

## Professional Development Course Syllabus

Course Number: EDBG 5061

Course Title: **Brain Gym Optimal Brain Organization**

Instructor: Carla E. Judge M.A.T. Semester Credit(s): 1

Total Cost for Credit: **\$60.00** plus **\$350.00** **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 develop an understanding of how individuals learn through personal brain preferences; and what happens to the brain when under stress.
- Participants will learn nine new Brain Gym Movements and four Balance Procedures.

**2. Instructional Learning Objectives:**

- Participants will experientially learn and demonstrate the ability to use Noticing Skills, Brain Gym Movements, and Balance Procedures appropriately; and to distinguish how stress affects the brain's ability to learn.
- Participants will find personal learning preferences and facilitate finding the same in others.
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**3. Course Requirements:** Brain Gym 101 is prerequisite, and 16 class hours are required to receive a certificate from the Educational Kinesiology Foundation in Ventura, California.

**Participants will:**

**In Class:**

- Attend all daily class sessions.
- Actively participate in group, partner, and individual activities.

**Out of Class:**

- CHOOSE 1 or 2:
  - 1) Read ***The Dominance Factor***, by Carla E. Hannaford, Ph.D., and
    - a) Identify and record the Learning Profile of six different individuals outside of class, and report and share findings; OR
    - b) Identify and record the Learning Profile of four different individuals; facilitate a Balance Procedure for each; and report and share outcomes.
  - 2) Read ***The Dominance Factor***, by Carla E. Hannaford, Ph.D, or ***Is the Left Brain Always Right?***, by Clare Cherry/Douglas Godwin/Jesse Stapels,
    - a) Develop a strategy and/or lesson plan to use the information, and share in written report.Submit completed project to instructor via email: [cjeducate@comcast.net](mailto:cjeducate@comcast.net),  
or mail to: Carla Judge, 10985 NW Lost Park Dr., Portland, OR 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.)*  
October 5 - 6, 2009; 8:00am - 4:00pm; SpringHill Suites Marriott, 6325 N. Cloverdale, Boise, ID.

**5. Due Dates For Completion Of Course Requirements: November 13, 2009**

**6. Learning Resources And Required Text:** ***Brain Gym Optimal Brain Organization Manual*** (provided by instructor); ***The Dominance Factor***, by Carla E. Hannaford, Ph.D.; and ***Is the Left Brain Always Right?***, by Clare Cherry/Douglas Godwin/Jesse Stapels.



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7. Evaluation Procedure: Pass/Fail