



ASAHPERD Fall Conference

Disability Inclusive Health & Physical Education Workshop

November 15th, 2026 | 1:00-5:30 pm

asahperd.org

Who Should You Send:

- Health education teachers
- Physical education teachers
- Adapted physical education teachers
- Paraprofessionals/instructional aides
- Special education staff (OT/PT welcome)
- Higher education faculty

Workshop Outcomes

What your staff will bring back:

- Practical strategies they can use immediately
- Better tools for including students with disabilities
- Clearer teacher/paraprofessional collaboration
- Strategies for behavior and sensory support
- Adaptations that increase student participation

Every Child Moves, Every Child Belongs:
Practical Strategies for Inclusive Health & Physical Education



Help your teachers bring practical, disability inclusive strategies back to your school. This workshop is designed to give health, physical education, adapted physical education, and special education staff tools they can use right away to increase participation, support students with disabilities, create a stronger sense of belonging for every learner, and bring practical strategies back to their schools.

Session Titles:

- Why Disability Inclusion Matters
- Practical Strategies for Every Learner
- Soccer for all A.K.A. TopSoccer -or- Disability Education Opportunities in Higher Education
- Creating Belonging in Health & Physical Literacy
- Practical Strategies for Including Students with Disabilities in Physical Education -or- Preparing Future Professionals to Create Meaningful Opportunities for All
- The Collaborative Relationship Between Teachers and Paraprofessionals
- Buildig an Inclusive Health Partner Network

Learn more & register:

asahperd.org



Who We Are:

ASAHPERD is Alabama's professional association for health, physical education, recreation, dance, sport, and exercise science professionals. We support educators and future professionals through high-quality professional development, networking, advocacy, and resources that promote healthy, active lifestyles across Alabama.



ASAHPERD Fall Conference

NSCA-Alabama State Clinic/ASAHPERD Sport &
Exercise Science Division Workshop

November 15th, 2026 | 8:45 - 5:00 pm

asahperd.org

Who Should Attend:

- Strength & Conditioning Coaches
- Sport Coaches
- Fitness Professionals
- Personal Trainers
- Exercise Science Professionals
- Collegiate Athletic Staff
- Exercise Science Faculty & Students
- Professionals Working With Competitive Athletes

Workshop Outcomes What you'll take away

- Practical approaches to athlete assessment
- Strategies for making data more useful in coaching decisions
- Evidence-based strength and conditioning practices
- Considerations specific to female athlete performance
- Ways to translate research into real-world coaching
- Tools and ideas you can apply within your own program



Take your coaching from data to performance

Join sport and exercise science professionals for an afternoon focused on practical, evidence-based approaches to athlete development. Sessions will explore athlete assessment, performance considerations for collegiate female athletes, and how current research can be translated into meaningful coaching and health interventions.

Featured Session Titles:

- The Universal Athlete: Mastering the Trifecta of Strength, Speed, and Capacity
- You're a Great Coach...Now What? The Business of Building a Career in Fitness
- Systematic Readiness: How To? DIY? TLDR?
- Building a Coach's Assessment System to Serve Athletes
- Building High-Performing Collegiate Female Athletes: Addressing Challenges, Considerations and Evidence-Based Strength and Conditioning Strategies
- From the Lab to the Gym Floor: Translating Open Science into Applied Coaching and Health Intervention

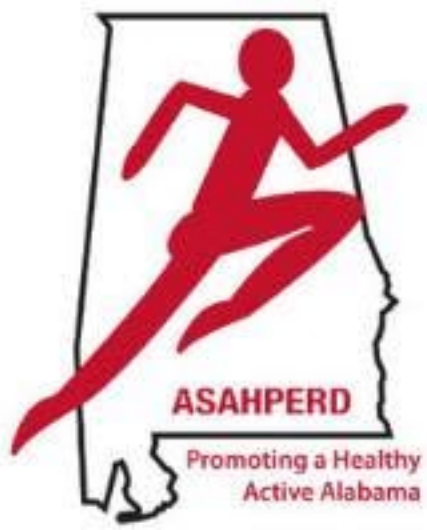
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ASAHPERD Future Professionals LEADERSHIP WORKSHOP

