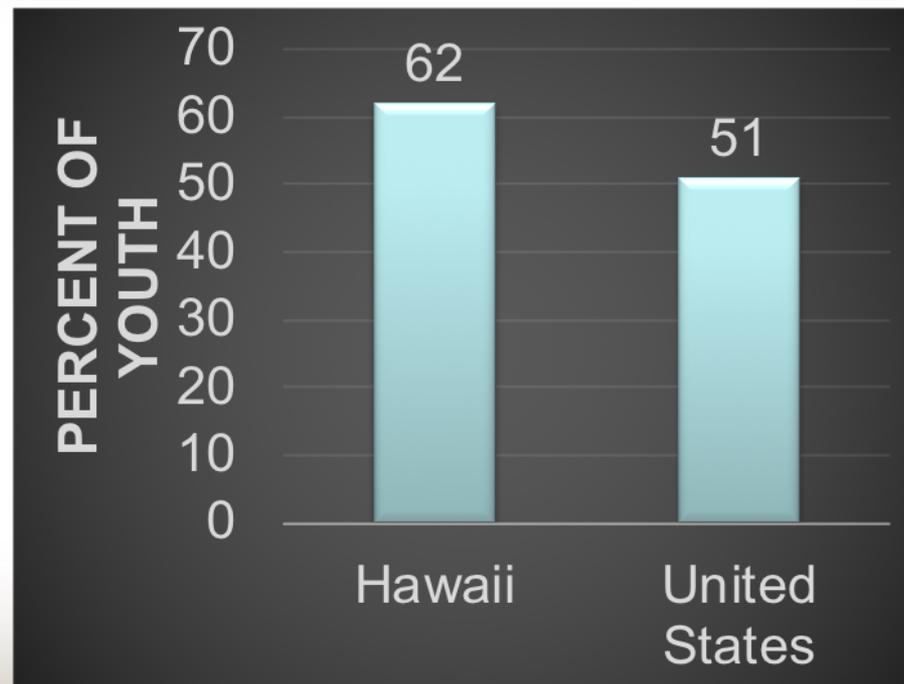
Note. Lower number is better



# Physical activity in the U.S. & Hawaii

Percentage of youth who were **NOT** physically active for 60 minutes at least 5 days a week

Note. Lower number is better



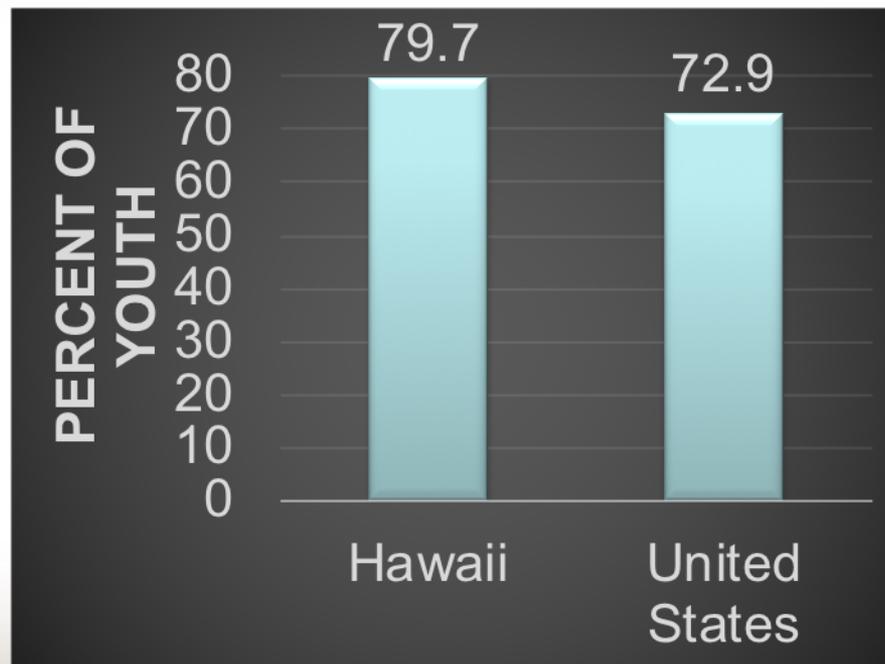
Centers for Disease Control and Prevention (2015). Youth risk behavior surveillance system.



