



**February 13 - 15, 2022**

**Birmingham, Alabama**



The University of Alabama at Birmingham

Department of Human Studies



## **Kinesiology**

Undergraduates majoring in Kinesiology can choose from one of four concentrations: exercise science, fitness leadership, exercise bioenergetics, or physical education teacher certification. We also offer two undergraduate minors in Kinesiology and an accelerated bachelor's to master's program. Additionally, graduate students in our kinesiology program choose between two traditional master's concentrations: exercise physiology or physical education teacher certification. We also offer an alternative master's degree option and an educational specialist degree for our physical education teacher certification program.

## **Community Health & Human Services**

Students pursuing the B.S. in CHHS may choose a concentration in either Community Health (CH) or Human Services (HS). The CHHS program also offers minors in Community Health and Human Services to all UAB students. CHHS majors concentrating in Community Health can minor in Human Services; those focusing in Human Services can minor in Community Health. We offer two fully-online master's degree programs - Community Health and Community Health with a non-profit management certificate. We also have graduate certificates in health coaching or health education, and we have a doctoral program in Health Promotion.



**CONTACT US TODAY!**

**UAB.EDU/EDUCATION**

# Health & Physical Literacy Summit 2022

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## Health & Physical Literacy Summit COVID-19 PROTOCOL

During the Summit, everyone’s health and safety are our top priority. The hotel will follow their own COVID protocols as required by the city, state, or individual employer. The Summit will follow the state, local, and hotel guidelines in effect on February 12-15, 2022. Attendees and exhibitors must comply with all safety protocols:

**Required** • **Face coverings over the mouth and the nose** are required for **EVERYONE** in the hotel/ conference public indoor areas. This includes restaurants (until food is delivered), fitness center, meetings, and event spaces. All *unvaccinated guests* are required to wear face coverings outdoors as well per hotel guidelines. • **Daily temperature checks** are required for EVERYONE. Stop by a Covid kiosk on first or second floors and follow the posted instructions.

**Recommended** • Maintain physical distance as recommended by CDC guidelines based on your risk level • Wash hands frequently and minimize touch-point contact • Avoid touching your eyes, nose, and mouth.

**Please note** • Any interaction with the general public poses an elevated risk of being exposed to COVID-19. We cannot guarantee that you will not be exposed while in attendance at the Summit and encourage you to follow all safety policies, as well as local laws and restrictions.


**If you are experiencing symptoms, have COVID-19, or think you have been exposed, please send a text to 205.388.0304 and go home.**

## Download the App!

Use the Summit app to read session descriptions, access presenters' handouts (if provided), leave session feedback, see the list of exhibitors, learn about our sponsors and more. Scan this QR code and add the app to your home screen for easier access.



### For iOS (Apple) users, open in SAFARI:

After opening the app click on this icon found either at the bottom or the top of your screen: 

On the next screen, tap on "Add to Home Screen." This will create an app icon on your phone's screen.

### For Android:

Click on the notification banner at the bottom of your screen.

## Daily Temperature Check! Wear your Mask!

Please check your temperature each day at the one of the Covid Kiosks on first and second floor. Follow the instructions and wear the appropriate color sticker each day. Wearing masks properly is a must! Help keep everyone safe!



## See Something? Say Something!

For everyone's safety, all Summit participants must be registered and wear the appropriate identification badge in order to be admitted to official Summit activities. Your badge is for your personal use only and is not transferable. Individuals not wearing a name badge will be asked to leave. Please report any suspicious activity to Summit personnel in the Hampshire room.



## Things You Need to Know!

### Registration Hours

Sunday 11:00 - 5:00

Monday 7:00 - 4:00

Tuesday 7:00 - 12:00

### Summit Headquarters

Hampshire Room - 2nd Floor

Answers to all your questions!

### Free Wifi

Network: Hyatt Conference

Password: HPLS2022

### Complimentary Morning Coffee & More

Monday & Tuesday - 7:30-8:30 - Riverchase

### CECH Packets

Pick up & return to Registration table. Sessions marked with CECH in program.

### Exhibits - 2nd Floor

Sunday 1:00 - 7:00

Monday 10:00 - 5:00

Tuesday 10:00 - 5:00

### Breakfast & Lunch Options

Hyatt Regency Merk's Restaurant, Lobby Level  
Galleria Mall Food Court

## Summit Schedule At-A-Glance

### Sunday, February 13

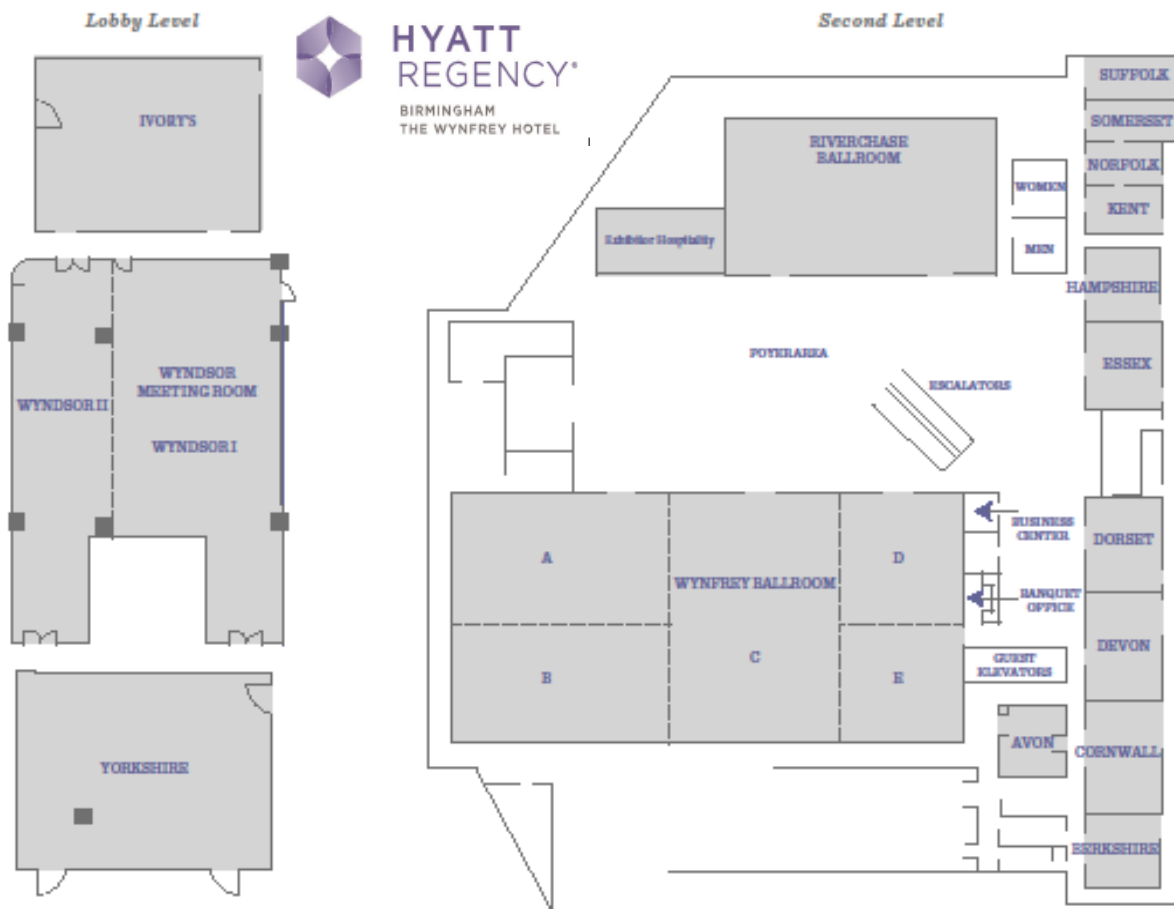
- 9:00 am – 12:00 pm      NAHPL Committee Meetings
- 1:30 pm – 5:00 pm      Breakout Sessions
- 1:30 pm – 7:00 pm      Exhibits Open
- 4:00 pm – 5:00 pm      Retirees' Social
- 5:15 pm – 7:00 pm      Triple Action Event! – Free admission with Summit name badge
  - Scaling the Summit Radio Gold Reunion
  - Exhibits Gala
  - Taste of the States

### Monday, February 14

- 7:30 am – 8:30 am      Coffee Break
- 8:30 am – 9:45 am      Physical Literacy General Session
- 10:00 am – 11:00 am    NAHPL Committee Meetings
- 10:00 am – 5:00 pm      Exhibits Open
- 10:00 am – 5:15 pm      Breakout Sessions
- 11:30 am – 12:30 pm    Past President Luncheon (Invitation)
- 1:00 pm – 2:00 pm      Southern Tier State Executive Directors (See Hollie Newnam)
- 5:30 pm – 6:15 pm      NAHPL Open Forum
- 6:30 pm – 9:30 pm      Silent/Live Auction & Dinner Gala! – Free admission with Summit name badge

### Tuesday, February 15

- 7:30 am – 8:30 am      Coffee Break
- 8:30 am – 9:45 am      Health Literacy General Session
- 10:00 am – 5:00 pm      Exhibits Open
- 10:00 am – 5:15 pm      Breakout Sessions



## VISIT THE EXHIBITS

### 9 square in the Air

Nike Hughes                      sales@9squareintheair.com  
 Amazing inclusive group game. Fast paced, fun, quick set up/tear down. Use indoors or outdoors. Great for all ages.

**Booth # 3**

### ADA Sports and Rackets, LLC

George Blessing                  info@adasportsandrackets.com  
 ADA is a direct manufacture of our own physical education equipment. Famous for our industrial strength rackets, paddles and foam coated balls.

**Booth # 5**

### Addiction Coalition

Jade Hill                              jade@apcbham.org  
 Birmingham non-profit focused on substance-use prevention for students.

**Booth # 23**

### ADPH: Comprehensive Cancer Control Program

Tonya Gandy                      tonya.gandy@adph.state.al.us  
 Sun safety/cancer prevention information and products.

**Booth # 6**

### ADPH: Immunization Division

Joshlynn Edwards                  joshlynn.edwards@adph.state.al.us  
 Informational brochures on Flu, Pneumonia, COVID-19, and Hep A.

**Booth # 22**

### Alabama Education Association

Darryl Sinkfield                      darryls@alaedu.org  
 AEA is the member-driven voice of Alabama's education employees. AREA members are teachers, education support professional, administrators, professors, future teachers and education retirees.

**Booth # 19**

### Goodheart-Wilcox Publishing

Taylor Brady                              tbrady@g-w.com  
 Goodheart-Wilcox provides up-to-date, skills-based instructional materials for health and wellness classes in middle school and high school. Essential Health and Comprehensive Health cover real-world issues and features classroom tested activities from award-winning health teachers. Learn more at our booth or visit [www.g-w.com/health](http://www.g-w.com/health).

