

Motor Learning: Tools to Enhance Academic Skills Through Movement

Josephine Bardabelias, PT



Faculty

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Josephine Bardabelias, PT is a Graduate of Hunter College's Physical Therapy program and has more than 30 years of experience working in a variety of settings, with a focus in pediatrics. Throughout her career she has treated children in acute care, N.I.C.U., early intervention and school-based facilities.

Disclosure Financial: Josephine Bardabelias receives a speaking fee when she teaches for Education Resources, Inc.

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About this Live Webinar

Exercise not only strengthens the body but enhances the brain as well. Research continually demonstrates the importance of movement regarding cognitive skills. As therapists working in pediatric settings, we have the ability to impact these skills through the use of purposeful, fun and creative therapy sessions.

This workshop will present innovative ways to integrate movement with learning while concentrating on developmental and functional concepts. Applying this approach to neuroanatomy, we will identify structures that can be impacted during our treatment sessions, resulting in more enriched activities. We will explore sensory and motor systems from primitive reflexes to executive functioning while discussing their impact on focusing, memory and overall learning. Using evidenced based research, brain breaks, videos, group discussions, and break-out sessions, therapists will acquire a unique and “moving” way to utilize these tools the very next day.

Learning Objectives

1. Correlate the relationship between neuromotor development and learning.
2. Recognize the impact of whole brain integration activities on learning.
3. Identify the four phases of motor development.
4. Choose a treatment session utilizing the concepts of neuroplasticity and sensorimotor development.
5. Enhance a current treatment plan utilizing an educational perspective, using the case study provided.

Audience

This course is designed for PTs, OTs and SLPs working in the areas of pediatrics, neurology, early intervention and school-based practice.

Help your patients achieve better outcomes.

Schedule – Day 1 6:10 pm to 9:30 pm EST (US)

6:10-6:30	Webinar Registration/Zoom Course Opens
6:30-7:00	Introduction <ul style="list-style-type: none"> Correlation between Movement and Learning
7:00-7:20	Neuroanatomy <ul style="list-style-type: none"> Synaptic Connections
7:20-9:30	Cerebral Anatomy/Physiology <ul style="list-style-type: none"> Laterality Lobe Functions <ul style="list-style-type: none"> Case Presentation with Discussion: Child with multiple disabilities: middle ear malformation, visual deficits, balance issues, bradykinesia, intellectually disabled and behavioral issues Reticular Activating System <ul style="list-style-type: none"> Breakout Session-Novel uses for common items
	Corpus Callosum <ul style="list-style-type: none"> Importance of cross-lateral movements VIDEO: Examples of cross lateral exercises VIDEO: Testing the corpus callosum
	Cerebellum <ul style="list-style-type: none"> VIDEO: Cerebellar Testing
	Hippocampus Thalamus Amygdala
	Breakout Session: Apply the concept of Whole Brain Integration to enhance a frequently used treatment activity

Schedule – Day 2 6:10 pm to 9:30 pm EST (US)

6:10-6:30	Webinar Registration/Zoom Course Opens
6:30-7:00	Developmental Neurology <ul style="list-style-type: none"> Neuroplasticity
7:00-7:40	Relationship between exercise and cognition <ul style="list-style-type: none"> Neural Enrichment BDNF Movement and Executive Functioning
7:40-9:30	Phases of Motor Development <ul style="list-style-type: none"> Reflexive Phase Rudimentary Fundamental Phase Specialization Phase BREAKOUT: Video Analysis & Discussion of Treatment Levels VIDEOS: Primitive Reflex Testing (ATNR, STNR, TLR) Primitive Reflex Integration Exercises Rudimentary Phase-Laterality, Stationary, Locomotor, Object Manipulation

- Fundamental Phase
 - Weight Shifting 30+40+ | Rotation | Reciprocal Patterning | Grading | Timing/Rhythm
- Creative treatment ideas incorporating educational concepts

Schedule – Day 3 6:10 pm to 9:30 pm EST (US)

6:10-6:30	Webinar Registration/Zoom Course Opens
6:30-8:30	Sensory Systems and their effect on Student Success <ul style="list-style-type: none"> General overview of Sensory systems What does being a student entail? Treatment Ideas to address the requirements of a student Sensory Processing Disorder VIDEOS: Sensory Overload and Sound Sensitivity Sensory System Dysregulation & Treatment Ideas <ul style="list-style-type: none"> Visual Auditory Olfactory Tactile Interoception Proprioception Vestibular
8:30-9:15	Individualized Pretreatment Considerations <ul style="list-style-type: none"> ICF Model
	Understanding your student Health Implications Social-Emotional Aspects Behavioral Components Teaching Behavior vs. Punishment Communication Strategies Parental Questionnaire: "Tell us about your child"
9:15-9:30	Evaluation Considerations <ul style="list-style-type: none"> School-based OT/PT Motor Profile

Schedule – Day 4 6:10 pm to 9:30 pm EST (US)

6:10-6:30	Webinar Registration/Zoom Course Opens
6:30-8:40	Effective Treatment Strategies <ul style="list-style-type: none"> Treatment Continuum for a successful session Basic Needs- importance of and treatment suggestions
	Removing Antecedents/Distractors <ul style="list-style-type: none"> Setting up your treatment space VIDEOS -Room set-up ideas
	Regulation- importance of and treatment suggestions for: <ul style="list-style-type: none"> Proprioception Deep Pressure Vestibular Breathing Techniques/Counting
	Basic Treatment Level <ul style="list-style-type: none"> Motor Planning Body Awareness
	Laterality/Crossing Midline <ul style="list-style-type: none"> Coordination Timing and Grading
8:40-9:00	Adding Complexity to our Treatment <ul style="list-style-type: none"> How can we promote higher learning skills in our sessions? <ul style="list-style-type: none"> Think Function VIDEOS: Treatment ideas
9:00-9:30	Participant Case Studies: Participants are invited to submit case studies for discussion

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This course can be used toward your NBCOT renewal requirements for 12 units.

Approved provider of the FL Board of Occupational Therapy-CE Broker for 14 CE hours. This course meets the approval of the TX Board of OT Examiners.

Application has been made to the FL Physical Therapy Association for 14 continuing education contact hours.

This course has been approved by the MD State Board of Physical Therapy Examiners. Application has been made to the MN Board of Physical Therapy. Approved by the NJ Board of Physical Therapy Examiners.

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12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

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Webinar Dates and Times – 2023

May 9, 11, 16 and 18, 2023

6:10 pm EST • 5:10 pm CST • 4:10 pm MST • 3:10 pm PST (US)

Registration is for all sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the Webinar.



\$369 fee. **LIMITED ENROLLMENT** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14-day deadline.

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WEBINAR: Motor Learning: Tools to Enhance Academic Skills Through Movement/Josephine Bardabelias

☐ May 9, 11, 16 and 18, 2023

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