

# Motor Learning: Tools to Enhance Academic Skills Through Movement

Josephine Bardabelias, PT

## Faculty

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Josephine Bardabelias, PT is a Graduate of Hunter College's Physical Therapy program and has more than 30 years of experience working in a variety of settings, with a focus in pediatrics. Throughout her career she has treated children in acute care, N.I.C.U., early intervention and school-based facilities.

Disclosure Financial: Josephine Bardabelias receives a speaking fee when she teaches for Education Resources, Inc.

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## About this Live Webinar

Exercise not only strengthens the body but enhances the brain as well. Research continually demonstrates the importance of movement regarding cognitive skills. As therapists working in pediatric settings, we have the ability to impact these skills through the use of purposeful, fun and creative therapy sessions.

This workshop will present innovative ways to integrate movement with learning while concentrating on developmental and functional concepts. Applying this approach to neuroanatomy, we will identify structures that can be impacted during our treatment sessions, resulting in more enriched activities. We will explore sensory and motor systems from primitive reflexes to executive functioning while discussing their impact on focusing, memory and overall learning. Using evidenced based research, brain breaks, videos, group discussions, and break-out sessions, therapists will acquire a unique and “moving” way to utilize these tools the very next day.

## Objectives

1. Correlate the relationship between neuromotor development and learning.
2. Recognize the impact of whole brain integration activities on learning.
3. Identify the four phases of motor development.
4. Choose a treatment session utilizing the concepts of neuroplasticity and sensorimotor development.
5. Enhance a current treatment plan utilizing an educational perspective, using the case study provided.

### Schedule – Day 1 6:10 pm to 9:30 pm EST (US)

- 6:10-6:30 **Webinar Registration/Zoom Course Opens**
- 6:30-7:00 Introduction
- Correlation between Movement and Learning
- 7:00-7:20 Neuroanatomy
- Synaptic Connections
- 7:20-9:30 Cerebral Anatomy/Physiology
- Laterality
  - Lobe Functions
    - Case Presentation with Discussion: Child with multiple disabilities: middle ear malformation, visual deficits, balance issues, bradykinesia, intellectually disabled and behavioral issues
  - Reticular Activating System
    - Breakout Session-Novel uses for common items
  - Corpus Callosum
    - Importance of cross-lateral movements
    - **VIDEO:** Examples of cross lateral exercises
    - **VIDEO:** Testing the corpus callosum
  - Cerebellum
    - **VIDEO:** Cerebellar Testing
  - Hippocampus | Thalamus | Amygdala
  - Breakout Session: Apply the concept of Whole Brain Integration to enhance a frequently used treatment activity

### Schedule – Day 2 6:10 pm to 9:30 pm EST (US)

- 6:10-6:30 **Webinar Registration/Zoom Course Opens**
- 6:30-7:00 Developmental Neurology
- Neuroplasticity
- 7:00-7:40 Relationship between exercise and cognition
- Neural Enrichment BDNF
  - Movement and Executive Functioning
- 7:40-9:30 Phases of Motor Development
- Reflexive Phase | Rudimentary | Fundamental Phase | Specialization Phase
  - **BREAKOUT:** Video Analysis & Discussion of Treatment Levels
  - **VIDEOS:** Primitive Reflex Testing (ATNR, STNR, TLR)
  - Primitive Reflex Integration Exercises
  - Rudimentary Phase-Laterality, Stationary, Locomotor, Object Manipulation

- Fundamental Phase
  - Weight Shifting 30+40+ | Rotation | Reciprocal Patterning | Grading | Timing/Rhythm
- Creative treatment ideas incorporating educational concepts

### Schedule – Day 3 6:10 pm to 9:30 pm EST (US)

- 6:10-6:30 **Webinar Registration/Zoom Course Opens**
- 6:30-8:30 Sensory Systems and their effect on Student Success
- General overview of Sensory systems
  - What does being a student entail?
  - Treatment Ideas to address the requirements of a student
  - Sensory Processing Disorder
  - **VIDEOS:** Sensory Overload and Sound Sensitivity
  - Sensory System Dysregulation & Treatment Ideas
    - Visual | Auditory | Olfactory | Tactile | Interoception | Proprioception | Vestibular
- 8:30-9:15 Individualized Pretreatment Considerations
- ICF Model
- Understanding your student | Health Implications | Social-Emotional Aspects | Behavioral Components | Teaching Behavior vs. Punishment | Communication Strategies | Parental Questionnaire: "Tell us about your child"
- 9:15-9:30 Evaluation Considerations
- School-based OT/PT Motor Profile

### Schedule – Day 4 6:10 pm to 9:30 pm EST (US)

- 6:10-6:30 **Webinar Registration/Zoom Course Opens**
- 6:30-8:40 Effective Treatment Strategies
- Treatment Continuum for a successful session
  - Basic Needs- importance of and treatment suggestions
  - Removing Antecedents/Distractors
    - Setting up your treatment space
    - **VIDEOS** -Room set-up ideas
  - Regulation- importance of and treatment suggestions for:
    - Proprioception | Deep Pressure | Vestibular | Breathing Techniques/Counting
  - Basic Treatment Level
    - Motor Planning | Body Awareness
  - Laterality/Crossing Midline
    - Coordination | Timing and Grading
- 8:40-9:00 Adding Complexity to our Treatment
- How can we promote higher learning skills in our sessions?
    - Think Function | **VIDEOS:** Treatment ideas
- 9:00-9:30 Participant Case Studies: Participants are invited to submit case studies for discussion

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Approved by the FL Physical Therapy Association for 14 CE Hours.

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## Webinar Dates and Times – 2022

November 1, 3, 8 and 10, 2022

6:10 pm EST • 5:10 pm CST • 4:10 pm MST • 3:10 pm PST (US)

Registration is for all sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the Webinar.



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We encourage you to register online!

**WEBINAR: Motor Learning: Tools to Enhance Academic Skills Through Movement/Josephine Bardabelias**

November 1, 3, 8 and 10, 2022

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