Sunday, November 15th
1:00-5:00 PM

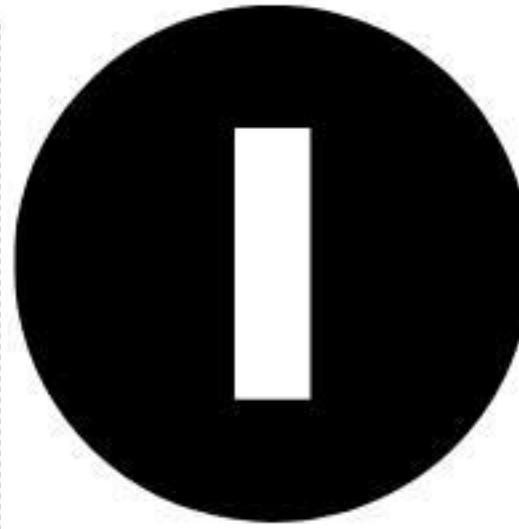
Do you have the **DRIVE** to become a leader?



Develop
leadership
skills



Relate
with
professionals



Invest
in your
future



Voice
your
ideas



Engage
in the
profession



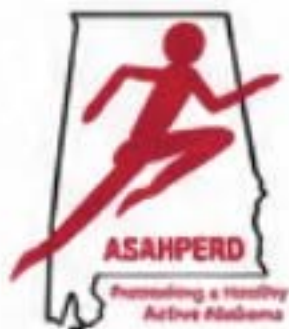
1st annual Future Professionals Superstars Competition

University Head-to-Head!
4:00-5:00 PM



Join
ASAHPERD
today!

Find Your
People.



2026 ASAHPERD Future Professional Leadership Workshop

Riverchase Ballroom

SUNDAY, NOVEMBER 15TH

TIME	TITLE	PRESENTER/PRESIDER
1:00-1:10	Meet and Greet	Sandra Sims
1:10-2:00	Fake It Till You Make It? Actually...It Kind of Works. How Action Builds Confidence, Competence, and Leadership.	Mike Esco
2:00-2:10	Activity Break	
2:10-2:55	Leadership: What Should Be in an Effective Leaders Toolbox?	Sandra Sims & Charity Bryan
2:55-3:05	Activity Break	
3:05-3:45	Leadership Discussion Panel	Charity Bryan, Mike Esco, Jaime Giangrosso, Chris Reeves
3:45-4:00	Fuel Up & Warm Up	Yongju Hwang
4:00-5:00	1ST ANNUAL FUTURE PROFESSIONAL'S SUPERSTARS COMPETITION	Deb Baxter

WHY JOIN ASAHPERD?



CONNECT WITH PROFESSIONALS

Meet teachers, university faculty, administrators, and other professionals who can become: mentors; professional contacts; future colleagues; and sources of career advice.



DEVELOP LEADERSHIP SKILLS

Get involved. Volunteer. Serve on committees. Attend professional events. ASAHPERD provides opportunities to begin developing the leadership skills employers value.



STAY CURRENT

The profession continues to change. ASAHPERD helps you learn about current issues, innovative practices, resources, and ideas that can make you a stronger future professional.

WHY ATTEND THE ASAHPERD FALL CONFERENCE?



LEARN

Go beyond your college classroom. Discover practical strategies, resources, and ideas you can take into your future classroom or professional setting.



BUILD RELATIONSHIPS

Engage with professionals from across Alabama who share your passion for health and physical education.



BE INSPIRED

See what is happening in the profession and discover the many ways you can make a difference in the lives of children, students, schools, and communities.



FIND YOUR PEOPLE

Professional conferences remind you that you are part of something bigger than your university program. ASAHPERD is your professional community.