ᐃᓕᓴᐃᔩᑦ ᐃᓕᓐᓂᐊᒃᑲᓐᓂᕈᑎᒋᕙᑦᑕᖏᓐᓄᑦ ᑲᑎᒪᔩᑦ
Ilisaijiit Ilinniakannirutigivattanginnut Katimajiit
Conseil de perfectionnement professionnel
Professional Development Council

# School-Based PD Activity - Individual PD Activity Report

| | |
|---|---|
| Name: | Brandon Biggers |
| School: | Aqsarniit School (Iqaluit, Central Qikiqtani) |
| Community: | Iqaluit (Central Qikiqtani) |

(Mandatory - forward to School PIC upon completion of Individual PD activities)

**1. Description**

Give a brief description of your individual PD activity (conference, workshop, course name, land activity, etc....).

Title

Personal Training and Group Fitness Course

**2. Hours**

**40.00**

**3. Learning and Sharing**

Please share the aspect(s) of your recent PD experiences that would be most useful or interesting to Nunavut educators.

My students and colleagues will benefit because they will have an ‘in house’ qualified Personal Trainer and Fitness Instructor who can teach them the material to sit for the same qualification.

**4. Resources (persons or materials)**

Please list any useful resources that you discovered during your recent PD experience(s). (presenters, contacts, materials, authors, books, web sites, etc.)

The can fit pro booklets that were given to me have a lot of information that will be great to use in the school. Other teachers and students could look through them and better understand the body functions while doing physical activity.

**5. Impact on Professional Practice**

Please identify how your activity has, or will, impact your professional practice.

These courses will help me with my students during physical activity. It was also help with the science units we cover during bodily systems. I will be more knowledgeable during this teaching process.