Jason R. Eby

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**OBJECTIVE**

To obtain the Health and Physical Education teacher position and with a strong interest in coaching.

**CERTIFICATION**

Pennsylvania K-12 Health and Physical Education teacher certification

**EDUCATION**

**Lock Haven University, Lock Haven, PA Fall 2005 – Spring 2010**

Bachelor of Science in Education

* Major in Health and Physical Education
* Dean’s List: Fall 2009 and Spring 2010

**CONTINUING EDUCATION**

**Lock Haven University, Lock Haven, PA Spring 2016 – Current**

Master of Science in Sport Science

* Sport Administration concentration
* Current GPA 4.0
* Anticipated graduation Fall 2017

**TEACHING EXPERIENCE**

**Tri-Valley School District, Hegins, Pennsylvania**

**Health and Physical Education Teacher, Tri-Valley High School** **August 2015 – Current**

10th Grade Health classes designed and taught:

* Health Choices and Behavior
* Stress and Stress Management
* Mental and Emotional Problems
* Human Body and Its Systems
* Nutrition
* The Reproductive System and Education
* Drug and Alcohol Education

8th Grade Health classes designed and taught:

* Health Choices and Behaviors
* Emotional Health
* Your Changing Personality
* Body Systems
* Communicable and Non-Communicable Disease
* Reproductive Education- Abstinence Based
* Nutrition
* Alcohol and Tobacco Education

10th – 12th Grade Physical Education classes planned and instructed:

* Physical Fitness Circuit Training and Weight Training
* Large Group Activities
* Strategy Games
* Floor Hockey
* Volleyball
* Lifetime Games
* Tchoukball
* Softball
* Physical Fitness Testing
* Established a Physical Education Club for the school

**Spencer-Van Etten Central School District, Spencer, New York**

**Physical Education/Fitness Teacher, Van Etten Elementary School September 2013 – June 2015**

Created and implemented Health Education for Second through Fourth Grade

Physical Education/Fitness and Health classes instructed and designed:

* Physical Fitness Testing
* Pedometers
* Frisbee
* Throwing, Kicking, and Catching
* Loco motor Skills
* Tae Bo
* Tabata
* Workout Kid Fitness
* Winter Olympics
* Square Dancing
* Spatial Awareness
* Cooperative Games
* Strategy Games
* Dental Health
* Nutrition
* Disease Education
* Bicycle and Summer Safety
* Baseball
* Designed, scheduled, and administered a Field Day for all grade levels

**Health and Physical Education Teacher, Spencer-Van Etten Central High School September 2013 – June 2015**

Health classes designed and taught:

* Health Choices and Behavior
* Emotional Health
* Your Changing Personality
* Stress and Stress Management
* Mental and Emotional Problems
* Human Body and Its Systems
* Nutrition
* The Reproductive System and Education
* Drug, Alcohol and Tobacco Education

Physical Education classes planned and instructed:

* Physical Fitness Testing
* Large Group Activities
* Strategy Games
* Floor Hockey
* Volleyball
* Lifetime Games
* Handball and Tchoukball
* Softball

**Athens Area School District**

**Substitute Teacher, Athens Area School District, K-12th grade October 2010 – June 2013**

* Conducted lessons supplied by class teacher.
* Administered tests and quizzes when required.
* Performed duties required by the teacher.

**Homebound Teacher, Athens Area High School October 2012 – May 2013**

* Assigned to tutor two students who were unable to attend school.
* Instructed Math, English, History, Business Law, Finance, Health, and Lifetime Fitness lessons.
* Oversaw all tests and quizzes for all subjects.
* Supervised the Keystone State Standardized Exams.

**Physical Education Long Term Substitute, SRU Middle School March 2012 – June 2012**

* Instructed and designed an Ultimate Frisbee unit for 6th and 7th grade students.
* Taught a track and field unit to 6th and 7th grade students.
* Planned and taught a soccer unit for 6th and 7th grade students.
* Designed and taught speed ball lessons for 6th and 7th grade students.
* Instructed and planned a lifetime games unit for 6th and 7th grade students
* Taught and planned a volleyball unit for 6th and 7th grade students.
* Designed and instructed a baseball unit for 6th and 7th grade students.
* Camp counselor for 6th grade students at Camp Brulé.
* Administrator for the Pennsylvania System of School Assessment (PSSA) test.