# Physical activity in the U.S. & Hawaii

Percentage of youth who are **NOT** meeting the national recommendation of 60min/day

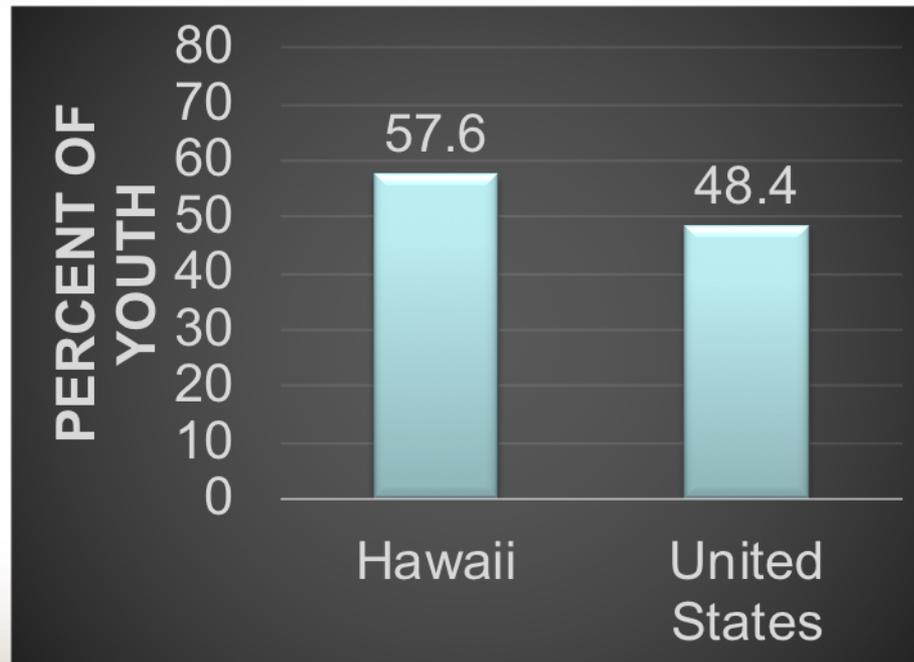
Note. Lower number is better



# Physical activity in the U.S. & Hawaii

Percentage of youth who did not attend physical education classes on 1 or more days in an average week when they were in school