**Booth # 2**

### Gopher

Bri Anthony                              conferences@gophersport.com  
 The leader in quality physical education, athletic and fitness equipment for 75 years.

**Booth # 15**

### HEAL United

Cristina Saunders                      saunders@healalabama.org  
 HEAL, Healthy Eating Active Living, is a fitness based physical education and nutrition curriculum. HEAL is improving children's health and transforming health culture through education and practice of healthy lifestyle behaviors.

**Booth # 12-13**

### Heart Zones, Inc

Morgan Garner                          morgan.garner@heartzones.com  
 Heart zones provides best-in-class group and online technology + methodology solutions that motivates, engages and empowers healthy lifestyles.

**Booth # 17**

### LSU

Douglas Waddell                          dwaddell@lsu.edu  
 The College of Human Sciences and Education students make our world a better place to live. They are committed to improving quality of life across the lifespan and are leaders in their fields, helping solve complex human, social and information issues.

**Booth # 21**

### NAHPL

Donna Dunaway                          dldunawa@samford.edu  
 A diverse, inclusive, member-driven professional organization for all HPERD professionals. Join us for a dynamic professional experience.

**Booth # 14**

### NCHPAD

Allison Tubbs                                  allisont@lakeshore.org  
 NCHPAD is a national, online resource center promoting disability inclusion for youth based physical activity, physical education and wellness. Learn more at educators

**Booth # 7**

### NDS & IAHPEDS

Fran Meyer    fameyer15@aol.com  
 Learn about the products/services these partner organizations can offer professionals: e.g., 2022 World Congress, San Antonio, TX, Mental Health and Dance "Dance Louder than Words" project.

**Booth # 4**

### OPEN-US Games

Brian Devore                                  bdevore@openphysed.org  
 OPEN and US Games have collaborated to create your one stop shop for free PK-12 curriculum, professional development and physical education equipment.

**Booth # 8**

### EXHIBIT HOURS

Sunday, 1:00 pm – 7:00 pm

Monday, 10:00 am – 5:00 pm

Tuesday, 10:00 am – 5:00 pm



**Palos Sports** **Booth # 1**  
Don Salvucci dsalvucci@schoolhealth.com  
Founded in 1957 Palos Sports has been serving physical educators and fitness professionals and coaches with a variety of innovative sports and fitness equipment.

**Phi Epsilon Kappa Fraternity** **Booth # 16**  
David Lorenzi david.lorenzi@iup.edu  
An honorary fraternity for students and professional in kinesiology, health, physical education, recreation, exercise science, athletic trainings and allied health fields.

**Skillastics** **Booth # 11**  
Suzanne Stone sslade@skillastics.com  
Skillastics is the all-in-one solution for Physical Education instructors that make sport skill development and physical activity simple

**Speed Stacks, Inc.** **Booth # 24**  
Matt Burk mburk@speedstacks.com  
Speed Stacks, Inc. is the world-wide leader in sport stacking equipment, products and services.

**Struthers Rec** **Booth # 18**  
Drew Warren drew@struthersrec.com  
Outdoor fitness and playground equipment by Game Time.

**The Caring Foundation: BCBSAL** **Booth # 10**  
Heidi Ramey hramey@bcbsal.org  
School grant and physical fitness programs.

**The Horizons School** **Booth # 20**  
Shan Jackson sjackson@horizonsschool.org  
Since 1991, The Horizons School has been preparing young adults with learning difficulties for an independent life. Our curriculum, with the community as our classroom, provides students with the skills to live and work inde-pendently.

**University of Arkansas** **Booth # 9**  
Jack Kern jkern@uark.edu  
The University of Arkansas offers an online Masters of Education degree in Physical Education. It is GRE exempt with in-state tuition for all students.



**Kinesiology and  
Health Studies**

SOUTHEASTERN LOUISIANA UNIVERSITY

The Department of Kinesiology and Health Studies at Southeastern Louisiana University is one of the largest academic departments of its kind in the state. We are home to more than 1,000 students studying Kinesiology, Health and Physical Education, Health Sciences, and Sport Management. All degrees in the department include internship or clinical experiences, where students gain practical experience and become real world ready.

**Undergraduate areas of study are:**

- Health & Physical Education  
Teacher Education
- Health Sciences
- Kinesiology
- Sport Management

**DEPARTMENT OF KINESIOLOGY & HEALTH STUDIES**

southeastern.edu/KHS  
985-549-2129

## GRADUATE DEGREES

### Athletic Training

As a part of the healthcare team, services provided by ATs include injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions.

### Health & Kinesiology

Prepares professionals to work in the fields of health promotion, exercise science and sports administration. Graduates will possess the necessary research, communication, assessment and planning skills to excel professionally and academically in the fields of health and kinesiology.

## Sunday, February 13

9:00 AM - 12:00 PM

### NAHPL Committee & Regional Meetings

- Eastern Seaboard Region 9:00-11:00 Somerset
- Strategic Planning 9:00-11:00 Devon
- Southern Tier Committees 10:00-11:00 WyndSOR II
- Regional EDs and So. Tier Awards Committee 10:00-11:00 WyndSOR II
- Advocacy Committee 10:00-11:00 Suffolk
- Southern Tier Councils 11:00-12:00 WyndSOR II
- Academic Program Review 11:00-12:00 Somerset

1:30 PM – 2:30 PM

### PL-PETE

#### Blooms Taxonomy & Academic Language Got Married!

Claire Mowling, University of Alabama at Birmingham;  
Sandra Sims, University of Alabama at Birmingham

As physical educators, we are likely familiar with the terms 1. Bloom's Taxonomy, 2. Academic Language and 3. Physical Literacy. We may even have some conceptual understanding of these terms in isolation of each other. The purpose of this presentation is to provide you with a comprehensive understanding of these concepts and how they all work together to aid in the design of a quality physical education lesson.

1:30 PM – 2:30 PM

### PL-Elementary Physical Education Ready? Set. Go!

Joanna Faerber, EatMoveGrow; Christina Courtney, LSU Laboratory School

Ready? Set. Go! Let's get them up and moving to the starting line of a lifelong, healthy active lifestyle. Are you just going through the motions of busy, happy, good or are you teaching the essential skills and concepts, attitudes, and fitness fundamentals? Remember, everything you teach needs to have a clear and defined purpose more than just keeping students busy, happy, and good.

1:30 PM – 2:30 PM

### PL-Middle/High School Physical Education Create a Growth Mindset Physical Education Learning Environment

Carrie Flint, Musical PE Plus

Many schools are adopting a Growth Mindset approach to teaching and learning. The "I can't" and lack of motivation to participate is evident at all levels in PE. My presentation includes Carol Dweck's research on the two mindsets (fixed & growth). I identify what these mindsets look like in the PE setting and how to make minor adjustments to your activities and lessons to help students adopt a growth mindset in physical education.

1:30 PM – 2:30 PM

### HL-HETE

#### Creating a Link: From Health Introductory Class to Practice

Kari Hampton, Longwood University

Do you practice what you teach? This session will provide activities that can be used from the first day your students walk on campus until they head to the field to lead their own classes. We will explore interactive activities that will energize your students, are skills based and linked to the National Health Education Standards.

Yorkshire

CECH

2:45 PM – 3:45 PM

### PL-PETE

#### The Social Wellness Crisis: Phubbing

Jodie Leiss, Northwest Missouri State University;  
Damon Leiss, Northwest Missouri State University

Phubbing is simply defined as snubbing someone by looking at their cell phone. This occurs in a variety of face-to-face interactions. This phenomenon is caused by the fact that smartphones are ubiquitous and are often used in co-present interactions. This presentation will focus on the issues associated with Phubbing, and will outline a process to help participants relinquish time on their phone, re-acclimate themselves to face-to-face interactions all the while practicing mindfulness.

Ivory's

2:45 PM – 3:45 PM

### PL-Middle/High School Physical Education Individualizing Learning In Secondary Physical Education Through Technology

Lynn Johnson, Plymouth State University

This presentation will provide participants strategies for using technology to enhance student learning in secondary physical education by providing individualized learning opportunities. Specific hi-tech and low-tech examples and strategies will be shared. Opportunities for discussion and Q & A will be provided.

WyndSOR I

2:45 PM – 3:45 PM

### PL-Elementary Physical Education

#### The Effects of Recess on Physical Activity Patterns in Elementary Children

David Farbo, Texas Christian University; Debbie Rhea, Texas Christian University

Sedentary lifestyle choices are very common among this generation of children, which increases their chances to develop major health complications such as obesity. The school environment may contribute to this problem by offering only 20 minutes of recess daily, while spending most of the day seated in the classroom. The LiiNK project, a whole child intervention, provides 60 minutes of outdoor, unstructured play daily. This session will examine physical activity patterns students who receive 60 minutes daily for recess versus only 20 minutes.

WyndSOR II



**2:45 PM – 3:45 PM**

**Wynfrey AB**

**PL-Dance**

**Country and Western and Social Dances**

Carol Smith, Elon University; Stratton (Chip) Schaeffer, Millersville University; Julie Lombardi, Millersville University

Participants in this active session will be introduced to traditional country and western partner dances and social dances that do not require a set partner; but still incorporate brief physical contact with others. The session covers social cues such as leading, following, and switching partners to emphasize inclusivity. These dances are ideal for physical education and physical activity teachers looking to introduce social dance to students who dread it due to the social implications of a set partner.

**2:45 PM – 3:45 PM**

**Wynfrey C**

**HL**

**CECH**

**Awareness of Self and Others**

Natalia Molska, University of Alabama

This 'Mindful plan' is linked to the Comprehensive School Physical Activity Program (CSPAP). The 'Mindful plan' will focus on mindfulness, positively impacting wellbeing and decreasing a negative state of mind. 'Mindful plan' will consist of: music meditation (not guided meditation), body screening, breathing technique, soft Pilates, walking meditation, and the soft animal flow.

**2:45 PM – 3:45 PM**

**Yorkshire**

**HL-Research**

**CECH**

**Food for Thought...Literally! Student Perspectives on Campus School Lunch Programs**

Catheryn Orihuela, University of Alabama at Birmingham; Retta Evans, University of Alabama at Birmingham; Sylvie Mrug, University of Alabama at Birmingham

Researchers conducted qualitative interviews with students in public middle schools to gather students perspectives regarding students attitudes about nutrition and the foods that are served in school. In this presentation, results of focus group discussions will provide information related to where children learn about nutrition, their food preferences for school-provided meals, and strategies for improving nutrition in schools from the student perspective.

