

ASAHPERD 2027 Fall Conference Program (subject to change)

Day/Time	Topic	Title	Description
Sunday			
8:45-4:50	Sport & Exercise Science	NSCA-Alabama State Clinic/ASAHPERD Sport & Exercise Science Division Workshop	Click HERE for the complete schedule. Open to ASAHPERD members registered for the Fall Conference.
1:00-4:30	Health	Adult and Pediatric First Aid/CPR/AED Recertification	The purpose of this session is to certify and recertify individuals on how to recognize first aid and cardiac emergencies and act. Participants will learn to provide appropriate care for various first aid emergencies, perform CPR, and use an AED as required.
1:00-5:30	Adapted Health and Physical Education	Inclusive Health & Physical Education Workshop	This workshop gives health and physical education staff—teachers, paraprofessionals, and related service providers—practical, ready-to-use strategies for inclusive instruction. Participants gain movement-specific behavior supports, simple sensory and emotional tools for active settings, clear adaptations they can apply immediately, and shared language that strengthens teamwork so every child can fully participate. Access the full program descriptions HERE .
1:00-5:00	Future Professionals	Future Professionals Leadership Workshop and Superstars Competition	The 2026 ASAHPERD Future Professional Leadership Workshop is designed to empower emerging leaders in the fields of health and physical literacy. The program will feature practical strategies for developing confidence, exploring the essential tools of effective leadership, and learning from experienced professionals through an engaging leadership discussion panel. The afternoon will conclude with the 1st Annual Future Professional's Superstars Competition
5:15-6:30	All Attendees	Sunday Social	Everyone attending the Sunday sessions is invited.
Monday			
8:00-9:00	Health	From What If to What Now: Partnering with Health Systems in Schools	This follow-up session from Spring Conference 2026 moves from vision to action, showing how health and physical educators can partner with local health systems to improve student outcomes. Participants will explore practical strategies for initiating partnerships, aligning goals, and leveraging community resources to support student health and wellness.

8:00-9:00	Athletics/Coaching/ Sports	Coaching Volleyball and Enjoying the Journey	Drawing from 30 years of coaching experience, this session explores the habits, culture, relationships, and leadership practices that create a strong and successful program. Participants will gain practical strategies for developing athletes, building team culture, and sustaining their own passion for coaching-because success is not about winning; it is about enjoying the journey along the way.
8:00-9:00	Higher Education	Mentorship by Design: A Framework for Student Growth in PETE Programs	This lecture-based presentation introduces a practical mentorship framework designed specifically for Physical Education Teacher Education (PETE) programs. Attendees will explore strategies for fostering connection, professional identity, belonging, and student growth across the program experience. The session emphasizes intentional, relationship-centered mentorship to support retention, engagement, and future educator success.
8:00-9:00	Physical Education	Move the Brain, Move Learning: Emotion, Neuroscience, and Physical Education	Explore how emotion drives learning and how movement regulates it. This session combines neuroscience and functional MRI insights with practical physical education strategies to improve focus, behavior, and retention. Participants will engage in activities and leave with ready-to-use techniques that support emotional regulation and enhance both physical and academic outcomes.
8:00-9:00	Physical Education	Coach Like a Teacher Teach Like a Coach	Coach Like a Teacher, Teach Like a Coach explores the powerful connection between effective teaching and successful coaching. Participants will discover how instructional strategies, relationship building, motivation, feedback, assessment, and leadership techniques from both professions can be blended to maximize learning, performance, engagement, and student-athlete success.
8:00-9:00	Sport & Exercise Science/Fitness	Hydration for Middle and High School Athletes	Proper hydration is a performance enhancer for young athletes yet often misunderstood. This session equips coaches and educators with practical, science-backed hydration strategies. Learn to recognize early dehydration signs, optimize fluid intake before, during, and after play, and keep your middle and high school athletes safe and performing at their peak.
8:00-9:00	Physical Education	Beyond the Gym: Where Movement Meets Literacy, Numeracy, and Real-World Learning	Health and Physical Education is more than movement, it is a gateway to literacy, numeracy, science, and real-world learning. Discover practical strategies for creating meaningful cross-curricular learning experiences that deepen student understanding and promote the transfer of learning across disciplines.

