Questions:

Describe your current position.

Describe your academic background.

What do you like most about your job?

What do you like least about your job?

What is your pay, or the average pay for that position?

**Mr. Steve Wignall:**

1. I teach Physics and Applied Physics along with being the Head Strength Coach at Seward High School.  
2. I have a Masters in C&I from UNL, A BS in Chem Ed from SWOSU, and I am a CSCS, RSCC\*E through the NSCA  
3. Teaching Students about Strength and Conditioning, Always learning about new and old ways to condition and Strength Train.  
4. Students that don't work, and students that try to train themselves from noncertified and dangerous sources.  Also students that think supplements will do everything for them.   
5. My Strength training pay is 2.5 category 3's.  About $8,000.  Main pay is through teaching.  I have been doing S>T> for 25 years.

**Mr. Jamie Opfer:**

1. Health/PE/Strength Training Teacher at Seward High School  
Head Football  
Assistant Soccer  
2. I graduated from Seward High School in 1993  
I received my bachelor’s degree from Concordia University in 1998 and my Master’s Degree in Administration in 2005   
3. What I enjoy most about my job is the enjoyment of working with students.  I have the opportunity to influence them in a variety of different ways, physically, mentally and emotionally.  I tell my students that their bodies are the most valuable possession they will ever have and it's extremely important that they respect their bodies in each of those three ways.  
4. What I like least about my job is the paperwork and dealing with students that are entitled.  
5. The salary depends a lot on years of experience, course advancement (taking graduate classes) and any extra duty assignments that you might fill.  The average beginning base salary is around 35,000.  My salary is around double that because I have been teaching and coaching for 18 years and have taken graduate class to advance me on the pay scale.  

**Mr. Patrick Piskorski**

1. I teach:  
 9th grade Biology, which is a 2 term class  
 Physiology for 10-12th graders, which is a 1 term class  
 Anatomy for 11-12th graders, which is a 1 term class  
 ACT Prep for 11-12th graders, which is only taught during 5th hour (44 minutes M-W-F) for 1 term  
 Earth Science for 10-12, which is only taught during 5th hour (44 minutes M-W-F) for 2 terms

2. I received a B.S. degree from UNL in Biology, Health, & Athletic Training  
 I also have a M.A. in Curriculum and Instruction from Doane  
 I have another 9hrs of grad classes beyond my M.A.

3. I like interacting with the students and I like the content area that I teach. I find health and the human body interesting.

4. I like the content, but it doesn’t really change. It is the same topics year after year. I don’t like the increased hoops and paperwork that is now prevalent in education (accountability, evaluations, latest & greatest research strategies).

5. Starting salary is $33,800 a year. Top salary for someone with a M.A. +27 more hours of graduate education who has taught at Seward for 16+ yrs is $68,600.

It seems that I have a lot to look forward to as a future high school teacher. I want to teach PE and theater, but I would also love to be a strength and conditioning coach at the same high school. I don't quite know any one sport deeply enough to be a head coach of a team (at least not yet), but my passion for physical education is being in the weight room, so I'm not too worried about coaching just yet.

I absolutely agree with Mr. Wignall about learning new and uncovering old ways to strength train and condition. I mainly use my Facebook account to find and save fitness related articles and pieces of information or tips. Like Mr. Opfer I look forward to teaching students about strengthening and improving their bodies. And like Mr. Piskorski I am intrigued by the human body on a macro biological level (especially the cardiac system, due to my heart surgeries).

I am least looking forward to dealing with difficult students. The paperwork won't be fun, but that comes with every job so I'm expecting that. But I already hate when fellow students come into a physical event or sport with an attitude, so I will probably have to work on how I deal with them as a teacher.

As long as I can survive and provide for my family, I'll be happy with my salary.