**4:00 PM - 5:00 PM**

**Ivory's**

**HL-HETE**

**Stress, Self-Care and Mindfulness**

Elizabeth Mullins, Impact Recovery Center

Teachers show some of the highest burnout rates within the helping fields. There are many reasons for this, including stress, insufficient support, lack of resources, compassion fatigue, and feeling powerless to effect lasting change within the systems that they teach. This talk will focus on identifying compassion fatigue versus healthy empathy, how to use mindfulness in the education field to be a better teacher, and develop a self-care plan.

**4:00 PM - 5:00 PM**

**WyndSOR I**

**PL-Sport**

**Four Techniques to Capture the Minds of Your Students**

Daniel Hollander, Southeastern Louisiana University

Let's get psyched for Sport and Exercise Psychology! 1) Engage learners in an environment that blends personal narratives and concepts in the field. Audience with review podcasts, websites and case study presentations created by students. 2) Audience will share success stories of their own. 3) attendees will hopefully leave with more resources than they came with.

**4:00 PM - 5:00 PM**

**WyndSOR II**

**PL-PETE**

**The WHAT? WHY? and HOW? of Program Review**

Carol Ciotto, Central Connecticut State University

Join us to learn how program review can be a pivotal means of communication and accountability that provides valuable insight to your university leadership and faculty on program performance and how the recommendations can serve as a key input mechanism for strategic planning and decision-making.

**4:00 PM - 5:00 PM**

**Wynfrey AB**

**PL-Adapted Physical Education**

**Movement for Everyone**

Penny Edwards, NCHPAD; Alex Martinez, NCHPAD; Sherri Huff, Birmingham City Schools; Jonathan Thompson, ALSDE

This activity based session will show the attendees how to have a fully inclusive program that benefits every child in the classroom. It will feature different ways to give instructions, cues to use, skills and equipment that isn't expensive. We will even introduce SEL activities.

**FOLLOW AND SHARE!**

**SHARE YOUR PICS AND EXPERIENCES**

**#HPLS22 @HPLSUMMIT**



**Silence Your Phone**

Out of respect for others, pretend it's 1995. Turn off your phone when attending sessions.

**4:00 PM - 5:00 PM Wynfrey C**

**PL-Physical Activity**

**That Won't Work for my Students**

Chris Reeves, Warrior Elementary School; Matt Rogers, Warrior Elementary School  
Same Routine. New kids with old games. Old kids with new games. Come and see the games that work for all. No matter the size. Teach the masses with minimal equipment and physically engaging games.

**4:00 PM - 5:00 PM Yorkshire**

**PL-Elementary Physical Education**

**Video Modeling: Strategies to Support Physical Activity in Children With ASD**

Joann Judge, The University of Southern Mississippi; Kristen N. Morgan, Southeastern Louisiana University  
This presentation will explore video modeling as an evidence-based practice to support physical activity in children with Autism Spectrum Disorder (ASD). The audience will be provided practical strategies in which video modeling could be used to support this population. Online video modeling resources will be provided and research using eye-tracking technology will be explored.

**4:00 PM - 5:30 PM Suite 1523**

**Retirees' Social**

Meet Jim Hinerman, NAHPL Retired Professionals Coordinator at the Hyatt 1st Floor Elevator. All retired professionals are invited.

**5:15 PM – 7:00 PM Exhibits/Wynfrey DE**  
**Don't miss this 'triple action' event!**

- **Exhibits Gala** - Visit our exhibitors and take advantage of the opportunity to win great door prizes!
- **Scaling the Summit Radio Gold Reunion** - The tables get turned on Charity Bryan, Sandra Sims and Ginger Aaron Brush to answer the questions!
- **Taste of the States** - Sample treats from 20 states across the country, enjoy complimentary hors d'oeuvres and connect with friends new and old! Cash bar!

**Attention Football Fans! You can watch the Super Bowl while attending Taste of the States**

**Monday, February 14**

**7:30 AM - 8:30 AM WyndSOR I**

**PL-PETE**

**Availability Is Ability: How the FMS can Prevent Injury and Increase Performance**

Mark Beatty, North Carolina State University; Ritchie Shuford, North Carolina State University  
If the human body is designed to move in all three planes of motion as an interdependent unit, isolated training does little to improve athletic performance. By identifying imbalances and asymmetries, the Functional Movement Screen (FMS) provides a comprehensive approach that attempts to improve all components necessary for an athlete to perform at the highest level and prevent injury.

**7:30 AM - 8:30 AM WyndSOR II**

**PL-Middle/High School Physical Education**

**Active Floorway/ Active Brains**

Karen Saffles-Slater, Bradley County School District; Laura Hudson, Cleveland City Schools  
This presentation will discuss the process of building a relationship with administrators and community members/partners in order to aid with their understanding of how the Active Floorways work. We will also discuss the benefits for children and review the process of designing, purchasing, and installing the floorway.

**8:30 AM – 9:45 AM Riverchase**

**Physical Literacy General Session**

**President:** Chris Reeves, President, ASAPERD

- Greetings from Christy Swaid, CEO, HEAL United
- Welcome from Dr. Eric Mackey, Superintendent, Alabama Department of Education
- Keynote: Physical Activity and Mental Health. Dr. Steven Petruzzello, University of Illinois at Urbana-Champaign
- Closing: Donna Hester, Executive Director, ASAPERD



**10:00 AM - 11:00 AM**

**NAHPL Committee Meetings**

- Equity, Diversity & Inclusion Committee Dorset
- Awards Committee Devon
- Retiree Committee Suffolk
- Membership Committee Somerset

10:00 AM - 11:00 AM

Avon

**PL-Sport**

**Beyond Strength: SEL Strategies in Strength & Conditioning**

Jim Davis, New Trier High School, Good Athlete Project  
The weight room might be one of the most powerful learning environments that exists... that is, IF we decide to use it that way. Are we lifting weights or building grit, growth and gratitude? Are we running sprints or building self-awareness? Let's do both! This presentation shares research and strategies developed while training more than 30 state and national championship teams, to provide educators with a roadmap to go Beyond Strength and teach lessons that last a lifetime.

10:00 AM - 11:00 AM

Essex

**HL-Society of State Leaders CECH Advanced Level Challenges for State Leadership in Serving as Ambassadors for Health Literacy**

Fran Meyer, Society of State Leaders of Health & Physical Education; Lori Paisley, Tennessee Department of Education; Jonathan W. Thompson, Alabama Department of Education; Ellen Essick, North Carolina NPI; Therese McGuire, Georgia Department of Education  
Today, individuals working in state leadership roles face unprecedented demands. Recently, the positions have become everchanging landscapes. Individuals are expected to have broad knowledge of curriculum and their interconnections, pre-service and in-service training, student health and safety services, relevant legislation, and funding options. This session will share information about how state leaders effectively tackle current challenges.

10:00 AM - 11:00 AM

Ivory's

**PL-Middle/High School Physical Education MVP/WSCC Model: Using Objective Data to Drive Program Effectiveness**

Deb Berkey, Heart Zones, Inc.  
The WSCC Model was created to support and optimize children's social, emotional and academic development. PE is one of the 10 model components. The CDC recommends that an effective PE program include 50% MVP for all students. Using technology to gather individual student MVP data allows teachers to use this data to assess student performance, teacher effectiveness and advocate the program to parents. This session presents an applied approach to data management for the practitioner.

**Want a NAHPL T-shirt? Join NAHPL!**  
Visit the NAHPL booth #14!  
**T-Shirts are FREE to members! Not a member? Join today!**  
While supplies last!

10:00 AM - 11:00 AM

WyndSOR I

**PL-PETE**

**Hey Professor! Can you Help Your Campus Become Physically Literate?**

Heather Sanderson, Meredith College; Stephanie Little, Meredith College; Sharon Malley, Meredith College  
The purpose of this session is to help participants identify and address the need of physical literacy across their academic environment. We will share a toolkit for designing a collaborative culture of physical activity (PA) for all faculty and administrators.

10:00 AM - 11:00 AM

WyndSOR II

**HL**

CECH

**Learning Comprehensive Wellness**

Britnee Smith, Delta State University HPER; Vivian Fowler  
This presentation will provide the framework for a 9-week unit that consists of fitness activities, healthy cooking endeavors (including ideas for areas like safety, cleanup, prep work, and smart shopping), assessment schedules, fitness testing, and more.

10:00 AM - 11:00 AM

Wynfrey C

**PL-Elementary Physical Education**

**More than A Stationary Activity-Experience Speedstacks**

Mark Burk, Speed Stacks  
This session will feature hands-on interactive learning sport stacking and overcome the stigma of being a stationary activity. Session will incorporate movement-based activities and games to get your students mentally fit and physically active. Proven results to develop your students' math and reading skills plus hand-eye coordination, self-esteem and so much more.

10:00 AM - 11:00 AM

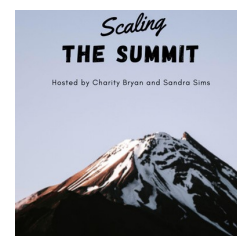
Wynfrey DE

**PL-Elementary Physical Education**

**Using Movement Education to Promote Cross-Curriculum Learning**

Meghan Dennis, The University of Alabama  
The purpose of this presentation will be to provide activities and skills to teach cross curricular education through dance literacy. By combining reading skills, this allows 'non-traditional learners' to be able to apply cognitive classroom learning through movement education and promote life-long literacy within early elementary physical education classes.

**Catch up on your podcasts!**  
<https://Anchor.fm/hplsummit>



**10:00 AM – 12:15 PM** **Yorkshire**  
**HL-Research**  
**What the Research Says About Social & Emotional Learning and How to use It**

Cindy O'Brien, Hueytown Intermediate School; Jeffrey Moore, Director of Mental Health Services, Jefferson County Schools; Zack Jones, Hueytown Intermediate School

Jeffrey Moore will present the most current research on why social and emotional learning is so important for children. Physical educators, Cindy O'Brien and Zak Jones, from Hueytown Intermediate School will demonstrate practical ways to incorporate SEL skills in the physical education classroom setting.

**11:15 AM - 12:15 PM** **Avon**  
**PL-Adapted Physical Education**  
**Hosting an Inclusive Summer Camp**

Lori Watkins, Lakeshore Foundation

This presentation will give insight into how to prepare for and implement a summer camp to include youth with disabilities

**11:15 AM - 12:15 PM** **Ivory's**  
**PL-Middle/High School Physical Education**  
**Athletic Potential: A Physics Approach**

Brian Campbell, University of Louisiana Lafayette  
Humans are bound by physics (how the world is made) as well as morphology (how we are made). Using professional athletes as models to demonstrate skills to children can be unfair to young, underdeveloped athletes who are not made structurally, nor physiologically like their older professional heroes. Understanding genetic limitations and some basic physics can allow coaches, and personal trainers to optimize individual potential by not setting unrealistic expectations for parents and children involved in sport.

