

## 2019 ASAPERD Fall Conference Program as of 11-13-2019

### Sunday, November 17

#### 1:00 – 4:00

##### **American Red Cross First Aid/CPR/AED Recertification Course - Ron Ashley, Michael Snapp**

Refresher course for Basic First Aid training: Participants will refresh and enhance their knowledge and skills of how to provide appropriate care for injuries and emergencies and how to perform CPR and use an AED as required. Fee is \$35 for ARC recertification.

##### **Health Education: Get Your Students Engaged! Resources Galore! Come hear how we get our students PREPARED for a Healthy LIFE - Sherri Huff, Adrian Ware**

Health education is one of the most important classes a student will participate in to learn how to maintain a healthy lifestyle. Not only do they need to be educated on the facts they need to have resources to assist them being successful. This session will provide programs and resources that will support classroom engagement and keep them focused on learning what is necessary to stay healthy teaching them how to make smart, factual and educated choices

##### **Tools for Creating a Winning Team Culture - Greg Williams, Jessica Braswell**

Winning 5 National Championships and multiple conference championships isn't just done in the arena or on the field. Achieving a worthwhile vision or goal has several pieces in a process that must be included.

##### **Physical Education Hacks: How to Create an Awesome Physical Education Program - Ben Landers**

This session is an overview of tips, tricks and strategies to help you run a physical education program that you're proud of. My personal experience is the K-5th area, but many of the things we'll talk about will be applicable to any age group. I hope this session reduces your stress levels, enables you to create some good systems and helps you develop an awesome classroom management strategy.

##### **High School & Middle School Courses of Study-What is New? - Allison Jackson, Charlotte Beasley, Jonathan Thompson**

The 2019 Alabama Course of Study is a brand-new document that has been updated and improved for teachers across the state. Come hear and see the changes and see some suggested activities of how to align the standards to the course of study. This three-hour workshop will present middle and high school content with activity.

### Sunday, November 17

#### 5:00 – 7:00

##### **Future Professionals Social**

### Monday, November 18

#### 8:00 – 9:00

##### **Social Health and the Secondary Student: Teaching Online Safety - Jamie Gilbert, William Davis**

Teaching today's digital natives may prove challenging for some secondary health teachers. Social health, etiquette, online safety and appropriate online presence is often overlooked in already robust health curriculum to convey the importance of online footprints and their benefits and implications of the future.

##### **Become an Overcomer - Dana Bryant**

As coaches, our focus is often on WIN, WIN, WIN. However, winning does not happen until we first teach our players to be overcomers. The court is a place to teach important life lessons such as overcoming failure, pressing through, having a vision and a goal, putting others first and how to be a great teammate.

##### **Let's Talk About Teaching At-Risk Youth - Jeanine Fittipaldi-Wert**

This presentation will focus on simple strategies that can dramatically help at-risk youth succeed in physical education. It is important to take a proactive approach to develop trusting relationships. Time will be allotted for real life problems and solutions.

##### **Using Technology to Increase African American Female Teenage Aerobic Capacity Scores on the FitnessGram - Richard Jowers**

How did I get African American female teenage students to increase Fitnessgram Scores? If you attend this presentation you will learn engagement strategies and the use of technology.

##### **A Public Health Epidemic: E-Cigarettes, VAPE, JUUL - Susan Walley**

E-Cigarettes, Vape and JUUL usages has gained popularity among our youth. Many view these products as a healthy alternative to using cigarettes, though that is not necessarily the case. Learn about the risks associated with usage and why this has become a public health epidemic.

### **Dose Response to One-Week of Supplementation of a Multi-Ingredient Pre-Workout Supplement Containing Caffeine - Majid Koozehchian**

Nutritional supplement intended for pre-exercise consumption may improve cognitive function and/or resistance exercise performance. Consequently, several nutritional strategies have been developed to optimize nutrient delivery before exercise. I will be presenting the data on the effects of ingesting a preworkout supplement for 7-days on exercise performance and cognitive function.

### **Inclusion in Physical Education Meaningful and Consistent - Jill Burt**

We will discuss how to meaningfully include students of ALL ABILITY levels in physical education. We will discuss the differences in complete exclusion and functional inclusion and how to better our programs to be fully inclusive.

