

**2021 ASAPERD Fall Conference Program - Tentative - Subject to Change**

| Title of Session   | Description  |
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| C.A.T. Journey: Oakman Football Player Development                                       | Developing the player and the person. CARE ABOUT TOMORROW  |
| Core Strength and Flexibility for Pitchers (Softball)                                    | Discuss the importance of core strength and overall flexibility for fast pitch pitchers. Discuss ways to improve core strength and flexibility.  |
| Importance of Certified Trainers and Programs Within a School System                     | Designed to promote athletic trainers in high schools and show benefits of athletic training for athletes.   |
| Mechanics of High School Baseball Pitchers   | Discuss how to better improve high school baseball pitchers and how to get more out of their bodies. Develop effective bullpens during practice time.  |
| Program/Player Development and Getting Players to Buy In                                 | Overall program development and what it takes to get kids to buy into a program.   |
| The Champions Program - Supporting the Student-Athlete Through a Multi-Strategy Approach | The Champions Program is a student-athlete assistance program within the Athletic Department of Homewood High School that includes direct academic and emotional support for the freshman through senior athletes and leadership training for selected athletes. This session will give you a blueprint in helping your athletes become a champion off the field or court.   |
| Athletics: Drug and Substance Use is there a problem?                                    | Young athletes have lots on their plate today. School, friends, family, practice, high pressure games. Stress can be too much at times for them. Social Media pressures them to succeed. Do you know what you would do if one of your athletes was overwhelmed and began using drugs? Where would they turn? Would you know how to get them help? There is one thing we all share in common: Struggle. It is indeed the most common trait between people of all ages, genders, races, and backgrounds. Though our circumstances may differ, we are not immune to life's challenges, especially young athletes. The Addiction Prevention Coalition wants to assist. Their vision is to prevent substance abuse by inspiring and educating people to live with hope, resilience, and purpose. This session will provide you with options to help anyone that may have a substance use problem. |
| Non-Suicidal Self Injury   | Non-Suicidal Self Injury (NSSI) is when someone injures their body without suicidal intent. NSSI is on the rise among adolescents and young adults. In this lecture, participants will learn more about the risk factors of NSSI, the common reasons behind NSSI and how to work with someone with NSSI behaviors.   |
| edTPA-Everything you Want to Know but are Afraid to Ask                                  | This session will introduce participants to the requirements of edTPA and will provide practical suggestions for success. There will be an opportunity for participants to ask questions concerning edTPA.   |
| edTPA-Finish Strong! Tips for Working through Task 3 in edTPA                            | Task 3 in edTPA often provides the most challenges for Physical Education. Come learn how to manage the requirements of this task and score high!  |
| First Year of Teaching Experience + COVID 19 Restriction                                 | Sharing the experience of a first-year teacher who also had to deal with COVID 19 restrictions.  |
| Following the Dream to be a Teacher  | This session will capture the motivation needed to pursue the dream of being a teacher. Discussion will address obstacles and barriers that must be overcome for some to pursue their dream to teach.  |

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| <p>Level Up! Increasing Student Confidence Levels in Small-Sided Games</p>                        | <p>This lecture presentation will provide future/ young professionals with information on student trait confidence and how to increase self-confidence using game-based learning. Confidence is a skill that can be learned by students and you will have the strategies to help them level up!</p>   |
| <p>Maximize Movement!</p>   | <p>The purpose of this session is to provide future professionals with 4 areas of focus to maximize movement: Worst Case Scenario Planning, Instant Activities, Utilizing Technology, Effective Routines/Transitions. Join this session to learn and be involved in conversations to help your students maximize movement each day!</p>   |
| <p>Nutrition Strategies for Health and Sport Performance</p>                                      | <p>Sport nutrition is a 50 billion dollar a year business. Students, parents and teachers are inundated with nutrition information from media and peers. It's hard to know what is correct. This presentation will cover the basics of nutrition for health and sport performance and offer easy to understand best practices.</p>  |