**Jersey Shore Area School District**

**Student Teacher, Jersey Shore High School March 2010 – May 2010**

Cooperating Teacher: Mr. Anthony Owens

* Designed and taught 11th grade drug education unit.
* Taught Sexual Education unit to 11th grade students.
* Designed and instructed 9th-12th grade recreational games unit.
* Planned and taught a kayaking and water fitness unit for 9th -12th grade.
* Participated in faculty and student volleyball tournament.

**Loyalsock Township School District**

**Student Teacher, Donald E. Schick Elementary School January 2010 – March 2010**

Cooperating Teacher: Mrs. Karen Fox

* Planned and taught a dental health unit for Kindergarten and 3rd grade.
* Designed and taught a nutrition unit for 2nd and 4th grade.
* Instructed and designed a drug education unit for 1st grade.
* Planned and instructed a disease unit for 5th grade.
* Designed and taught a soccer unit for Kindergarten and 1st grade.
* Instructed and planned a PE 2 the Max unit for 2nd and 3rd grade.
* Designed and taught a football unit for 4th and 5th grade.
* Assisted with the Lycoming County Fitness Challenge.
* Assisted with the Donald E. Schick Winter Olympics for Kindergarten through 5th grade.
* Planned and taught a basketball unit for 4th and 5th grade.

**Professional Semester, Adapted Physical Education September 2009 – December 2009**

Professor: Dr. Brett Everhart

Lock Haven University

* Planned and taught swimming and Physical Education lessons adapted for two students from Robb Elementary with autism.
* Designed and taught swimming and Physical Education lessons adapted for two students from Central Mountain High School with mild mental retardation.

**RELEVANT PROFESSIONAL EXPERIENCE**

**Tri-Valley High School**

**Volunteer Assistant Varsity Football Coach August 2015 – Current**

* Quarterback/Wide Receiver Coach
* Assistant Defensive Back Coach
* Assisted with Special Teams and Game Day Activities
* Developed and implemented strength and conditioning workouts.

**Spencer-Van Etten High School**

**Head Junior Varsity Baseball Coach February 2015 – June 2015**

* Game Day preparation
* Instructed all positions of the field
* Designed practices that included drills and skills to enhance performance

**Head Assistant Junior Varsity Girls Basketball Coach December 2015 – February 2015**

* Head Coach during leave of absence by the head coach
* Assisted with practice and preparation
* Instructed and implemented Offensive and Defensive strategies

**Athens Area High School**

**Head Junior Varsity Football and Assistant Varsity Football Coach August 2010 – December 2014**

* Quarterback Coach
* Pass Game Coordinator
* Defensive Back Coach
* Assisted with Special Teams, Wide Receivers, and Game Day Activities
* Developed and implemented strength and conditioning workouts.

**Spencer-Van Etten Middle School**

**Head Modified Baseball Coach March 2014 – June 2014**

* Game Day preparation
* Developed and instructed all practices
* Monitored academic progress
* Implemented team study hall

**Athens Area High School**

**Assistant JV Baseball Coach, Athens Area High School March 2011 – June 2012**

* Assisted with practice and games
* Coached JV outfielders and pitchers

**AWARDS**

**Lock Haven University Swistock Family Scholarship Award Winner 2006 – 2007**

* Given to a student in good academic standing who plays football and makes an important contribution to the football program.

**Lock Haven University Football team letter winner 2005 – 2009**

**SKILLS**

* Develop, schedule and administer activities of all types, from simple functions to multi-faceted projects.
* Create and implement intramural sports leagues and teams.
* Develop and administer programs of all types to populations of all ages, genders, and abilities.
* Certified in CPR and AED by the State of New York.
* First Aid Training and Certification from the State of New York.
* Cardiac Arrest and Concussion certification for coaching in the State of Pennsylvania.
* Currently am working to become a trained certification instructor or AED and CPR in the Pennsylvania.