

Health & Physical Literacy Summit 2020 Program as of 1-14-2020

NOTE: SUBJECT TO CHANGE – check back for weekly updates

Looking for a specific topic, discipline or age group? Use 'Control F' and type in keywords.

Tuesday, 2/11/2020

1:00 PM – 4:00 PM

PUSH it! Laura Prior, University of Mississippi; Beth Uhlman, Pizitz Middle School, AL; Gina Mabrey, Jacksonville State University, AL; Allison Jackson, Samford University, AL; Ashley Belew, Helena Elementary School, AL; Callie Pike, McAdory Elementary School, AL
With increased time and focus on academics, it is imperative to be creative in providing 60 minutes of physical activity each school day. Following the CSPAP model, this interactive session will provide participants with tools and examples to PUSH (Physical Uplifting School Health) it! in their own school communities.

Trauma Informed Schools: What Physical and Health Educators Need to Know Dayna Watson, University of Alabama at Birmingham
Physical educators, health educators, and coaches are working daily with children and adolescents who may be coping with difficulties resulting from trauma; however, many feel ill-equipped to address the complex needs of children who have experienced trauma. This session will provide attendees with information about adverse childhood experiences and give practical strategies for providing the Eight Rs for a trauma sensitive environment.

Increase Moderate to Vigorous Physical Activity (MVPA) in Physical Education While Using IHT ZONE Heart Rate Monitors Eric Larson, Interactive Health Technologies, LLC

Utilizing evidence-based strategies can increase Moderate to Vigorous Physical Activity (MVPA) in physical education class. Learn how effective management of students, technology, equipment and instructional time can yield more activity for your students.

AKA'S Core For Kinesiology Degree Programs: Establishing The Foundation For Health And Physical Literacy Melinda A. Solmon, Louisiana State University, American Kinesiology Association

In 2009, American Kinesiology Association (AKA) defined four core content categories as the essential elements in undergraduate kinesiology-related programs. This presentation describes the core and how departments incorporate the core into their programs. Participants will examine how the core ensures that future professionals have developed comprehensive health and physical literacy.

Tuesday, 2/11/2020

1:00 PM – 5:00 PM

The LiNK Project: Producing Resilient Children in a Sedentary, High Tech Culture Debbie Rhea, Texas Christian University
Unstructured play should be a fundamental part of every school day for pre-kindergarten through adolescents. Much of the research has shown obesity trends can be reversed, health benefits can be improved long term, and children can be more vested in learning when given time to explore and problem solve through play and physical activity. This session will focus on being change agents in our schools for healthier school environments. Procedures will be introduced to create a sustainable value of play in children and teachers, which extends to lifelong skills as well. Finally, LiNK strategies will be outlined that increase the opportunities for teachers/administrators to balance SEL, play, and required content time to create a less anxious learning environment and a healthier child.

Wednesday, 2/12/2020

8:30 AM – 9:45 AM

Physical Literacy General Session

SPARK: The Revolutionary New Science of Exercise and the Brain John Ratey, MD, Harvard Medical School

Best selling author, John J. Ratey, MD, is an Associate Clinical Professor of Psychiatry at Harvard Medical School and an internationally recognized expert in Neuropsychiatry. He has published over 60 peer-reviewed articles, and 11 books published in 17 languages, including the groundbreaking ADD-ADHD "Driven to Distraction" series with Ned Hallowell, MD. With the publication of "Spark-The Revolutionary New Science of Exercise and the Brain," Dr. Ratey has established himself as one of the world's foremost authorities on the brain-fitness connection.

Wednesday, 2/12/2020

10:00 AM – 11:00 AM

Strengthening State- and Community-level HPED Programming – What is Needed and Where to Get Resources to Address Needs? David Birch, University of Alabama; Fran Meyer, Society of State Leaders of Health and Physical Education

Prepare for informal conversation regarding personal needs to implement quality programming. Learn about ways that networking and collaboration have resulted in effective outcomes, which can be replicated or useful in advance and in advancing personal agendas.

Developing the Whole Child: A Systems Approach to Healthy Schools Kevin Lorson, Wright State University, OH

This session will share the journey of creating systems change and partnerships to develop healthy schools that meet the needs of the whole child. School districts participated in a pilot project to create Whole Child Advisory Councils, Whole Child Liaisons, completing district mental health assessments and developing action plans.

The Effect of Correct Toes in Female Athletes With Hallux Valgus: An Evaluation of Balance and Improved Function Ryan Green, Southeastern Louisiana University, LA; Maitram Nguyen, Southeastern Louisiana University
Hallux valgus can affect pressure distributions and muscular imbalances of the foot that can negatively alter the overall posture, stability, and performance of an individual. Correct Toes is a non-surgical intervention that may have practical application in a variety of health, wellness, and sport performance settings.

The Hook Up Culture of the American College Students and the Risky Behavior Involved Deitra Wengert, Towson University, MD
The college student of today practices a variety of behaviors that place them at risk for a variety of health issues. These will be investigated during this presentation.

What Students Wish They Had Learned in College Amanda Sullivan, University of Arkansas; Janet Forbess, University of Arkansas
As PETE/HETE professionals, we hope we are preparing our students for successful careers. Is there more we could be teaching them? Hear what former students have to say about their preparation and current experience as a teacher.

Brain Connections that Enhance Learning Debbie Smith, Clemson University, SC; Gina Barton, Lander University, SC; Kym Kirby, Lander University, SC
The purpose of this presentation is to present information regarding brain research and its practical use through a variety of brain enhancing activities. This presentation will examine four categories of learning problems that lie in the child's lack of ability to track, cross the midline, maintain a rhythm, and balance.

Pre-K Activities that Pump up the Brain Erin Reilly, Auburn University Montgomery (AUM); Tiffany Higginbotham, Body Logic PT and Wellness; Angela Russell, AUM; Hayden Friesen, AUM; Tami Shelley, AUM; Laura Wildman, AUM
Learn great games, exercises, and activities for Pre-K. All the activities target brain development and sensory systems as well as develop health and skill related fitness. Great for Adapted, Pre-K, and Elementary Physical Education.

DrumFIT Extraordinaire! The Integration of SEL Competencies & Funding Mary Baumann, DrumFIT; David Appel, Jeff Wolfenden, Danielle Sherbo, DrumFIT
Drum with us and experience the benefits of cardio-drumming and modifiable lessons and techniques on DrumFIT's online curriculum platform. Learn the techniques of integrating SEL into every lesson and how to get funded for your program!

Games Games Games Tim Taggart, Palos Sports
New games that meet State/National standards, are fun, keep medium and large groups moving through active play.

Why Doesn't Anybody Care About Health and Physed? Changing Culture One Student, Colleague, and Parent at a Time Adam Mullis, Crayton Middle School, SC
Changing culture at your school can be difficult! Come and learn from an educator who has had success creating culture towards active lifestyle at his schools. The session will include strategies to increase buy-in from the community for Health and Physical Education. This session targets giving educators innovative ideas to help increase physical and health literate individuals.

**Wednesday, 2/12/2020
11:15 AM – 12:15 PM**

The Impact of Social Media on the Mental Health of Generation Z Retta Evans, University of Alabama at Birmingham; Kathryn Jones, University of Alabama at Birmingham
Generation Z are multi-taskers who are constantly connected to digital devices and social media. Gen Z are more stressed about the future and more anxious and depressed as compared to other generations. Current literature suggests this population would benefit from targeted interventions focusing on reducing social media impact and promoting social and emotional intelligence.

PEL + S4 = SEL or Physical Education Literacy + Standard 4 = Social and Emotional Learning Katherine Hill, Retired, Louisiana State University; K-Lynn McKey, University of Louisiana at Lafayette
Cultural competency, emotional awareness, self-actualizing instruction, social and emotional literacy are more than buzz words. They are theories that create classrooms where students feel safe, welcome and able to be themselves. See how to implement activities that address and assess Standard 4 in your cutting-edge program.

Leadership 101 Jim Hinerman, Eastern Kentucky University
This session, targeted for future or young professionals, will reveal effective habits and the specific processes that would help direct individuals to become better organizational leaders.

