

Using AI Tools to Enhance HEALTH EDUCATION and Improve Teacher Productivity (Grades 6-12)



A Unique One-Day Live Online Seminar Presented by

Phillip Hochman, MAEd, CSCS

Outstanding Health Educator, Trainer, and National Presenter

Specifically Designed for Grades 6-12 Health Education Teachers

Highly practical strategies for using Artificial Intelligence (AI) tools in your Health Education classes

Timesaving AI tips, protocols, and applications **specifically for Health teachers and learners**

Pitfalls to avoid and solutions to ethical concerns using AI-powered tools for health and wellness

Highly practical ways to **increase your own efficiency and productivity** as a Health teacher

LIVE ONLINE SEMINARS

March 2

9 AM Eastern, 8 AM Central,
7 AM Mountain, 6 AM Pacific

March 11

9 AM Central, 8 AM Mountain,
7 AM Pacific, 10 AM Eastern

CEUs and Graduate Credit Available
See page 6 for details

CAN'T ATTEND?

Order the recorded version
and take the seminar online at
your convenience (see page 6)

*'Loved the presenter's
energy and how he
engaged with us.'*

— LUSANDA MAYIKANA, DEAN

Ten Key Benefits of Attending

'Extremely informative and very useful for classrooms. The interaction and engagement kept us all happy and willing to work.'

– DAVID LUNDGREN,
WELLNESS FACULTY



Who Should Attend

Grades 6-12 Health
Education Teachers

- 1. Make the Best Use of Artificial Intelligence (AI) in Your Health Education Classes**
Discover essential and practical ways to harness AI tools in your grades 6-12 Health Education classes ... Learn the best, most useful AI tools that support the National Health Education Standards
- 2. What AI Can Do for You and Your Health Students**
How can AI help health educators? Learn how AI can assist you in creating an improved learning experience for your students with practical and strategic ways to use AI in support all types of wellness goals
- 3. Innovative AI Tools to Enhance Students' Understanding of ALL Health and Wellness Domains**
Explore AI tools that help students more deeply understand the wide range of health and wellness standards ... Physical, emotional, social, and more!
- 4. Using AI to Advance Your Students' Real-Life Application of Health and Wellness Learning**
Help make health and wellness learning more accessible for students with different learning styles and abilities ... Learn about AI tools that can help you differentiate instruction to advance your students' wellness skills
- 5. Boost Student Engagement in Learning With AI Tools for Today's Learners**
By incorporating AI tools into your learning environment, you can create more interactive and engaging classroom experiences which can boost motivation, engagement, and student success
- 6. Enhance Student Assessments Using Practical Health AI Tools**
Let AI provide valuable data on your students' performance, identify their areas of strengths and needs, and help them make more informed decisions about their health and wellbeing
- 7. Best AI Prompts to Quickly Generate Engaging Health Lesson Plans**
Spark students' interests in learning what it means to be "healthy" using AI tools to create compelling lessons ... Learn how to construct fun and highly engaging learning opportunities with just a few clicks
- 8. Empower Students to Use AI as a Powerful Wellness Tutor and Feedback Source**
Help students with practical real-world health and wellness activities, track progress over time, and receive immediate feedback they can apply to make healthier decisions ... Get students using AI to help them attain their goals
- 9. Avoid and Address Potential Pitfalls and Ethical Concerns**
AI opens exciting new opportunities but also raises new challenges ... Explore solutions to potential pitfalls and ethical concerns, and ways to promote the responsible student use of AI
- 10. Extensive AI in Health Education Digital Resource Handbook**
You'll receive a highly practical digital resource handbook packed with FREE AI tools, apps, and resources perfect for using AI in your Health Education classes to increase student learning and enhance your own productivity as a Health educator

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- Best, most useful Health Education **AI tools to improve student learning** and reduce your educator workload immediately
- **How best to craft AI prompts** so you can get the information you want the first time, saving you valuable time
- Using AI for **quick and easy formative assessments** to check for students' health and wellness understanding
- How to use AI to connect to all of the **National Health Education Standards** in meaningful and relevant ways
- Ways AI can **deliver real-time feedback** and improve student learning in all the health and wellness domains
- **AI-driven ways to help you easily differentiate** your instruction and provide feedback to better support all students, including those with special needs
- **Ready-to-use AI applications** and resources that can strengthen learning for all your students
- Timesaving ways **create, assign, engage, and provide feedback** leveraging your AI tools
- **Increase engagement** and independence through more effective AI technology practices
- Strategies for **seamless integration of AI into your Health classroom**
- **Methods for using AI to streamline administrative tasks** like grading, documenting learning, creating lesson plans, assessments, scheduling, and more
- **How AI can easily provide** personalized health-related feedback tailored to students' specific interests, preferences, and learning styles



Great seminar! Learned a lot of very useful information."