| <p>Preparing Future Professionals: Steps to Successful Graduate Program Applications</p>          | <p>As educators at institutes of higher education, our job as professors includes both teaching valuable content within our area of expertise as well as the preparation of students for the next step in their professional journey. Through this presentation, the necessary steps to achieve post-graduate plans (specifically focusing on admittance into a graduate program) will be discussed, including academics, professionalism, resume building, letters of recommendation, and very importantly, interview preparation. Time will be reserved for questions at the end.</p> |
| <p>Preparing for the Job Market: Professional Development Activities for Future Professionals</p> | <p>The purpose of the presentation is to educate future professionals on the skills and tools needed to actively prepare for the dynamic job market (i.e., resume writing, proper dress, social networking, volunteering for experience, GPA, international students). At the end, attendees will have an opportunity to ask questions.</p>   |
| <p>Tips for Succeeding in an Alternative Masters Certification Program</p>                        | <p>This session will provide insights and tips for success to future professionals who are pursuing teacher certification via Alternative Masters Programs. The discussion will include important coursework, field experiences and edTPA preparation on the journey to teacher certification.</p>  |
| <p>Break the Chain</p>  | <p>Learn how infectious disease spreads through the chain of infection and how to stop it. Virus, bacteria, fungus - what's the difference? Examine the infamous London Cholera outbreak and its application to today's COVID-19 pandemic. Investigate strategies, hacks, and resources specific to your role in breaking the chain.</p>  |
| <p>Let's Talk About Sex 2.0: Staying Relevant on Current Sex Education Trends in Alabama</p>      | <p>To encourage and equip students to strive for and achieve optimal sexual health.</p>   |

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| Recertification - First Aid/CPR/AED   | This session will provide Professionals and Pre-Professionals an opportunity to renew their American Red Cross First Aid/CPR/AED Certification. The session will be hands-on and interactive with the participants providing a portion of the class instructions. Please wear clothing suitable for movement and being on the floor. The recertification fee is \$35.00. Please note this fee does not go to ASAPERD or the Instructors. It is required for your two-year recertification certificate.  |
| Stress Less: Life Hacks for School Success                                    | Join us for an interactive session where we will define and discuss the various types of stress, identify stress sources, and learn to recognize the harmful signs of acute and chronic stress. Come join us as we learn to practice self-compassion and practice mindful exercises to reduce stress.   |
| Take a Recess from Stress   | Stress and teaching go hand-in-hand. Research shows that chronic stress can make us vulnerable to illness and disease. Learn and practice specific stress management techniques such as visualization, progressive muscle relaxation, meditation, deep abdominal breathing, and more to help you (and your students) take a recess from stress.   |
| Teen Dating Violence  | Learn to identify the cycle of violence, warning signs and how to help others dealing with dating violence. 1 in 3 adolescents in the US is a victim of physical, emotional, or verbal abuse from a dating partner, a figure that far exceeds rate of other types of youth violence.  |
| Trafficking Education Resources   | We will review the online Trafficking Education Schoology Group that is designed for K-12 local education agencies and community stakeholders. One highlight of this group is the Trafficking Education lesson plans for teachers that are directly aligned to the Alabama courses of study in Health, Counseling and Guidance, Social Studies, and Digital Literacy. Join us for an in-depth look at the various Trafficking Education resources available to educators.   |
| Youth Mental Health First Aid (YMHFA)-5 Sessions                              | The tMHFA curriculum has been found effective in teaching teens how to recognize the signs of a mental health challenge or crisis and how to connect that person to a trusted adult. It also covers topics such as stigmatizing language, self-care, substance use and resources available to teens. APC has tMHFA instructors that offer this program free of charge to any youth serving organization in the Birmingham area with teens in the 10th -12th grads. The curriculum can be implemented in (3) 90-minute sessions or 6 (45-minute sessions). |
| edTPA: Where are You Now?   | Now that edTPA has been consequential for several years, it is a great time to get together and share what we've learned through the process and where we are as individual colleges and universities. We will discuss tips and tricks for success and encourage each other through sharing our experiences.  |
| Examining University Student Demographics: Methods and Practical Applications | This session will present the results of a university student demographics survey and will discuss methodology for individuals interested in conducting a survey at their institutions. The importance of knowing your student population for purposes of recruiting and meeting the needs of students will be discussed.   |