Paddlicious! - Striking Skills for Grades K-12 Brian Devore, OPEN Trainer
This activity session will focus on striking skills to use with students to align your curriculum from kindergarten through high school using a variety of games. Teachers of all grade levels will pick up tips, tricks, teaching methods, and games to allow students to explore and learn striking!

Small sided games=BIG RESULTS Russ McHenry, Northern Guilford Middle School, NC
Learn innovative, non-traditional, small-sided games promoting skill development and strategic understanding while developing problem solving, teamwork, and cooperative skills. Experience student-tested, teacher approved instant activities that get students moving and actively engaged quickly, regardless of skill level. This high-energy session will get your students quickly moving with a purpose!

Ready. Set. Go SPARK! Julie Frank, SPARK

Find out why SPARK is THE Most Researched Physical Education and Physical Activity Programs in the World! Evidence. Innovation. Impact. Learn how SPARK can positively impact your program today! Leave with SPARK strategies and lessons to improve your instruction and promote healthy and active lifestyles in children.

Using Heart Rate Sensors and Step Trackers aka Smart Physical Education: Assessment, Objective Grading and Individualizing Physical Education

Joe Gooden, Heart Zones, CA

Implementing heart rate sensors and smart movement trackers levels the playing field for your students. Using body worn sensors, both the teacher and the students become more engaged and motivated to move with effort measured effortlessly. This session emphasizes how to move using beats-per-minute and live bio-feedback from a heart rate sensor to connect the two - movement and heart health.

Wednesday 2/12/2020

12:30 PM – 1:30 PM

Help! Eating Right and Enjoying Life the Baby Steps Way Lee Renfroe, University of North Alabama

Proper nutrition is so vitally important to quantity and quality of life, yet many people feel confused and frustrated in understanding how to eat right and implementing an eating plan that they can live with and enjoy. This presentation will provide current nutritional information to eat right for life!

Can Different Playing Surfaces Influence Performance? John David Johnson II, Kennesaw State University, GA; Michael Hales, Kennesaw State University, GA

Investigators studied the influence different sport field properties might have on muscular recruitment patterns and metabolic response during a series of running and agility drills. Findings indicate field mechanical properties influence muscle activation patterns. The field demonstrating the greatest magnitude of energy return produces the lowest sprint and agility course times.

Implementing Dance Literacy to meet National Dance Education Standards Gayle Kassing, National Dance Society

Explore strategies for implementing Dance Literacy skills, arts, media and other literacies in high school dance courses. As part of 21st century education, these literacies support students for academic success in the classroom, prepare them for college and careers, and meet the National Dance Education Standards Framework.

Factors Influencing Health and Academic Achievement: The Role of Health Equity and Adverse Childhood Experiences Sarah Lee, Centers for Disease Control; Melissa Fahrenbruch, Centers for Disease Control

This session will provide evidence-based information about the relationships between health and academic achievement in the role that health equity and ACEs plays in this relationship. Additionally, participants will engage in hands-on learning experiences to apply this knowledge to their professional practice.

Plyoga- Your Body Is Power Thomas Ascough, PLYOGA

Fitness Anywhere. Modifiable for Any Age. Every Movement Plane. No Equipment. Formatted 4-Part interval training with fundamental Yoga as an active recovery.

A Look at the New Components Added to the National Standards for Initial Physical Education Teacher Certification Sandra Sims, University of Alabama at Birmingham; Claire Mowling, University of Alabama at Birmingham

The responsibility of training teacher candidates to plan and implement developmentally appropriate learning experiences falls on the faculty in the Physical Education Teacher Education (PETE) program. The National Standards for Initial Physical Education Teacher Certification (2017) include four new components that PETE programs need to meet. This session will introduce the four new components and offer suggestions for meeting these new requirements for candidates.

Dancing and Drumming to old Favorites and New Ones Too! Bonnie Richardson, Baton Rouge Foreign Language Academic Immersion Magnet, LA; JiJi Jonas, Retired, East Baton Rouge Parish Schools, LA

This session will present old and new dances for the gym and/or classroom. Come learn/review traditional folk dances and teacher created dances that can be used for transitions or brain breaks. Applications for adding drumming will be taught with equipment that is in every class. Fun to do!

Physical Education from Beginning to End: A Hodgepodge of Ideas that Transcend the Entire Class Period Ginger Aaron-Brush, Pelham Oaks Elementary, AL; Cindy O'Brien, Hueytown Elementary School, AL; Jaime Giangrosso, Cahaba Elementary School, AL; Beth Uhlman, Pizitz Middle School, AL

The #QualityQuadSquad will share instant activities, closing techniques and everything in between (such as assessment strategies, skill development and technology tips) to enhance your elementary/middle physical education program. These strategies and techniques will help build energy and enthusiasm within your students while providing structure and routine within your class.

The ABCs of Physical "Literacy" Allison Angell, Roanoke County Schools, VA; Maria McKeown, Roanoke County Schools, VA; Elizabeth Strawn, Roanoke County Schools, VA

Do you have an administrator who wants you to incorporate other "CORE" subject areas into your Physical Education Classroom? It's as easy as ABC and 1-2-3. Learn different instructionally sound ways to incorporate reading, mathematics and almost any subject into your class without losing the physical aspects of "Physical" Education. Attendees will leave with at least 5 new lessons to use on Monday.

Going Beyond the Surface: Promoting Higher Order Thinking Skills Kandice Porter, Kennesaw State University, GA; Monica Gerda, Kennesaw State University, GA

Health education teachers need to ask students the kinds of questions that facilitate higher order thinking. Teachers often struggle to plan for questioning that requires students to identify problems, create hypothesis, collect, analyze and synthesize health related information, and formulate valid conclusions on how to improve health behaviors. This presentation will demonstrate several methods for developing higher order thinking questioning skills for teachers implementing a skills-based approach.

Wednesday 2/12/2020
1:45 PM – 2:45 PM

Social Emotional Learning: Making Connections from Physical Education to CSPAP (Comprehensive School Physical Activity Program) Shawn Ladda, Manhattan College, NY; Chandelle Schulte, Dream Charter School; Rob Saltares, Dream Charter School

Social Emotional Learning (SEL) is a major focus today in education. This session will review the Social Emotional Learning framework, give examples how physical education has included learning objectives associated with SEL since its beginning and provide connections to a Comprehensive School Physical Activity Program that further can develop SEL goals.

Become Proactive in Support of LGBTQ Students and Athletes Angela Smith-Nix, University of Arkansas; Leah Henry, University of Arkansas
LGBT youth experience increased violence, victimization and harassment. Meeting the needs of the LGBTQ individuals is challenging, especially if uncertain as to how to meet those needs. Steps for being proactive in helping people understand the complexity of laws, responsibilities and humanitarian approaches to solve the challenges will be presented.

Gearing Up for Success! Kerri Lee, Zachary Elementary, LA; Katherine Peabworth, Lincoln Memorial University, TN; Kristi Romero, Westgate High School, LA

From start to finish let's talk job interviews and creating a successful first year. This session will discuss tips, tricks, and strategies to be a step above other applicants. Strategies from resume building, to job hunting, getting the interview, and dressing for the interview. Got the job? Great, now let's create a stress-free work environment. We can all benefit from learning these keys about being a successful teacher in any workplace.

CDC Evidence-based Tools and Resources: Take Your Program to the Next Level Melissa Fahrenbruch, Centers for Disease Control, Sarah Lee, Centers for Disease Control

Come learn about tools and resources easily available through CDC's Healthy Schools Program that can help school personnel, parents, and community groups take programs to the next level. The session will be very interactive, and participants will develop an action plan to implement the tools and resources.

Only From Gopher Games Brad Williams, Gopher Sport

Gopher Sport will be leading participants through a workshop focused around two of our newest activities! We won't just be playing games though; we'll also be showcasing some great classroom management and skill development pieces you can implement in your class. Get ready to sweat, learn and have some fun!