8:00-9:00	Physical Education	New 2 Newcomb	This session introduces participants to Newcomb, a classic game that remains one of the best ways to teach and develop volleyball fundamentals. Whether you are working with elementary students, middle school athletes, high school beginners, Newcomb is a fun, engaging, and inclusive game that builds confidence while teaching essential volleyball skills.
8:00-9:00	Physical Activity/Recreation	Game-Changing Recess: Soccer Activities That Actually Work	Transform recess into a high-energy, structured experience with the U.S. Soccer Foundation's World Games Recess Guide. Learn to organize soccer-based activities that build teamwork, confidence, and connection. Create activity zones, run small-sided games, and empower student leaders. Walk away with ready-to-use games, simple setups, and strategies to maximize movement and minimize downtime.
9:10-10:10	Health	It is Very Complicated! Designing an Effective Peer-Led Cannabis Education Program	In prevention work, who delivers the message matters as much as the message itself. When young people are empowered as leaders, they develop a deeper understanding of prevention content, and their peers are more receptive. The "It's Complicated" curriculum is delivered in three lessons that present current facts about cannabis trends in Alabama and nationwide. The presentation will cover program outcomes, lessons learned, and ongoing improvements. This is a student-led teacher supported program.
9:10-10:10	Athletics/Coaching/Sports	Lacrosse 101 - How to start a Lacrosse League	Lacrosse 101 will cover the basics of the sport of lacrosse as well as provide examples of the equipment required to play lacrosse. The rich history of lacrosse will be explored. Lacrosse taught in Physical Education is fun and engaging for the students. Our Physical Education unit lesson plan will be covered as well as providing examples of the equipment used to teach a lacrosse Physical Education unit.
9:10-10:10	Future Professionals	Reaching All Students: The Importance of Culturally Relevant Teaching in K-12 Physical Education	This presentation explores how culturally relevant teaching practices can help create inclusive and engaging physical education environments where all students feel valued, respected, and connected. Participants will examine how culture influences movement experiences, communication styles, participation, motivation, and student engagement in physical education settings.

9:10-10:10	Physical Education - Adapted	Principles of Neuromotor Education	Participants will learn the basics of how proprioception, the vestibular system, retained primitive reflexes, core strength, and the ability to cross the midline of the body affect coordination, balance, learning, and behavior. Neuromotor exercise builds the foundation for physical, behavioral, and cognitive abilities and can help improve symptoms for children with dyslexia, ADHD, and ASD.
9:10-10:10	Physical Activity/Recreation	Move Alabama in Schools	Move Alabama, a statewide social marketing campaign, expanded into schools in 2026 through a classroom-based Brain Break Kit. Using simple materials, teachers led brief activity breaks that improved student mood, focus, and engagement. Despite time, space, and behavior challenges, strong support suggests sustainability and broader adoption.
9:10-10:10	Sport & Exercise Science/Fitness	Out of the Lab, Onto the Turf: Practical VO2 Max Testing for Coaches	Designed for middle and high school coaches, this session explains VO2 max, the body's maximum oxygen uptake, and its role in fitness and sports. We will review practical, cost-effective field tests to accurately assess student-athletes' aerobic fitness without requiring expensive lab equipment and explore what results can inform.
9:10-10:10	Physical Education	Ditch the Popsicle Sticks! Go Digital with the FREE Marathon Kids Program	Discover how Marathon Kids blends goal setting, data, and positivity to boost student motivation and physical activity. Hear from local teachers about the impact on their schools and see how simple, consistent movement can improve student health, confidence, and lifelong fitness habits.
9:10-10:10	Physical Education	Tennis Benefits Beyond the Courts... Empowering Educators, Inspiring Kids!	This activity session will offer guidance for implementing a comprehensive School Tennis Program for Pre-K-12 with no courts required. Unlock turnkey curricula in conjunction with SHAPE and FREE tennis equipment tailored to fit seamlessly into your program. Play fun activities that will inspire and motivate your students to play tennis!
9:10-10:10	Physical Education	Get Moving with HEAL United	Looking for fresh ideas to energize your physical education program? This session will introduce participants to new HEAL games and activities designed to promote movement, engagement, teamwork, and whole-child wellness.
10:20-11:50	All conference attendees	General Session and Keynote Address by Morgan Vance, Executive Director of the Pat Summitt Foundation.	Morgan Vance serves as Executive Director of the Pat Summitt Foundation, leading the organization's efforts to advance the legacy of legendary basketball coach Pat Summitt and accelerate progress in the fight against Alzheimer's disease.