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| Exercise During Recovery from Traumatic Brain Injury                                      | This session will discuss the most current recommendations for participating in exercising following a traumatic brain injury. Ideas for introducing specific activities and monitoring symptoms to ensure safety will be presented.   |
| Fluid Intake and Hydration Status in Male Collegiate Soccer Players                       | This session will present the results of a study examining the fluid intake behaviors and changes in hydration status over 24-hours among male collegiate soccer players training in hot and humid conditions. Practical applications for coaches and athletes who train in hot and humid environments will be included.   |
| Health Deserts in Alabama   | This session is a collaboration between the fields of Kinesiology and Geography, and will present data on food, physical activity, and health deserts in the state of Alabama. Implications for the health of residents in underserved areas will be discussed.  |
| Simple exercises and activities for older adults with dementia and related conditions     | This session will introduce simple exercises and activities that are appropriate and enjoyable for older adults with memory loss-related conditions.   |
| Transitioning Kinesiology from Blended to Online in Higher Education                      | In an age of increased technology use, higher education has increased online offerings for courses typically taught in a traditional or blended format. When designed systematically, online Kinesiology can be effective and convenient for students and professors. Athens State has developed a kinesiology course with asynchronous and synchronous delivery methods. This session will outline methods utilized, successes and improvements, and discuss future goals with program attendees. |
| Disability Isn't Inability: Improve Health and Wellness for Individuals with Disabilities | The benefits of physical activity are universal for all children and young adults, including those with disabilities. The participation of individuals with disabilities in sports and recreational activities promotes inclusion, optimizes physical fitness, and enhances overall well-being. Speaker will highlight various sports and recreational activities available for individuals with disabilities.   |
| Let's Go Fish, Alabama!   | This session will provide a review of the GoFish, Alabama program, an urban community fishing program. It will describe the importance of fishing as a recreational activity and will include a casting activity.  |
| National Archery in the Schools Program- Alabama  | NASP is designed to teach international style target archery to 4th - 12 the grades students. Core content covers archery history, safety, technique, equipment, mental concentration, and self-improvement. Students shoot at bullseye targets placed in front of an arrow resistant net in the gym. Equipment used is state-of-the-art and designed to fit every student. In addition, the same training and equipment is easily translated into fun and exciting community or adult programs.   |
| The Potential Impact of the Olympic-Style State Games on Physical Fitness                 | The Alabama State Games are designed for all Alabamians of every age and ability. Encouraging students to participate in the State Games in any of the approximately thirty sports will present the opportunity to be involved in physical activity on regular basis.  |
| Teaching Adapted PE for PETE  | 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.  |

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| Activities and Curriculum for a K-8 Program   | Ever wondered how to plan for elementary and middle school aged students? Even if you don't teach at a K-8 school, you will come out of this session with a better idea about how to plan that type of curriculum, as well as games and activities associated with each age group.  |
| Alabama Physical Fitness Assessment: PowerSchool How-To and Program Planning Using Data | This session will show how data from the Alabama Physical Fitness Assessment should be recorded in PowerSchool. We will also show you how to analyze and use your data to help improve the fitness levels of your students.   |
| All Things Grants- Writing and Receiving Them   | Grant writing, receiving, the ins and outs of grants, round table discussion as well.   |
| Archery In Schools  | We will look at how to start an Archery Program, learn the whistle commands, and actively shooting arrows in order to show how it can be taught in a school setting.  |
| Fun school initiatives sponsored by Blue Cross and Blue Shield of Alabama               | Did you know that Blue Cross and Blue Shield partner with schools all over the state to provide fun initiatives for students? Come and learn about all of the great programs and events that Blue Cross and Blue offer to help you have some extra fun with your students along with providing lifelong learning, and how to win extra money for your school!   |
| Bridging the Gap in Physical Education  | Students returning to school in the Fall will bring unprecedented challenges to physical education teachers. Isolation, quarantines, virtual learning, and screen time have all contributed to a lack of physical activity across all grade levels. These barriers have created a regression in body control, skill development, and personal fitness levels that physical educators will need to overcome. In this session, I will share a variety of new K-12 outcomes-based lessons from OPEN that will help physical educators bridge the gaps created by life during the pandemic. |
