

SPECTRUM INSTITUTE NEWSLETTER

September 2026 / Vol. 5 Issue 2



TOP NEWS

[Our Sincere Thanks](#)

[Fall Round Table](#)

[Expanding Video Episodes](#)

[Expanding Grant Program](#)

[Where to get Teaching Physical Education - Audio, English Braille, & more](#)

[Apply to These!](#)



Dear friends and colleagues,

On behalf of the Spectrum Institute for Teaching and Learning Board, we are delighted to share two milestones from a truly exciting year for our community. This past May, we welcomed educators, researchers, and students from around the world to Ancient Olympia for the 1st International Conference on the Spectrum of Teaching Styles, held in collaboration with the Department of Physical Education and Sport Science of the University of Thessaly. Set against the birthplace of the Olympic Games, the conference brought the Spectrum framework to life through rich dialogue on inclusive pedagogy, instructional decision-making, and the future of teaching and learning in physical education. We are grateful to everyone who traveled near and far to make it such a meaningful gathering.

Building on this momentum, SITL is proud to have funded the AIESEP PhD School, supporting the next generation of scholars as they deepen their research on teaching and learning. Investing in emerging researchers is central to our mission, and we look forward to seeing the impact of their work in the years ahead.

Thank you for being part of this journey with us. We look forward to sharing more updates soon, including plans for our next initiatives.

Sincerely,
The SITL Board

Nikolaos Digelidis, Director & President,
Robin Deng-Yau Shy, Director,
Wei Feng-Min, Director,
Maria Espada, Director,



Mark Byra, Director and Executive
Vice-President,
Autumn Rosencrantz, Executive Director
Aleander Barton, Media Coordinator

Our Sincere Thanks

AIESEP and PhD Summer School

Spectrum wants to extend a big thank you to AIESEP and Risto Martinnen for the 2026 World Congress and an amazing PhD Summer School program. Congrats, AIESEP, on another successful year!

Spectrum Institute was proud to have contributed with a Spectrum Symposium and funding some amazing Graduates. We cannot wait to see them flourish and build their connections in the education world.

If you were unable to attend any conferences, or wanted to hear one of the presentations again, we have all proceedings recorded on our YouTube. Scan the QR code to watch now:



NTNU Special Forum



Thank you to National Taiwan Normal University for hosting AIESEP, the PhD Summer School, and for the warm welcome given to Spectrum Institute. Faculties and Graduates, it was an amazing experience and Spectrum Institute was very pleased to have had the opportunity to attend.

Our experience in Taiwan certainly has us wanting to come back! And The Institute looks forward to further collaboration with you all.

1st International Conference for the Spectrum of Teaching Styles

The Spectrum Institute had its 1st International Conference during May 2026 at the International Olympic Academy, Ancient Olympia, Greece, gathering 81 leading scholars and educators from over 18 countries to explore new directions in pedagogical innovation and research. The event highlighted the growing global impact of the Spectrum of Teaching Styles and its role in shaping evidence-based teaching across educational systems.



Participants from 18 countries, 48 oral and poster presentations, 3 keynotes, 2 round tables, a memorable visit to Ancient Olympia. More than 280 colleagues from all over the world followed the streamlined conference from YouTube. What a conference!

We are already planning the next! Be on the lookout for guidelines and special invitations to host, set to be sent out in the coming months.

Professor Nikolaos Digelidis, Congress Director, emphasized the symbolism of the venue: "Ancient Olympia reminds us that education is both heritage and progress. The Spectrum continues this legacy by empowering teachers to make intentional, evidence-based decisions."

A heartfelt thank you to the International Olympic Academy for hosting, and to all the hands that came together behind the scenes to make this such a success.

Spectrum Fall Roundtable

Join us for the a Fall Roundtable discussion of the Spectrum Institute and our Teaching Styles on September 25th at 10AM Eastern via Zoom. "The Impacts of Evolving Technology/AI on SoTS."

- Is current technology/AI changing the STS framework in any way? Add one new teaching style or revise a currently existing teaching style?
- To what extent might technology/AI affect our understanding and implementation of the STS?
- How can we utilize technology/AI to enhance professionals' STS knowledge and their perceptions of using the STS?
- How can the Spectrum MOOCs, as an online learning resource, be embedded into PETE and coach education programs? What are the outcomes?

To join the zoom meeting, email spectruminstituteboard@gmail.com to get your invite!

Expanding Video Episodes

SITL has been running our Video Episode Grant program since 2023. In that time, we have collaborated on 35 Foundation Styles-based videos across Styles A-H. These video Episodes have been helpful in providing teachers, coaches, and other educators with concrete classroom examples of using The Spectrum of Teaching Styles.

It's time to expand that library.

SITL is now looking for Episodes where teachers move from one Style to another OR blend two or more Styles into a single episode.

While it's important to have a base for each Style, it is also important to learn how to move between Inclusion, Discovery, Command, etc or even blend them into one teaching Episode.

If you would like to help SITL expand the Example Episodes video library, simply record a lesson in which you move between or blend Styles. Submit it to spectruminstituteboard@gmail.com along with the application found on our website.



Expanding our Research Grants Program

SITL has been running our Research Grant Program since 2022, and during that time, the applications we are seeing are more and more competitive, high quality, and expansive research topics. We have realized the need for a larger Research Grant and are working on a cross-University grant program that would provide multiple researchers to collaborate with \$25,000-\$50,000 in funding.

Our Grant applications will open again on November 1st. While the expanding grant program is still in the works, please review our already established Grants to see if any would fit your research needs.

The deadline to apply is **March 30th**, 2027

We have \$5,000, \$10,000, \$15,000, and \$25,000 Grant Award Categories



Apply to our Grants!

Have a look at our Grants and Scholarship Timelines

Research Grant

- November 1st - March 31st

Outstanding Journal Award

- January 1st - March 1st

SAGSA Scholarship

- By July 31st of the year PRIOR to research

Conference Grant

- Rolling, year of the Conference

Video Episode Grant

- Rolling, year of completing the video

More details at:
Spectrumofteachingstyles.org



Teaching Physical Education: Audio, Braille

We now have 9 copies of Teaching Physical Education in **English braille** available upon request. Email spectruminsituteboard@gmail.com to have one added to your University's library.

We also have an **English audio book** on multiple platforms. Scan the QR code to pick your favorite!



Ensure you don't miss out by following us on socials and signing up for our mailing list.



spectruminsituteboard@gmail.com

Remembering those who made it possible

Muska Mosston, Sara Ashworth, and Alexander "Sandy" Lankler

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 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.



We thank them from the bottom of our hearts.