### **Lacrosse: Start to Finish - Ryan Rust**

In this session I will show you how to teach a lacrosse unit from beginning to end. Introducing the students to skills, learning game-play strategies and progression towards small sided games is the focus a great lacrosse unit. If you're new to the game or are looking to introduce students who are, this session will show you how to break it down and build it up.

### **How to Teach a Jump Rope Unit Using Animated GIFS - Ben Landers**

In this activity session we will go over what a 4-week K-5th jump rope unit looks like from state to finish (this unit works great for middle and high school as well). Participants will leave with practical activities and ideas that they can implement during their next jump rope unit. We will also discuss and examine examples of using Animated GIFS and Follow the Leader videos to provide great visuals for students. You will also get a free digital download of a Jump Rope Trick Poster!

### **TIE This on For Size! - Jon Allen, Jean Ann Helms Allen, Elizabeth Woodruff**

This session is an expansion on last year's Fishing for a New Unit where we will focus on the manipulative skill development that is required for students to be successful with fishing.

### **Increasing Moderate to Vigorous Physical Activity (MVPA) While Using IHT Zone Heart Monitors - Eric Larson**

Utilizing evidence-based strategies can increase Moderate to Vigorous Activity (MVPA) in physical education class. Learn how effective management of students, IHT Spirt technology, equipment and instructional time can yield more activity for your students. Modify existing activities to increase MVPA and learn the operation of Iht Zones functions.

## **Monday, November 18**

### **9:10-10:10**

#### **Sex Education: What Are WE Offering and Are We Doing Enough? - Charlie Gibbons**

A new Sex Education Bill has passed in Alabama and Charlie Gibbons will provide you with all the details surrounding it. Learn why teaching sex education is important to our youth and how you can teach all the required components in an invigorating way.

#### **Practitioner Based Philosophy: Academic Approach to Experiential Learning in the Sport and Recreation Industry - Allen Gilbert, Tom Anderson**

JSU's approach to incorporating real world applications into the academic curriculum.

#### **Tips and Tricks for Passing edTPA - Debbie Fly**

Are you going to need to submit and pass edTPA to receive your teaching certificate? Tips and tricks for passing edTPA will be shared by an experienced edTPA Coordinator. Come learn how to make his process easy and smooth while being successful on the first attempt.

#### **Blue Cross Blue Shield of Alabama Grant and Fitness Program - Heidi Ramey, Jeff Adams**

Learn how your school can apply for up to \$10,000 in grant money for your physical education department. Find out more about Alabama Walk @ School Day and how to plan engaging fitness event for your school.

#### **Servant Leadership in Higher Education: A Self-Determination Theory Framework - Andrew Mauldin, Patrick Shremshock**

Leadership style in higher education is a crucial factor determining the quality of course work that a student is receiving. It is imperative that instructors meet the basic psychological needs of their students for them to receive the benefits of this course. This study examines how Servant Leadership will be an ideal leadership style in higher education.

#### **Phi Epsilon Kappa National Honor Society: Who We Are and How to Start a Chapter at Your Institution - Donnie Andrew**

Phi Epsilon Kappa Fraternity is a national professional fraternity for persons engaged in or pursuing careers in physical education, health, recreation, dance, human performance, exercise science, sports medicine and sports management. Membership is open to persons interested in the purposes of the Fraternity and in providing time and energy for the benefit of these areas.

### **Keeps Kids in the Game: A Panel Discussion on Athlete Burnout - Kristie Harris**

Athlete burnout-all coaches have to deal with it at some point. But why does it happen and what can we do to prevent it? We will look at research investigating the Theory of Self-Determination and how it relates to athlete burnout. An open panel discussion will follow.

### **Even More...Critical and Creative PE Activities with Foam Balls - George Blessing**

Participants will explore an array of activities utilizing foam coated balls to bring critical and creative thinking into their PE curriculum. Activities include individual, partner and group fitness, games and cooperative endeavors. This is a fast-paced glimpse to create multiple and enjoyable uses of our Super Squish Balls!

### **Tennis: A Sport for Life! No Strings Attached - Suzanne Stone, Keith Wilson**

Net Generation provides everything to start a school tennis program! This interactive session shows how to transform an area where students can experience life-long tennis activities. Samples of the new Net Generation curriculum will be provided. Learn how to acquire the curriculum and equipment at no cost!