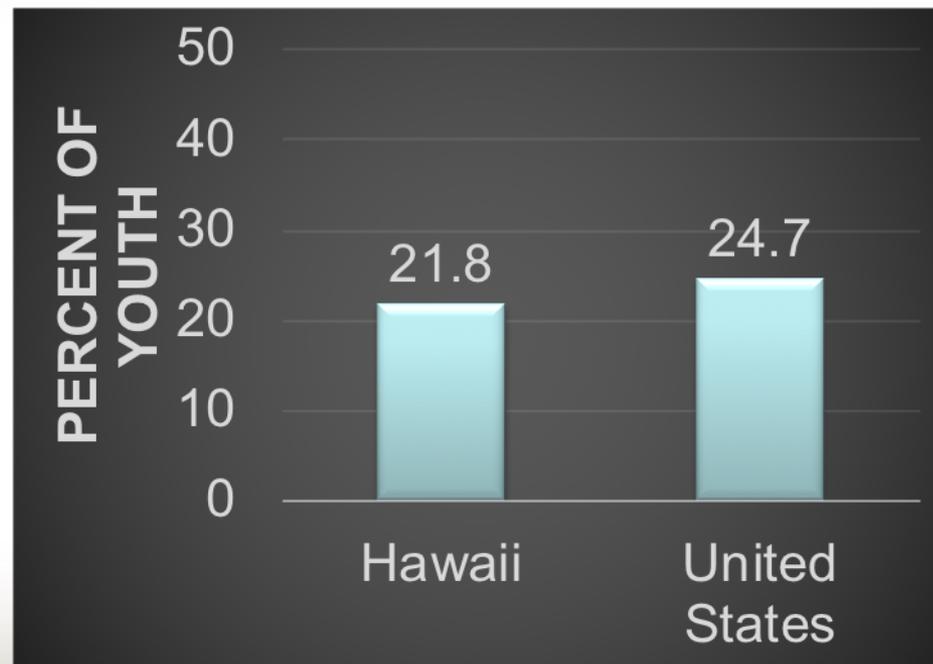
Note. Lower number is better



# Physical activity in the U.S. & Hawaii

Percentage of youth who watched television 3 or more hours per day on an average school day