Program Reviews in Kinesiology: Evaluating Your Online Courses and Programs Charity Bryan, Kennesaw State University, GA; Sandra Sims, University of Alabama at Birmingham

Online programs in higher education compete on three characteristics: quality, affordability, and accessibility. The session will provide an overview of the evaluation process and how the results were used to provide more effective learning experiences for students. The presenters will provide higher ed faculty with strategies for online program evaluation.

Can I be A Champion for School Wellness? Penny Edwards, National Center on Health, Physical Activity, & Disability (NCHPAD); Donna Hester, ASHPERD; Donna Dunaway, HEAL; Sherri Huff, Birmingham City Schools; Connie Dacus, Retired, Alabama State University; Jonathan Thompson, Alabama State Department of Education; Alex Martinez, NCHPAD

Learn about a state-wide initiative in Alabama that combines CSPAP, inclusion and nutrition education in a very simple way. This process has helped schools identify champions in their schools, identify stakeholders, assess their school environment and implement their plans based on their assessment and the goals of the school around school wellness. This session will teach you the steps to get started in your own school, district and/or state.

Choreography for the Core! Rebecca Collins, Georgia Southern University

Come for a fun-filled session of core workouts to music. Students will enjoy the benefits of a dance class, while engaging in the movements of the core. After reviewing the science of the core, learn to teach your students to choreograph their own workouts using music selections that simplify instruction.

Physical Literacy via PaddleZlam Vicki Worrell, Emporia State University, KS

An exciting new way for students to enjoy activity. PaddleZlam combines Pickleball, Volleyball, and Kan Jam into a very unique interactive sport. Learn how striking a paddle can emphasize social/emotional skills.

Health Literacy: Using Infographics to Effect Students' Achievement and Attitudes Towards Helping Behaviors David Berry, Saginaw Valley State University, MI

Health literacy is a person's ability to understand and act on health information. The use of graphics instead of text-heavy narratives often results in improved compliance with instructions and knowledge transfer/retention. This session examines how infographics can influence health literacy and attitudes toward helping behaviors (e.g., CPR and first aid).

Wednesday 2/12/2020
3:00 PM – 4:00 PM

Setting the Stage for Success Monica Gerda, Kennesaw State University, GA; Mia Oberlton, Kennesaw State University, GA
As educators, we all want our students to be successful. What can you do to help set the stage for success? How can you create an enhanced environment for learning? Join us as we discuss strategies you can use to improve motivation, positive emotions, and self-efficacy in the classroom. This interactive session will provide many techniques used to create a student-centered learning environment and ultimately successful students.

Incorporating Communication-Intensive Components into Your Health Promotion Courses Lisa Johnson, Louisiana State University
Content of a Communication across the Curriculum course designed to enhance student written and spoken communication skills will be discussed. Examples of student presentations and papers demonstrating the development of their mock community-based intervention will be presented.

Inclusion of Dance in a Comprehensive Physical Education Standards- based Program Gladys Keeton, Retired, Texas Women's University
A recent study showed a few U.S. teacher preparation programs provide sufficient coursework to help those teaching dance within a comprehensive physical education curriculum. New dance standards and other resources are available to help state and school district personnel.

Teaching Racket Skills in Limited Space George Blessing, ADA Sports and Rackets
Teach racket skills without the need for courts or nets. Incorporate a variety of racket activities for students to experience and gain confidence in their ability to use rackets of all types in a multitude of activities. Experiences can be adapted to suit the novice or more confident student.

Buff, Brainy and Behaved Dave Spurlock, Kidsfit, SC
A 60-minute interactive session that details the brain-based science connecting movement to cognition and behavior. The PowerPoint presentation includes research summaries, testimonials from educators and students and practical applications. Attendees will also be given the Action Based Learning takeaway materials.

Developing Effective Teacher Education: Lessons Learned from Teacher Socialization Theory Kim Graber, University of Illinois at Urbana-Champaign; K. Andrew R. Richards, University of Illinois at Urbana-Champaign; Amelia Mays Woods, University of Illinois at Urbana-Champaign
This session will explore the teacher socialization literature related to the development and effectiveness of teacher education. Participants will discuss how teacher education must change to more effectively educate future teachers who are committed to physical literacy and prepared to make a difference while navigating sociopolitical challenges such as marginalization.

Dance for Students with Special Needs: Benefits and Modifications for All Populations Mary Margaret, UAB Institute for Arts in Medicine
This session will address ways to incorporate coordination, strength, control, balance, and flexibility for students with special needs. This active session begins with a warm up in a chair and evolves to standing and moving across the floor. Many dance styles, including ballet, modern, jazz, African, and social dancing, can be included in this class.

Engaging Students in Activities to Increase Fitness Levels and Nutrition Knowledge Ginger Aaron-Brush, Pelham Oaks Elementary, AL; Cindy O'Brien, Hueytown Elementary, AL; Jaime Giangrosso, Cahaba Elementary, AL; Chris Reeves, Warrior Elementary, AL
Looking for ways to engage students in activities that will enhance their fitness levels and knowledge of physical activity and nutrition at the same time? Attend this session to learn about the HEAL Alabama® Game System; add it to your curriculum to meet national and state standards.

Grade-Level Outcomes: Transferrable Skills During Middle School Invasion Sports Anthony Smith, Charleston South University, SC
Transferrable skills in team sports can provide opportunities for all students to shine. Non-traditional team sports may place all students on a more even playing field to start the unit. This session provides a 6-step developmental program for all ages and levels.

Integrating Physical Education into a Minority Male STEM program Tamika Bradley, Jackson State University, MS
This presentation shares the holistic approach utilized to enhance student development through the integration of physical activity and play within a minority male STEM engagement program. A review of the programmatic design is presented with emphasis on the benefits of physical activity and the implications of its integration in program outcomes.

Wednesday 2/12/2020
4:15 – 5:15 PM

Improving the Life of Special Needs Individuals through the Power of Dance Kerrie Benson, Dance Without Limits
Dance Without Limits (DWL) strives to provide professional dance instruction to all special needs individuals regardless of their disability. All dancers participate to their maximum potential. Wheelchairs are forgotten, tight muscles are stretched, social skills and confidence are enhanced, and no speech is needed in dance. It is truly an art form that we believe EVERYONE can participate in!

Health Behavior Theory in Health Education Sarah Benes, Merrimack College, MA; Holly Alperin, University of New Hampshire
This session focuses on providing foundational understanding of how a skills-based approach to health education is supported by health behavior theory and how we can use theory to enhance practice. This interactive session will provide resources and strategies you can use right away.

Barriers to College-Aged African Americans' Participation in Outdoor Recreation in the South Todd Davis, Delta State University, MS
Quantitative and Qualitative data are presented from a 2018 study suggesting college-aged African American students in Mississippi are less likely to participate in outdoor recreational activities as LTPA due to three emergent themes: (1) lack of competence, skills, knowledge, and education, (2) cultural and social separation and underrepresentation, and (3) societal and economical concerns and challenges.

Where Do We Go From Here? Tom Coates, North Greenville University, SC

In 2010 the Julian Smith Award Lecture issued a challenge to physical educators regarding the state of outdoor education/recreation as part of the physical education curriculum in America. Now, almost ten years later, the same challenge exists, and it will be dependent upon future professionals to address this challenge if today's youth are to realize the benefits of educational experiences in the out-of-doors.

What is the Strength of Your Leadership Capacity? Fran Meyer, National Dance Society, State Society of Leaders in Health & Physical Education; Tarin Hampton, Norfolk State University

Strong leadership is critical to the success or failure of a project or program. Do others view you as a person to head-up task? How can you be intentional in your growth along the leadership continuum?

AIM 4 PIE: Academics In Motion 4 Physical Intensity Everyday Carol Cranford, AIM 4 PIE, Retired, Arab City Schools, AL

This session will give teachers a dynamic new way to provide students movement opportunities during academic tasks. Team members must work together and physically move to find letters to build words. It is a reading manipulative that engages large muscle groups while students are totally focused on the academic content.