– SARAH NOLAN, HS TEACHER

Practical Ideas and Strategies

This **NEW** seminar will go beyond talking about Artificial Intelligence by showing you **HOW** to utilize practical AI tools, techniques, and strategies in your own Health classroom. Presented by dynamic Health educator **PHILLIP HOCHMAN**, this one-day interactive seminar is an exciting opportunity to explore the latest outstanding developments in AI and their specific applications in health and wellness education programs. Experience hands-on activities, demonstrations, and modeling including ways AI can be used to save valuable time on repetitive administrative tasks such as grading, lesson planning, creating activities, and more! Examine practical ways to increase student learning, motivation, health, and well-being using AI. Discover common pitfalls to avoid and solutions to ethical concerns using AI-powered tools and resources. You will leave with concrete, actionable strategies and skills you can implement immediately. **Join Phil for a FUN, hands-on day filled with practical ways to make best use of AI tools to strengthen your students' learning, enhance your instruction, and improve productivity in your Health Education classes.**



A Message From Seminar Leader, Phillip Hochman



Uniquely Qualified Instructor

PHILLIP HOCHMAN is an experienced Health educator with over 20 years of teaching Health Education. He has effectively incorporated AI tools and resources in his classroom and is excited to share his expertise on using AI to support teaching and learning the wide range of health and wellness domains with other educators across the nation. He is the author of *Using AI Tools to Enhance HEALTH Education and Improve Teacher Productivity (Grades 6-12)*, the extensive digital resource handbook you will receive at the seminar. Phil's seminars are fun, practical, and packed with ideas and real examples from his own classroom experience. **Join Phil for a valuable day of cutting-edge Artificial Intelligence tools and resources you can use immediately in your Health Education classes.**

Dear Colleague:

I see way too many students struggling to learn and maintain healthy practices in today's social environment. As someone deeply committed to advancing Health Education, the last few years have given me cause for concern. I understand the challenges we face in equipping students with the necessary life skills and knowledge to navigate the many aspects of their health and safety effectively. Meanwhile, Artificial Intelligence has emerged with a plethora of tools and applications in support of student health and wellbeing. I have discovered and applied many effective AI tools that I have found to lighten my workload as a Health educator, and to support and truly enhance learning for my students. I am very excited to show you how AI can help you and your students!

In this one-day interactive seminar, I'll show you very practical AI tools relevant to Health Education, such as apps and resources, aiming to enhance your students' learning experience and amplify their understanding of your Health curriculum. I'll share insights from my personal practice, demonstrating the effective use of AI in addressing the National Health Education Standards, creating meaningful authentic assessments, streamlining lesson planning, and a creating a plethora of health and wellness activities. I plan to share all the AI tools I have found most useful and that I know you can readily implement. In this practical and interactive day, we will discuss strategies to seamlessly incorporate these AI tools into your daily work as a Health educator.

I am beyond excited to share with you the most effective and efficient AI tools and resources that I have put into practice with my students in all my Health classes, and to share timesaving ideas and strategies from which you and your students will benefit immediately.

Sincerely,

Phillip Hochman

P.S. In this active, hands-on seminar, you'll learn practical ways to use AI in your HEALTH classes and will leave with ready-to-use AI tools and strategies for your HEALTH classes!

"I'll show you very practical AI tools relevant to Health Education, such as apps and resources, aiming to enhance your students' learning experience and amplify their understanding of your Health curriculum."

What Your Colleagues Say About Phillip Hochman

"Thorough explanations and resources of AI tools that I never knew existed. Phil is an asset to educators nationwide, and not just health educators."

– Stacey Patti, HS Health Educator

*"I learned **MANY** new tools to incorporate into my teaching. Phil was a great instructor and kept the content interesting and engaging."*

– Cristin Rearic, Health & PE Teacher

*"Really like that I have **all of the links** in the materials shared. These are very helpful tools!"*

– Jenna Stokes, Health & PE Teacher

*"Well organized! **Tremendous amount of information. Enjoyed the opportunities to 'play in the sand box' while learning!** Thank you for sharing your knowledge! I now feel more comfortable bringing AI into my curriculum."*

– Wende Dawson, Health Educator



About BER Seminars

Outstanding Instructors

All programs are led by outstanding, top-rated BER national trainers.

Extensive Digital Resource Handbook

You'll receive an extensive digital Resource Handbook full of practical strategies and resources.

Highly Interactive

You'll be able to ask questions, consult with the instructor, and share ideas with other participants.

Program Guarantee

As we have for 48 years, we guarantee the high quality of our programs. If you are not satisfied, we'll give you a 100% refund.

Special Benefits of Attending



"Phil provided a ton of resources and left me with so much to think about."

– ERIN ENGLISH,
DEPARTMENT CHAIR

On-Site Training

Most BER seminars can be brought to your school or district in-person or online. See the options at www.ber.org/onsite or call 877-857-8964 to speak to one of our On-Site Training Consultants.