**11:15 AM - 12:15 PM** **WyndSOR I**  
**HL** **CECH**  
**WSCC Implications for Stop the Bleed and Other Emergency Medical Care Procedures**

Walter Dearborn, Towson University  
WSCC Implications for Stop the Bleed and other Emergency Medical Care procedures. School systems across the Nation have been discussing reinstating First Aid and CPR in their curriculums. There have been 393 single victim homicide and 121 multiple victim incidents in schools. 428 students between ages 5-18, 306 students between the ages of 15-18 were involved single victim incidents and 65 were involved in multiple homicides. Many teachers, administrators, staff have said if only I had known what to do or done something to help.

**11:15 AM - 12:15 PM** **WyndSOR II**  
**HL-HETE** **CECH Advanced Level**  
**Integrating Health Literacy Into K-12 Health Education Curriculums**

David Berry, Saginaw Valley State University

The session aims to describe the integration and evaluation of health literacy assignments in pre-service health and physical education course. Examples are adaptable for in-service teachers across grades. We will examine the construction, execution, and impact of public service announcements (PSA), health-related infographics, health-related posters, and HealthX talks. These active-learning techniques can enhance students' knowledge and provide confidence in their abilities to identify and interact with low health literacy individuals.

**11:15 AM - 12:15 PM** **WynfREY AB**  
**PL-Elementary Physical Education**  
**Explore Fun Ways to Connect Academics & SEL with Physical Activities!**

Suzanne Stone, Skillastics

This session will provide activities that help create a positive learning environment. Explore ways to integrate academics, physical fitness, and social-emotional learning. Discover endless possibilities of resources to help improve your program!

**11:15 AM - 12:15 PM** **WynfREY C**  
**PL-Dance**

**Experiencing World Cultures Through Dance**

Gladys Keeton, Texas Woman's University; BJ Santos, Community Lab School, Albemarle County Public Schools  
The focus of the session is to promote student agency and cultural identity through dance. Participants will learn a diverse group of dances reflecting the history, tradition, and social custom of the countries of origin. Connect with your students through dance.

**11:15 AM - 12:15 PM** **WynfREY DE**  
**PL-Middle/High School Physical Education**

**How Sport Ed can Redefine PE in Middle and Secondary**

Christina Courtney, University Laboratory School/LSU/OPEN; Joanna Faerber, Eat Move Grow  
Come learn how sport ed can be used to address and expand equity among students, increase diversity of learning with others, and expand purposeful inclusion in your class. Experience sport ed firsthand, completing a mini sport "season" with their team, get a look at some great ideas for your program. Using sport ed in your middle or secondary setting can be the climate change that your class and school needs.

**11:30 AM - 12:30 pm** **Buckingham Room 3rd Floor**  
**Past President Luncheon (Invitation)**

**12:30 PM - 1:30 PM** **Avon**  
**PL-PETE**  
**Are AVATARS in Your Repertoire? Bridge the Virtual Physical Literacy Gap!**  
 Deborah Baxter, Kennesaw State University  
 Within the KSU AVATAR lab, education students and faculty utilize mixed-reality technology to stimulate a variety of situations and challenges. Utilizing the lab, with an additional pre-recorded video presentation of activity scenarios, preservice teachers practice teaching a skill by providing appropriate instruction, observational techniques, assessment strategies, and congruent feedback leading to increased motivation, confidence, and knowledge. Excellent preparatory practice for edTPA rubrics 7, 8, and 9 in Task 2-Instruction!

**12:30 PM - 1:30 PM** **Essex**  
**HL-Society of State Leaders** **CECH**  
**Understand, Appreciate Diversity, How to Apply Inclusive and Equitable Practices**  
 Tarin Hampton, Norfolk State University; Fran Anthony Meyer, Norfolk State University  
 This interactive session will allow participants to explore their personal knowledge of and attitudes about diversity issues within their environment. They will explain ways the diversity has impacted their lives. They also will identify a conceptual framework for understanding dimensions of diversity among individuals and within specific populations. Further, participants will learn about strategies for increasing their ability to be inclusive and impartial when interacting with students, faculty, family, or community members.

**12:30 PM - 1:30 PM** **Ivory's**  
**PL-Middle/High School Physical Education**  
**Utilizing Physical Screens to Improve Golf Mobility and Instruction**  
 Kevin Moennich, North Carolina State University  
 This session will introduce physical screens and concepts to improve students' ability to play golf. The presentation will introduce some physical screens (tests) to assess a student's mobility and capability of executing an effective golf swing. Various drills and exercises that can improve performance or adapt the movement pattern for improved confidence and play will be shown. Attendees will leave with practical drills to apply pedagogy to various groups and sports drawing examples from university golf physical activity courses.

**12:30 PM - 1:30 PM** **WyndSOR I**  
**HL-Kindergarten-12 Grade** **CECH**  
**Teen Drug Use: Do You Know What is Going on Today?**  
 Elizabeth Fikes, Stonewater Adolescent Recovery Center  
 Adolescent drug and alcohol use tends to change over the years. This presentation will educate participants on the substances that are most used by adolescents and common methods of consumption. The presenter will also inform participants about how to discuss substance use with youth and explain the role that instructors and coaches can play in the prevention of adolescent substance use.

**12:30 PM - 1:30 PM** **WyndSOR II**  
**HL-HETE** **CECH**  
**Truth or Consequences- Riding the Wave of the Infodemic**  
 Sarah Toth, Alabama A&M University; Rakiya Battle, Alabama A&M University  
 Information and misinformation travel faster than the childhood game of Gossip. According to the WHO (2020), this infodemic must be managed to insure an effective school health response. This session examine reliable digital health information sources and analyze social media influences effecting the decision to post, like, or forward. Within the context of the WSCC model, we will explore proactive solutions for promoting accurate health information vital to our students, schools and communities.

**12:30 PM - 1:30 PM** **WynfREY AB**  
**PL-Sport**  
**No Court, No Net, No Space, NO Problem...Teaching Racket Skills in Limited Space**  
 George Blessing, ADA Sports and Rackets  
 Having all the bells and whistles to teach racket skills/sports should not be a determining factor in giving your students opportunities and experiences with short and long handled rackets. Come see various activities you can incorporate in small or limited spaces that will allow your students to learn, practices and improve on these valuable lifetime activities.

**12:30 PM - 1:30 PM** **WynfREY C**  
**PL-Elementary Physical Education**  
**Bridging the Physical Education Gap From COVID-19**  
 Nicole Wilder, OPEN  
 Students have brought unprecedented challenges to physical education teachers this school year. 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 activity session, a variety of free K-12 outcomes-based lessons from OPEN that will help physical educators bridge the gaps in learning.

**12:30 PM - 1:30 PM Wynfrey DE**  
**PL-Middle/High School Physical Education**  
**Tackling the Fitness Components**

Tecca Kilmer, Turkey Creek Middle School  
Learn various activities and lessons to teach the health related fitness components and the skill related fitness components to your students. Presenter will focus on variations/differentiation and extensions to the lessons.

**12:30 PM - 1:30 PM Yorkshire**  
**PL-Future Professional**  
**Advocacy for Future Professionals: A Higher Education Plan**

Sandra Sims, University of Alabama at Birmingham;  
Charity Bryan, Southeastern Louisiana University  
Administrators and faculty in higher education need to design a plan to teach advocacy skills to future professionals so they will become active advocates after graduation. This session will identify advocacy training ideas and projects used by administrators and faculty for developing the needed advocacy skills in future professionals.

**1:45 PM - 2:45 PM Avon**  
**PL-Middle/High School Physical Education CECH**  
**Recognizing the Invisible Backpack: Incorporating Anti-Racism Into the Classroom**

LaNita Wright, Kennesaw State University; J. Sunshine Cowan, University of Central Oklahoma  
In this workshop, participants will work in small groups to critically discuss cultural humility and anti-racism. Participants will dissect excerpts from published literature and case studies. Participants will be provided resources and have the opportunity to develop a personalized action plan that incorporates best practices into their existing curriculum.

**1:45 PM - 2:45 PM Essex**  
**HL-Society of State Leaders CECH Advanced Level**  
**Erin's Law: The Power of Prevention**

Lori Paisley, Tennessee Department of Education  
Erin's Law requires states to study or implement a child sexual abuse prevention program. We teach our students how to respond to weather emergencies and security threats. Educating students at different age levels on this sensitive topic can be difficult. Ensuring that our schools have the resources they need to educate students, school staff and parents will improve prevention and response.

**1:45 PM - 2:45 PM Ivory's**  
**PL-PETE**  
**Advocating for PA Through Scholarly Collaborations With Other Content Areas**

Erin Reilly, Auburn University Montgomery; Tami Shelley, Auburn University Montgomery; Angela Russell, Auburn University Montgomery; Laura Wildman, Auburn University Montgomery  
Collaboration between Physical Education and Early Childhood Education at Auburn Montgomery has opened doors. We have been invited to work on the state course of study for Early Childhood, we're bringing more PA into Pre-K across the state, and we share knowledge at each other's conferences. Hear how we are impacting both areas by working together, and get some ideas for how you can increase your own opportunities for publications, presentations, and grants while having a meaningful impact on physical activity opportunities for children.

**1:45 PM - 2:45 PM WyndSOR I**  
**HL-HETE CECH**  
**Using Social Media to Increase Awareness of Health Topics**

Brent Powell, California State University, Stanislaus; Job Madina-Ramirez, Golden Valley Health Centers  
The purpose of this presentation is to increase awareness of the use of social media as an impactful tool to create awareness and increase knowledge and advocacy efforts related to health topics. Over the years there has been an increase in connectivity and exchange of ideas through social media platforms and that social media has become a key tool for health education and physical education teachers and instructors.

**1:45 PM - 2:45 PM WyndSOR II**  
**PL-Physical Activity**  
**Outdoor Playscapes Make the Difference for Physical Literacy**

Debbie Rhea, Texas Christian University; Dave Farbo, Texas Christian University; Daryl Campbell-Pierre, Texas Christian University  
Outdoor play, i.e., less rules, more collaborative, is known to provide many health benefits throughout the life span; however, many adults engage more in indoor/sedentary activities than outdoor play. This exploratory study sought to tackle this question: do adults have preferred play activities they would engage in if included in parks or nature spaces? This presentation will introduce and discuss playscapes that adults prefer to promote physical literacy.