### **Increasing Moderate to Vigorous Physical Activity (MVPA) While Using IHT Zone Heart Monitors, Part 2 - Eric Larson**

Continuation of 12:45 session.

## **Monday, November 18**

**10:20 – 11:45**

**ASAHPERD General Session – Keynote by Dr. Kathy Murphy, Hoover City Schools**

## **Monday, November 18**

**12:00 – 12:45**

**HEAL Luncheon**

**Past Presidents' Luncheon**

## **Monday, November 18**

**1:00 – 2:00**

**Personal Safety 101 - Sarah Toth**

According to the FBI, 75% of women will fall victim to violent crime during their lifetimes. Learn specific tips and tactics to avoid dangerous situations. Develop situational awareness and have a personal safety plan in place before you need it. Gain new skills, be proactive and avoid being a victim.

### **Run, Hide, Fight: Active Shooter Training Introduction - Chad Dyer**

This session will be an introduction to the Run, Hide, Fight: Active Shooter Training. This program will cover some of the information in this program and will allow attendees to schedule the full program at their school or facility if they would like to know more.

### **edTPA Part 1: Guiding Students, the Professor's View - Candice Howard-Shaughnessy, Ellen Martin**

With the new Alabama State Department of Education edTPA requirements, physical education teacher candidates are required to successfully complete edTPA for teacher certification. This session will be a round table discussion of how to guide and prepare teacher candidates to submit edTPA materials and successfully complete all necessary requirements.

### **Bingocise: Using Bingo to Increase Physical Activity and Health Education Among Older Adults - Brett Davis**

Bingocize is an evidence-based program that combines bingo with exercise and health education. The program has been shown to increase older adult's functional fitness, health knowledge and social engagement in variety of settings.

### **Not Included in the IEP Process - Allison Tubbs, Penny Edwards**

This session is designed to help you navigate the IEP process and to provide tips and strategies to allow the teacher to become an integral part of this process and to become an advocate for students with IEP's.

### **Calling ALL Athletes: Promoting Inclusion in Sport/Physical Activity - Corey Skelton**

A discussion about common barriers for individuals with disabilities and lack of participation in sport/physical activity. A focus on creating improved adherences to participation and cultivate independence across a lifespan.

### **It's All in the Cards: Games to Play Before, During and After School, Part 1 - Pam Powers**

This session will explore games and activities that can easily be incorporated into physical education, before and after school programs and the mainstream classroom. Participants will learn about the value in creating an active school environment through cross-curricular lessons and activities.

**Health.Moves.Minds in Action - Ann Paulls-Neel**

This session will highlight the benefits of the health.moves.minds program sharing, pictures, stories, rewards and challenges. Time will be spent participating in and demonstrating lessons from the program. Participant will gain a better understanding of this new program and how to implement into their school.

**Children Stress Management-Holistic Approach - Jacquelyn Allen**

Learn simple techniques to introduce meditation to children stress relief. This session will provide deep breathing and meditation techniques including a demonstration that be easily incorporated into the classroom.

**My Favorite Gamified PE Games - Ben Landers**

In this session experience a few of Ben's all-time favorite Gamified PE Games. Experience through play how using the levels approach is motivating to students and creates an ideal learning environment for teachers to help students understand concepts and progress slowly through different skills and activities.

**Monday, November 18****2:10 – 3:10****Eat to Win on a Plant Powered Diet - Sarah Toth**

End your struggle with low energy by fueling up on plants! Decrease risk for and reverse chronic disease. Overcome myths such as "what about protein? Or, I could never give up bacon and cheese! Learn the research, simple hacks and recipes to get started on the road to lifelong health.

**The First Year Teacher-What Do You DO? - Justin Wiley, Candice Russell**

This is a discussion on things that can happen during your first year of teaching. You will learn about the do's and don'ts from activities all the way to incidents. Open questions are welcomed.

**EdTPA Part 2: The Teacher Candidate's View - Michele Moore, Brianna Killough**

Teacher candidates continuously learn about edTPA requirements and how to apply them in physical education. This session will be a round table discussion for undergraduate and graduate teacher education candidates to discuss ways in which to meet criteria for edTPA and how they are using their knowledge and competencies in physical education to successfully pass edTPA.