Strategies for Planning, Implementing, and Analyzing Students' Academic Language Use Claire Mowling, University of Alabama at Birmingham; Ellen Martin, Columbus State University, GA

The presentation will: (1) introduce Teaching Games for Understanding as a problem-based model for eliciting academic language (AL) use in students; (2) suggest strategies for capturing student use of AL during problem solving tasks; and (3) provide strategies for analyzing/reporting AL use and content learning for students with varied needs.

The Kinesthetic Learner Karen Saffles-Slater, Bradley County Schools, TN

This session will give ideas on how to incorporate physical activity into the classroom. Some activities will reinforce academics and others will be 2-3 minutes of how a teacher can keep the kids engaged by moving.

Moving through SEL: A Platform for Fostering Social and Emotional Learning Carol Ciotto, Central CT State Unveristy; Ellen Benham, Central Connecticut State University

Do you strive to create a healthy, fun environment for your students to learn? In this session, participants will deepen their understanding of Social and Emotional Learning (SEL) by embracing the integration of SEL competencies through movement. Engage in hands-on activities and collaborate in small groups to learn the foundational skills of SEL and gain skills to implement immediately into the health and physical education classroom settings.

Technology and K-12 Physical Education ~ An Engaging Combination Lynn Johnson, Plymouth State University, NH

Technology can be used in Physical Education to engage students in physical activity. This session will give participants the opportunity to experience ways in which Apps and other software can be used to engage and motivate students in K-12 physical education. This is a participation session so come ready to move!

Thursday, 2/13/2020
8:30 AM – 9:45 AM

Health Literacy General Session: Finding a Friend in Fear and Failure – Lessons from a Derby Girl Melanie Lynch, OPEN Trainer, North Allegheny Intermediate High School, VA; SHAPE America 2016 Health Education Teacher of the Year

A motivational journey about how fear and failure derail us from being the best people and teachers that we are meant to be. Only when we collaborate with fear and embrace failure, can we reach our fullest potential and help us teach our students to do the same.

Thursday, 2/13/2020
10:00 AM – 11:00 AM

Raising Self-Esteem through Creative Fitness Activities Suzanne Stone, Skillastics Physical Activity Specialist

This session steps outside the box of traditional fitness activities. It provides innovative ideas that demonstrate movement while raising self-esteem. These fun activities are non-competitive, appropriate for all ages and abilities, and can be taught in limited amounts of space. Prepare to have fun in this one-of-a-kind workshop!

The Real Deal Tecca Kilmer, Turkey Creek Middle School, FL

This session is for future professionals and first year teachers. It is designed to help them understand some situations that may come up in teaching that they may not expect or anticipate and how to navigate those situations.

Preparing Health Education Students in the Whole School, Whole Community and Whole Child Model: Providing College Experiences that Prepare Health Education Students for the Real World Deitra Wengert, Towson University, MD; Michelle Jancewski, Towson University, MD

An innovative strategy that will be examined is the organization of a capstone course which provides the students with the opportunity to utilize prior learning in health education within the Whole School, Whole Community, Whole Child Model to plan, implement and evaluate a variety of health fairs.

Not all SEL Programs are Created Equal: Choose Wisely Debbie Rhea, Texas Christian University

This session will highlight characteristics necessary to distinguish the most effective SEL programs offered. Best practices will be shared, as well as ideas and examples for incorporating specific SEL programs into your own curriculum, evaluation, and staff training. Participants will walk away having engaged in meaningful activities and with practical tools and resources for incorporating and/or strengthening SEL in your schools.

Promoting a Healthier Community through Physical Education Laura Hudson, Cleveland City Schools, TN; Mindy Kiser, George R. Stuart Elementary School, TN

Attendees will gain ideas to incorporate families and community partners into physical education and promote a healthier community. This session will focus on how Cleveland City Schools uses community resources to foster a community approach to educating our families.

Comparative Case Study of Traditional and Alternative Physical Education Student Teaching Experience Tamika Bradley, Jackson State University, MS

Teacher educator preparation programs nationally are utilizing innovative measures to ensure that teacher candidates are highly qualified and classroom-ready on the first day that they enter the profession. This presentation shares data from a comparison of an innovative method to the traditional student teaching experience at a select institution.

Physical Education Style Hula Kalie McKinley, Cane Run Elementary, KY

Do you want to add some aloha to your dance unit? Kaholo yourself into this session to learn hula steps with arm gestures to two hulas. Come be fully present in moving your hips while increasing your health-related fitness levels. Ready-to-implement lesson plans and assessments will be provided.

DRUMTASTIC Fit to Learn, Fit for Life Carrie Ekins, Drums Alive; Dean Owens, Drums Alive

Provide a powerful, multifaceted brain & body experience that combines drumming, rhythm, movement and cognitive applications that promotes STEM concepts using health, fitness and wellness protocols and exercises while addressing Social Emotional Learning, National Standards for Physical Education (NASPE), Music Education, Depth of Knowledge (DOK) content areas, and inclusion strategies.

Physical Literacy and the Kinesthetic Classroom Brian Culp, Kennesaw State University, GA; Kandice Porter, Kennesaw State University, GA; Mia Oberlton, Kennesaw State University, GA

The use of kinesthetic movement in the classroom towards improving health and educational outcomes has been a topic of discourse for the past 20 years. This presentation will detail how faculty have utilized a kinesthetic classroom to develop a community of learners focused on combating health disparities.

**Thursday 2/13/2020
11:15 AM – 12:15 PM**

Dance for All: Presenting the Dance Education Standards Framework Gladys Keeton, National Dance Society; Gayle Kassing, National Dance Society

The National Dance Society Dance Education Standards Framework communicates dance processes, performances, products, and values in the arts and physical education curricula. The standards have been developed to support the whole child and 21st century skills for every child learning dance.

A Systematic Approach to Meeting CAEP/SHAPE America SPA Standard 3.e Lynn Johnson, Plymouth State University, NH

This presentation will provide an example of a PETE Program's systematic approach to meeting CAEP/SHAPE America Standards that relate to technology. The programs 4-year technology curriculum map will be presented. Assignment descriptions, rubrics, and examples will be provided. Discussion and sharing will be encouraged.

Lakeshore to Tokyo 2020 Jennifer Chandler Stevenson, Lakeshore Foundation, AL

Lakeshore Foundation is the High Performance Management Organization and training facility for USA Wheelchair Rugby (USAWR). USAWR is poised to reclaim the gold medal at the 2020 Tokyo Paralympic Games. This session explains Lakeshore's role in the journey to Tokyo for athletes and spectators alike.

Standing Strong: Scaffolding Healthy Foundations through Project Based Learning Monica Gerda, Kennesaw State University, GA; Mia Oberlton, Kennesaw State University, GA

Project Based Learning and scaffolding are highly effective teaching methods used in health education. Join us as we discuss The Healthy Living Project, a semester-long scaffolding project in a college wellness course. Presenters will explore how this tool creates an opportunity for successful adoption of healthy lifestyle behaviors and various ways it can be modified to meet classroom needs.

Air Squares Game - Come Play! Greg Griffin, Air Squares

Air Squares is a portable, durable and adjustable adaptation of the popular elevated nine squares game. We will be setting up our game to allow participants to experience the game in action, as well as its durability and versatility.

HEAL Alabama®- A Physical Activity and Nutrition-Based Curriculum Donna Dunaway, HEAL Alabama; Donna Hester, ASHPERD; Cristina Saunders HEAL Alabama

Healthy Eating Active Living (HEAL Alabama®) is a childhood disease prevention program focusing on exercise (fitness) that is monitored, safe and effective combined with nutrition education within the physical education program. An overview of the program's curriculum as well as data showing proven results will be shared.

PBL in Physical Education Danielle Mason, Auburn City Schools

How you can incorporate Project Based Learning in your Physical Education classroom. Moving away from sports and toward more fitness for life.

Get Active in Pre-K! Caliste Chong, Alabama Partnership for Children

Teachers and staff can positively impact the health of young children in pre-k when they create an environment that nurtures physical development and allows plenty of time for active play. This workshop will provide an overview of developmentally appropriate best practices and several activities to support healthy and active preschool classrooms.

