



TheElite Training Group track club

Expanding the area of what is possible

In Track & Field Distance Running & Competent Self-Care in medicine and psychology

TheETG school curriculum

A major part of TheETG mission is to expand the area of what is possible in competent self-care in medicine and psychology. TheETG's primary method of achieving that is to proliferate applied science based information by way of – free– packets containing plain language info for “the average joe” seeking to move themselves or others forward in these areas. The mail problem TheETG packets attempt to address.....

“...takes an average of 17 years to translate 14% of original research into benefit.....average of 9 years for interventions recommended as evidence-based practices to be fully adopted.”

M.Tinkle, et al
Dissemination and Implementation
Nursing Research and Practice...Volume 2013

Competent Self-Care: Medicine.....The best medicine comes with no risk-versus-benefit equations to contemplate, no daily violations of “first, do no harm”, no whac-a-mole medicine being practiced to medicate each health issue as it pops up. To be a good doctor one must -first- be a good physiologist. And in order to have a fully functioning health care system available to all human beings in America its core must be comprised of competent self-care and good physiologists.

Competent Self-Care: Psychology.....So-called “mental health professionals” should practice more mental health and less pharmacology. The goal of applied psychology is to empower people to achieve self-mastery. This should be the goal of competent self-care and all psychologists. Parenting....dysfunction moves from the parents, into the home, into the kids, into the streets, into the norm. Personal growth toward being a fully functional human being can move from the parents, into the home, into the kids, into the streets, into the norm.

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ETG Model Of a Fully Functional School Curriculum

(grades 1 -12)

**Mission: Provide students with a better curriculum
of empowering ---applied--- information**

[non-applied "stuff" in school curriculums is ~~the~~ problem with traditional education, producing good students who know a lot about nothing that matters]

-- Learning skills

- learn applied aspects of memory capacity and capabilities, memory development, **reading speed** improvement, reading comprehension
- teach the applied skills.....**logical thinking**, problem solving, **learn to identify underlying mechanisms**, irreducible primaries
- learn to form rational arguments, play games of logic

-- Human Psychology

- self-image psychology (read.....Stephen Covey, John Bradshaw, Shad Helmstetter, Phil McGraw),
- outcomes of brain cell overwork/overwhelm, Family Violence, Emotional Abuse, Sexual Abuse, psychopath behavior

-- Communications

- writing, public speaking, computer skills, applied languages [only words one would use at school.....Spanish, French, German, Japanese, Chinese, and Arabic]

-- Cooking Skills

- protein foods, carbohydrate foods

-- Farming Skills

- vegetable farming (potatoes, tomatoes, lettuce, cabbage, soy beans)
- animal farming(chickens, cattle, pigs, sheep)
- fruit farming (oranges, apples, pears, peaches, bananas)

-- Environmental Biology

- animal habitats ecosystems, food chains applied plant biology

-- Physics

- applied electricity, applied electromagnetism, gravity, cosmology
- function of; cell phones, radio, television, microwave, telephone, fax, x-ray, MRI, CAT /PET scan, copiers

-- Exercise Physiology

- applied gene transcription and translation, long term effects of exercise training on human cellular function
- applied Exercise Nutrition [antioxidants, applied function of protein, applied function of carbohydrates],
- Applied function of Immune System, etiology of cancer...heart disease...and aging

-- Sport

- activity classes (aerobics, strength training, conditioning, flag football, basketball, soccer)

-- Physical Therapy

- applied anatomy, sport injury etiology and prevention
- Applied Intro to McKenzie Method

-- Math

- applied.....addition, subtraction, multiplication, division, percentages & fractions, applied metric system

-- Finance

- taxes (federal, state, sales, property), tax filing, interest, investment, insurance, mortgage

-- History

- American Indians, North American Slavery, European Immigration, U.S. Government, U.S. Industry

-- Government

- structure & agencies, budget & debt, function of.....Senate, House, Governor, Mayor

-- Law

- court system structure & hierarchy (criminal, civil) (state, federal)
- applied aspects of the constitution
- basics of.....torts, trademarks, patents, copyrights, antitrust, contracts, labor law

-- Criminal Justice

- criminal law, prison system, criminal court procedures

-- Electives

- literature, theatre, art, music, orchestra, band, foreign languages, **applied** Algebra, **applied** Trigonometry, **applied** Geometry, **applied** Calculus

Our Kindergarten thru college...educational system.

Is one where we blindly hope that millions of folks live in households where self-worth is synonymous with good grades, and thus everyone behaves accordingly in school regardless of curriculum content or quality of presentation.

-- where we value grades, diplomas, and degrees over critical thinking, creative thinking, and problem solving ability

-- Where we want you to read, acquire, and understand large quantities of information without teaching you learning skills [reading velocity, photographic memory, audio recording memory]

-- Where we want you to sit at a desk for 6 hours a day though we know that physical activity is required for normal brain function in information acquisition, storage, and recall ability.

-- Where most of the information we expect you to acquire is information you can use only on a trivia TV game show, and we'll spend \$Billions testing you on it and prepping you for those tests, and spend hours arguing about whether or not we should use the standardized tests and teach to those tests

-- Where the cliché phrase, a "well rounded education" is a code phrase academicians use to put lipstick on a pig

-- Where the letters "AP" are a badge of honor for teenager and parent that many colleges choose to ignore, not a class offering information you'll need to know in life or on your future job



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