

FREDERICK H. KAISER

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(815) 572-1965 fhkaiser@d47.org PhysEdFred.com

CAREER OBJECTIVE:

A teaching position to impact adult learners by continuing their education in the area of Adventure Education, Team Building, and/or Self Defense/Martial Arts.

WORK BACKGROUND:

LUNDAHL MIDDLE SCHOOL: District 47, Crystal Lake, Illinois – 1993 to present
Physical Education teacher for the 6th, 7th and 8th grades. Health teacher for 7th grade.

THINK INK Inc. Screen Printing, Crystal Lake, Illinois – 1986 to present
Founded successful screen printing business while in college for wearing apparel.

ENDORPHIN ADVENTURES INC. – 2012-2017
Founded business with fellow teacher to promote what is physically and emotionally possible when given the chance through speaking engagements and “Rundezvous – Frontier Adventure Race”.

McHENRY JUNIOR HIGH SCHOOL, District 15, McHenry, Illinois – 1989-1993
Physical Education teacher for the 6th, 7th and 8th grades.

PROFESSIONAL/LEADERSHIP EXPERIENCE:

TEAM COORDINATOR

COACHING: Wrestling, Basketball, and Track & Field

COOPERATING TEACHER: Supervised eleven student teachers.

PUBLISHED AUTHOR: "The 24 Hour Run Experience" - A motivational and inspirational book about the event that has affected the lives of thousands of students. Published through “Wood N Barnes Publishing” (not self published) available on Amazon.

RESEARCH AND DEVELOPMENT OF PHYSICAL EDUCATION: Wide range of units developed to strengthen the curriculum, including structural development and implementation low ropes and cables course. On committees for district curriculum development, grading for physical education, district procedures and rubrics in grading.

UNIQUE PROGRAMS IN FITNESS, LEADERSHIP, AND MOTIVATION: Developed and implemented multiple initiatives to promote interest in physical education and fitness – Leadership ropes course, 24 hour run, Fitness marathon, Outdoor adventure club, Fitness tokens, and Postcards of achievement.

STATE LEVEL CONTRIBUTIONS: Over 25 years, and 70+ presentations on out of the box teaching, units, motivation, fitness, and more.

- District inservices/retreats
- Shape-up Illinois committee
- Illinois State University: Teacher education advisory council
- IAHPERD presenter
- University speaker/presenter – Illinois State, Eastern Illinois, Northern Illinois, Southern Illinois, Northeastern, and Judson College

MIDWEST LEVEL CONTRIBUTIONS:

- T.E.A.M. (Teachers of Experiential and Adventure Methodology)
- WAHPERD presenter
- OAHPERD presenter

NATIONAL LEVEL CONTRIBUTIONS:

- Capital Hill Washington DC: Met with Senators & Representatives to promote Physical Education in schools as part of the NASPE Teacher of the Year program (2008).
- AAHPERD National Convention & Exposition
- Texas, Wichita Falls: In-service for physical education department for entire district.

AWARDS

- Northeastern District: Illinois Middle School Physical Education Teacher of the Year Award
- State of Illinois: Illinois Middle School Physical Education Teacher of the Year Award
- Midwest Region: Middle School Physical Education Teacher of the Year Award
- National: Finalist for Middle School Physical Education Teacher of the Year Award
- Everyday Hero's Award: A yearly award presented by the Northwest Herald and Home State Bank

ACTIVITIES/INTERESTS:

SCREEN PRINTING BUSINESS – Owner/President

FINE WOOD WORKING – Furniture, 335 sq. ft. dedicated shop

CAMPING – Rocky Mountains

ORDAINED MINISTER – Performed wedding ceremonies

EDUCATION:

CLIFFS & CABLE - Certified facilitator for high ropes course, team building, & climbing

CREDITS BEYOND MASTERS – St. Xavier University, Skylight (51 credit hours)

MASTERS IN SCHOOL ADMINISTRATION – Northern Illinois University (Type 75 certification)

BACHELOR OF SCIENCE IN EDUCATION – Eastern Illinois University (Type 09 certification, physical education, grades 6-12)

GENERAL COURSE REQUIREMENTS – McHenry County College

REFERENCES:

Placement and academic file is being sent to your office. References:

Angie Compere
Principal
Lundahl Middle School
(815) 459-5971

Brian Schweitzer
Physical Education Teacher
McHenry Middle School
(815) 385-2522

Tony Calabrese
Southern Illinois University
Professor (retired)
(618) 893-2211

Rick Carlstedt
Principal (retired)
Lundahl Middle School
(815) 687-4154

Suzie Johanneson
Physical Education Teacher
Lundahl Middle School
(815) 459-5971

Dan Creely
Northeastern Illinois University
Professor (retired)
(312) 590-8763

CREDENTIALS:

Available on request from: Career Planning and Placement Center, Northern Illinois University, DeKalb, Illinois 60115-2859; (815) 753-1641.