**Empowering Physical Education Interns: Strategies for Cooperating Teacher Supervision - Jamie Brunson**

Physical Education (PE) is suggested to be a strong medium by which to develop the whole child within and through our teaching. This session seeks to provide pragmatic examples of how PE, through movement education can strengthen cross curricula learning and in turn, the development of the whole child.

**Hot Topics in Athletics: Parents, Social Media and Other Program Guidelines - Tonnie Glover, Brenda Vinson**

This session will be an open discussion for coaches to give their insights on the details of managing the teams we coach to include program rules that have proven to be beneficial in dealing with parents, social media and other hot topics.

**Revisiting Energy Expenditure Measurement and Population-based Requirements - Andrew Newton**

Presentation of data assessing energy expenditure post-resistance training in college students and follow-up examining practical measurement of energy expenditure, its basis in health and weight maintenance and methods of time-based optimization.

**Game On! - Ben Kaplan**

This session will present information about a fun and fantastic fitness fundraiser that combines the ease of an online donation platform with the thrill of a school site DAY OF AWESOMENESS featuring our interactive Obstacle Course inspired by the TV shows WIPEOUT and AMERICAN NINJA WARRIOR!

**It's All in the Cards: Games to Play Before, During and After Schools, Part 2 - Pam Powers**

Continuation of 12:45 session. This session will explore games and activities that can easily be incorporated into physical education, before and after schools programs and the mainstream classroom. Participants will learn about the value in creating an active school environment through cross-curricular lessons and activities.

**Games on the Go! - Jean Ann Helm Allen, Jon Allen, Elizabeth Woodruff**

Love playing lawn games outside? Miss games from your childhood? Need help with ideas for Field Day? Setting up games at a school carnival? If you answered "yes" to any of these questions then Let's Go! This session will provide ideas for a variety of games that you can play anywhere with inexpensive equipment.

**New Physical Education Course of Study: Elementary - Cindy O'Brien, Becky Peterson**

Come find out about the new Physical Education Course of Study from two elementary Physical Education teachers!

### **Testing Engaged - Kamron Graham**

Do you have students that struggle with taking state tests? Do you hear their teachers say they don't know how to get them prepared? There are many ways to put classroom content into physical education lessons that make learning the test material more fun. Let's ban together and make our students more successful!

### **Monday, November 18**

#### **3:20 – 4:20**

#### **Jones Valley Teaching Farm "Good School Food" Program - Jerone Wiggins**

Jones Valley Teaching Farm offers a hand-on, food-based educational model called "Good School Food." This program operates on seven teaching farms throughout Birmingham. Come learn how students (pre K-12) use food, farming and culinary arts as a foundation for academic exploration.

#### **Data Driven MVPA: Measure, Don't Guess, Moderate to Vigorous Physical Activity - Joe Gooden**

Physical activity technology, when paired with instructional strategies like Smart PE and engaging activities, can be used to help our students become more physically literate and reach MVPA goals. Participants will leave this session knowing how to use instructional strategies for using and teaching to technology, and engaging movement activities to allow for personalized learning experiences for all students.

#### **Teaching SEL Skills in the Physical Education Classroom - Cindy O'Brien, Zak Jones**

This session is focused on incorporating social and emotional learning skills into your elementary physical education curriculum. This session will give practical ways to include these skills into your everyday teaching practices.

#### **Fuel Up for Performance: Peri-competition Nutrition Strategies - Wade Grady**

A discussion of evidence-based nutrition strategies to fuel performance and enhance recovery.

#### **Only From GOPHER: Action Games and Activities - Brad Williams**

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!

#### **Cutthroat Frisbee - Patrick Shremshock**

What is Cutthroat Frisbee? Imagine Disc Golf and Hockey came crashing together and became some new...something fun and new that can be played indoors and out with little preparation. Easy to teach and even easier to play. Be ready to run, jump, throw, block and hop! We're Gonna Play Cutthroat!

#### **Athletics and Recreation for Youth with a Physical Disability at Lakeshore Foundation - Meagan Rowe, Jessica Klamut, John Gautsch, Lauren Cherney**

Presenters will discuss different adapted sport and recreation activities facilitated by Lakeshore Foundation. Learn how to lead inclusive sport and recreation programs and different strategies used when planning and facilitating for a diverse group of youth. Local, national and online resources that are helpful when planning an activity will be covered.