Teaching Responsibility through Team Building Activities Christina Courtney, University Laboratory School, LA

In an ever-changing society teaching children personal and social responsibility is even more important. Join me for a large variety of team building activities that will teach students how to work with others, problem solve, and critically think in order to find successes in the process not the product.

Using Technology for Engagement In and Out of the Gym Richard Jowers, University of Alabama

Several forms of digital application to utilize in the gym will be presented/demonstrated including using the Nike run App or using Kahoot during sport education/TGFU lessons. The presentation will include using free cellphone applications and YouTube.

Challenging Autism with Exercise David Geslak, Exercise Connection, IL

Exercise is one of the most under-utilized treatments for those with autism. Research shows exercise can increase attention span, reduce stress, enhance language development, and reduce stereotypical behaviors. You will learn how to use evidence-based strategies, created structured protocols and interduce exercises that will make a difference.

Thursday 2/13/2020

12:30 PM – 1:30 PM

Let's Have Fun in Health Class Today Melanie Lynch, North Allegheny Intermediate High School/OPEN National Trainer

Interactive skills-based health education is a crucial part of any fun and effective health class. This session will provide participants with lessons and activities that will facilitate them to effectively create an energized health class appropriate for all students. Special attention will be paid to assessments, differentiated lessons and literacy strategies. These student-approved lessons and activities will breathe new life into any health class.

From Tennis Shoes to Ties: Professional Development and Preparation for College Students Donna Canary, Virginia State University; Brandon

Kimble, Leslie Crocker, Donovan Smalls, Sydnee Brown, Kennedy Presson, Vydel Travis, and Que'Shawn Rozier, Virginia State University
Students will discuss their professional preparation for field placement and practicum experiences with NASCAR, the Richmond Flying Squirrels, recreation and health agencies, school divisions, businesses, and professional sport organizations. The Annual Sport Management Symposium and networking has helped current students and alumni to secure internships, jobs, and other opportunities in diverse professional and collegiate sport environments.

Basic Principles of Beginning Kinesiology; High School and Beyond Jamie Gilbert, Athens State University; William Davis, Athens State University

Newly revised standards require high school students from grades 9-12 to meet the Beginning Kinesiology standards for high school graduation in the state of Alabama. This session discusses strategies for high school teachers to meet the Beginning Kinesiology standards in their classroom. This session is relevant and applicable for teachers and teacher educators from anywhere in the United States.

Power Ballet: The Beauty of Triple Jump Clarissa Johnson, McKinley High School, LA

A detailed progression of coaching triple jump for athletes of all ages. Techniques that creates efficiency in movement.

The Co-teaching Model: Are you Part of a Team When you Teach? Alysia Jenkins, Middle Tennessee State University; Tina Hall, Middle Tennessee State University

Team-teaching is often a "divide and conquer" method for K-12 teachers rather than a combined effort to best deliver content. Learn the six strategies of the co-teaching model to utilize each teacher's strengths to match content and students' needs. Co-teaching can be used by K-12 teachers who share space and classes. PETE faculty can easily implement the model in courses as well.

The Importance of Using Health and Physical Literacy to Influence Effective Policy Lauren Loucks, University of Central Oklahoma; Sunshine

Cowan, LaNita Wright, Amy Townsend, Debra Traywick, University of Central Oklahoma

This presentation aims to explore ways in which health and physical literacy can be used to educate parents, administrators, and community members to support policies that promote best practices in our field. Join the conversation to share what you are doing or to gain support in advocating for our profession.

Fab, Fun, and Focused: Simple Activities Focused on Enhancing and Challenging Students' Fitness Beth Uhlman, Pizitz Middle School, AL; Ginger

Aaron-Brush, Pelham Oaks Elementary, AL; Jaime Giangrosso, Cahaba Elementary, AL; Cindy O'Brien, Hueytown Elementary, AL

Want to increase fitness levels for your elementary and middle school students? Join the #QualityQuadSquad for a fun, fast-paced session filled with standards-based activities to add fuel to your program. These activities will improve cardiovascular endurance and muscular strength in a non-challenging environment and will have students asking for more.

Most Valuable Pineapples Carol Smith, Elon University, NC; Tecca Kilmer, Turkey Creek Middle School, FL; Sue Sutherland, The Ohio State

University, Anne Wiggin, Retired, NC

Pineapples are an expression of welcome and symbolize assets we appreciate in our family and home; friendship, hospitality and warmth. This session, presented by members of the Southern District family (TOY and Recreation POY), include (debriefed) activities to gain skills for your classroom to enhance your students' experiences while learning.

Ready? Set. Go! " Fitness for ALL Joanna Faerber, EatMoveGrow; Christina Courtney, University Laboratory School, LA
Lace up those sneakers because this will be an active participation session you don't want to miss! We will showcase new activities; fun fitness ideas and unique instructional routines designed to maximize skill development and increase MVPA to the MAX. Our session will address the Essential Components of Physical Education by presenting kid-tested activities. It will be an educational experience that meets your students' physical, mental and social needs, brilliantly disguised as fun!

Three Ways to Look at Adapted PE Robert Sinibaldi, Retired, Pinellas County Schools, FL
Knowing the 3 ways to look at adapted physical education will enable teachers to best choose activities, develop comprehensive curriculums, and create lesson plans for their students with special needs. The differences between adaptations, modifications, and alternative settings will be delineated and how to choose which best fits each situation.

Thursday 2/13/2020
1:45 PM – 2:45 PM

Stick Mobility Jesse Douglas, EW Motion Therapy; Amanda Krumrie, EW Motion Therapy
This will be an activity session teaching mobility progression that can be done with a dowel or PVC pipe.

Linking Literacy to Learning in Health Education Marcia Berke, Northern Illinois University
Students taking a health education course need to read and comprehend information in a variety of formats. For many students, especially struggling readers, these challenges can deter reading. In this session, examples of trade books for use in a health education curriculum will be discussed along with activities and pedagogical strategies to promote active learning and increase students' health knowledge, and literacy skills.

Differentiation in the Physical and Sporting Learning Environment – Examples Based on the Experiences of a British Physical Educator Jamie Brunson, University of Alabama
For all educators, the use of differentiation through their situated learning environment can act as a powerful tool towards supporting and challenging all student learners. As such, the presenter will provide/discuss a series of differentiation teaching strategies which educators can use to empower their students' learning experiences.

Overcoming Adversity In Athletics and Life Timothy Alexander, University of Alabama at Birmingham
Timothy Alexander fulfilled his dream to play college football by signing a scholarship to become the first paraplegic player in D1 history. Timothy is now the Director of Character Development for the UAB Blazers football team and was integral to bringing the football program back to UAB in 2017. Come hear his inspirational message of overcoming adversity in athletics and life.

Updating your Toolbox! Implementing a Skills-Based Approach in Health Education Kandice Porter, Kennesaw State University, GA; Monica Gerda, Kennesaw State University, GA
National and Georgia Performance Standards have been promoting a skills-based approach for years. Many HPE teachers still need ideas on how to facilitate learning experiences that engage students, support functional health knowledge and health skill acquisition, foster active learning, and provide opportunities for self-reflection, internalization, and personalization of learning.

Academic Language: Improving PETE Candidates' Preparation Sandra Sims, University of Alabama at Birmingham; Charity Bryan, Kennesaw State University, GA
One of the most pressing issues in Physical Education Teacher Education (PETE) is preparing candidates to pass edTPA. One specific area of concern is the ability of the candidate to plan learning tasks for their students to demonstrate the use of academic language which is now required of all teachers no matter their discipline. This session will address strategies to target this area of concern.

Exploring Various Forms of Assessment Carol Ciotto, Central Connecticut State University; Ellen Benham, Central Connecticut State University
This session is designed to give participants information about the purpose of effectively using different types of assessments that balance quality measurement and practicality, e.g. embedded assignments, pre & post assessments, portfolios, and using rubrics. Assessment concepts and characteristics of authentic assessment in K-12 physical education will be also presented.