| Come & Play 9 Square in the Air   | 9 Square in the Air is a game that is fast-paced and addictive. Combining volleyball with traditional 4-square rules, it's a perfect lead in unit to volleyball, and great for students of all athletic skill levels. 9 Square in the Air promotes healthy competition, teamwork, encouraging others, peer-enforced games rules and good sportsmanship.   |
| Disc Golf   | All things Disc Golf. We will do a quick PowerPoint, provide a handout and play disc golf. A small course will be set up to show how the game works.  |
| Fun Large Group Activities for Pre-K and Primary Grades                                 | Fun activities for large groups of 4-8 years old. Modifications for age level and class management tips are included. Participants will learn how to easily integrate classroom standards, and how each activity helps improve socio-emotional learning and academic skills.  |
| Games, Games, Games by PE With Palos  | Learn fun new games that meet state and national standards through active play. Designed to have as little standing around as possible, with a focus on inclusion, skill development, teamwork, strategy, and FUN! Learn how Brainball improves spelling, reading, and math in PE!  |
| I am a Leader In Me School - So How do I Incorporate it into Physical Education?        | If you are a Leader In Me School and want to learn how to incorporate Leader In Me into your Physical Education Program this is a session for you. Alabama has many Leader In Me Schools but physical educators do not always play a vital role in the implementation of the program. We believe that physical education is the prime place for learning about the Habits of Highly Effective People. Come learn practical ways to address the social and emotional needs of students using Leader In Me in your program.   |

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| Keep Calm! We Got This!  | In this session, you will learn simple games that will keep your students engaged. These games will not require a lot of equipment but are a ton of fun! Games can be modified to fit your class sizes!  |
| Omnikin: Have a BALL with Action-Packed Fun for All!   | Whether you are looking for a new or modified team sport, unique cooperative and community-building activities, or fun with fitness or skill development, Omnikin has you covered! This exhilarating and dynamic session will feature highlights of our lightweight and non-threatening dynamic 14"-48" balls that will generate excitement in your classroom like never seen before all while providing an inclusive environment! Your students will surely have a BALL!  |
| Pickleball- How to Teach It & How to Get Involved in the State Tournament                                    | Pickleball is one of the fastest-growing sports in America. Learn how to incorporate pickleball into your curriculum. Get your students involved in the High/Middle School State Tournament.   |
| Seizure Recognition, Seizure First Aid, and Seizure Safe Schools Act Update from Epilepsy Foundation Alabama | The mission of Epilepsy Foundation Alabama is to lead the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives. Epilepsy Foundation Alabama is a chapter of the national Epilepsy Foundation. With the strength of a national organization and network of epilepsy experts, Epilepsy Foundation Alabama provides national scope and local impact. This session will go over seizure recognition, seizure first aid and an update on the Seizure Safe Schools Act which passed and was signed by Gov. Kay Ivey this past spring. |
| Tennis for Everyone...Lead-up Games for All Ages!  | Have FUN playing Tennis Lead-up Games you can incorporate into your Physical Education and Recreation Programs! Receive information about turnkey age appropriate USTA Curricula. We will also show you a quick and easy way to receive FREE tennis equipment!   |
| The World is Coming! Are you ready? - The World Games 2022 Birmingham  | Over 3,600 athletes from around the world will be in Birmingham July 7 - 17, 2022 completing in a wide variety of sports. Come learn about The World Games 2022 Birmingham, explore the education toolkit, and connect with others to brainstorm ideas to bring The World Games to your school/district.   |
| Upper Elementary Kids and Fun...They Do Go 2gether!  | New to teaching elementary PE? Nothing ground-breaking here, just solid, tried, and tested strategies we have been using for a combined 50+ years. PE should be the highlight of their day and yours; let's have some discussions on what works and what might be best to avoid.   |
| What Are We Doing Today?!!   | These games are designed to get your students engaged in learning while participating in activities. Get your students out of their seats, off of their computers and LOVING PE class again.   |
| YOGA - NOW!  | A brief overview of what yoga is and the benefits to our children. A description of various yoga poses and breath work will be provided. Safe application of each will be discussed. Each participant will be emailed a PDF of the presentation which will include pictures of poses, pose description, benefits and how to instructions, along with breath work exercises.  |