### **Monday, November 18**

#### **4:30 – 5:30**

#### **Awards Celebration**

#### **5:30 – 7:00**

#### **President's Social & Silent Auction**

### **Tuesday, November 19**

#### **8:00 – 9:00**

#### **Engaging the Unengaged with Serious Fun - Anna Threadcraft**

The Director of Employee Wellness at UAB, Anna Threadcraft, will provide strategies to improve employee wellness engagement/participation within your organization. By highlighting programs that have worked well at UAB, Anna will help them work for you. This is a seriously fun session that will keep you engaged!

#### **Teaching SEL Skills in the Physical Education Classroom - Cindy O'Brien, Zak Jones (Repeated session)**

This session is focused on incorporating social and emotional learning skills into your elementary physical education curriculum. This session will give practical ways to include these skills into your everyday teaching practices.

**Addressing Student Mental Health in the Gym: A Blue-Print for Physical Education Training Programs - Dayna Watson, Claire Mowling**

This presentation will provide an overview of common childhood and adolescent mental health needs, identify the roles physical educators can play in addressing student mental health needs and present a blueprint for physical education training programs to use when incorporating the important topic of mental health into their program curriculum.

**Diabetes in Sport and Exercise - Rebecca Stinchcomb**

A discussion of the prevalence of diabetes in sports and exercise, as well as strategies for recognition and management of episodes in students with diabetes.

**Physical Education Course of Study: Middle/Secondary - Allison Jackson, Sherri Huff, Autumn Smith**

This session will provide teachers with where to get a copy, the standards, position statements and elective courses for high school. A basic overview will be provided with a question and answer session for grades 6-12.

**Pump Up Your Pre-K Program - Erin Reilly, Andria Walker**

Fun, kid-tested, games, exercise and activities for Pre-K. Tips for managing this age group will be part of the presentation. All activities meet pre-K standards for physical activity and are designed to help get children's bodies and brains ready for kindergarten.

**Adaptive Trykes with AMBUCS - Greg Echols, Kathryn Coltrane, Debra Bailey**

Learn the different styles of trykes offered and how to adapt for multiple children. Demonstration on how bikes are used in an adaptive PE class. Information will be provided on the application process and how AMBUCS can facilitate in getting adaptive bicycles in your school.

**Racket Skills...No Nets...No Courts...NO PROBLEM! - George Blessing**

Engage in various methods and activities designed to meet standards, provide meaningful instruction, enhance social engagement and even fun and enjoyment while reinforcing racket skills. Participate in individual, partner and group tennis, badminton and pickleball activities all without courts or nets!!

**National/Alabama Archery in Schools Program - Anthony Butts, Micah Roberson, Michael Bloxom**

The National Archery in the Schools Program is an in-school program aimed at improving educational performance among students in grades 4-12. Through the program students are learning focus, self-control, discipline, patience and the life lessons required to be successful in the classroom and in life.

**Tuesday, November 19**

**9:10 – 10:10**

**Made in the SHADE - Carol Garrett**

Current estimates are that 1 in 5 Americans will develop skin cancer in their lifetimes. Virtually all skin cancers are preventable if skin is protected from UV radiation. Learn how your public school can receive funds to install shade structures outdoors to promote sun-safety/skin cancer awareness and prevention.

**You Can't Pour from an Empty Cup - Ginger Aaron-Brush**

Educator burnout is a real issue with high percentages of teachers reporting stress and exhaustion. During this session, the presenter will share her personal story on finding balance in a busy world. Discussion will center around mindfulness, creating a self-care ritual and connection with positive influences.

**Second Annual Quiz Bowl - Claire Mowling, Sandra Sims**

The 2nd Annual Future Professionals Quiz Bowl invites university affiliated teams to compete for bragging rights. Teams will answer questions related to physical education and health. The winners will go home with a trophy. Compete if you dare!

**Can't We All Just Get Along? - Kristie Harris**

One of the 3 domains of physical education is Social or "Affective" Development. This session will describe some classroom strategies for how to help your middle school students engage in behaviors that lead to a more inclusive environment.

