

# Joseph A. Pergar

## Home Address:

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**Objective:** To obtain a full-time position as a physical education teacher or athletic administrator, with an extracurricular interest in coaching.

## Education:

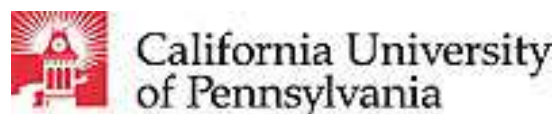
Lock Haven University of Pennsylvania  
B.S. Health and Physical Education  
Certified: K-12

G.P.A.: Overall --- 3.48 Core --- 3.75



California University of Pennsylvania  
M.S. Sports Management  
(Intercollegiate Athletic Administration)

G.P.A.: 3.83



## Honors:

*Dean's List (6)*

Spring 2003 – Spring 2005 & Summer 2010

*Lock Haven's Health and Physical Education Golden*

Spring 2005

*Whistle Award Recipient* for academic excellence and leadership in the Health and Physical Education field

## Relevant Courses:

Principles and Practices of Conditioning

Human Physiology

Adapted Physical Education (aquatic work)

Physiology of Exercise

Public Relations in Sport

Legal Aspects in Sport

Management and Leadership in Sport

Kinesiology

## Related Experiences:

*Keystone Central S.D. – Robb Elementary School, Lock Haven, PA:*

Jan. – Feb.,  
2005

- Developed and taught various units from personal hygiene, to parachute activities and lifetime sports for students K-5
- The units were appropriate for the growth and development of young children, with inclusive adaptations for special needs students.

*Keystone Central S.D. – Central Mountain High School, Mill Hall, PA:*

March – May,  
2005

- Created lessons and instructed students in grades 10 and 11 through units in CPR, dance, basketball, volleyball and tennis.
- The lessons in these units allowed the students to improve on past skills, learn new skills and link content with prior knowledge.

<i>Laurel Highlands S.D. – Laurel Highlands Middle School, Uniontown, PA:</i>		2005-2008
<ul style="list-style-type: none"> <li>Designed and implemented lessons in health and physical education in grades 6 through 8.</li> <li>Lessons were modifiable to meet the needs of all students.</li> <li>State standards were also integrated to improve PSSA scores.</li> </ul>		
<i>Laurel Highlands S.D. – Laurel Highlands High School, Uniontown, PA:</i>		2008-
<ul style="list-style-type: none"> <li>Prepared various units for students in grades 9 through 12 in Health, P.E., Adaptive P.E. and Kinesiology.</li> <li>Lessons were modifiable, cross-curricular, and student engaging</li> </ul>		Present
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<b>Coaching:</b>		
<ul style="list-style-type: none"> <li>Assistant 9<sup>th</sup> grade football Coach</li> </ul>		2005
<ul style="list-style-type: none"> <li>Head Junior High Wrestling Coach</li> </ul>		2005-2006
<ul style="list-style-type: none"> <li>Assistant Varsity Football Coach</li> </ul>		2006-2010
<ul style="list-style-type: none"> <li>Head Middle School Softball Coach</li> </ul>		2008-2010
<ul style="list-style-type: none"> <li>Varsity Athletics Strength and Conditioning Coach</li> </ul>		2009-2010
<ul style="list-style-type: none"> <li>Volunteer Varsity/J.V. Girls Volleyball Coach</li> </ul>		2009- Present
<ul style="list-style-type: none"> <li>Head Varsity Softball Coach</li> </ul>		2011- Present
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<b>Accomplishments/Undertakings:</b>		
<i>Wrote and was awarded a grant totaling \$49,500 from Highmark:</i>		2012
<ul style="list-style-type: none"> <li>This grant was used to purchase fitness equipment for Laurel Highlands H.S. to improve the health and wellness of students and staff through exercise and fitness assessment practices.</li> </ul>		
<i>Laurel Highlands S.D. Uniontown, PA Wellness Club Sponsor:</i>		2012-
<ul style="list-style-type: none"> <li>Oversaw District-wide health initiatives for students and staff, District health fair, fund raising events for American Cancer Society and the American Heart Association, and school functions</li> </ul>		Present
<i>Health/P.E. Department Chair – Laurel Highlands S.D. Uniontown, PA:</i>		2012-
<ul style="list-style-type: none"> <li>Assisted Director of Curriculum in developing curriculum and course mapping. Developed scope and sequences, syllabus, and other course information. Also, took inventory and ordered necessary materials and equipment.</li> </ul>		Present
<i>Kinesiology Instructor – Laurel Highlands High School Uniontown, PA:</i>		2012-
<ul style="list-style-type: none"> <li>Developed and taught a course in Kinesiology. This was a new course in 2012 for High School juniors and seniors to prepare them for careers in the Health field.</li> </ul>		Present
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<b>Volunteer:</b>		
<i>Yough Elementary School's Track and Field Days at Yough H.S., Herminie, PA:</i>		May, 2002
<ul style="list-style-type: none"> <li>Recorded times and distances of various events while assisting the students as well as the faculty whenever possible.</li> </ul>		

*York County Special Olympics at York YMCA, York, PA:*

Jan. – Feb.,  
2003

- Supervised and instructed basic swim strokes and aquatic maneuvers to the Special Olympics Swim Team.
- Functioned as a mentor and coach in motivating the athletes to succeed in the pool as well as life.

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**Certifications:**

- First Aid, CPR, and AED
- A.P.L. Classroom Management
- Trained in Olweus Bully Prevention
- Water Safety Instructor (WSI)

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**Memberships:**

- NSCA           National Strength and Conditioning Association
- PSAHPERD    Pennsylvania State Association for Health, Physical Education, Recreation and Dance
- AAHPERD     American Alliance for Health, Physical Education, Recreation and Dance
- $\Delta\Psi K$        Delta Psi Kappa (Lock Haven University's Health and P.E. co-ed Honors Fraternity)
- $K\Delta\pi$            Kappa Delta Pi (International Honors Society in Education)

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**References and Clearances:**

Available upon request