

# SPECTRUM NEWS

An annual newsletter brought to you by The Spectrum Institute for Teaching and Learning

VOLUME 3

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## A MESSAGE FROM THE BOARD

Dear friends and colleagues,

For the last year, the Institute has focused on developing an educational platform open to everyone who would like to study the Spectrum. Students, colleagues, and teachers now have access to what we consider to be the cornerstone of the teaching and further dissemination of the Spectrum. We will continue to improve and expand on this platform with the assistance of friends and colleagues worldwide, and we hope everyone will join us there soon.

In the meantime, we are updating our grant initiatives, providing new opportunities for funding Spectrum-related research. This information will be available soon on our website. The Institute has also sponsored a symposium session as part of the 2024 AIESEP conference in Finland and has submitted another symposium proposal for the 2025 conference in St. Petersburg, Florida. Nothing is more important to us than finding opportunities to gather Spectrum colleagues in one place, which is why we are also working on creating our first Spectrum-devoted conference in Ancient Olympia, Greece, May 6-9, 2026.

Stay tuned!

On behalf of the SITL board,

Nikolaos Digelidis, President,

Mark Byra, Treasurer

Robin Deng-Yau Shy, Vice-President,

James Sack, General Counsel

Maria Espada Mateos, Vice-President,

Autumn Rosencrantz, Executive Director

You can read more about our board members [here](#).

## A LOOK BACK AT 2024

In our third year of being in operation, we reopened all of our grant programs for applications. These programs are: the **Spectrum Research Grant, Conference Grant, and Sample Spectrum Episode Grant**. We are pleased to say that we had more people apply for and be awarded our various grants than ever before. For example, this year, we were able to award research grants to seven research teams. Furthermore, we were able to support the expansion of the Spectrum of Teaching Styles by sponsoring presentations at several international conferences. More information about each of our grant programs and previous winners can be found on our social media pages and main website.

There were also a few other things we did this year. First, we ran our annual workshop series featuring presentations from our 2023 Spectrum Research Grant winners along with a few other Spectrum colleagues who wished to share their work. We also awarded the Outstanding Journal Publication of the Year to professors Kılıç and Ince from Turkey for their research article titled, *Perceived use and value of reproductive, problem-solving, and athlete-initiated teaching by coaches and athletes*. Moreover, we finalized a contract with a Japanese publisher for the translation of Mosston and Ashworth's (2008) Spectrum book.

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### Our Mission:

The Mission of the Spectrum Institute for Teaching and Learning is to promote, enhance, disseminate, and propagate the Spectrum of Teaching Styles. The Spectrum of Teaching Styles is a theory based on learner and teacher decision-making, and guided by four principles, (a) universal, (b) non-versus, (c) non-idiosyncratic, and (d) common terminology. The SITL will provide a focus/center/means for teachers, teacher educators, pedagogical scholars, and curriculum developers to study and perfect the art and science of teaching through the Spectrum of Teaching Styles.



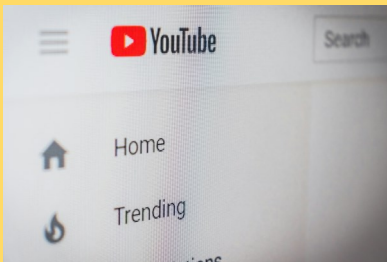
## Workshop Recordings

Recordings of our workshop series and the presentations given during our symposiums can be found on our YouTube page at: [@SpectrumofteachingstylesOrg](https://www.youtube.com/@SpectrumofteachingstylesOrg)



## Our Article Library

We have the most comprehensive collection of Spectrum works anywhere. You can access it to find PDF copies of Spectrum articles, presentations, etc. on our [website](#). If you go to the **Resources** tab at the top of the page and then click on **Articles** from the dropdown menu, you will immediately be taken to our library page. Check it out now!



## Watch Style Example Episodes Now

Have you read about and studied the Spectrum but would like to see some real life examples of how it works? Well, we are excited to say we have excellent example episode videos on our YouTube page. There you can find 29 examples of landmark styles with more being added periodically, [@SpectrumofteachingstylesOrg](https://www.youtube.com/@SpectrumofteachingstylesOrg).

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In addition, we organized and presented a Spectrum symposium during this year's AIESEP conference in Finland. Our five presentations were given by a mix of our board members and colleagues. We had the pleasure of working with Dr. Kelly



Simonton, from University of Wyoming, and Chin-Wei Chang, from National Taiwan Normal University. The conference was amazing and we were very grateful for the opportunity to meet up with colleagues and spread more information about the Spectrum. We also took the opportunity to discuss ideas for future goals and projects, which you can read more about on the next page.