**1:45 PM - 2:45 PM Wynfrey C**  
**PL-Middle/High School Physical Education**  
**Awesome Quick Instant Activities and Cool Small-Sided Games**

Jerry Honeycutt, Indian Land High School; Russ McHenry, Northern Guilford Middle

Learn several innovative non-traditional, small-side games that promote skill development, tactical awareness, and strategic understanding while developing problem solving, teamwork and cooperative skills. Experience student-tested teacher approved instant activities. Practice using quick assessment tools to monitor student learning and give feedback to students. This high-energy session is sure to get your students quickly moving with a purpose.

**1:45 PM - 2:45 PM Wynfrey DE**  
**PL-Dance**

**Making Swing Dance Accessible**

BJ Santos, Albemarle County Public Schools

Teach partner dancing to a 6-count dance using 8 count music during a pathogen sensitive era? It can't happen. But maybe it can. Use an 8 count pattern and some clever no touch techniques, and there is a chance. This presentation will include some easy 8 count progressions and some athletic movement worthy of a super bowl commercial with Odell Beckham, Jr. and Eli Manning. Come have the time of your life.

**1:45 PM - 2:45 PM Yorkshire**  
**HL-Kindergarten-12 Grade CECH Advanced Level**  
**Skin Cancer Prevention**

Tonya Gandy, Alabama Department of Public Health; Lakita Hawes, Alabama Department of Public Health  
Skin cancer is the most common form of cancer in the United States, but is also one of the most preventable. The relationship between the sun and your skin can be a dangerous one. However, all it takes is a smart sun exposure strategy combining sunscreen, shade, and protective clothing to greatly reduce your chances of developing this deadly disease.

**3:00 PM - 4:00 PM Avon**  
**HL-Research**

**Two Sides of a Coin: Graduate Student and Professional Success**

Kim C. Graber, University of Illinois at Urbana-Champaign; Amelia Mays Woods, University of Illinois at Urbana-Champaign; K. Andrew R. Richards, University of Illinois at Urbana-Champaign

This session is designed to provide graduate students with advice for successfully navigating the challenges and opportunities of graduate school and will address

strategies for establishing a successful career as an academic in higher education. Participants will have opportunities to engage with the panel and each other.

**3:00 PM - 4:00 PM Essex**  
**HL-Society of State Leaders CECH**  
**What Is A Green Ribbon School?**

Jonathan Thompson, Alabama Department of Education; Michal Robinson, Alabama Department of Education  
Explore the U.S. Department of Education's 3 achievement areas, known as pillars. These pillars provide collaborative structures for educators, families and community partners to cultivate equitable, culturally based, socio-ecological systems learning and sustainable decision-making utilizing "field based" science education. These school partnerships, STEM, civics and green career activities emphasize environmental impacts, and positive impact on the environment.

**3:00 PM - 4:00 PM Ivory's**  
**PL-Future Professional**  
**Making the Most out of Your Clinical and/or Student Teaching Experiences**

Gina Barton, Lander University; Kym Kirby, Lander University

Appropriate preparation and good pedagogy are cornerstone to successful teaching and, subsequently, student learning. Grounded in "Best Practices", teaching tips to help make the most of out of one's clinical/student teaching experiences will be provided. Additionally, strategies to lower anxiety during one's physical education clinicals and/or student teaching will be discussed.

**3:00 PM - 4:00 PM Wyndsor I**  
**HL CECH Advanced Level**  
**Effects of COVID-19 Recommendations on Caregivers & Their Pre-School Children**

Lorraine Killion, Texas A&M University-Kingsville; Melody Knight, Texas A&M University-Kingsville  
This presentation includes data collected from a pilot study at a local childcare facility in south Texas. Caregivers of 3-5 year-old children who attended the facility were questioned. Questions were posed from three categories: physical activity, health and well-being, and accessibility to information during the pandemic lockdown in an online survey with Qualtrics. Results will be presented and discussion of the findings and implications will be conducted at the end of the presentation. Audience input, feedback, and participation encouraged.



**3:00 PM - 4:00 PM** **WyndSOR II**  
**PL-Middle/High School Health & Physical Education Making Connections! How Partnerships Can Foster Skills-Based Health Education** **CECH**

Monica Gerda, Kennesaw State University; Kandice Porter, Kennesaw State University

To improve student's health literacy, it is essential that school districts move toward a skills-based approach in health education. This presentation will examine how one state's implementation of new health education standards created an opportunity to focus on skill development. Feedback from a survey of health teachers informed the creation of frameworks, instructional plans, and professional development. Finally, we will explore how partnerships can support HPE teacher preparation programs in developing skills-based health change agents.

**3:00 PM - 4:00 PM** **WynfREY AB**  
**PL-Dance**  
**Infusing Dance Patterns and Rhythms for a More Inclusive Dance Experience**

Angela Smith-Nix, University of Arkansas

The culture of dance and dance culture can be a vehicle to celebrate and develop an appreciation for world rhythms. Participants will integrate various cultural steps and patterns from trending movies and music to design their own unique blend of moves. Attendees will use videos, cards and cues sheets to integrate martial arts, haka, jigs and more to be more inclusive and embracing of other cultures.

**3:00 PM - 4:00 PM** **WynfREY C**  
**Get Your Students Up & Moving with 9 Square in the Air**

Niki Hughes, 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 game rules, and good sportsmanship.

**3:00 PM - 4:00 PM** **WynfREY DE**  
**PL-Elementary Physical Education**  
**Stop, Collaborate and Listen: Incorporating Social and Emotional Learning in PE**

Megan Lee, Tanglewood Elementary School; Aaron Ketterer, Tanglewood Elementary School

In the words of Vanilla Ice "stop, collaborate and listen " as we show you how to incorporate social and emotional learning into your daily elementary physical education setting. In this presentation we will show elementary teachers how to implement Don Hellison's curricular

model Teaching Personal and Social Responsibility through Physical Activity (TPSR). Not familiar with the model? No worries! We will briefly explain the framework of the curriculum and walk through what a lesson looks like for us.

**3:00 PM - 4:00 PM** **Yorkshire**  
**HL-Kindergarten-12 Grade**  
**Healthy Eating Active Living: Measurably Improving Children's Health**

Donna Dunaway, HEAL United; Donna Hester, ASHPERD  
Healthy Eating Active Living (HEAL) is a non-profit organization whose mission is to improve children's health and transform health culture through education and practice of healthy lifestyle behaviors. HEAL's fitness-based nutrition curriculum designed for K-12 settings engages the entire family. HEAL provides resources including wrist heart rate monitors and cardio bars to support implementation of the curriculum. This session will review the curriculum, assessment data and testimonials from students and educators as to the impact of HEAL.

**4:15 PM - 5:15 PM** **Avon**  
**HL-Research** **CECH Advanced Level**  
**Implementing Social and Emotional Learning to Improve Student Achievement**

Carol Ciotto, Central Connecticut State University; Ellen Benham, Central Connecticut State University  
This informative and interactive session prepares you with an understanding about the current research and best practices in SEL as a foundation for high quality education. Learning how to initiate, implement, and sustain district and/or schoolwide SEL so that every child thrives in school and life will be a key focus of this session.

**4:15 PM - 5:15 PM** **ESSEX**  
**HL-Community, PreK-Higher Education** **CECH**  
**Leveraging Partnerships: Building the Capacity for Success**

Therese McGuire, Georgia Department of Education  
Georgia's partnership began in response to a need around improving student fitness in schools. It's success has been recognized nationally and continues to grow. This session will chronicle how partners from education, public health, universities, non -profits and philanthropic entities came together and continue to work together.

**Need a Gift for your Valentine?**

**Find one at the Silent & Live Auction!**

**There's something for everyone!**

**Dinner included!**

**6:30 – 9:30 Riverchase Ballroom**

**4:15 PM - 5:15 PM** **Ivory's**  
**PL-Elementary Physical Education**  
**How to Get the Most Out of Your Feedback**  
K-Lynn McKey, University of Louisiana at Lafayette  
Feedback is arguably one of the most important aspects for anyone to learn. Without it, students and athletes may struggle to improve performance, increase success rates, or even feel engaged within lessons, practices, etc. This session will provide an overview of and practice with tools to improve feedback for the benefit of all. Feedback needs to be equitable regarding race, gender, fitness level, etc. and these tools can help teachers realize any implicit biases and create more consistent commentary for all.

**4:15 PM - 5:15 PM** **Wyndsor I**  
**PL-Middle/High School Physical Education**  
**Adopting a Skills-Based Health Curriculum that Promotes Health Literacy**  
Mary Vann, G-W Publisher  
Join the Goodheart-Willcox Educational consultant, as she shares key features and components of a comprehensive skill-based health education program that promotes health literacy. Participants will leave with skills-based activities and assessments for their teacher toolbox and learn how to navigate the G-W online platform. All attendees will receive complimentary access to our newly updated, skills-based middle and high school health education resources from Goodheart-Willcox.

**4:15 PM - 5:15 PM** **Wynfrey AB**  
**PL-Physical Activity**  
**Yoga Now!!**  
Leigh McBride, Fitness 1440  
Introduction into Yoga with postures, breathwork and benefits to the student.

**4:15 PM - 5:15 PM** **Wyndsor II**  
**PL-Adapted Physical Education**  
**Promoting Lifespan Physical Activity for Individuals With Disabilities**  
David Lorenzi, Indiana University of Pennsylvania  
Participation in lifelong physical activity has numerous health benefits and is especially important for individuals with disabilities. This presentation will provide an overview of lifespan physical activity options for individuals with disabilities. Both barriers and facilitators to physical activity participation for individuals with disabilities will be presented. Specific advocacy strategies will be discussed that can be used by professionals to facilitate and promote physical activity participation for individuals with disabilities.

**4:15 PM - 5:15 PM** **Wynfrey C**  
**PL-PETE**  
**STEM in the GYM: Advocating for Strength and Conditioning in Physical Education**  
Anthony Smith, Charleston Southern University  
Physical Educators can advocate for their profession by including STEM in the Gym. Many of the principles and concepts found in PE and strength and conditioning are found in STEM classes. Including terms and ideas found in STEM classes increases the interdisciplinary connections between academic programs in schools. Participants will use guided discovery to find connections between physical education content and math, science, engineering, and technology, improving lesson plans, peer teaching relationships, and administrative support.

**4:15 PM - 5:15 PM** **Wynfrey DE**  
**P- Physical Activity**  
**TUFFS-Tennessee Urban Fishing for Schools Beginning/Advanced**  
Wayne Hines, East Nashville Magnet High School; Brian Kelly, Poplar Grove Elementary School  
TUFFS is a simple but effective way to teach students a life long skill and recreational activity. Brian and Wayne bring many years of experience and skills that have made this one of the fastest growing lesson in the country. Beginning and Advanced skills will be taught in this brief setting that will last a lifetime. Over 80 schools in Tennessee, Kentucky and Missouri have used these techniques to teach the lifelong skill of fishing.

