

## Professional Development Course Syllabus

Course Number: EDBG 5062

Course Title: **Brain Gym 101**

Instructor: Carla Judge, M.A.T. Semester Credit(s): 2

Total Cost for Credit: **\$120.00** plus **\$450.00** Paid directly to instructor

***Sponsor/Instructor is required to submit all class registrations within one week of the start date.***

1. **Educational Goals For The Course:** Participants will learn twenty-six movements, the three dimensions of: laterality (for crossing the midline), centering (for organization and grounding), and focus (for comprehension and participation), the five-step balance procedure, and how to use ten balance protocols.
2. **Instructional Learning Objectives:**  
Participants will:
  - Actively participate in Balance Procedures.
  - Know how and when to use specific Movements and Balances to relieve stress and facilitate learning and understand current brain theory behind procedures.
3. **Course Requirements:** Thirty hours of class time to receive certificate from the Educational Kinesiology Foundation in Ventura, California.  
**Participants will:**  
**In Class:**
  - Attend all class sessions.
  - Participate in all group and partner activities.**Out of Class:**
  - CHOOSE ONE FROM BELOW:
    - 1) Read: ***Brain Gym and Me***, by Paul E. Dennison Ph.D, or ***Smart Moves***, by Carla E. Hannaford; and follow up with a one-two page report on planned implementation of Brain Gym in professional or daily life.
    - 2) Develop classroom resource tools or lesson plan for implementing Brain Gym. If tools, send brief synopsis of what was developed and intended use; if plan, send complete lesson plan.
    - 3) Keep one week of anecdotal records, documenting before and after results, while using Brain Gym protocol with one student (client) or group.
    - 4) Facilitate and document six Balance Procedures on individuals outside of class with a copy of each sent to instructor.Submit completed assignments by e-mail to: Carla Judge at [cjeducate@comcast.net](mailto:cjeducate@comcast.net); or mail to: Carla Judge, 10895 NW Lost Park Dr. Portland, Oregon 97229
4. **Dates, Times And Location Of Proposed Course:**  
*(1 Semester Credit Equals 15 Professor Contact Hours With 30 Hours Outside Work-Exceptions Upon Approval.)*  
August 3 - 6, 2009; 8:00am - 4:00pm each day; Spring Hill Suites Marriott, 6325 N. Cloverdale, Boise, ID.
5. **Due Dates For Completion Of Course Requirements:** September 18, 2009
6. **Learning Resources And Required Text:** ***Brain Gym 101 Manual***, (provided by instructor); ***Brain Gym and Me***, by Paul E. Dennison, Ph.D; or ***Smart Moves***, by Carla E. Hannaford, Ph.D, can be ordered from [www.braingym.com](http://www.braingym.com) (Will ship within three days).
7. **Evaluation Procedure:** Pass/Fail