## SOME GRANT INFORMATION

We are proud to fund research about the Spectrum of Teaching Styles. With that in mind, we have an open call for applications for our **Conference Grant** and **Sample Spectrum Episode Grant**.

The conference grant is for those who are planning on presenting about the Spectrum at an international conference. Winners can get up to \$1,000 USD to help with traveling expenses, conference application fees, and any other associated expenses.



In addition, we are offering \$500 USD for recordings of sample Spectrum style episodes to add to the library on our YouTube page. Applicants can submit an episode in any language, but we will require a document with time stamps and subtitles. We have the ability to blur faces in the video if that is a concern for anyone being recorded. Once we have the episode recording and application form, we will review them and let the applicant(s) know the final decision.

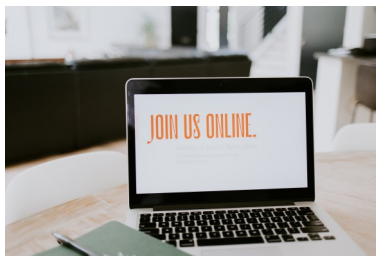


The application forms for both of these are on our website [here](#).

Also, our **Research Grant** will be reopening for applications November 1st with some exciting new changes. Stay tuned!

## WE HAVE ONLINE COURSES!

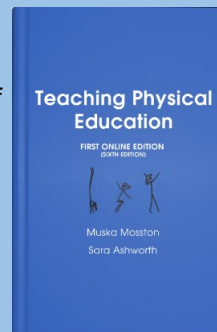
We have now released the first six courses we are planning to create on our MOOC platform. It is perfect for those who would like a refresher on the Spectrum and the styles. These courses include readings, short assignments, PowerPoint videos, and recorded episode examples.



Individuals can complete each course independently and at their own pace. We also offer PETE faculty the opportunity to incorporate these courses (or parts of) in their own university classes. You can find the MOOC here: <https://spectrumofteachingstyles.online/>. If you would like to use these in your own university courses, email us at [spectruminstituteboard@gmail.com](mailto:spectruminstituteboard@gmail.com).

## It's Free!

Download a free copy of the online edition of Mosston and Ashworth's *Teaching Physical Education* [here](#).



## WHAT ARE WE WORKING ON FOR 2025?



Well, first we are going to reopen our **Research Grant**. The window for application submissions will open November 1st, 2024 and close March 30th, 2025.

We will also reopen the **Outstanding Journal Article Award** for articles written in 2024. The window for nominations will open December 1st, 2024 and close March 1st, 2025. At the same time, we will

be introducing a new article award, which we will provide more information about as we get closer.

Furthermore, we will host our annual workshop series from March to May 2025. We will be reaching out to colleagues soon to see who would like to share the work they have conducted with the Spectrum over the last year.

We will continue to add to and expand on our MOOC courses, and we are planning on doing another Spectrum symposium at the upcoming AIESEP conference in St. Petersburg, FL. Moreover, we will work on and release information about the Spectrum conference we will host in Ancient Olympia, Greece in Spring 2026.



## Tell Us What You Think

We are always open to ideas from our colleagues. Let us know if there is a way that we can help you expand the Spectrum in your area. Email us at [spectruminstituteboard@gmail.com](mailto:spectruminstituteboard@gmail.com).

## REMEMBERING WHO MADE ALL THIS POSSIBLE



The Spectrum Institute would once again like to thank Alexander Lankler and our own dearly departed Dr. Sara Ashworth whose generous funding has made all of this possible. We thank them from the bottom of our hearts.



We would also like to thank and remember Drs. Muska Mosston and Sara Ashworth for their tireless work in creating and spreading the knowledge of the Spectrum of Teaching Styles with the world.



The Spectrum Institute for Teaching and Learning  
PO Box 880488  
Port St. Lucie, FL 34988  
Fax: (772) 249-5393  
Contact email: [spectruminstituteboard@gmail.com](mailto:spectruminstituteboard@gmail.com)

Website: <https://spectrumofteachingstyles.org/>  
Facebook: <https://www.facebook.com/thespectrumofteachingstyles>  
Twitter: <https://twitter.com/spectrumots>  
Instagram: <https://www.instagram.com/spectrumofteachingstyles/>  
YouTube: <https://www.youtube.com/@SpectrumofteachingstylesOrg>



## Keeping up with the Spectrum

The best way to keep up to date with what is going on with the Spectrum Institute is to like and follow our Facebook, Twitter, Instagram, and YouTube pages and/or joining our mailing list, by emailing us at [spectruminstituteboard@gmail.com](mailto:spectruminstituteboard@gmail.com).