Extensive Digital Resource Handbook

Each participant will receive an extensive digital resource handbook giving you access to countless strategies. The handbook includes:

- Key principles of artificial intelligence (AI) tools and how they apply to Health classroom practices
- Step-by-step guidance for designing innovative Health lessons using AI tools
- Unique tips and tricks for success when using the specific strategies demonstrated in the seminar
- FREE and/or low-cost AI tools and apps you can immediately incorporate into your own teaching and practice
- Sample prompts and strategies for using AI tools to create engaging Health lessons
- Best practices for promoting responsible and ethical use of AI in physical education and coaching

Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in infusing AI into their Health Education program.

Consultation Available

Phillip Hochman will be available for consultation regarding your questions and the unique needs of your own program.

Meet Inservice Requirements / Earn State CEUs

Participants of Live Online Seminars and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. For details about state CEUs available, visit www.ber.org/ceus

Earn One to Four Graduate Semester Credits



Up to four graduate-level professional development credits are available with an additional fee and completion of follow up practicum activities. Details may be found at www.ber.org/credit

Can't Attend?

Other Professional Development Options:



Recorded Version of the Seminar

Order the recorded version of this seminar to take online at your convenience. You'll have 90-day access to the entire course and to the extensive digital resource handbook. To enroll, see registration form on page 7, and for optional CEUs and graduate credit, please visit www.ber.org/credit



Related On-Demand Online Courses

BER offers educators a wide range of online courses that are affordable, fun, fast, and convenient. BER is now offering On-Demand Video-Based courses. You may earn optional graduate-level credits for most courses. See the catalog of available courses at www.ber.org/online

Use AI Tools to Enhance HEALTH EDUCATION and Improve Teacher Productivity (Grades 6-12)

Registration (THX6S1)

- ☐ **1. March 2, 2026** (Start time: 9 AM Eastern)
- ☐ **2. March 11, 2026** (Start time: 9 AM Central)
— or —
- ☐ **3. I'd like to order the recorded version of this seminar**

FIRST NAME M.I. LAST NAME

POSITION, SUBJECT TAUGHT GRADE LEVEL

SEMINAR NUMBER: _____ (Please see list above)

List additional registrants on a copy of this form

SCHOOL NAME

SCHOOL MAILING ADDRESS

CITY & STATE ZIP CODE

SCHOOL PHONE NUMBER HOME PHONE NUMBER

() ()

Registration confirmations and login details are sent via e-mail

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT)

HOME MAILING ADDRESS

CITY & STATE ZIP CODE

IMPORTANT – PRIORITY ID CODE: ETHX6S1

METHOD OF PAYMENT – Team Discount Available

The registration fee is \$295 per person;
for teams of three or more registering at the same time, the fee is \$275
per person. **Payment is due prior to the program.** No cash, please.

- ☐ A check (payable to **Bureau of Education & Research**) is attached
- ☐ A purchase order is attached, P.O. # _____
(Be sure to include priority ID code on the P.O.)
- Cards accepted: MasterCard, VISA, Discover, AMEX

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MO/YR

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(Found on back of card)

Please print name as it appears on card

FIVE EASY WAYS TO REGISTER:

 **SCAN QR code or visit:**
at.ber.org/regTHX



 **EMAIL this form to: register@ber.org**

 **PHONE toll-free: 1-800-735-3503**
(Weekdays 5:30 am - 5:00 pm Pacific Time)

 **FAX this form to: 1-425-453-1134**

 **MAIL this form to: Bureau of Education & Research**
915 118th Avenue SE • PO Box 96068
Bellevue, WA 98009-9668

Program Hours

All **Live Online Seminars** are scheduled 9:00 AM – 3:30 PM in the time zone indicated. Check in 15 minutes prior. Registrants will be sent login information by email four days before their Live Online Seminar.

Fee

The registration fee is \$295 per person; \$275 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.**

Fee includes seminar registration, a certificate of participation and an extensive digital resource handbook. The fee is the same for Live Online Seminars or Recorded Seminars.

WA residents: visit www.dor.wa.gov/TaxRateLookup to find your required WA sales tax rate.

Cancellation/Substitutions

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the seminar. Late cancellations made prior to the event date will be refunded less a \$15 service fee. Substitutions may be made at any time without charge.

Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.

Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at **www.ber.org**



THX6S1

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Includes an extensive digital Resource Handbook

Can't Attend Live? Order the Recorded Version
to access online at your convenience

AI Tools: Enhance HEALTH EDUCATION (Grades 6-12)

THX651



Bureau of Education & Research

Use AI Tools to Enhance HEALTH EDUCATION and Improve Teacher Productivity (Grades 6-12)

Live Online Seminar or
Recorded Version



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