

ASAPERD 2021 Virtual Spring Conference Program

Tentative – Subject to Change – 3-17-21

Retrieval Practice and Metacognition in the Kinesiology Classroom: Tools for Improving Student Learning

This presentation will include the science of learning and provide examples of how retrieval practice and metacognition can be used to enhance student learning within the college kinesiology classroom. Strategies presented can be applied by both faculty and students inside and outside of class.

Presenter(s): Angela Russell & Tara Beziat, Auburn University at Montgomery

School Wellness Made Simple

This session will introduce schools to the updated Alabama Champions program and how schools can implement strategies to assist with building a wellness program that includes everyone, inclusion strategies and ideas, connection to national programs and applying for grants to assist you.

Presenter(s): Jonathan Thompson, ALSDE; Alabama Champions Leadership Team

Dairy Good for you and Good for the Planet

Dairy Good for you and Good for the Planet teaches individuals about the health benefits of dairy and how farmers care for the earth. This informative session will take you through the nutrient package of dairy and then show what goes on daily on the dairy farm to help reduce the carbon footprint.

Presenter: Jana Miller, The Dairy Alliance

Leadership: Be Prepared for Your Journey

Future professionals are encouraged to join this live presentation to discuss leadership skills that will be needed in their future careers.

Presenter(s): Sandra Sims, UAB

Everybody Dance Now!

The benefits of dance are tremendous bolstering both physical and mental health. Session attendees will learn several popular, folk, and cardio dances appropriate for elementary physical education students. Attendees will also receive video links and choreography handouts to replicate dances in their own classes.

Presenter(s): Ginger Aaron-Brush, Pelham Oaks Elementary

Performance Enhancing Supplements: Game Changer or Gimmick?

Performance enhancing supplements are commonly consumed by athletes and fitness enthusiasts to improve exercise performance and enhance body composition. While millions of dollars are spent on supplements, most lack support by the scientific literature. This discussion will identify evidence-based practices relating to performance enhancing supplements.

Presenter(s): Tyler Williams, Samford University

Tips for a More Successful Online Teaching Experience

This live presentation will go over some tips for a more successful online teaching experience. The main topic covered will be communication with students, but items such as record keeping, grading and time management will also be covered.

Presenter(s): Don Little, ACCESS Alabama

Academic Language: An Introduction to Teacher Candidates

One specific area of interest in edTPA is the ability of the candidate to plan learning tasks for their students to demonstrate the use of academic language. This session will address strategies to target this area of concern.

Presenter(s): Sandra Sims, UAB

Establishing and Setting Healthy Boundaries

Do you struggle with being too available to others while no one is available when you are in need? You may have issues with establishing and implementing healthy boundaries. The word "no" is a complete sentence

however, there are individuals who may beg to differ due to an inability to use this word when they really need to. In this live session participants will explore boundaries and learn practical skills in setting and implementing healthy boundaries.

Presenter(s): Lynda Price, Healing Transformations, LLC

Healthy Eating Active Living (HEAL United) - What's It All About?

Endorsed by the Alabama State Department of Education, the HEAL curriculum can be integrated into K-8 physical education programs to increase students' knowledge of and ability to lead a healthy active lifestyle. Annual evaluations show HEAL students improve their knowledge of physical activity and nutrition and improve performance on the PACER test. Everything needed to implement HEAL is provided free of charge. Catch this session to learn more.

Presenter(s): Donna Dunaway, HEAL Alabama; Toni Leo, UAB; Chris Reeves, Warrior Elementary; Ginger Aaron-Brush, Pelham Oaks Elementary; Mandi Panter, Lupton Jr. High; Amanda Hayes, Hewitt-Trussville Middle School; Jessica Wallace, East Limestone High School; Donna Hester, ASAPERD

Resume Writing for Future Professionals - Standing Out Among the Crowd

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 that will set you apart from others is step #1!

Presenter(s): Charity Bryan, Southeastern Louisiana University

World Games: This is How We Teach it in Middle School.

The World Games are coming to Alabama in 2022. How do you get your students engaged? This live session will be full of activities and strategies, modified for all grades K-12, used when teaching about the World Games. Students will learn the history of how the World Games began, each sport that is being played, the rules for the games and facts surrounding this major event being held in Birmingham. Fitness, teamwork, academics, art, math, and history are all included in the different lessons being shared.

Presenter(s): Katie Rowland Ellis, Simmons Middle School; Kathy Boswell, World Games

Quality Exercise Physiology - Online

In an age of technology, knowledge can be gained in myriad ways. Online education for certain classes can occur effectively, if designed systematically. Faculty at Athens State have developed an exercise science course with asynchronous and synchronous delivery mechanisms. A discussion of this will occur in our session.

Presenter(s): William J. Davis & Jamie Gilbert Mikell, Athens State University

Trafficking Education

The Alabama State Department of Education is taking the lead on educating all local education agencies and community stakeholders on Human Trafficking. Join us as we explore the Trafficking Education Schoology Group. In the group, we will explore resources, presentations, lesson plans, videos, and more that is available to all teachers.

