



# Using Movement and Music to Enhance Learning in the K- 12 Classroom

## Course Syllabus

### Course Description

The purpose of this professional development course is to provide practical strategies and methods of implementing movement and music in the K-12 classroom that are flexible and modifiable for various ages and class levels. Movement and music are aspects of education that are not often addressed when planning a curriculum. Brain research and educational studies have shown that movement and music play a critical role in cognition and comprehension.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in how to integrate movement and music into K–12 classroom instruction to enhance student engagement, behavior management, cognitive development, and overall learning outcomes. This course equips educators with flexible, age-appropriate techniques to create a more dynamic, inclusive, and neurologically aligned learning environment.

### Course Objectives

At the end of this course you should be able to:

1. Identify the benefits of utilizing movement in the K-12 classroom.
2. Identify the benefits of utilizing music in the K-12 classroom.
3. Identify methods for incorporating movement in the classroom, to enhance learning and behavior management.
4. Identify methods to incorporate movement outside the classroom, to enhance learning of core subjects.
5. Identify methods that incorporate music to assist with transitions, behavior management, and the creation of a positive learning environment.
6. Identify methods of incorporating music into core subjects to improve comprehension and retention.
7. Identify methods of incorporating music and movement in the classroom to improve motor skills, engage students, and facilitate group interaction.
8. Prioritizing teacher well-being and identifying the benefits of music and movement activities.

### Modules

- Module 1: The Benefits of Movement, Quiz 1
- Module 2: The Purpose of Music and the Cognitive Affect, Quiz 2
- Module 3: Learning Through Movement in the Classroom, Quiz 3



- Module 4: Enhancing and Supporting Learning with Movement Outside of the Classroom, Quiz 4
- Module 5: Using Music for Transitions, Behavior Management, & a Positive Learning Environment, Quiz 5
- Module 6: Music and Core Subject Concepts, Quiz 6
- Module 7: Combining Music & Movement in the Classroom, Quiz 7
- Module 8: Exploring Music & Movement for Teacher Well-being, Quiz 8

### **Grading:**

Each quiz must be passed at an 80% or higher (three attempts allowed).

### **Format**

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey through the course. There is an interactive forum in the course to help you connect with peers and instructors, share ideas, and collaborate on best practices throughout your learning journey.