**5:30 PM – 6:15 PM**  
**Open Forum** **Wyndsor II**  
**Presenter:** Charity Bryan, President, NAHPL  
Meet the leaders of The Academy and learn more about member engagement opportunities and resources from NAHPL. Attendees will have the opportunity to provide input to NAHPL leaders regarding how The Academy can best engage professionals and provide meaningful professional experiences.

**6:30 PM – 9:30 PM** **Riverchase**  
**Silent/Live Auction & Dinner Gala**  
Come enjoy the music featuring DJ Rod Dedrick. Bid on sports memorabilia and other amazing items during the silent/live auctions with Brian Campbell, Auctioneer!  
  
Dinner provided (your badge gets you in). Cash bar!  
Participate in the 'Head or Tails' game! Look for cameo appearances from Pat Sajak and Vanna White!

## Tuesday, February 15

7:30 AM - 8:30 AM

WyndSOR I

### PL-Middle/High School Physical Education 5th Grade Students' Physical Activity Levels & Health, Nutrition, and Sports

Todd Davis, Delta State University; Yang Song, Delta State University

Children across the country are typically provided adequate and appropriate physical education, nutrition, and health curriculum from kindergarten to 6th grade in most elementary schools. The hypothesis: one school (Bell Academy) has all three components of wellness curriculum while a school of similar demographics and student dispositions (Hayes Cooper Center) only has some of the wellness curriculum.

7:30 AM - 8:30 AM

WyndSOR II

### PL-PETE Good Job! But What was Good?! Strategies for Providing Effective Feedback

Amanda Sullivan, University of Arkansas; Cathy Lirgg, University of Arkansas; Angie Smith-Nix, University of Arkansas

Providing effective feedback is an area in which many teachers struggle. Giving effective feedback should increase student learning and motivation. This presentation will address common errors made when giving feedback, and provide strategies to amplify assessment and feedback skills.

8:30 AM – 9:45 AM

RIVERCHASE  
CECH

### Health Literacy General Session

**President:** Charity Bryan, President, National Academy of Health and Physical Literacy

- **Keynote:** Re-imagining Health Literacy: Keeping Our Focus and Moving Forward. Dr. Michelle Hutchinson, Centers for Disease Control and Prevention
- **Presentation of DLD Medal** - Cam Kerst, Executive Director, NAHPL West Coast Region
- **Closing** - Anne Wiggin, President, NAHPL Southern Tier Region



**Remember to Mask Up!  
Check your Temp!**

10:00 AM – 2:00 PM

PL-K-12 Education, PETE, HETE

### HEAL United Reading Literacy Workshop

Sonya Yates, Dyslexia Therapy & Consulting, LLC

Learn about the new HEAL United Book System that offers a fun and instantly engaging way to promote healthy living, emergent reading skills, and prevent reading slippage. Learn how and why reading supports mental, emotional, and physical health.



10:00 AM - 11:00 AM

Avon

### PL-Middle/High School Physical Education Hitting the Bullseye With a Community Archery Program

Toni Leo, University of Alabama at Birmingham; Susan Jackson, Retired, Shelby County Schools

Archery is a lifetime sport for all ages and skill levels! This session will give you strategies and tips for beginning an archery program in the community. With the help of the schools and parks and recreation departments, you can help youth and adults find fun and competition with a target archery program.

10:00 AM - 11:00 AM

Essex

PL-PETE

### Got Schooled! Two Cases of Professors' Return to the Middle School HPE Classroom

Stephanie Little, Meredith College; Dan Grube, Western Carolina University

The purpose of this session is to illustrate valuable lessons learned from returning to the field. These lessons provide considerations for PETE/HETE faculty preparing teacher candidates for internship experiences. Two cases and lessons learned will be shared that support the importance of classroom experience, currency, and strong communication in the school-university partnership. These lived experiences can help PETE/HETE programs address the disconnect between higher education and k-12 education.

10:00 AM - 11:00 AM

WyndSOR I

PL-Sport

### Long-Term Athletic Development in Youth

Robert Herron, United States Sports Academy; Roch King, United States Sports Academy; Greg Ryan, Piedmont University; Brandon Spradley, United States Sports Academy

Youth sport is a collective institution within which young people can experience physical, social, and psychological development. Many sport-related organizations have highlighted the need for implementing evidence-based, youth-sport practices to ensure an enjoyable, inclusive, safe, sustainable experience for all participants. This presentation will discuss the general principles of long-term athletic development in youth and provide the attendee with information to be a community leader in their respective space.

10:00 AM - 11:00 AM

HL-HETE

**Human Trafficking Educational Resources for Educators**

Jonathan Thompson, Alabama State Department of Education; Cathy Lankford, Alabama State Department of Education; Amanda Cramer, Alabama State Department of Education

ALSDE has partnered with the Alabama Human Trafficking Task Force and the Alabama State Attorney General to develop resources for educators and parents to bring awareness and prevent human trafficking. The Global Slavery Index estimates there are over 6000 victims of human trafficking each day in Alabama, which includes labor and sex trafficking. We will examine facts, myths, and warning signs of Human Trafficking, cybersecurity information, how to speak to children about online safety, and more.

WyndSOR II

CECH

10:00 AM - 11:00 AM

PL-PETE

**Teaching PETE Candidates to Co-Teach**

Alysia Jenkins, Middle Tennessee State University  
Working and teaching alone is an unusual scenario for physical education teachers regardless of grade levels taught. Pedagogical skills have a unique layer when sharing a gym, students, and lessons with another physical education teacher. The Co-teaching Model is a valuable addition to PETE candidates' skills of establishing a learning environment, planning, instructing, and assessing. This session will provide an overview of the Co-teaching Model with methods used at one university to give PETE candidates insight and experience using it.

Yorkshire

10:00 AM - 11:00 AM

PL-Physical Activity

**Pickleball 101- A Lifetime Sport**

Jennifer Brown, Retired, Auburn University Montgomery; Charlie Gibbons, Alabama State University

Pickleball has become a lifetime sport! Competition begins in middle school and continues to the Senior Olympics. Attendees will have the opportunity to participate in drills that teach the basic skills of pickleball. There will also be a discussion of simple rules, court dimensions and various types of balls and paddles.

Wynfrey AB

**Support our Researchers!  
Visit the Research Poster Sessions  
11:15 - 12:15 & 1:45 - 2:45**

10:00 AM - 11:00 AM

PL-Elementary Physical Education

**Budget Friendly Physical Education Activities**

Kerri Lee, Zachary Elementary School; K-Lynn McKey, University of Louisiana at Lafayette; Kristi Romero, Westgate High School

This session will cover some of our favorite activities with little to no equipment. We will cover skills, drills, games, and movement-based activities that will impress students, co-workers, and principals. Activities for elementary, middle, and high school students.

Wynfrey C

11:15 AM - 12:15 PM

Research Posters

Exhibits Area

**Sociological/Historical Aspects of Physical Activity**

***The Youth Travel Sport Juggernaut: The Income Inequality Gap and Potential Health Implications on Children***

Ashley Bowers, Southeastern Louisiana University; Keri Larsen, Southeastern Louisiana University; Myia Graves, Southeastern Louisiana University

**Sociological/Historical Aspects of Physical Activity**

***Healthy Eating Active Living (HEAL) HEROES: An Impact Study***

Charity Bryan, Southeastern Louisiana University; Donna Dunaway, Retired, Samford University; Donna Hester, Retired, University of Alabama at Birmingham

**Sport Psychology**

***COVID-19, Coping and Injury in College Student Athletes***

Daniel Hollander, Southeastern Louisiana University; Hannah Hampton, Southeastern Louisiana University; Megan Gordon, Southeastern Louisiana University

10:00 AM - 11:00 AM

PL-Middle/High School Physical Education

**Teaching Game Concepts in a Physically Distanced Environment**

Lynn Johnson, Plymouth State University  
The Pandemic has forced the rethinking of teaching game concepts while maintaining physical distancing. This activity session will provide participants with the opportunity to participate in modified activities & small-sided games for secondary PE (MS/HS) while maintaining physical distancing. These modifications were made necessary due to the pandemic, but are an effective and safe way for students to practice and learn game concepts (strategies and tactics).

Wynfrey DE

**Dance**

***Physiological Effects of Performing Petit Allegro in Dancers***

David Bellar, University of North Carolina at Charlotte; Lawrence W. Judge, University of Louisiana at Lafayette; Amy M. Reggie, University of Louisiana at Lafayette; Amy C. Conner, University of Louisiana at Lafayette

## Motor Behavior

### *Effects of Alternating vs Non-Alternating Dyad Practice on Skill Acquisition and Cognitive Processes*

Eddie Hebert, Southeastern Louisiana University;  
Cameron Diez, Southeastern Louisiana University

## Sport and Exercise Psychology

### *Relationships Among Play, Chronic Stress Level and Body Composition in Elementary School Children*

Kelsey Kirby, Texas Christian University; Debbie Rhea, Texas Christian University

## Special Populations

### *Physical Education Teachers' instructional Adaptations to Teach Motor Skills to Children With Language Disorders*

Kristen Morgan, Southeastern Louisiana University;  
Melissa Thompson, University of Southern Mississippi;  
Stephanie McCoy, University of Southern Mississippi;  
Joann P. Judge, University of Southern Mississippi; Nancy Speed, University of Southern Mississippi

## Sports

### *An Examination of the Training Practices and Perceptions of Division I and III College Baseball Coaches in the United States*

Lawrence Judge, Ball State University; Brian Fox, Ball State University; Bruce Graig, Ball State University; Olivia Vasiloff, Ball State University; Olivia Huffman, Ball State University; David Bellar, University of North Carolina at Charlotte

## Health

### *COVID-19 Lockdowns Impact on the Health and Wellbeing of Caregivers and Their Pre-School Children*

Melody Knight, Texas A&M University-Kingsville; Lorraine Killion, Texas A&M University-Kingsville

## Sociological/Historical Aspects of Physical Activity, Special Populations

### *The Life History of American College Basketball Coach That Identified as Latino and Hispanic*

Richard F. Jowers, University of Mississippi; Matthew Curtner-Smith, University of Alabama

11:15 AM - 12:15 PM

Avon

## PL-Future Professional

### **Direct Connect: Past, Present and Future Professionals Network Session**

Debra Berkey, Executive Director, NAHPL Midland Region; Carol Ciotto, Executive Director, NAHPL Eastern Seaboard Region; Charity Bryan, President, NAHPL

Mentoring is critical to the success of future professionals. Founding members of NAHPL will lead a professional networking session allowing future professionals the opportunity to ask questions about career path, leadership development and skills necessary for success. Special focus on development of strategies to ensure equity, diversity and inclusion within profession and beyond. Future professionals are invited to come meet lifelong leaders to pick up tips for success in their emerging careers.