| Your Guide to Ultimate Fun   | Want a chance to work on basic skills that can be used in multiple sports? Then this is the ultimate presentation for you. In this presentation we will use progress through the skills that are needed in order to play ultimate frisbee. We will also discuss the core concepts of the game including Spirit of the Game.  |

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| Everybody Plays   | This activity session will introduce attendees to simple, fun, interactive games while promoting inclusion. These games can be done with limited equipment or modified equipment you already have in your storage unit.   |
| What Is Inclusion Really and How Can I Prepare My Students?         | This session will introduce tips, strategies, and ideas to help future teachers and current teachers understand Universal Design for Learning and how it can boost your physical education program. It will introduce you to concepts, ideas and an assessment that will help you evaluate your current program and develop a plan for a more inclusive program.  |
| HEAL Middle School Curriculum                                       | HEAL can supplement your existing middle school physical education program and offer a variety of fun activities while learning healthy eating and active living. All equipment is provided and support from the HEAL staff is year-round. Come hear how two teachers have added the HEAL curriculum to their program and how it has impacted the lives of their students!  |
| Look at ALL these Kindergartners!! Who's in Charge Here?            | Come and learn some techniques and strategies to help with a room full of Kindergartners. You CAN accomplish great things with this group!  |
| Trauma Informed Teaching  | Students that have been exposed to trauma react differently in situations. Come and learn about best practices for your gym.  |
| Classroom Management for Large Inclusive Groups                     | So, you have a large class? With many IEP's? And ELL students? And 504's? Here are some strategies for managing to accomplish a lesson plan for your gym!   |
| The Little Things   | The little things matter! In this session, we will learn how to include SEL through those little "teachable" moments that pop up! Together, we will learn some K-6 PE activities/games as well as how to help our students grow from a SEL perspective. Let's play and learn why the little things matter!  |
| Moody Miracle League - "Everyone Deserves a Chance to Play Ball"    | The Miracle League is an organization that provides individuals with mental and/or physical challenges an opportunity to play baseball as a team member in an organized league.   |
| Delivering Healthy Living Education in Any Environment!             | This session showcases an innovative nutrition and healthy living program for PreK through fifth graders. The content used was part of a study that resulted in statistically significant improvements in health and higher standardized test scores. Best practices will be shared from a school that implemented both in-person and virtually.  |
| Elementary World!   | Your elementary friends leading a few of their favorite activities! Come and learn (and PLAY along)!  |
| Kin-Ball: The Game of Cooperation, Inclusivity, and Fast-Paced FUN! | The sport of KIN-Ball requires skills and strategies not found in any traditional athletic competition. No physical contact, no intimidation, no interference, no one left out! Every member of the team is involved in the continuous action as KIN-Ball promotes cooperation, speed, agility, aerobic activity, coordination, flexibility, and good sporting behavior. The only equipment needed is the official 48" Kin-Ball and you can play inside or out. Come have a ball with us! |

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| Plan B: Activities and Games on the Fly                                  | It never fails-you have the perfect lesson planned and it is going great. But then, because of situations outside of your control (weather, schedule change, administrators needing your gym space, etc.) you are forced to alter your plans on a whim. Having 'go to' activities and games that you can implement with minimal equipment and instructions is key. During this session you will leave with some fun, easy to play 'quick hitters' that will make your Plan B a success. |
| Teaching the Whole Child- Ways to implement SEL in your Curriculum       | Students come to school each day with varying levels of trauma. Helping them find tools to regulate their emotions, to handle conflict, and to be self-aware is key to their health and happiness. This session will give participants some tips and tricks to implement SEL components into their curriculum.  |
| Keep Calm...and ADAPT it.  | Did you just find out that you will be teaching an adapted PE class? You were just asked to sign a student's IEP? Is there's a kid in your class that is more interested in leaving your class instead of participating? Come join us as we share tips and ideas that we have learned the hard way! Join us to learn how to make these classes and students the most rewarding time of your day.  |
| danSIRS Across Alabama: Sick Beats to Move Your Feet!                    | Who says dudes don't dance?!? Join former PE and Dance TOY Scott Williams in a session for all ages and skill levels! These simple yet fun dances, games, and strategies will win your students over! Dance addresses every national standard and domain of learning while improving fitness. Let's dance!  |
