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**Consideration during Competitive Activities, Promoting a Positive  
Experience in Physical Education Class**



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**Abstract.** Competitive activities may comprise the majority of activities in physical education (PE) class. Structured through various curricular models, competitive activities are not only used in United States but also worldwide. As PE class may be the first time students have the opportunity to participate in various activities, it is important that the experiences they have are successful. During middle school, however, physical activity declines. In order to create a positive experience for students it is necessary to start to understand how students are experiencing these competitive activities. In addition, how do teachers' beliefs affect the way they structure and instruct these offered competitive activities? Examination of both these aspects of participation and interaction will be discussed in order to uncover considerations when presenting these various activities.

**Biography.** Dr. Bernstein is an Associate Professor and serves as Advisor and Coordinator of the Graduate Physical Education, Teacher Education Program at Queens College, City University of New York. Dr. Bernstein holds a B.A. from Barnard College, Columbia University, a M.S. from Brooklyn College in Education, Physical Education, and an Ed.M. and Ed.D. from the Movement Science Department, in Curriculum and Teaching in Physical Education, at Teachers College, Columbia University. She has maintained a professional teaching license, K-12 in physical education, from New York State, as well as being a certified instructor in the martial arts. She has extensive teaching experience, in secondary, and primary schools as well as the collegiate level. Her interest in physical education originated with her study in martial arts. She holds a 6<sup>th</sup> degree black belt in both Kokushi ryu Jujutsu, and Kokushi Karate, a 5<sup>th</sup> degree in Tomiki Aikido, and a 1<sup>st</sup> kyu brown belt in Judo. Her research interests focus on competitive activities during physical education class. Dr. Bernstein primarily examines how competitive activities are perceived and structured for middle school students. She has over 20 conference presentations focusing on her research. Her work has been published nationally, and internationally and in several journals, including the *Journal of Teaching in Physical Education*, *Teacher Education Quarterly*, *Quest*, and the *International Journal of Physical Education*. In 2014, she was named the Margaret Paulding Lecture at the Eastern District Association (SHAPE). She is also a member of the research team of the Eastern District Association. Dr. Bernstein is excited to serve as a U.S. Delegate and on the World Director Board for the FIEP organization, since 2015.