

## **PATRICIA “TRISH” ACKERMAN**

### **EDUCATION**

- Graduated from LaGrange College, LaGrange, Georgia, 1968
- Re-certification courses from:
  - University of Miami, 1976
  - University of South Florida, 1971, 1981, 1988

### **TEACHING EXPERIENCE**

- Chapman High School, Apalachicola, Florida (1969-1970) Teacher of Physical Education
- Naples High School, Naples, FL (1971-1978) Teacher of Physical Education
- Barron Collier High School, (opening of a new school) Naples, FL (1978-1998) Teacher of Physical Education
- Gulf Coast High School, (opening of a new school) Naples, FL (1998-2005) Teacher of Physical Education
- Retired 2005 (35 years of teaching in FL - 34 years with CCPS)
- Coordinator of Health, Physical Education, Driver Education, Human Sexuality, and Drug information for Collier County Public Schools (CCPS) (2008-2013)
- Total of 40 years in Education

### **PROFESSIONAL CONTRIBUTIONS**

- Taught Gymnastic classes (1974– 1978) ( along with general Physical Education) at NHS 1971-78
- Helped organize Sunshine State Standards for Physical Education with the State Department of Education (DOE), Tampa, FL: 1997 for High School Physical Education in Florida
- Helped with writing Course Descriptions for High School Physical Education with Florida, Tallahassee, FL. (DOE): 1998
- Lead writer for the Pacing Guidelines and Curriculum for Collier County High Schools for the Aerobics, Weight Training and Personal Fitness curriculum: 2000.
- Created a Website for Gulf Coast High Physical Education Program 2000 with a wealth of fitness information.
- GCHS Physical Education Web site named Award of Merit (Sunshine Medallion).
- Created a Weight Training Power Point Presentation that shows most all exercises that can be done in weight room at GCHS which was available for GCHS students as well as other CCPS teachers to use.
  - Pictures of students in the concentric and eccentric exercise position.
  - Clicking on an icon would take the participant to the explanation of the exercise.
- School Advisory Committee: 1994-1998: Barron Collier High School (BCHS)
  - Comprised of several teachers, several parents, and several community leaders to advise administrative staff of need and/or improvements for the school.
  - Discussed school improvement and extra-curricular activities, etc.
- Began a Wellness program for teachers at BCHS in 1997.
  - After school Aerobic Program for teachers
  - Weight training program for interested teachers.
  - Brought In the Naples Health Dept with qualified staff to blood test all teachers interested in knowing the outcome of their blood work and total fitness status.
- School Advisory Committee: 1998-2002: Gulf Coast High School (GCHS)
  - Comprised of several teachers, several parents, and several community leaders to advise administrative staff

- of need and/or improvements for the school.
  - Discussed school improvement and extra-curricular activities, etc.
- Offered an afterschool aerobics class for teachers, which was led by students under my supervision at GCHS in 1998-2000.
- School Technology Committee: 1996-1998: BCHS
- School Technology Committee: 1998-2002: GCHS
- Chair of SPEC (Secondary Physical Education Council) FAHPERD (Florida Alliance of Health/Physical) (Now called SHAPE Florida): 2001-02
- Southern Representative to NASPE (National Association of Sport and Physical Education): 2004-2008
  - NASPE was/is the preeminent national authority on physical education and a recognized leader in sport and physical activity and worked with and in the (AAHPERD) American Alliance for Health, Physical Education, Recreation and Dance (now known as SHAPE America) headquarters in Reston, VA.
- Committee Chair for NASPE/AAHPERD in selecting Teacher of the Year for Secondary Nationwide Physical Education: 2005-06
- Program Coordinator for NASPE/AAHPERD's Convention: 2006-07 for NASPE (National Association of Sport and Physical Education)
- Program Chair of Sub-Committee for NASPE 2008-2009
- Named best Physical Education Program Gulf Coast High School (GCHS) in Florida by American Heart Association and FAHPERD, Department Chair overseeing the program. 2001
- Physical Education Program featured in *Family PC* while naming GCHS as one of the topmost wired schools in the nation: 2001.
- Named by Polar/Health First as one of top programs in Southeast US for combining fitness/technology 2001.
- Designed a computerized locker system for GCHS at BCHS and GCHS (1997-2005).
- Designed/created fitness games/activities for the Personal Fitness Course which was shared and used by many Personal Fitness teachers.
- Designed Power Point Presentations for entire Personal Fitness course content based on the textbook used.
- Department Head of Health/Driver Ed/Physical Education (GCHS): (1998-2005)
- Named Teacher of the Year at GCHS: 2001
- Was up for Teacher of the Year for Florida in 2005. but withdrew since I was Chair of the National Teacher of the Year committee.
- Conducted workshops and/or presentations for FAHPERD and CCPS.
- A couple of my created games were published in a Personal Fitness Activity Book.
- Invited to speak at USF (Professor helped author one of the Personal Fitness Textbooks) to PE majors in regards Personal Fitness relating to games, activities, and PowerPoint
- As Coordinator of Physical Education:
  - Purchased (through CCPS) a License for Fitnessgram and had the program implemented in every school in Collier County grades 2-12. 2011-2013
    - Had Trainers come into schools to train teachers how to use Fitnessgram.
    - Made it mandatory for every physical education in the county to test students in PE classes twice a year and turn results into me.
    - This was also mandated by the school board.
  - Created a course, in conjunction with International Fitness Professionals Association (IFPA), in which students who were in their senior grade level could participate in a class to become a Personal Trainer upon graduation. 2011-2013
    - Students desiring to be Personal Trainers could take this course under the strict guidelines and testing from IFPA.
    - Teachers had to be trained and certified through IFPA prior to teaching the course.
    - Money was placed in the PE program by CCPS to pay for this.