Presenter(s): Jonathan Thompson & Cathy Lankford, ALSDE

Measuring Effectiveness in Kinesiology Programs in an Age of Uncertainty

In an age of continual adaptation to constant change, educators must explicitly detail the outcomes of their programs for validity purposes. In the Athens State kinesiology program, there has been a high pass-rate of edTPA, due to this detailed approach. In this session, our successes and challenges will be elucidated.

Presenter(s): William J. Davis & Jamie Gilbert Mikell, Athens State University

Distance PE with Palos

Virtual Classroom format with 27 videos. The presenter will take you through each video and give you different adaptations that you can use with your students who are in person or remote learning. Games are designed to meet current standards and keep students engaged and active. This will be a live session.

Presenter(s): Tim Taggart, Palos Sports

Meditation for the Heart

This presentation will walk you through the mechanisms that trigger the stress response and explain the calming benefits meditation can have on the heart and overall health. A live meditation session will be at the end of this presentation.

Presenter(s): Andrea Bryant, University of North Alabama

Everybody Plays

This session will introduce schools to simple ways to make their physical education, physical activity, wellness & afterschool programs more inclusive. The session will also teach the participants how to start thinking about inclusion from the start of planning & building support.

Presenter(s): Penny Edwards, NCHPAD; Jonathan Thompson, ALSDE; Laurie Eldridge Auffant, ADPH; Alex Martinez, NCHPAD, Sherri Huff, Birmingham City Schools

Level Up! Finding Confidence in Teaching

This virtual presentation will provide future professionals with information on trait confidence and how to use self-confidence in teaching to design, implement, and evaluate a quality physical education curriculum.

Recognizing that confidence is a skill that is built with knowledge and practice means you can always level up!

Presenter(s): Claire Mowling, UAB

The Role of Social Emotional Learning in Physical Education

This session will introduce simple activities & strategies to assist physical educators with developing lesson plans that integrate SEL into their programs and developing a safe place for their students.

Presenter(s): Penny Edwards, NCHPAD; Sherri Huff, Birmingham City Schools; Jonathan Thompson, ALSDE; Kathleen Satterley, AHG; Alex Martinez, NCHPAD

Fitness in the Age of Social Media: Why a Science Based Approach Matters

In today's busy world, information is readily at our fingertips for easy consumption. Fitness facts, from dos and don'ts to programming, technique, and more, are only a click away. With immediate consumption comes an urgent need to consume scientifically accurate researched-based information and put the not-so-good by the wayside. This session will cover ways to determine which fitness-based sources are accurate and worth the consumers' time and attention and which to avoid.

Presenter(s): Jamie Gilbert Mikell & William Davis, Athens State University

Teacher Candidate Perceptions of the edTPA in Physical and Health Education

An investigation into HPE teacher candidates' perceptions of factors influencing effective implementation of edTPA. Participants were six HPE teacher candidates who recently completed edTPA. Qualitative data suggested four themes were evident: (a) tandem cooperating teachers and teacher candidates' learning, (b) faculty support, (c) boot camp workshops, and (d) mock submissions.

Presenter(s): Craig Parkes & Shelley Holden, University of South Alabama; Nick O'Leary, University of Wolverhampton

Creating Buy-In with Your PE Program

This presentation will focus on how to create an atmosphere in your program that encourages students to participate to the fullest extent - no matter their age or ability level. The presenter will discuss his 14 years of personal experiences with creating "buy-in" to get the most out of his students.

Presenter(s): Ben Walker, Montgomery Public Schools

TMHFA (Teen Mental Health First Aid)

This course focuses on the patterns of thoughts, feelings, and behaviors that show there might be a challenge rather than focusing on specific illnesses. Teens are taught to seek the help of a trusted adult who can get their friend help as soon as possible. Teens learn how to 1) recognize the signs of a developing mental health challenge, 2) recognize the signs of a mental health crisis, and 3) get a responsible and trusted adult to take over, as necessary.

Presenter(s): Adrienne Coleman, Addiction Prevention Coalition

Team Building Through a Pandemic

Team Building Through a Pandemic highlights the value of Connection Before Content through the use of virtual Team Building & Adventure Education Activities. Participants will learn valuable practices and favorite activities that promote social skills, cooperation, problem solving and most importantly connection in a virtual setting. This presentation will also answer "The Why?" for Virtual Adventure Activity or Team Building Planning for groups or classes. Activities learned in this presentation can instantly be applied in the classroom by participants and can also easily be applied in both Hybrid and Live Teaching Models. (Suitable for ALL Grade Levels)

Presenter: Mark Friedrich, Millburn High School, NJ

TENNIS..."Keep It Simple"

Learn how to organize and deliver a tennis unit with large groups and no courts needed. Discuss joining many P-12 schools who have already received Free Tennis Equipment Packs, including a USTA Curriculum Guide. Brush up on basic tennis skills with activities to include in your unit. *Door Prize Drawings

Presenters: Suzanne L. Stone & Keith Wilson, USTA