

## Cross-Training the Brain

**Date:** March 1, 2012

**Topic: Cross-Training the Brain: How The Arts And Physical Activity Enhance Learning And Performance**

Recent studies prove that physical activity contributes essentially not only to physical health but mental engagement and intellectual performance. Contemporary thinkers are pioneering innovative theories and holistic systems that are redefining education, wellness and modern culture. We will discuss new ideas and evidence regarding how the arts and coaching concepts are reshaping how we learn and live, and recent research with an emphasis on how we can incorporate physical activity to enhance our intellectual well-being.

**Speakers: Suzanne Ferriss, Ph.D.,** is a professor of English in the Farquhar College of Arts and Sciences. Her areas of research and teaching include romantic and modernist literature, literary criticism, gender theory, and cultural studies. Her work on fashion and cultural studies has also led her into the emerging area of motorcycle studies. In her spare time, she runs, bikes, and takes group fitness classes, including Pilates.

**David Spangler, Ph.D.,** is currently program administrator and artistic director of Nova Southeastern University's interdisciplinary arts master's program. Spangler has worked professionally in theatre, film, and television as a director, writer, composer, and performer. He has published articles on transdisciplinary arts; presented at numerous national and international conferences; and served in various capacities with the Miami City Ballet, Walt Disney World Entertainment, the Theatre League of South Florida, and the Arts Advisory Committee for the Broward Public Schools.

**Time:** 4:30–6:00 p.m.

**Location:** Faculty Shark Club (Rosenthal Building)

**RSVP** Lynn Larose at [kl698@nova.edu](mailto:kl698@nova.edu) or (954) 262-2116 by Monday, February 27, 2012



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Save the date. Future topics will be  
4.5.12 | When Oil and Seawater Do No Mix:  
Two Years After the BP Oil Spill