| Stay True-Be Yourself  | This activity session will be an exhibition of a few elementary students performing locomotor skills to music which leads to New songs--New music--and New moves. Let's get back to enjoying dancing like no one is watching. Come see these students as they introduce appropriate moves to tik tok challenges and the song "Fancy Like" and more.   |
| Dancing the HEAL Way   | This activity session will have EVERYONE from age 5- 99 up and moving with simple dance moves. HEAL United continues to make an impact by improving children's health. HEAL continues to grow, stay current, and even make new songs which lead to - you got it - DANCING. Come out and learn the HEAL dances including the newest dance to the hit "ABCs the HEAL Way" sung by American Idol star Taylor Hicks. Come Pause for a cause- Getting Healthy and Dancing!                   |
| The Altering Environment of Academic Integrity for NCAA Student-Athletes | On the issue of academic integrity, the NCAA states that they would rather, "prevent a violation than process one". As the educational landscape has drastically shifted in the past 18 months, we investigate how the promotion and protection of academic integrity for student-athletes has transformed to meet these changes.   |
| Effects of Carbohydrate Mouth Rinsing on Athletic Performance            | Ingestion of carbohydrate during athletic activity improves performance in a variety of competitive settings. Recent research has supported the concept that merely rinsing carbohydrate in the mouth can improve performance, even if not swallowed. This presentation will review the current understanding and potential application of mouth rinsing to sporting performance.   |



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| Body Mass Index: Weighing Out the Value                                 | Body mass index (BMI) is a commonly used screening tool for overweight and obesity but cannot measure body fatness or health. This presentation will provide a thorough overview of the strengths and limitations of BMI for practitioners, clinicians, and researchers to ensure proper interpretation and application.  |
| Cooling Strategies during Physical Activity in the Heat                 | Physical activity in the heat often results in elevated internal body temperatures and negative perceptual experiences, which can lead to decreased performance and increased risk for the development of heat illness. There are several strategies and available technologies that assist the body in lowering internal body temperature and improving perception.        |
| Data-Driven Coaching: Testing and Evaluation of Athleticism             | Athletic performance is determined by an athlete's ability to perform sport-specific tasks. In an attempt to predict athletic success, coaches will use various performance tests. In this presentation, we will discuss strategies for testing and evaluating athletic performance and how to use test results to direct the training process.                             |
| Heat Acclimatization: Implications for Recreation and Sport Performance | Heat acclimatization is an effective strategy that prepares individuals for physical activity in the heat to optimize performance and reduce the risk of heat related illness. This presentation aims to clearly define this strategy as well as provide practical strategies for successful implementation in many settings.   |
| Hydration Strategies for Health and Performance                         | Maintaining a hydrated state is optimal for health and performance in any population. Hydration is not only important for physical activity and sport but also for several health outcomes of the general public. There are several simple and practical strategies that individuals can practice ensuring they are well hydrated.  |
| Line Dancing for Better Health  | Line dancing is effective in producing increases in fitness and offers additional health benefits. As people of all ages can participate, line dancing incorporates movement, social interaction, self-expression, and cognitive demands. Line dancing includes many workout options in response to the diverse needs, goals, and abilities of the exercising participants. |
| Muscle Soreness and Inflammation after Exercise                         | Exploring the mechanisms behind delayed onset muscle soreness resulting from exercise, and the vital role that post-exercise inflammation plays in the recovery process.  |
| Power Up: Training Strategies to Enhance Power, Speed, and Agility      | Most sport activities require an athlete to accelerate their body, limb, or an implement in a specific direction. The training process should be focused on increasing power to directly transfer to improved sport performance. This presentation will examine evidence-based training strategies to enhance power, speed, and agility.                                    |
| The Annual Training Plan: The Roadmap to Peak Performance               | Athletic preparation consists of increasing physical preparedness and skill development which translate to improved sport-specific performance. The process of developing these qualities can highly influence the results achieved. This presentation will discuss the process of designing an annual training plan that promotes continued athletic development.          |
|   | 9/20/2021   |