**Minimalist Style Boots Improves Running but Not Walking Economy in Trained Males - Montia Pace**

In trained men, 1000 g/pair minimalist style boots (MIN) resulted in improvements of approximately 3% to 5% for running economy and respiratory exchange ratio versus 1600 g/pair traditional boots while wearing a 16 kg kit. Perceptual responses, including comfort, also favored MIN. These effects were not found at a walking pace.

**Exercise and Nutrition Considerations for the Performance Arts Athlete - Paige Davis**

A discussion of exercise and nutrition strategies to minimize injury and increase dance performance.

### **Retire SMART-Ready or Not - Johnny Rosier**

Overview of RSA and how it works, Social Security Benefits, 403b/457 plans and taxation of these benefits.

### **The Rhythm of Life: Movement and Dance for All - Pam Powers**

This active participation session will explore easy ways to implement movement to music with students. By using easy to learn choreography, steps can be assembled to create movement patterns. A variety of styles and activities will be shared. Participants will learn about how to access all the lessons included in this session and many more for FREE through the OPEN online curriculum.

### **Cross Curricular Learning in Physical Education - Jamie Brunson, Chris Mellor, Hayden Mitchell**

Formal education and schooling is a moral enterprise and it is our duty to develop the whole child within and through our teaching. Physical Education (PE) is suggested to be a strong medium by which this development can consistently and unapologetically occur. Therefore, this session seeks to provide pragmatic examples of how PE, through movement education can strengthen cross curricula learning and in turn, the development of the whole child.

### **Nordic Walking: Turn Walking Into a Full-Body Sport and Exercise for Life - Leroy Hurt**

Nordic Walking looks like cross-country skiing without skis and snow, turning walking into a full-body activity. It's especially suitable for active agers and those with joint issues and chronic conditions, however, all ages can participate. Attendees will learn Nordic Walking history and practice the techniques along with other supplemental exercises. Poles will be provided.

### **Don't County Me Out! I Can Participate - Kamron Graham**

Students in Adapted/General Physical Education can participate in every lesson planned! With a little extra thought and planning, every student is able participate with their peers in physical education and get the exercise necessary for a healthy mind and body. Every student deserves the chance to move and have fun in physical education; we as educators just have to be creative.

### **Research Posters Session - Jean Ann Helm Allen, president**

## **Tuesday, November 19**

### **10:20 – 10:50**

#### **Assembly of Members Meetings**

Attend your area of interest meeting to learn what's new in your profession. ASAPERD uses the feedback and input provided to determine goals and activities. Want your voice and ideas to be heard? Attend this session!

## **Tuesday, November 19**

### **11:00 – 12:00**

#### **10 Ways to Motivate Learning in a Skills-Based Health Class - Mary McCarley**

Join SHAPE America's 2016 Southern District Health Teacher of the Year, Mary McCarley, as she shares skills-based activities, assessments and strategies that introduce a lesson and motivate students. Teachers will leave with 10 new activities and an up-to-date skills-based health textbook and online resources.

#### **Athletic Department Organization with Technology: Using Technology to Keep Your Athletes Safe - Clint Sanders**

At DragonFly Athletics, we partner with schools and athletic associations to develop technologies that help users maintain a strong organizational structure. Our software opens line of communication, engages parents to be more active in their child's athletic activity and captures the most vital information to keep athletes safe during participation. Our session will introduce ways that technology can produce more efficient and effective coaches and athletic directors.

#### **ACEing Autism: Using Behavioral Supports During an Adapted Tennis Programs to Increase On-Task Behavior for Children with Autism Spectrum Disorder - Lori Favoretto**

Presenters will describe behavioral strategies based Applied Behavior Analysis (ABA) implemented during an adapted tennis program with ASD (ACEing Autism). ABA strategies include: 1-social stories; 2-checklist; 3-modeling; 4-token system and feedback. Physical educators and recreation specialists will hear specific examples used or adapted to facilitate physical activity and sports participation in children with ASD.

#### **Opportunities for Athletes in the State Games Model - Dean Kelly**

The Alabama State Games is a part of the National Congress of State Games and provides an opportunity for athletes of all ages, skill levels and abilities to participate in an Olympic-style event in one or more of the 30 sports offered. Sports range from Track and Field to Swimming, Tennis, Pickleball and Soccer, just as examples.