1:00-2:00	Health	Drive Change with TDS: Save Lives and Earn Funding by Preventing Young Drivers Crashes	Traffic safety is a critical health prevention issue for teens. In this session, participants will learn how Teens in the Driver Seat (TDS) uses a peer-to-peer approach to shift student behaviors and create safer school driving cultures. Designed for physical education and health educators, this session highlights how TDS aligns with health standards while engaging students in real-world leadership and prevention efforts. Attendees will explore easy ways to integrate traffic safety into existing curriculum and school initiatives. Schools that participate in TDS also have access to cash incentives “up to \$1,200 annually” to support student-led campaigns and activities. Participants will leave with practical tools to promote safer behaviors, strengthen student engagement, and build a culture of prevention on campus.
1:00-2:00	Other	Building Your Financial House	Educate teachers and coaches the important components involved in "Building Your Financial House" which include Protection, Saving, and Investing. The 3 I's of Finance: Intelligence, Integrity, and Independence. Create a personalized financial blueprint that supports short, mid-term, and long-term goals for you and your family.
1:00-2:00	Higher Education	Developing Advocates: Preparing Health and Physical Education Professionals for Impact	As advocacy becomes increasingly vital across health, physical education, and related fields, this session explores how to integrate advocacy into K-12 and higher education practice and training. Participants will examine practical strategies for embedding advocacy into their work and professional development to clarify roles, engage stakeholders, and lead systemic change.
1:00-2:00	Research	Power in Pedagogy - An Autoethnographic Study of Power in Physical Education using Occupational Socialization Theory	The purpose of this autoethnographic study is to examine how power is present within my perspectives and practices as a PET and teacher educator and how my pedagogy has been impacted by my occupational socialization.
1:00-2:00	Athletics/Coaching /Sports	Baseball - How to Get the Best Out of Your Players!	Key points of our presentation would be practice plans for young baseball coaches with drills and the mental aspect of the game for high school baseball players. How you can get the best out of your players while preparing for on the field adversity as well as off the field adversity.

1:00-2:00	Sport & Exercise Science/ Fitness	Hot Flashes, Heavy Lifts, and High Protein: Training and Nutrition Strategies for Perimenopause	Perimenopause can impact body composition, metabolic health, sleep, mood, and quality of life. This session explores evidence-based training, nutrition, and supplementation strategies to help manage symptoms and support long-term health. Attendees will gain practical tools to improve strength, function, recovery, and overall well-being throughout the menopause transition.
1:00-2:00	Physical Education	Jack of the TRADE	Sport Education, but with an extra step. This presentation will be about how to enhance the Sport Education model with one small feature that will shake up the entire league, a trade deadline! Learn the ends and outs of how we implemented an extra feature so that we give the students even more power over the league!
1:00-2:00	Physical Education	Beyond "Just Playing": Purposeful Physical Education Units with CORE PE	Build better Physical Education from the ground up with a flexible curriculum system aligned to national & state standards. Explore practical tools to plan, teach, and assess with ease while increasing skill development. Discover ways to support physical literacy, maximize efficiency, and strengthen meaningful learning in PreK-12 Physical Education. Free program giveaways!
1:00-2:00	Physical Education	Get FAST and FURIOUS with Omnikin!	Join in this fast-paced, action-packed session of FUN that will leave your students begging for more! With everything from intense fitness games to hilarious partner tag activities to the ultimate cooperative team sport of Kin-Ball, this session will have it all! These activities and products will solidify the gym's status as the place to be at your school. Come join Team Omnikin today and blow your students away!
1:00-2:00	Future Professionals	Rock, Paper, Scissors Everything!	During this session, we will take the participants through a series of RPS activities/games that enhance activity and energy in the classroom. All these activities will be with limited or no equipment. Who does not love a great activity that can be done with a large class with little equipment? RPS Shoot!
2:10-3:10	Health	Dietary Guidelines for Americans 2025-2030: What's New and Resources to Teach Them	This session will overview the new dietary guidelines for Americans, what is new, and include resources to teach them in the K-12 and undergraduate setting.
2:10-3:10	Physical Education	Constructive Consequences: Alternatives to Exercise as Punishment in Physical Education	Exercise in elementary school is intended to promote health, confidence, and lifelong appreciation for movement, yet it is sometimes used as punishment in physical education. This lecture presentation examines the legal, ethical, and developmental concerns and provides meaningful alternatives that promote accountability while supporting learning and the purpose of physical education.