Small Sided...BIG Results! Laura Prior, University of Mississippi; Beth Uhlman, Vestavia Hills City Schools, AL; Allison Jackson, Samford University, AL
Small sided leads to big results! Come experience the fun and appropriateness of small-sided lead up games that will ensure a successful sports unit for your middle schoolers and can be modified for elementary and high school. Intermixed within this session will be high intensity fitness activities where exercise is hidden in the fun!

Autism: Oh the Possibilities in Physical Education Joann Judge, The University of Southern Mississippi; Kristen Morgan, The University of Southern Mississippi
This presentation will provide a brief overview of autism spectrum disorder, acknowledge the roles and responsibilities of the physical education teacher, identify evidence-based practices, and provide participants with an array of innovative ideas and instructional strategies to support students with autism.

Thursday 2/13/2020
3:00 PM – 4:00 PM

Promoting Telehealth for Individuals with Disabilities Through the MENTOR Program Teneasha Washington, University of Alabama at Birmingham

This presentation will be focused on the development and implementation of the Mindfulness, Exercise and Nutrition To Optimize Recovery and Resilience (MENTOR) program. This program is a tele-health program that focuses on the following health domains: physical health (Body), mental health (Mind) and emotional health (Spirit).

Enhancing Leadership Skills Through Experience and Practice Milton Wilder, Retired, Delta State University, MS; Andrew Lewis, College of Charleston, SC

This presentation, specifically designed for young professionals, will identify and give situational examples of four basic types of leaders. Generic and specific activities that provide opportunities to develop leadership skills and the importance of involvement in various levels of opportunities combined with mentoring by experienced leaders will be included.

Discover Inclusive Wellness Penny Edwards, National Center on Health, Physical Activity, & Disability (NCHPAD); Allison Tubbs, NCHPAD; Alex Martinez, NCHPAD

The goal of Discover Inclusive Wellness is to promote the inclusion of children and youth with disabilities in school physical activity programs and to have a wellness policy that includes language that will ensure children with disabilities are not excluded. Come learn about six key concepts and tools and tips to consider when developing, implementing and evaluating the school wellness policies and CSPAP within your school and/or district.

Lionettes on the Move: Effects of a Progressive Running Program on Female Youth Ryan Green, Southeastern Louisiana University, LA; Holly Kihm, Southeastern Louisiana University

Seven female youth participated in a 14-week progressive running program facilitated by multiple university departments. This interprofessional work focused on running form, strength, and nutrition exercises during the weekly intervention sessions. Participants had an increase in steps, distance covered, and attitude toward physical activity.

Simulated Aquatic Recreation Kalie McKinley, Cane Run Elementary, LA

Would you like to share your passion of aquatic recreation with your students, but don't know how? Come learn how to simulate stand-up paddle boarding, surfing, and kayaking in the physical education setting without a water source through activity specific health-related fitness workouts and skill development progression.

ACE: Creating a Climate of Accountability, Community, and Engagement in the College Classroom Janet Forbess, University of Arkansas; Amanda Sullivan, University of Arkansas

Foster a community of learners through active engagement in a welcoming and safe environment while also maintaining accountability. Examples of activities will be presented.

Movement and Learning Connection Tami Shelley, Auburn University Montgomery, AL

This presentation will provide current research concerning the link between movement and learning. It will also provide suggested activities for various age levels to promote learning and productivity.

Pilates for Cross-Training Mary Margaret Scalici, UAB Institute for Arts in Medicine (AIM)

Pilates involves decompressing and aligning the spine, creating balance, ensuring freedom of movement for the entire body. With today's intense training regimens, the ten basic Pilates mat exercises are an effective way to incorporate cross-training for all athletes. This session will benefit athletes, dancers, and students in physical education programs.

Bringing Lacrosse to your Field Christina Courtney, University Laboratory School, LA

With an increase in the popularity of LAX in the United States, come learn how to build interest, increase confidence and incorporate developmentally appropriate skill practice and activities into LAX units for elementary through secondary students. OPEN your field up to something new.

Social Justice in Health Education Sarah Benes, Merrimack College, MA; Holly Alperin, University of New Hampshire

This session focuses on introducing participants to fundamental concepts related to social justice. This interactive workshop will help set a foundation for addressing social justice in health education practice and provide suggestions for continuing professional and personal growth.

Thursday 2/13/2020
4:15 PM – 5:15 PM

How Can I Help? Role of Health & Physical Education Teachers in the Opioid Crisis Kevin Lorson, Wright State University, OH

This session highlights the role of health and physical educators within a whole child approach to the opioid crisis. We will share a K-12 opioid prevention curriculum, teacher and administrator guides, tips for connecting with parents, and a professional development for teachers to Recognize, Reach Out, Refer and Recharge.

Functional Fitness Across Sport Seasons Anthony Smith, Charleston South University, SC

Although the need for athlete development through strength and conditioning is evident, many coaches have limited options for training athletes in their sport. This presentation will demonstrate how coaches can incorporate S&C into practice sessions throughout the year using the concept of Periodization.

Assessment and Grading: What's Fair? K-Lynn McKey, University of Louisiana at Lafayette; Ben Kern, University of Louisiana at Lafayette; Kathy Hill, Louisiana State University

Designing assessments and aligning them with your instruction are critical parts of the assessment process. Once that is done, how do you create rubrics and other instruments to score student performance and assign a fair grade, especially for large classes? This session covers all that and more!

Teacher Led Yoga: Behavior and Preception of a Second Grade Susan Shelley, University of Illinois at Urbana-Champaign

A mix-method study examined perceptions and on-task behavior following technology-led and teacher-led yoga breaks. Data were collected using SOSMART, interviews, and questionnaires for 77 students and 1 second grade teacher. Results suggest that although teacher-led delivery is preferred, on-task behavior post technology-led delivery was greater.

Putting Fitness into your Middle School Curriculum Allison Jackson, Samford University, AL; Laura Prior, University of Mississippi

National Standard 3 addresses physical fitness in the daily physical education program. The physically literate individual demonstrates knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. This presentation will give information regarding research and practical application for including fitness into the physical education curriculum.

Students Cheat Because They Can! Katherine Pebworth, Lincoln Memorial University, TN

Students cheat for many reasons: stress, lack of skills, to keep their scholarship, or they know they can get away with cheating. We don't discuss academic integrity in our classes or on our syllabi. Many students do not see what is wrong with plagiarism or are confused about the definition. Attend this session to learn strategies to address these issues.

Teaching Adapted PE For PETE Jean Ann Helm-Allen, University of North Alabama; Elizabeth A. Woodruff, University of Alabama; Oleg A. Sinelnikov, University of Alabama

This presentation will provide pedagogical content knowledge (PCK) for teaching adapted physical education using a variety of kinesthetic experiences for simulating learning disabilities, TBI/stroke, blindness and visual disabilities, spinal cord injuries and conditions, hearing impairments, cerebral palsy, and intellectual disabilities via a service learning format for instruction.

Using Colleen Wahl, Laban/Bartenieff Movement Studies to Recover From Surgery Lynne Edmondson, Retired, Alabama A&M University; BJ Santos, Albemarle County Lab School, VA; Gemma L. Sivetz, Alabama A&M University

This book was used as a modeling tool to regain use of the full body in a sequential manner that progressed through the skill set of body connections and body movements. Participants will go through those sequential movements together.

High Tech, Low Tech, YOUR Tech! Brian Devore, OPEN Professional Development Manager

This rapid-fire session takes attendees through multiple web based and app-based tools to enhance their teaching and productivity! Whether your teaching space is a gym or traditional classroom, you will walk out the door with multiple tools to try tomorrow!

Multisensory Instruction in PE: Pictures, Reading, and Verbal Rehearsal for Understanding Kristen Morgan, The University of Southern Mississippi; Joann P. Judge, The University of Southern Mississippi

Attendees will be introduced to and participate in multisensory instruction in physical education while meeting the K-12 grade level outcomes. Multisensory instruction combines pictures, reading, and verbal rehearsal from memory to support understanding and physical literacy. Target populations, resources, assessments, and research will also be discussed.