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**11:15 AM - 12:15 PM** **Essex**  
**HL-Kindergarten-12 Grade** **CECH Advanced Level**  
**Mental Health Resources and Lesson Ideas**  
Ellen Turner, ASAPERD Health Division  
Let's talk about mental health. Come join us as we talk and collaborate about this important and critical topic. Learn about current community resources available and come away with some new lesson plans ideas to engage any learner.

**11:15 AM - 12:15 PM** **WyndSOR I**  
**PL-Elementary Physical Education**  
**Educating Whole Person in PE: Hanaro Teaching Model**  
Seungsoo Baek, The University of Alabama; Gicheol Kim, Georgia State University; Wonhee Lee, The University of Alabama; Euichang Choi, Seoul National University  
A model named Hanaro Teaching (HT) and its rationale for whole person education in Physical Education (PE) will be introduced. Invented by Dr. Euichang Choi in 2001, this model is one of the prevalent models in South Korea. This presentation will provide PE educators with a new perspective as the basic philosophy of HT emphasizes on holistic development. With that, tangible ideas to enhance physical literacy will be shared. We share the philosophy, teaching methods, effect of this model, and how to adapt HT model in the U.S. PE context.

**11:15 AM - 12:15 PM** **WyndSOR II**  
**HL-HETE** **CECH**  
**Sitting vs. Standing in College: Attention, Energy, & Participation**  
Ryan Green, Southeastern Louisiana University; Myia Graves, Southeastern Louisiana University; Edward Hebert, Southeastern Louisiana University; Carrie Edwards, Southeastern Louisiana University  
It is clearly established that sitting for extended periods of time increases the odds of earlier death and poor health. One strategy to reduce sitting is the use of a standing work station. Little is known about the viability and effects of standing desks in the college classroom. This session will describe a research project where college students alternated sitting and standing in class. Data compare attention, energy, and class participation on sitting vs. standing days, plus student interest in opportunities to stand in class.

**11:15 AM - 12:15 PM** **Wynfrey AB**  
**HL-Other**  
**Who's Got the Money? An Activity to Raise Awareness About Privilege.**  
Shawn Ladda, Manhattan College  
Participants will be involved in an activity that helps one to explain how privilege connects to life experiences as

well as educational experiences. Participants will explore how the exercise resonated with them and others and brings a greater awareness of the impact of privilege. Finally, strategies will be discussed to work toward social justice to assist in quality health, physical education, recreation, and dance for all.

**11:15 AM - 12:15 PM** **Wynfrey C**  
**PL-Middle/High School Physical Education**  
**Six Foot Activities**  
Charlotte Kelso, Retired  
Activities for student skill building for Face2Face learning. Involves creativity, student led activities and skill building such as individual and team challenges. Safe space with minimal equipment.

**11:15 AM - 12:15 PM** **Wynfrey DE**  
**PL-Dance**  
**Circle Change Dances That do not Require a Partner or Equipment**  
Stratton (Chip) Schaeffer, Millersville University; Carol Smith, Elon University; Julie Lombardi, Millersville University  
The purpose of this active session is to introduce participants to energetic social dances that do not require a set partner. This includes circle-change dances that are done with alternating partners, contra dances, square dances, and dances that are done in groups of 3-6 people. These dances are ideal for physical education and physical activity teachers looking to introduce social dance into their curriculum.

**11:15 AM - 12:15 PM** **Yorkshire**  
**PL-PETE**  
**ALL-IN for Advocacy**  
Kym Kirby, Lander University; Gina Barton, Lander University  
To be ALL-IN means to fully commit. As educators, we fully commit to making an impact on our students, school, community and profession. One crucial aspect of impact often neglected is advocacy. In order to be ALL-IN for advocacy, we have to be intentional and assume the responsibility that it all begins with me! The purpose of this session is to walk participants through the why, when, where, who and how to be an ALL-IN advocate.

**12:30 PM - 1:30 PM** **Avon**  
**PL-Elementary Physical Education**  
**Recess/Unstructured Play as a Physical Literacy Precursor to Physical Education**  
Debbie Rhea, Texas Christian University  
The LiiNK Project, an unstructured play intervention, has been implemented in schools to improve the amount of

quality time children have to play and be outdoors daily. Many positive relationships have been identified between outdoor play and the ability of physical educators to be more successful with physical literacy (PL). This session will focus on PL produced by outdoor play, what types of play are most effective, and how to assess whether your students are more physically literate.

**12:30 PM - 1:30 PM** **Essex**  
**PL-Middle/High School Health & Physical Education**  
**ACES to Ace: Helping Kids With Trauma Triumph in the Gym and on the Field** **CECH**

Dayna Watson, University of Alabama at Birmingham  
The short and long term physical and mental health impact of Adverse Childhood Experiences (ACES) is well-documented. Although these troublesome outcomes are well-supported by research, there is much hope for the positive impact that early intervention has for children and adolescents who experience ACES. In this session, we will learn how ACES impact students and discuss strategies for helping students and families develop healthy habits to support more positive physical and mental health outcomes.

**12:30 PM - 1:30 PM** **WyndSOR I**  
**PL-Physical Activity**

**Physical Activity After School: This is How we do it!**  
Sherri Huff, Birmingham City Schools; Penny Edwards, National Center on Health, Physical Activity and Disability -NCHPAD

Physical Activity is so important for youth. Many recreation leagues have had to shut down due to cost and the lack of facilities. There are ways to begin providing after-school programs that are affordable. In this session you will learn how having a vision and support made it happen in an urban school system. Physical activity is a priority now thanks to key stakeholders that knew the importance of health and well-being for children.

**12:30 PM - 1:30 PM** **Wynfrey AB**  
**HL/PL-Kindergarten-12 Grade** **CECH**  
**Good Nutrition is our Mission**

Ginger Aaron-Brush, Pelham Oaks Elementary; Cindy O'Brien, Hueytown Intermediate School; Beth Uhlman, I3 Academy; Jaime Giangrosso, Moody Elementary School  
Proper nutrition is the foundation for a child's health and overall wellbeing. Good nutrition can positively impact a student's ability to learn and concentrate, their energy levels, and their growth and development. Incorporating nutrition education into the physical education curriculum doesn't have to be overwhelming. Join us to learn energizing fitness-based games for elementary physical education that will help students learn important nutrition concepts while having fun.

**12:30 PM - 1:30 PM** **Wynfrey C**  
**PL-Adapted Physical Education** **CECH**  
**Adapting Instruction for Children With Communication Disorders**

Kristen Morgan, Southeastern Louisiana University; Joann Judge, The University of Southern Mississippi  
Attendees will actively engage in the most frequently implemented instructional adaptations that physical education teachers across the United States reported using to support physical literacy among children with communication disorders. The session will discuss the impact that self-efficacy had on adapting for children with disabilities and how to support self-efficacy. Resources will be shared on how other teachers reported learning adaptations and how to implement adaptations in a general physical education setting.

**12:30 PM - 1:30 PM** **Wynfrey DE**  
**PL-Middle/High School Physical Education**  
**Warmups for Injury Prevention in Secondary Physical Education**

Hayden Mitchell, The University of Alabama  
Secondary education physical educators are uniquely positioned to address the changing physical needs of their charges with research-based movement patterns during warmups. This presentation will focus on key injury prevention movements that reduce vulnerability to internal and external threats of injury in secondary education PE classrooms. Led by Hayden Mitchell (PhD(c), CSCS, FRC mobility specialist), educators can expect to learn vital movements for all students to stay safe and play at their highest level.

**12:30 PM - 1:30 PM** **Yorkshire**  
**HL-Kindergarten-12 Grade**  
**Teen Mental Health First Aid (tMHFA)**

Adrienne Coleman, Addiction Prevention Coalition; Abimbola Famurewa, Addiction Prevention Coalition  
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.

**1:45 PM - 2:45 PM**  
**Research Posters** **Exhibits Area**

**Pedagogy**  
**Effects of Continuing Professional Development Targeting Covid-19 Modifications on Physical Education Teachers' Dispositions Toward Change**

Ben Kern, University of Wyoming; Paul Malinowski, University of Wyoming



## **Pedagogy**

### ***The Evaluation of Physical Literacy of Preservice Physical Educators***

Chih-Chia Chen, Mississippi State University; Pamela Kulinna, Arizona State University; Katherine Spring, Auburn University; Y-J Ryah, Sonoma University

## **Pedagogy**

### ***Physical Education Teacher's Learning About Adventure-based Learning and Positive Youth Development Through a Virtual Professional Development***

Daekyun Oh, Bonaventure University; Sue Sutherland, Ohio State University; Dawn Anderson-Butcher, Ohio State University; Jaqueline D. Goodway, Ohio State University

## **Pedagogy**

### ***The Efficacy of an Online, Concepts-based Fitness and Wellness Course***

David Mann, Tennessee Technical University; Amelia Mays Woods, University of Illinois at Urbana-Champaign

## **Health**

### ***Concerns, Preventive Behaviors and Career Intent Among College Students Pursuing Health Care and Non-Healthcare Careers During the COVID-19 Pandemic***

Eddie Hebert, Southeastern Louisiana University; Sabrina Hickey, Southeastern Louisiana University

## **Pedagogy**

### ***Why Knowledge Matters: The Importance of Subdisciplinary Knowledge for Teaching***

Jeongkyu Kim, University of Illinois at Urbana-Champaign; K. Andrew R. Richards, University of Illinois at Urbana-Champaign

## **Pedagogy**

### ***Understanding Bullying in an Out-of-School Physical Activity Program: A Qualitative Study***

Mengyi Wei, University of Illinois at Urbana-Champaign; Kim Graber, University of Illinois at Urbana-Champaign

## **Pedagogy**

### ***Adopting Models-based Practices in Physical Education: A Qualitative Analysis***

Paul Malinowski, University of Wyoming; Ben D. Kern, University of Wyoming

## **Health**

### ***Making a Difference: Health & Kinesiology Students Experience as a Health Coach***

Ralph Wood, Southeastern Louisiana University; Kayla Noll, Southeastern Louisiana University

## **Health**

### ***Exploring Successful Implementation of Organizational Supports at the Worksite Environment, a Mixed Methods Approach***

Ralph Wood, Southeastern Louisiana University; Renee Underwood, University of Southern Mississippi; Michael D. Celestin, Jr., Louisiana State University; Richard Culbertson, Louisiana State University

**1:45 PM - 2:45 PM**

**Avon**

#### **PL-Adapted Physical Education**

#### **Effective Partnerships for Student Fitness and Wellness**

Brian Geiger, The Horizons School; Jermaine Mitchell, Greater Level Training

Young adults with learning disabilities benefit from collaboration with university faculty and students. Consumers are mentored by students representing disciplines of P.T., O.T., kinesiology, and nutrition sciences. Mentors are supervised by School faculty. Despite pandemic challenges, the partnership continued in an online format until it was safe to resume in-person. Consumers participate in weekly strength and conditioning, aerobic and yoga classes. Trainers noted improved flexibility, stamina, endurance, coordination, and nutrition.