- Was taught in three different high schools in CCPS and was successful under my guidance.
- Set up yearly, beginning of the year, all one-day workshops and brought in a brought spectrum of speakers with new ideas for various activities.
  - Three days to complete presentations for the three levels – Elementary, Middle School and High School.
- Had three monthly meetings for each grade level (elementary, middle, and high school teachers) for about 30 minutes after their teaching assignment for the day was completed, but time teachers were required to be at school.
  - Choice of coming to Administrative Center or watching through a televised communication provided from the Administrative Center to their school.
  - Meeting was to keep them inform and updated on events.

### **CONFERENCES**

- School Wellness Team Training presented by DOE, Safety Harbor, FL 1997 (Summer)
- Comprehensive Wellness Program 1998 (Spring)
- Technology Workshop, Orlando, FL 1997 (Spring)
- Attended many FAHPERD State Conventions
- FAHPERD State Convention Presenter, Jacksonville, FL 2001 and in Orlando in 2003
- Attended AAHPERD Conventions, St. Petersburg, FL, Chicago, Salt Lake City, Baltimore, Tampa
- Restructuring Physical Education in the Schools for the 21st Century for Wellness Restructuring Physical Education in the Schools for the 21st Century through a Comprehensive Wellness Program 1998 (Spring)

### **WEIGHT TRAINING EXPERIENCE**

- Taught Weight Training classes at Barron Collier High School (BCHS) and Gulf Coast High School (GCHS) 1985 - 2005
- Certified Personal Trainer: National Academy of Sports Medicine (NASM): 1996
- Certified Personal Training: NDEITA 2000
- Certified Personal Trainer: SaraCity Fitness 2003
- Developed a weight training program which includes workouts for beginning, intermediate and advanced levels, as well as workouts for specific goals and for sports.
- Worked part time at Body Development Center ( free weight gym) 1986-1988
- Judged a couple of Amaure Body Building Contest (1991).

### **AEROBIC EXPERIENCE**

- Certified Aerobics Instructor (Group Leadership): Cooper Fitness Institute- Dallas, TX 1995
- Certified Aerobics Instructor and Kickboxing Instructor: NDEITA 2000
- Attended an Aerobic Workshop in Miami, FL.: Kablitz Fitness Resources 1996
- Attended SaraCity Workouts Sessions (3-4 days of every type of fitness programs imaginable) in Orlando, FL: 2002, 2003, 2004
- Conducted an Aerobic Workshop for all Collier County Physical Education Instructors. 1995
- Taught Aerobic Classes at Barron Collier and Gulf Coast High Schools 1984 -2005
- Worked successfully with from NDEITA, (Aerobics Certification Organization) to be able to certify my advanced aerobics, age appropriate, students to become Aerobics Instructors.

## **COACHING EXPERIENCE**

- Cheerleader Coach for Chapman High School (Apalachicola, FL) 1969-1970
- Gymnastics (part time) for Gulf Coast Gymnastic Academy 1978-1979
- Cheerleader Coach for Naples High School 1973-1977
- Volleyball for Barron Collier High School 1978, 1979, 1980
- Winning record (volleyball)- 1978
- Won Districts (volleyball) and went to Regionals - 1979.
- Won Districts, Regionals (volleyball), and went to Sectionals - 1980.
- Named "Coach of the Year" (volleyball) in Southwest Florida – 1980.
- Cross Country Coach GCHS 1998-2001.
- Softball parent volunteer coach/teacher/parent for Seagate School Spring of 1981, 1982.
- Conditioning Coach for a son's Little League Baseball Team - 1981-1983

## **CIVIC/OTHER WORK**

- Den Mother for son's Cub Scouts – 1976
- Scorekeeper and Announcer for son's Little League Baseball Team- 1981-1983
- Organized, set up a 5-K Run for son's PAL GATOR Football Team-1981
- Helped organize a local Hershey's Track Meet with Riverpark Parks and Recreation -1971
- Assisted in writing Help Manuals for EMCS on how voter registration software is to be used- 2015-2021.
- Testing for software for EMCS to make sure correctly working.- 2015 -2021.

## **PERSONAL RECREATION RELATING TO FITNESS/SPORTS ACTIVITY**

- In the past (70- 80's)
  - Played recreational tennis.
  - Played Recreational Racquetball
  - Ran many Road Races (5K, 10K), (three half Marathons and two Marathons)
    - Finished all races.
  - Amateur Bodybuilding Contest on Regional, State and National Level 1985-1987
    - Winning a few
    - Placing as runner up in a few
- Presently:
  - Daily workouts on weights and cardio.

## **PROFESSIONAL REFERENCES**

- LT Col Terry Coker, Department Chair for ROTC, and Physical Education at Barron Collier High School 1996-1997
- Dr. Eric Williams (Former Principal at GCHS).
- Michele LaBute, Administrator (Assistant Superintendent) for CCPS, Naples, FL (Former Principal at GCHS)
- Additional letters of recommendation available from various administrators when up for Teacher of the Year.