

Bonnie E. Zimmerman
Physical Education Teacher & Athletic Trainer
North Tonawanda City School District, New York
BS Physical Education/Athletic Training
MS Special Education
MS Educational Leadership
Consultant to “Be Active” New York

Gladiator is a wonderful, engaging program for teens. It is well rounded with both physical and mental aspects of fitness and nutrition discussed. Because of the reality nature of the program, it will be a sure winner with today’s students who seek to be entertained while learning. As a teacher and athletic trainer, one of the things I liked was the cognitive assessments interjected into the program. Its interdisciplinary approach shows students that health affects all areas of their lives not just health and physical education. It is presented with goals and objectives and these are met throughout the activities. The exposure to health related vocabulary is a big plus since most students do not receive enough health education in school. As a 21 year veteran physical education teacher, I really support this program and would like to make it part of students out of school viewing. It shows how programs have evolved from calisthenics to lifetime activities. It is a wonderfully rich, accurate and fun program.

As an Athletic Trainer, I especially enjoyed the positive approach to fitness activities not just organized athletics. The concepts of healthy behavior and practice of these habits instills the importance of health and fitness to both athletes and non-athletes alike.

Other Employment:

Buffalo Physical Therapy- Athletic Trainer
Iroquois Central Schools- Athletic Trainer
Section VI Football-Athletic Trainer
Wellness Institute

Awards and Publications:

NYSAHPERD Monograph on Physical Education Assessment, WNY Kidney Foundation Volunteer of the Year 1983, Project SHIP- an integrated health curriculum for NT Schools leadership award, Western Zone NYSAHPERD Amazing Person Award, New York State United Teachers Leadership Award, NYSAHPERD Council Administration award

Additional Credentials:

Other Experience: Western Zone NYSAHPERD Past President, American Red Cross Instructor and Trainer in First Aid/CPR/AED, Lifeguarding and Water Safety, Empire State Games WNY Regional Advance Staff, 1996 Coordinator Empire State Games Torch Run, Professional/Semi-Pro/ High School /Athletic Trainer