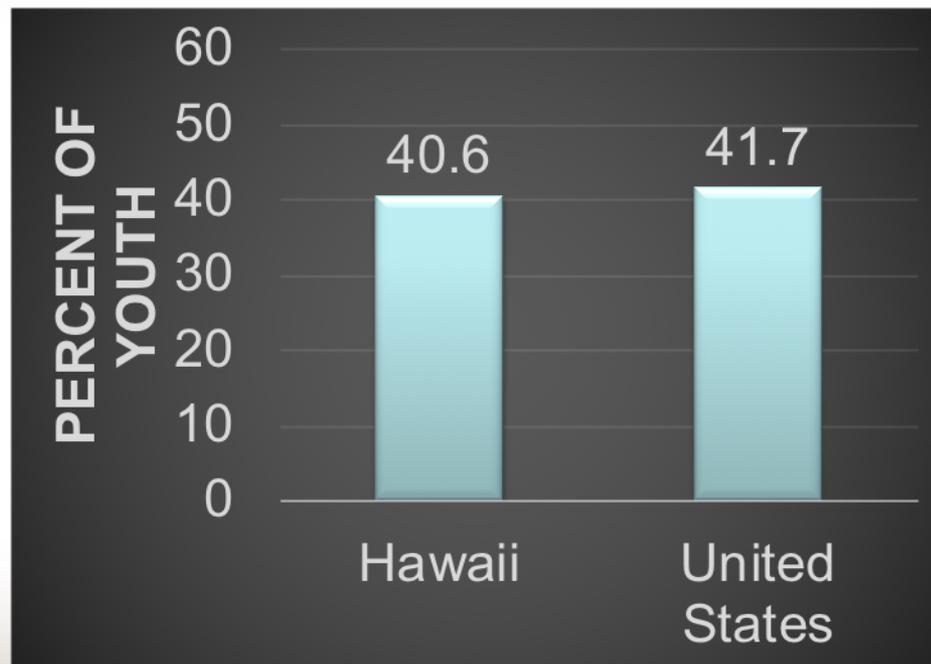
Note. Lower number is better



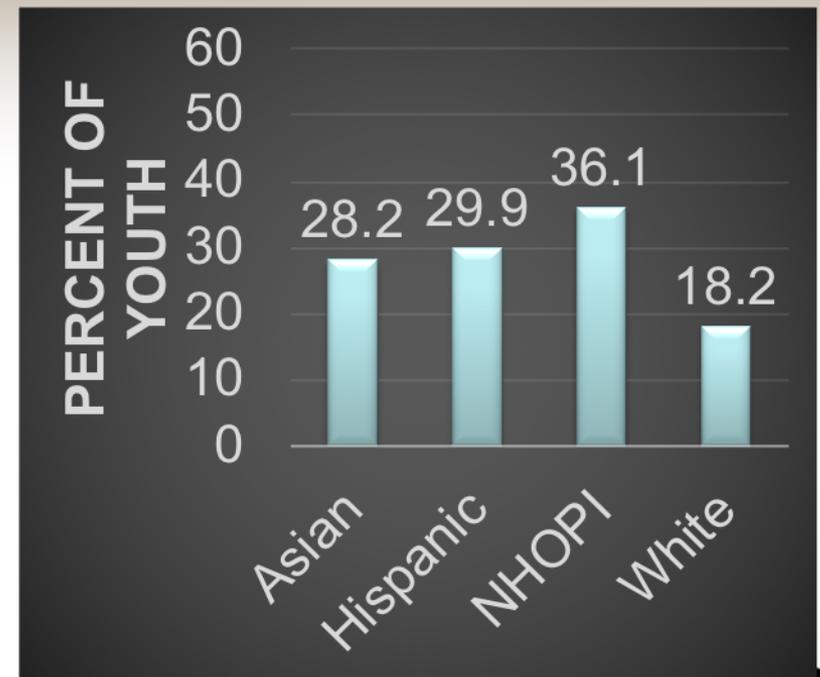
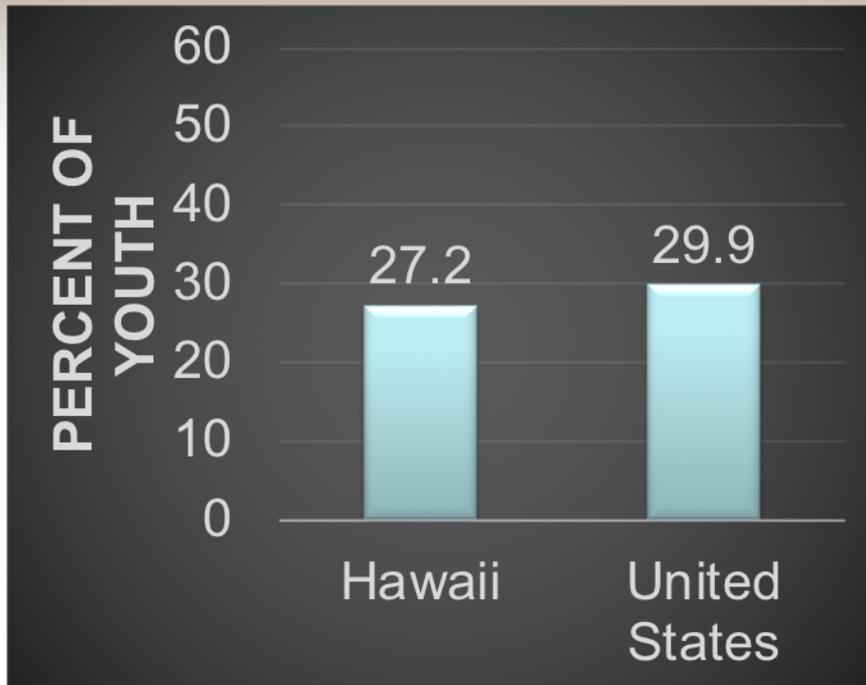
# Physical activity in the U.S. & Hawaii

Percentage of youth who used computers 3 or more hours per day on an average school day