#### **The Ultimate Guide to Landing That First Job After College - Charity Bryan**

Securing your first job after graduating from college can be stressful and anxiety inducing. However, there are some strategies you can employ to make this time go as smoothly as possible. Having a stellar resume and top-notch interviewing skills will go a long way towards getting that first job!

### **Effects of Nine Weeks L-Carnitine Supplementation on Exercise Performance, Anaerobic Power and Exercise Induced Oxidative Stress in Resistance Trained Males - Majid Koozehchian**

L-carnitine studies in athletic populations have yielded equivocal results. Further scientific-based knowledge is needed to clarify L-carnitine ability to improve exercise capacity and expedite the recovery process by reducing oxidative stress. I will present the data on the effects of L-carnitine on exercise performance, oxidative stress markers in resistance-trained athletes.

### **Comprehensive School Physical Activity Program (CAPAP) in Action: Making Programs Work for You! - Ann Paulls-Neal**

The key to CSPAP is finding the programs and resources that work at your school. This session will highlight successful programs and resources used by the presenter and the ways that you can use them in your setting. Leave this session with resources and the confidence to start implementing components of CSPAP in your school.

### **Get Moving in Pre-K - Caliste Chong**

Teachers and staff can positively impact the health of your 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.

### **Don't Cut Short the Educational Support - Deborah Baxter, Oleg Sinelnikov**

Refresh your discourse with a mesh of resources! Navigate your gym by integrating PE-specific language using illustrative supports for differentiated learners. Learn to generate quick and measurable assessments that will motivate your students and activate a task-centered climate! 4-Step Prep-Formulate-Demonstrate, Illustrate and evaluate.

### **Exploring Physical Fitness in Joseph Cornell's Book "Sharing the Nature with Children" - Patrick Shremshock**

Finding new physical fitness activity to do with your students can be a challenge. Sometime the activities are not new but just forgotten. Join in exploring several creative games that you can add to your curriculum. Games are perfect for large groups; nature concepts can be adapted to what is being taught in science, math and reading.

### **Team Handball for Middle School and High School Physical Education - Janet Musimbi M'mbaha, Corine Williams, Gemma Sivetz**

This session will focus on introductory skills, drills and rules for teaching team handball in schools. This is a practical session involving demonstrations and active movement. Come ready to participate.

## **Tuesday, November 19**

### **12:10 – 1:10**

#### **10 Ways to Create a Fun and Motivating Health Classroom - Mary McCarley**

Join SHAPE America's 2016 Southern District Health Teacher of the Year, Mary McCarley, as she shares fun and motivating standard-based strategies, activities and assessment that will increase student engagement in health class. Teachers will leave with 10 or more new ideas, activities and assessments that can be easily implemented.

#### **My Stress Mess: Managing the Stress in My Life - Lee Renfroe**

We all have stress. Stress can be a positive force in our lives to motivate us. However, most of the time it is out of control and negatively affecting our lives. This session will address stress and identify practical ways to manage it. Teacher resources will be provided.

#### **The Trace for the Case: Student-led Sport Education - Deb Baxter, Parker Montgomery, Oleg Sinelnikov**

"I loved the fact that I was the 'coach' of the team!" Join us as we trace one student's socialization experiences in sport educating and how they "ignited the flame" for continued involvement in the field of sport pedagogy. Learn how YOU can implement the model that "just means more."

#### **Hey Blue, I Have a Question For You - Ron Burgess, Mike Miller**

The presenters of this session are AHSAA softball officials with over 30 years of experience between them. The goal of this session is for softball coaches to have a better understanding of what each official is responsible for during a play as well as general rule clarifications.

#### **Physiological and Perceptual Responses on a Peloton Indoor-Cycle - Tara Boy**

The Peloton indoor cycle is a cutting-edge experience to riders by offering a variety of virtual exercise classes that makes working out at home an exciting option. The purpose of this presentation is to review previous research examining physiological, and perceptual responses of a virtual spin class when given workout output versus various types of cycling.



### **Hydration Strategies for All Athletes - Jess Meacham**

A discussion of differing hydration strategies for football players: dangers of dehydration, strategies to rehydrate as well as prevention and recognition of associated signs and symptoms of dehydration.