**1:45 PM - 2:45 PM**

**Wyndorsor I**

#### **HL-Other**

#### **Live HealthSmart Alabama**

Tiffany Osborne, UAB Minority Health & Health Disparities Research Center; Kimberly Speights, UAB Minority Health & Health Disparities Research Center  
Alabama's national health rankings are dire. The only way to change them is by transforming how we address health. Live HealthSmart Alabama makes good health easier by changing rules, systems, and environment through partnerships and collaboration. This comprehensive approach requires us all to work together.

**1:45 PM – 2:45 PM**

**Wynfrey AB**

#### **PL-K-12 Physical Education & Health Education**

#### **The Intersection of Physical Education & Health Education**

Ashley Grimes, Pinellas County Schools  
Physical Educators activate the bodies of students through movement to educate their minds. Come learn strategies to maintain highly engaging physical education activities while integrating health education skills and content. Be ready to move and groove!

**Thank you ASAHPERD for hosting the Summit 2022!**

**1:45 PM - 2:45 PM**

**Wynfrey C**

**PL-Middle/High School Physical Education**

**Using a Values Based Pedagogy in Teaching Sports**

Adam Wolecki, University of Alabama

A values based pedagogy uses sport and activities as a tool to help promote core social values. Using a plus sport model, you teach or coach beyond the sport to focus on non-sporting outcomes to help effect social change. The presentation will give examples of activities that can be used to promote the five core values of neutrality; equity & inclusion; respect; trust and responsibility. Participants will be introduced to the importance of creating, recognizing and understanding teachable moments and utilizing these to coach beyond the sport.

**1:45 PM - 2:45 PM**

**Wynfrey DE**

**PL-Sport**

**Adapted Physical Activity - Sport Introduction**

Kimberly Martin, The University of Alabama

Adapted Physical Activity“ Introduction to sport, will go over the mechanical and practical knowledge of wheelchair sports, wheelchair maintenance, wheelchair mechanics and sport play. Creating opportunity creates knowledge. Knowledge can create understanding. Sport does not discriminate; it only challenges the athlete willing to work. By incorporating disability sport into our curriculums, community programs, and sports teams, awareness, and inclusion, along with competition, become accessible for all.

**3:00 PM - 4:00 PM**

**Avon**

**PL-PETE**

**Online Learning and COVID-19: Lessons Learned in Higher Education**

Charity Bryan, Southeastern Louisiana University;

Sandra K. Sims, University of Alabama at Birmingham

Many lessons were learned in higher education as COVID-19 required colleges and universities to almost immediately transition to online learning. Kinesiology and HETE/ PETE programs had to continue delivering instruction to support student learning in both health and physical literacy, but under enormously challenging circumstances. This session will identify lessons learned by administrators, faculty, and students, as well how to be prepared to deliver online instruction in a time of crisis.

**3:00 PM - 4:00 PM**

**Essex**

**PL-Middle/High School Health & Physical Education**

**Substance Free Athletics: Best Performance**

**Enhancement**

**CECH Advanced Level**

Lauren Sisler, EPSN; Sherri Huff, Birmingham City Schools  
Lauren Sisler will discuss how substance use can impact the career of an athlete at any level of competition. She will provide coaches with information on how to implement team/district policy consistently and effectively. She will also educate coaches how to create a no-use culture, which will help coaches reduce the amount of time that is spent on drug/alcohol related discipline and reduce the stress around liability and potentially negative outcomes. This session will empower coaches to have discussions about substance use.

**3:00 PM - 4:00 PM**

**WyndSOR I**

**HL-Research**

**Impact of Socialization on Doctoral Students' Intended PETE Programs**

Jamie Brunson, The University of Memphis; Matthew

Curtner-Smith, The University of Alabama

The purpose of this interpretive study was to describe the influence of occupational socialization on the physical education teacher education (PETE) programs sport pedagogy doctoral students (DSs) intended to deliver once they began life as faculty members in universities and colleges. DSs had conservative, liberal, and eclectic beliefs regarding PETE and indicates the need for DSs to explore their own views regarding physical education, PETE and the forces that shaped their perspectives. Implications for physical literacy will be presented.

**3:00 PM - 4:00 PM**

**WyndSOR II**

**HL-HETE**

**Online Public Health Coursework: Maintaining Validity Through Proper Metrics**

William Davis, Athens State University; Jamie Gilbert,

Athens State University

Maintaining high standards in online public health coursework can be a daunting task. Incorporating both asynchronous and synchronous methodologies have shown great benefit during these uncertain times. Incorporation of lectures that engage the student in an asynchronous manner allows the student to learn the content on their own schedule and the synchronous weekly reviews reinforce this material. In this session, we will discuss effective strategies for online delivery and how this course is specifically designed from start to finish.

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**3:00 PM - 4:00 PM** **Wynfrey AB**  
**PL-Adapted Physical Education**  
**Don't Put Limits On Me: An Introduction to Para-Athletics**  
Marcia Farabee, Gadsden City Schools; Emily C. Frederick, Lakeshore Foundation  
Join a former Paralympian and a Curriculum Director to learn how to help students with various disabilities become physically literate. Presenters will share experiences and ideas to help students with various disabilities. Learn the eligible categories for para-athletes and how to help create a culture of fitness/excellence/inclusion at your school. Gain information about high level state and national athletic competition as you dissect para-athletics and address inequality and inequity that often affects those with perceived disabilities.

**3:00 PM - 4:00 PM** **Wynfrey C**  
**PL-Middle/High School Physical Education**  
**A PL-Focused Paradigm for a College Wellness and Activity Course**  
Dave Wiederrecht, Lone Star College-University Park  
Utilizing a movement-first paradigm for college wellness and activity course emphasizing biomotor abilities, planes of movement, challenge, and individual success. Concentrating on progressing students' PL journey may increase lifetime physical activity participation.

**3:00 PM - 4:00 PM** **Wynfrey DE**  
**PL-Future Professional**  
**Future Professionals Accepting the Reigns of Leadership**  
Andrew Lewis, College of Charleston; Milton Wilder, Retired, Delta State University  
This session is designed to identify the characteristics of leadership, group those characteristics to identify different leadership styles and indicate when those different styles should most appropriately be used. Group activities, group interaction and question and answer sessions will assist with the identification of leadership characteristics. The session will focus on future and young professionals in an effort to help them identify different leadership styles and to determine their own personal style.

**4:15 PM - 5:15 PM** **Avon CECH**  
**HL-Research**  
**Creating an International Organization to Promote Physical Literacy**  
Gregory Soukup, University of the Incarnate Word  
The presentation will bring together professionals, practitioners and academicians in Health Education, Physical Education, Dance and Sport from around the world via video conferencing. The panel will discuss with attendees the creation of a new international organization that pro-

motes the importance, benefits, and implications of promoting physical literacy globally. Discussion will also focus on common challenges and unique differences faced around the world in the promotion of physical literacy.

**4:15 PM - 5:15 PM** **Essex**  
**PL-PETE**  
**Simulating Disabilities: Teaching Adapted Physical Education for PETE**  
Jean Ann Helm Allen, University of North Alabama; Elizabeth Woodruff, The University of Alabama; Jon Allen, University of North Alabama; Oleg Sinelnikov, The University of Alabama  
This presentation will provide pedagogical content knowledge (PCK) for teaching adapted physical education using an array of kinesthetic experiences by simulating a variety of disabilities. With this approach, we hope to add value to doing simulation-style activities and to provide a knowledge base for physical education teacher education (PETE) instructors to feel more confident in teaching adapted physical education.

**4:15 PM - 5:15 PM** **WyndSOR II**  
**HL-HETE**  
**Creating a Worksite Wellness Program in Academia - Tapping Available Resources**  
Lee Renfroe, University of North Alabama; Jackie Allen, Lauren Dick, University of North Alabama; Ashley Cook, University of North Alabama  
The purpose of this presentation is to share a unique approach for developing and implementing a worksite wellness program through the utilization of academia resources available on a college/university campus. The design and resources discussed should be highly applicable to any higher education setting. The presentation will provide guidelines and suggestions for starting a worksite wellness program from the ground up using minimal resources.

**4:15 PM - 5:15 PM** **Wynfrey AB**  
**PL-Dance**  
**Teaching and Practicing Social Justice Through Dance**  
Tarin Hampton, Norfolk State University  
During this movement session, participants will explore areas of hidden social justice inequalities, which often-times results from unrecognized individual bias. When participating in this activity, it will help promote cohesion and unity, while intentionally focusing on erasing limiting language.

4:15 PM - 5:15 PM

Wynfrey C

PL-Middle/High School Physical Education

Celebrating Movement

Mindy Kiser, G.R. Stuart Elementary School; Jay Garcia, G.R. Stuart Elementary School  
Cleveland City Schools Elementary Physical Education department hosts an annual community physical education showcase. This showcase increases the communities vision of current day physical education and celebrates quality teaching and learning practices. It highlights our students' successes that are related to physical health. This session will focus on factors to include in planning, creating and implementing a community event and can be adapted for all grade levels.

4:15 PM - 5:15 PM

Wynfrey DE

PL-Elementary Physical Education

Using Action-based Learning to Facilitate Active Thinking and Student Engagement

Clarissa Johnson, McKinley High School  
Action based learning is a whole child teaching and learning approach to improving the health, wellness, and education of all children. It is a methodology based on brain research that supports the link between movement and learning to improved academic performance and behavior.

4:15 PM - 5:15 PM

Yorkshire

HL-Kindergarten-12 Grade

CECH

Connecting Environmental Justice to Health Literacy

Jonathan Pruitt, Catholic Charities Diocese of Stockton  
What do environmental justice and health literacy have in common? Join in to learn what environmental justice is and how to incorporate it to meet the advocacy standard of the National Health Education Standards. The process of becoming environmentally health literate entails raising scientific literacy, health literacy and numeracy, as well as tapping into social and emotional learning concepts all while increasing awareness of environmental exposures and their potential health effects.

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