Friday 2/14/2020
8:00 AM - 9:00 AM

Neuromotor Exercise in Physical Education Erin Reilly, Auburn University Montgomery, AL; Tiffany Higginbotham, Body Logic PT and Wellness; Angela Russell, Hayden Friesen, Tami Shelley, and Laura Wildman, Auburn University Montgomery, AL

Research is clear that exercise is important for our brains. Learn how specific types of exercise can help address learning and behavior issues and how physical educators can help the growing number of children with mild sensory processing problems.

What's in a name? Using Language to Promote Disability Inclusion in your Classroom Cliff Cook, Lakeshore Foundation; Mary Allison Cook, Lakeshore Foundation

Adapted, adaptive, disabled, special - it can be confusing knowing what language to use when talking about disability. But language use is a vital component of disability inclusion. Learn about the history of language within the disability rights movement and how it influences inclusion in the classroom.

Teaching Online: Strategies for Organization and Encouraging Positive Class Climate Jenny Linker, North Dakota State University

This session will include basic strategies for teaching online with an emphasis on building a positive classroom climate and maintaining a teaching presence. Organizational strategies to enhance class flow will also be discussed. Lastly, instructional resources and apps will be demonstrated and participants will have the opportunity to share experiences.

Shape Up Your Assessment Game: Daily Assessments and Integrating Technology Stacia Miller, Midwestern State University, TX; Suzanne F. Lindt, Midwestern State University

They want me to assess daily AND use technology in Physical Education? Formative assessments and technology integration do not have to be difficult for teachers and students alike. Join us to find some easy solutions to this common problem. We will provide participants with ready to use tools and ideas.

Are You Ready For A Mission Impossible Cooperative Game? Jerry Honeycutt, Indian LandHigh/ADA Sports and Rackets
Attendees will participate in teams, while crossing a mine field and completing five levels.

What it Takes to Be the Best You Can Be Robert Sinibaldi, Retired, Pinellas County Schools, FL

A motivational presentation that fuses in philosophical underpinnings by a National PE Teacher of the Year that will show both new and seasoned PE teachers how to hone their skills and become the best they can be. Drawing from multiple outside paradigms, often overlooked components to professionalism will be considered.

Friday 2/14/2020
9:15 AM – 10:15 AM

Roles and Intentions: Identifying Influences of Teaching Styles on Kinesiology Student's Learning Style Characteristics William Hey, University of Louisiana Monroe

The purposes of this presentation are to identify strategies for creating and aligning class assignments that compliment kinesiology student learning styles, discuss ways to assess teaching styles and their impact on kinesiology student learning, and identify teacher and learner role, assignment intentions, and student learning styles.

Majors Club Fundraising 101 Brian Campbell, University of Louisiana at Lafayette

Fundraising is not only an important component to any majors club, but it is becoming increasingly difficult to generate much needed impact funds. This session will go over pros and cons of common fundraisers as well as delve into new strategies such as dancing with the stars, lip sync battles, and campaign fundraising via letter writing. Q & A will allow specific questions for fundraising advice and mentoring.

Perceived Benefits to and Perceptions of an All-Female Multi-Day Grand Canyon Backpacking Expedition using Leisure-Time Physical Activity (LTPA) as a Training Motivation Britnee Smith, Delta State University, MS; Todd Davis, Delta State University, MS

This unique research project sought to: 1) study aspects of motivational influences that support female participation in outdoor recreation adventure choices, 2) assess perspectives and group dynamics associated with an all-female Grand Canyon backpacking expedition, and 3) evaluate the use of a mega-outdoor adventure expedition as a training goal and tool to enhance physical fitness training during leisure-time physical activity (LTPA).

The Perfect Mix of Fun and Physical Literacy! Adam Mullis, Crayton Middle School, SC

After attending this session, attendees will leave with a plethora of ideas to incorporate into their Physical Education program to create Physical Literate Individuals. When attending this session, individuals will understand how to incorporate Gamification and Teaching Games for Understanding into a Middle School Physical Education Program.

Advocacy "When I Get Around to it!" Kym Kirby, Lander University, SC

Advocacy must be purposeful and intentional. We cannot wait for someone else to be our advocate or wait until we get around to it if we want to impact change. This round-table discussion will help the practitioner begin to focus on the who, why, when, where of advocacy.

Mental Health and PE: Equipping Physical Educators to Respond to Student Mental Health Needs Dayna Watson, University of Alabama at Birmingham

Students' mental health needs can manifest in a variety of behavioral symptoms in the gym and on the field. The purpose of this session is to provide an overview of student mental health and to discuss practical strategies physical educators can use to respond to students experiencing a mental health need.

Partnership between SEL and ABL Carol Smith, Elon University, NC; Tecca Kilmer, Turkey Creek Middle School, FL; Sue Sutherland, The Ohio State University; Anne Wiggin, Retired, NC

Social and Emotional Learning (SEL) is a vital segment of K-12 education with states presently incorporating learning goals and/or standards. Join us to learn how adventure based learning (ABL) curriculum can develop SEL competencies in K-12 students. We will introduce SEL through engaging and developmentally appropriate activities.

GenZ PE Amy Wheeler, Loudon County Public Schools, VA; Mark Arrington, Madison County High School, VA

This innovative approach to the classic Sport Education Model offers an instructional method that goes beyond traditional sports roles to incorporate workplace competencies and foster a community dynamic within the class. This variation puts our Generation Z students in roles that intentionally highlight 21st century career-readiness skills and overall wellness.

"Cross the River" Lori Scheck, Kennesaw State University, GA

This is a cooperative learning game for all levels, integrating mental and emotional health concepts and physical education. Respecting self and others, trust, goal setting, decision making and problem solving skills, as well as teamwork are all addressed while participating in this activity. The game also provides opportunities for students to enhance their self-esteem and challenge their personal development as they consider their perceived limitations.

Move It in the Hallways! Creating Sensory Hallways Rebecca Peterson, Rocky Ridge Elementary, AL; Amy Willis, Rocky Ridge Elementary, AL; Emily Sanderson, Pathways Counseling

Creating sensory hallways in your school will be discussed with a team of teachers and community resource experts. Learn about funding, planning, placement, and implementation of a sensory hallway for all students. Students with special needs benefit but so do many other students. The use of zones of regulation and how sensory hallways help students will also be discussed.

Research Posters

Biomechanics, Exercise Physiology

The Influence of Muscle Fatigue and Field Mechanical Properties on Muscle Activation and Recruitment Patterns During Short Distance Sprints, Austin Davis, Kennesaw State University

Exercise Physiology

Aerobic Exercise and S-Klotho Effects on Cardiovascular Disease Patients, Moran Saghiv, TJ Exford, North Carolina A&T State University

Health Benefits and Cost of the Ketogenic Diet – An Exercise Physiologist’s Perspective, William Davis, Jamie Gilbert, Athens State University

Health

Healthy Eating Active Living (HEAL) Alabama: An Intervention Study, Charity Bryan, Kennesaw State University; Donna Dunaway, Samford University; Donna Hester, Alabama State Association for Health, Physical Education, Recreation, and Dance

Health Literacy: Where is the Information Roadblock? Melody Knight, and Lorraine Killion, Texas A&M University-Kingsville

A Key Event in Promoting Physical Activity in African American College Females, TJ Exford, North Carolina A&T State University; Bernadette Williams-York, University of Seattle Washington, and Diana Melton, North Carolina A&T State University

Pedagogy

Competition in the Classroom: Student Perceptions of a Gamified Sport Education Season, Claire Mowling, University of Alabama at Birmingham

Physical Literacy: Definitions, Assessments, and Interventions, Yang Liu and Senlin Chen, Louisiana State University

Elementary Education Majors’ Self-Efficacy Toward Integrating Movement into the Elementary Classroom, Susan A. Shelley, Shannon Pennington, Elizabeth Mason, Raja Amjod, and K. Andrew R. Richards, University of Illinois at Urbana-Champaign