Note. Lower number is better



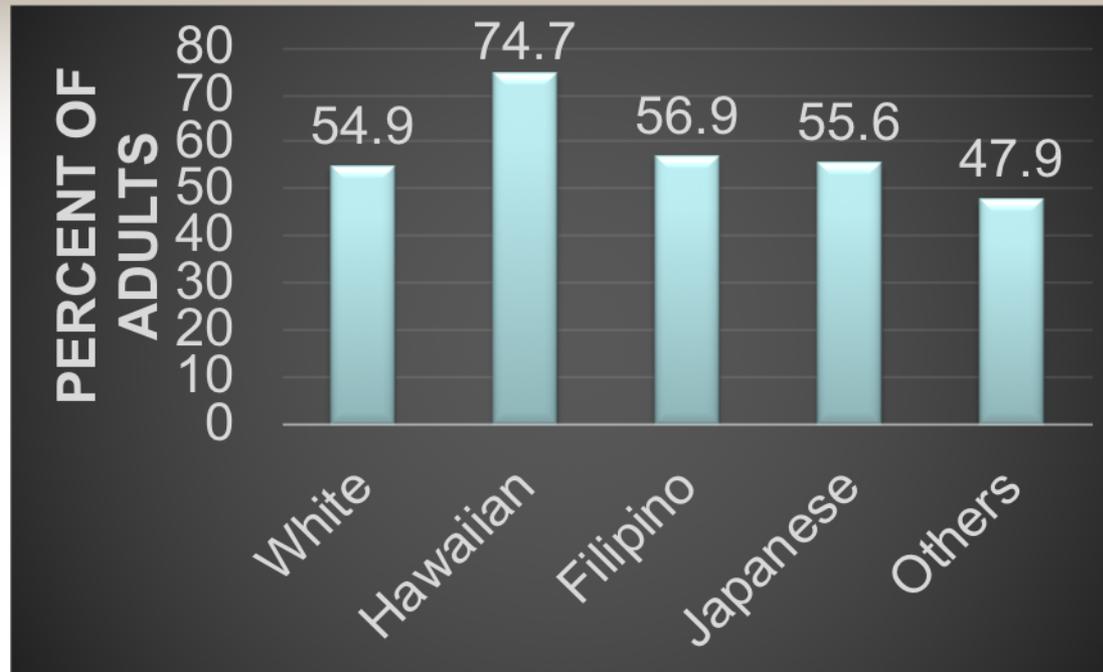
# Overweight & Obesity in the U.S. & Hawaii



Centers for Disease Control and Prevention  
(2015). Youth risk behavior surveillance  
system.



