



2017 Candidate for the Office of Member-at-Large

Catherine P. Berei, Ph.D.

Southern Connecticut State University
Exercise Science Department, Physical Education Teacher Education

Catherine P. Berei is an assistant professor of physical education teacher education (PETE) at Southern Connecticut State University. She earned her undergraduate and master's degrees in physical education and health education (K-12) teacher certification from Plymouth State University, and her doctorate in sport pedagogy from the University of Northern Colorado. Prior to teaching in Connecticut, she taught within the PETE programs at the University of Idaho, University of Northern Colorado and Plymouth State University, as well as elementary and middle school physical education in Barrington, NH and three schools in the Plymouth, NH area.

The focus of Cathy's scholarship includes comprehensive school physical activity programs (CSPAPs). Specifically, how health and physical educators create environments that educate and empower children to live healthy, active lifestyles. Her publications relate to integrating CSPAP education throughout the University of Idaho PETE curriculum, the status of physical activity opportunities in Idaho schools, and examining PETE faculty scholarly engagement. She actively contributes to the field through practical and research presentations on topics such as the perceptions of CSPAP implementation and teaching PETE students how to use assessment for CSPAP advocacy. She collaborates with colleagues in Connecticut to align PETE curriculums with state teacher preparation assessments and examine the impact of physical activity opportunities in Connecticut schools and communities.

Cathy currently serves as the co-advisor of the Physical Education Club, the student advisor for CTAHPERD, and a member of the SHAPE America Eastern District Leadership Council. In the past, she has served as the SHAPE America student services committee chair, and on the NASPE physical education steering committee and NHAHPERD executive board. Cathy is a passionate and driven educator who strives to guide future health and physical educators in becoming positive contributors to and lifelong learners of the profession.

What leadership qualities will you bring to the Eastern District Leadership Council?

Leadership qualities I intend to bring to the Eastern District Leadership Council include passion and dedication to disseminating information that enhances health and physical education programs. I believe energy and enthusiasm are contagious, and I utilize my energy and enthusiasm for lifelong health and physical activity to educate, engage, support, and inspire others in achieving the goals of our profession. I am proactive and have the drive to initiate innovative ideas, the ability to motivate others to engage in the profession within and beyond their classrooms, and the organizational skills to steadily move initiatives forward. I collaborate and communicate well by sharing ideas and listening to others in positive and respectful ways, respond to communications in a timely manner, and remain attentive to timelines. I fulfill my own responsibilities and delegate responsibilities to accomplish tasks in an efficient manner. Last, a leader is a role model; I feel I am a role model for others because I am actively involved in the profession, a reflective practitioner and a lifelong learner who continues to enhance my own knowledge and teaching skills.