The Impact of Bullying on Physical Activity Among Children: A Systematic Review, Mengyi Wei, Kim C. Graber, University of Illinois at Urbana-Champaign

Sustained Effects of the San Luis Valley Physical Education Academy: A Three Year Follow-up Study, Ben Kern, University of Louisiana Lafayette; Doug Ellison, Kent State University; Chad Killian, Georgia State University; Kim C. Graber, University of Illinois at Urbana-Champaign; Elaine Belansky, University of Denver; Nicholas Cutforth, University of Denver; Amelia Mays Woods, University of Illinois at Urbana-Champaign

Sociological Aspects of Physical Activity, Leisure/Recreation

Urban Elementary Girls’ Perspectives on Physical Activity, Myia L.Graves, Southeastern Louisiana University; Laura A. Nabors, University of Cincinnati; Amy L. Bernard, University of Cincinnati; Rebecca A. Vidourek, University of Cincinnati

Sociological/Historical Aspects of Physical Activity

General Attitudes and Perceptions of Body Image in Senior Adults Participating in Organized Recreational Activities, Ashley Bowers, Keri Larsen, Mayia Graves, and Valerie Saba, Southeastern Louisiana University

Special Populations in Physical Education

Pilot: Teaching Motor Skills with a Multisensory Method for Students with Language Disabilities, Kristen Morgan, Joann P. Judge, and Susan Perry, The University of Southern Mississippi

The Effect of Unified Flag Football Program on Executive Function in Young Adults with Intellectual Disabilities, Chen, C.-C. (JJ), Ryuh, Y-J, Mississippi State University

Sport and Exercise Psychology

Effect of a 6-week Family Wellness Intervention: A Pilot Study, Jennifer Willett, Cherylyn McLester, Kennesaw State University; Jayme Gibson, One Big Heart Foundation

Sport Management/Administration

From Reactive to Proactive: How You Can Move Transgender Student Public School Accommodations Forward, Angie Smith-Nix, University of Arkansas

Friday 2/14/2020
10:30 AM – 11:30 AM

A Compendium of Resources for Inclusive Physical Education Alex Martinez, National Center on Health, Physical Activity, & Disability (NCHPAD); Penny Edwards, (NCHPAD); Allison Tubbs (NCHPAD)

Inclusive physical education provides an opportunity for all students to learn knowledge and skills to be physically active and to adopt lifelong healthy behaviors. This session highlights resources to promote inclusive physical education developed by the National Center on Health and Physical Activity and Disability (NCHPAD).

Targeting the Appropriate Energy System when Conditioning your Athletes Mike Hales, Kennesaw State University, GA; John D. Johnson II, Kennesaw State University, GA

The body has several different methods of getting energy. Different ratios of work to rest periods call upon different energy systems and cause specific adaptations. Therefore, a metabolic conditioning program should be based on desired outcomes specific to the sport and an individual's level of fitness. Designing a conditioning program follows a specific process consisting of scientific based protocols.

Tuffs: Tennessee Urban Fishing in Schools Wayne Hines, East Nashville Magnet School, TN

Learn from a proven method on how to teach your students to fish even in an urban setting. Bass Pro Shop/ Outdoor World partners with the local school to bring fishing to every student. Wayne Hines teaches the fine art of fishing with a rod and reel.

Curriculum Initiatives in Undergraduate Kinesiology, Health, and Physical Education: Meeting Unique Needs of the Nontraditional Undergraduate Student Jamie Gilbert, Athens State University, AL; William Davis, Athens State University, AL

Undergraduate student demographics are continuously evolving with adult, transfer, and nontraditional students making up a large percentage of the student population. This session will detail curriculum structure and initiatives in kinesiology, health, and physical education used to meet the needs of this nontraditional student population to enhance the likelihood of degree completion and teacher certification.

Dance and Drum for Fitness Angela Smith-Nix, University of Arkansas, AR

Attendees will participate in fitness activities of dance and drumming that can be incorporated to their curriculum. The dances will be styled with techniques of Tabatta, Fitness Drumming and International Dance with adjustments for K-12 students. Video links and how to create videos to increase learning and confidence in performing dance routines and components will be provided.

Project Based Learning & PE Maria McKeown, Roanoke County Schools, VA; Allison Angell, Elizabeth Strawn, Roanoke County Public Schools, VA

Looking for a way to get students to work collaboratively, problem solve and actively learn about fitness? PBL is a dynamic approach to engage students to think outside the box. Take back ready to use designs and a PBL template to enhance the creativity in your classroom.

Are You Ready For Some Modified Badminton, Tennis, Pickleball AND Ping Pong Combination? Jerry Honeycutt, Indian Land High/ADA Sports and Rackets

Attendees will participate and learn skills/modified games that can be played indoor/outdoor with little space or equipment.

Physical Literacy and Practical Applications for Physical Education Brianna Killough, Troy University, AL; Anthony Rhodes, J. Brandon Sluder, Troy University, AL

The purpose of this presentation is to provide physical educators with a clear definition of physical literacy and what it means to be physically literate. The presentation will also provide practical applications to achieve the cognitive, affective, and psychomotor domains in physical education to develop physically literate students.

School Wellness-Successes and Lessons Learned Sherri Huff, Birmingham City Schools, AL; Penny Edwards, National Center for Health, Physical Activity and Disability (NCHPAD); Connie Dacus, Alabama State University, Johnathan Thompson, Alabama State Department of Education; Alex Martinez, NCHPAD

WSSC, ESSA, Final Rule, CSPAP, and the list goes on around terms we hear on a regular basis. What are they, what do they mean for physical education? How do school wellness and physical education relate? This session will review the lessons learned from schools and districts in Alabama as well as their success stories. Individuals will share how to navigate the waters, make a plan and help you see how your simple plan can address all these and lead to similar successes. It's a session you won't want to miss.

Friday 2/14/2020
11:45 AM – 12:45 PM

Skills-Based Health Education For Beginners Holly Alperin, University of New Hampshire; Sarah Benes, Merrimack College, MA

Are you new to skills-based health education? Have you heard about it but don't really know where to start? If you answered yes, this is the session for you. We will cover the basics of a skills-based approach to get you started on your skills-based journey!

Self-Determination as a Means for Leadership and Motivation of the Athlete and Coach Stephen Smith, University of Lynchburg, VA

This presentation will examine self-determination as a theoretical construct for creating a positive coaching environment as a coach to help enhance perceptions of competence, autonomy, and relatedness for your athletes.

Large Group Games Charlotte Kelso, Dekalb County Schools, GA; Anne Wiggin, Retired, NC

With the increase in class size for physical education, come and explore many large group activities that cover many standards. The games are creative, a refresher and an opportunity to have students active, thinking and leading. We will address space, adventure based learning and fun in numbers.

Ready, Set, Grow! Laura Wildman, Auburn University Montgomery, AL

How to get children ages birth-5 "ready" for physical expectations in school. How to ensure they are "set" for the age appropriate activities they will engage in during school. Watch them "grow" by using assessments that are meaningful and track progress in all areas of development.

Dance Toolbox BJ Santos, Albemarle County Lab School, VA

The dance toolbox contains the basic tools needed to empower students to create their own dance. By understanding how to map the music and layering the elements of dance on basic locomotor and non-locomotor movements, a dance is born.

Ignite, Engage, Activate, and Motivate! Joanna Faerber, EatMoveGrow, LA; Christina Courtney, University Laboratory School, LA

Join in this fast-paced and ever-evolving session as veteran physical educator and coach from elementary and secondary levels share favorite tricks of the trade! Fun fitness, dances, management techniques, awesome authentic assessments, funky equipment, and more will be shared in this whirlwind session. Come have a blast while pumping up your PE program with some new hits!

Large Group Games for Secondary PE Karen Saffles-Slater, Bradley County Schools, TN; Jessica Stone, Walker Valley High School, TN; Sherry Miller Ocoee Middle School, TN

This session will demonstrate our student favorites and best large group games from our secondary physical education programs in Bradley County Schools.