# Overweight & Obesity in Adults in Hawaii

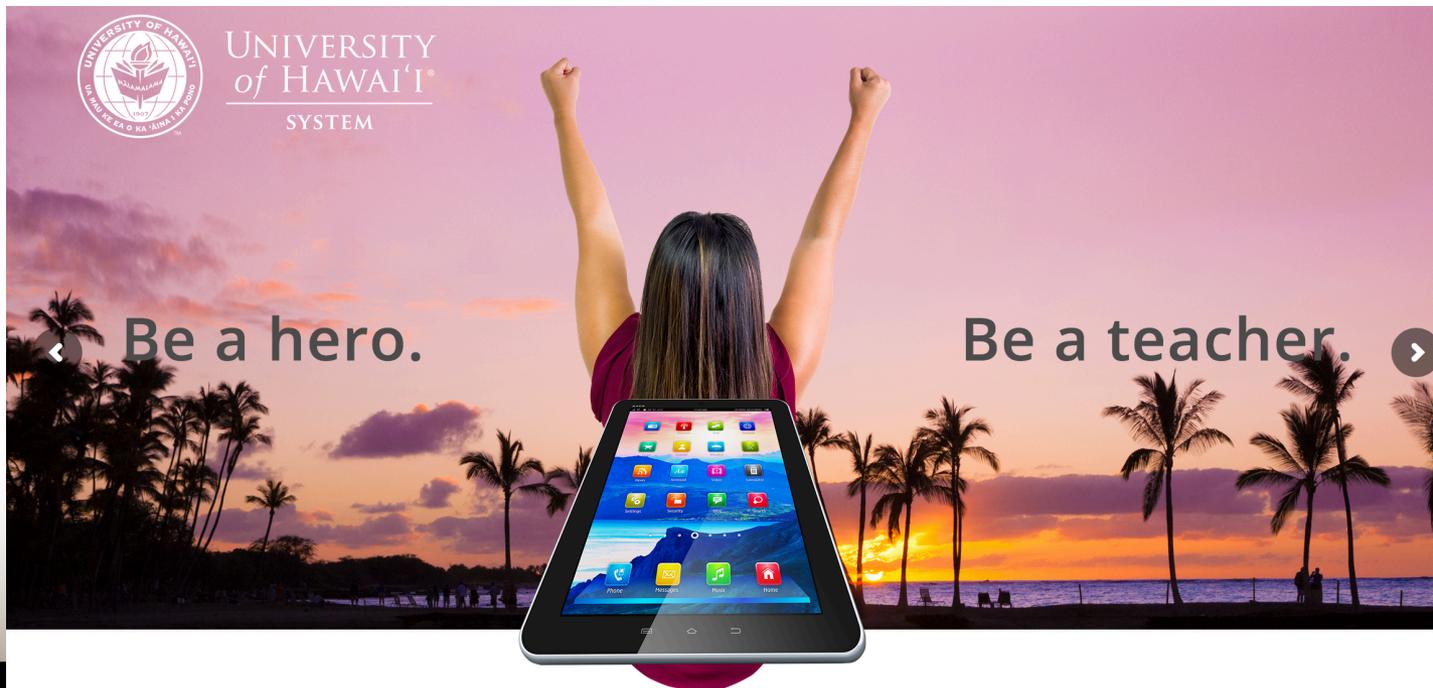


Hawaii State Department of Health (2015). Hawaii Behavioral Risk Factor Surveillance System



# So What?

## Be A Hero. Be a Teacher. .... A Physical Education Teacher



# Why would I want to do this?

- You want to make a difference in children's lives
- You are passionate about sport and physical activity



# Why would I want to do this?

- You want a steady job
- You want your summers off
- You want the opportunity to make extra income, but still have it related to your work
- You want to coach.....



# Let's Talk Salary & Benefits

- State of Hawaii (raises each year ~ 1.5%)

Years of Teaching Experience Prior to HIDEOE	Class II Bachelor's		Class III Bachelor's + 30 or Master's		Class VII PhD or EdD	
	1 <sup>st</sup> Quarter	2 <sup>nd</sup> Quarter	1 <sup>st</sup> Quarter	2 <sup>nd</sup> Quarter	1 <sup>st</sup> Quarter	2 <sup>nd</sup> Quarter
Steps						
* No SATEP 1	\$35,962	\$37,218	\$38,838	\$40,195		
** SATEP 5 (0-3 yrs)	\$47,443	\$49,100	\$51,238	\$53,028	\$61,094	\$63,228
6 (4-5 yrs)	\$48,866	\$50,574	\$52,775	\$54,619	\$62,928	\$65,126
7 (6 yrs)	\$50,333	\$52,091	\$54,359	\$56,258	\$64,815	\$67,079

- Other Benefits
  - Hybrid Pension/Retirement plan
  - Great health care
  - Flex spending, etc.
  - Public Service Loan Forgiveness



# Let's Talk Salary & Benefits

- National average for a PE teachers salary is:
  - Starting salary: \$43,000 (entry level)
    - Keep in mind this is essentially 10 months
    - Could add other things on top of it
  - Average ending salary: ~\$100,000+
- Other Benefits
  - Hybrid Pension/Retirement plan
  - Great health care
  - Flex spending, etc.
  - Public Service Loan Forgiveness



# Why wouldn't I want to be a teacher?

- Stressful
- Burnout
- It's a big responsibility to be in charge of youth every day
- **Do the benefits outweigh the risks?**



# What other path could I find myself in?

- Administration
  - Principals
  - Athletic Directors
  - Curriculum Specialists
- Other related fields
  - Sport specific training
  - Youth sport organizations
  - Camp programs
  - Educational trainers that train PE teachers on use of equipment



# How do I get into the PE program here at UHM?

- Two Options
  - Undergrad route
  - Post-Bachelors – Masters route
- Contact Da Houl
  - [houl@hawaii.edu](mailto:houl@hawaii.edu)



# Questions??

Contact Information:  
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[ecenteio@hawaii.edu](mailto:ecenteio@hawaii.edu)

