

# SPORTS



**GROUNDBREAKING** Coral Springs Charter School is piloting a program called Kinetic Learning Academy, in which students exercise while studying to promote better comprehension. STAFF PHOTO/JANERIS MARTE



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**NEW WAVE** Coral Springs Charter School students take part in the new Kinetic Learning Academy, which utilizes exercise equipment during study time in an effort to improve learning. STAFF PHOTO/JANERIS MARTE

## Coral Springs Charter creates new kinetic academy

STACY CASE SPECIAL TO THE FORUM

The Coral Springs Charter School has brought a whole new meaning to the concepts of both physical activity and classroom learning, as the Panthers are home to the country's first high school to house the Kinetic Learning Academy.

The KLA aids in helping students learn their schoolwork better while their bodies are in motion due to the increased blood flow and movement.

The idea was actually introduced several years ago at Charter as a casual after-school program. Now, based on the school athletic director's person-

al situation when he was a student, the Panthers have initially embarked on a 6-week SAT prep course for its football players this summer.

"Well, based on my own experiences when I was in school, I had trouble staying focused when I was in school so I decided to go to the gym with my books," said Mike Higgins, Charter's athletic director. "I then quickly realized that I comprehended information much better while I was exercising."

So now, the Panther's football players will follow suit in the coming

weeks in the hopes of having paralleled results to those of Higgins.

"Our goal for the summer program is to provide a tool for student athletes to prepare for the SAT; we hope to give those involved more knowledge of the test, preparation and confidence for when they take they test in the future," said Adam Miller, Coral Springs Charter School's head football coach.

And although the initial 6-week program is taking off this summer for Charter's football players, the school may offer such to all Panthers as an actu-

al class when school resumes in the fall.

The course is not just targeted to those who may have learning difficulties; it is intended to help any of those Charter students enrolled in the program in general.

"We're the only (high) school in the country to have the KLA program," Higgins said. "We originally only had some stationary bicycles and treadmills, but now we're going to introduce more, different apparatuses."

Higgins said Charter's KLA participants also benefit from using bike desks, elliptical stations

and tables because of the increased blood flow to help optimize learning.

And while the program and its moderators are still getting out some kinks, Higgins is still working on the concept's methodology now as well.

"KLA hits the mind and the body, so for a football player, this is crucial in the academic and athletic worlds," Miller added. "It allows them to work out while working on academics and preparing them for the test. Within our football program, we want to grow and build the entire student athlete, and the KLA is one of the

platforms we use to accomplish this."

As with many relatively new programs, it can often take some time to gather data in order to offer concise evidence to indicate the results but Higgins remains optimistic.

"It can take years of studies and different age groups can learn differently too," Higgins added. "The after-school program's participants have had good results and we want to keep going. We're really just getting this off the ground and we're all very excited about everything."