### **No More LIFE - Sandra Sims, Megan Bailey, Danny Gosa, Carter Pharis, Beth Allen Smith**

Participants will hear about how to create a yearly plan for the new High School Course of Study Basic Kinesiology course from the perspective of future professionals.

### **Quick and Easy Games for All - Pam Powers**

This session will focus on using minimal equipment for quick and easy activities. In this active session, participants will participate in games that can easily be implemented at school the next day. Participants will learn how to gain access to these activities and many more for FREE through the OPEN online curriculum.

### **Non-Compliant Behavior or Need: Responding to Sensory Processing Disorders in Physical Education - Lisa Dorman**

More than 90% of children with autism spectrum disorders demonstrate unusual sensory behaviors because of a sensory processing disorder which leads to poor motor performance, anxiety and non-compliant behaviors. This session will focus on the sensory integration activities essential for addressing the individual need of children in physical education.

### **Tennis in School and Beyond...No Equipment, No Problem with Net Generation - Suzanne Stone, Keith Wilson**

Capture the imagination of kids by introducing basic tennis skills and activities for large groups with or without courts to provide future success beyond the classroom setting! This session will provide instant tennis activities you can use immediately. Come prepared to play and have fun!

### **PBL in Physical Education-Fitness for Life - Danielle Mason**

How to do Project Based Learning in Physical Education. With the use of Google Classroom and experts in all fitness areas, students will be exposed to many different fitness activities and how to apply what they learn in developing their own workout video. Shaun T has nothing on my Learners!!

## **Tuesday, November 19**

### **1:20 – 2:20**

#### **Alabama State Nutrition and Physical Activity Plan - Lita Chatham**

Hot off the press, an updated Alabama State Nutrition & Physical Activity Plan is now available. Learn about the objectives that were identified and the resources required to fulfill these action steps. Lita Chatham worked extensively with the Alabama Obesity Task Force Committee to ensure that the nutrition sector of this plan was collaborative and all encompassing. Come learn about this new resource!

#### **Physical Educators and Classroom Teachers: Combining Forces for Physical Literacy - Charity Bryan, Sandra Sims**

Working collaboratively, physical educators and classroom teacher can provide students more time to engage in physical activity during school hours. This session will explore strategies for physical educators to engage with classroom teachers to create an interdisciplinary approach that will enable all students to be physically literate.

#### **Shake It Up: Moving Sport Education from the Field to the Higher Education Classroom - Claire Mowling**

Want to shake up your course to increase student engagement? Look no further, this presentation will provide an innovative instructional design that brings the six features of sport education: seasons, affiliations, formal competition, culminating event, keeping records and festivity to the higher education classroom.

#### **Athletic Assembly of Members-If You Coach Sport, You Need to Attend - Brenda Vinson, presiding**

ASAHPERD uses the feedback and input provided to determine goals and activities. Want your voice and ideas to be heard? Attend this session!

#### **Preparation for Certification in Exercise Science Programs - Andrew Newton**

Faculty and student approaches for identifying and preparing for professional certification across diverse career paths in Exercise Science.

#### **Talk Saves Lives - Tracie Blackmon**

Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to fight suicide. Participants will learn the common risk factors for suicide, how to spot the warning signs in others and how to keep ourselves, our loved ones and those in our community safe.

**Got Lots of Students: No Problem - Callie Pike**

In this session you will learn a variety of activities that will keep your students excited and engaged! Activities in this session will only require a few pieces of equipment.

**Spikeball: Increasing Manipulative Skills and Maximizing Students' Opportunity to Respond in Physical Education - William Davis, Jamie Gilbert**

Spikeball is a relatively low-cost addition to the physical education environment that increase the interest of students while simultaneously maximizing students' opportunities to respond. This session will explain the organization, rules and requirements of the exciting handball sport.

**Physical Education: From Beginning to End - A Hodgepodge of Ideas that Transcend the Entire Class Period - Ginger Aaron-Brush, Beth Uhlman, Cindy O'Brien, Jaime Giangrosso**

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.

**Long Boarding Basics - Seth Godsey**

Long boarding has become more and more popular these days and kids of all ages are getting the itch. Learn the basic of Long Boarding including equipment, teaching strategies and risk management.