2:10-3:10	Future Professionals	Becoming the Physical Education Teacher You Want to Be: Exploring Apprenticeship of Observation and Subjective Warrant	Are you teaching physical education the way you want to teach, or the way you were taught? This session introduces the concepts of apprenticeship of observation and subjective warrant, exploring how prior experiences shape beliefs about physical education and teaching. Participants will be encouraged to critically reflect on the influences that continue to shape their professional identities and practices.
2:10-3:10	Higher Education	Strategic Scholarship: Leveraging Teaching, Research, and Service for Triple the Impact	Faculty can strategically design “real-world ready” class projects that simultaneously support teaching, research, and service goals. By creating meaningful, collaborative experiences for students, projects can contribute to departmental or community initiatives, generate scholarly products, and enhance visibility through presentations, publications, and publicity maximizing impact while strengthening tenure and promotion portfolios.
2:10-3:10	Sport & Exercise Science/ Fitness	EKG Basics: Understanding, Importance, and Interpretation	This presentation will review the basic cardiovascular anatomy and physiology required to interpret an EKG, as well as provide examples for the audience on the basics of EKG interpretation. We will be gearing this toward audience members of varying education levels, starting with basic anatomy of the heart and graph-reading, all the way up to an example of an emergency common in a hospital.
2:10-3:10	Physical Education	Beginning Kinesiology 101	Where’s the book? Where are the lesson plans?! Here’s a crash course on how to teach Beginning Kinesiology! The lesson plans! The instructional practices! The assessments! All you could need!!
2:10-3:10	Physical Education	AIM 4 PIE® ABCs In Motion!	AIM 4 PIE ABCs printed on balls...Perfect balance between academic-physical-collaborative elements. A unique way to deliver academic health concepts. Using high energy teamwork, students must work together to find letters to build words...Ultimate learning on the run!
2:10-3:10	Sport & Exercise Science/ Fitness	The Spine and Its Movements: How to Keep it Safe During Activity	In this interactive session, we will learn about the different movable segments of the spine and how to move each safely through their individual ranges of motion during activity, using chair yoga and deep breathing exercises as the basis of our movement examples.

2:10-3:10	Physical Activity/ Recreation	Be Great with Crates 2.0	Be Great with Crates 2.0 is an enhanced version of a previously featured ASAPERD session, introducing new crate-based games and activities that transform recycled milk crates into dynamic learning tools. Participants will explore inclusive, cross-curricular movement experiences that foster self-efficacy, engagement, skill development, collaboration, and student success across K-12 settings.
2:10-3:10	Physical Education	Rediscovering Stoolball: An Engaging Lifetime Game for Today's Physical Education Classroom	Step beyond traditional team sports and introduce your students to Stoolball, a fast-paced and inclusive activity with deep historical roots. In this interactive session, participants will learn fundamental skills, game rules, and classroom management strategies for teaching Stoolball in physical education. Attendees will also explore ways to adapt to the game for different age groups, skill levels, and class sizes while promoting teamwork, communication, and lifelong participation in physical activity.
3:20-4:20	Health	Persisting Challenges Impacting School Health Since COVID19 - Alabama Opportunities and Threats	Research suggests that the COVID-related school shutdowns exacerbated poor student mental health, anxiety, and loneliness. Also, students were introduced to more devices, apps, and digital communication platforms than ever during the pandemic. This trend only extended these issues to the surface further. This presentation will summarize findings from recent efforts in schools across the country to support student health and well-being, reduce screen time and increase healthy communication and engagement.
3:20-4:20	Physical Education	Establishing a Balanced Life: The Journey from Burnout to Balanced	Discover practical strategies to recognize burnout, reduce stress, and restore balance in both personal and professional life. Through reflection interactive activities and Wellness planning participants will explore the importance of time management, sleep, nutrition, hydration, movement, and healthy boundaries while creating sustainable habits that support long term well-being and resilience.
3:20-4:20	Future Professionals	Baughman Award Presentation	The future professional recipients of the 2026 Baughman Award will present this session. The future professionals will share information they learn from the Southern Tier Future Professionals Leadership Development Conference.
3:20-4:20	Physical Education	Physical Education Wasn't Like this When I was a Kid	Discover practical ways to transform elementary Physical Education into an engaging, high-energy experience students look forward to every day. Learn how creative units, unique equipment, competitions, student choice, and intentional routines can increase participation, build excitement, and create a Physical Education culture students genuinely love.

3:20-4:20	Athletics/Coaching/Sports	Parenting & NIL: Lived Experiences of a Women's Basketball Mom-ager	Preparing for Alabama to one day have NIL, the presenter will discuss lessons learned, obstacles, and suggestions for planning ahead relevant to a sports-minded audience. From interactions with high school coaches, to securing a sports agent, to disclosing the agent-athlete relationship to team USA. There is NO manual. Trust the process.
3:20-4:20	Sport & Exercise Science/ Fitness	The Performance Supplement Reality Check: Separating Science from Hype	Performance supplements are everywhere. They promise to improve strength, endurance, recovery, and performance, but how do you know which ones work? This session explores the science behind popular supplements, separates evidence-based recommendations from marketing hype, and provides practical tools for making informed decisions.
3:20-4:20	Physical Education - Dance	Boots, Beats, and Fans: Incorporating Line Dance and Engaging Movement into Physical Education	This session demonstrates how to incorporate line dance and fan dance into physical education to increase student engagement and participation. Participants will learn simple, ready-to-use routines that promote rhythm, coordination, and confidence. Strategies for classroom management, skill progression, and modifications will be provided for elementary through secondary physical education settings.
3:20-4:20	Physical Education	Soccer Starts in Physical Education: Build Skills Through the World's Game	Bring the energy of the world's game into your Physical Education program with Soccer for Success in School - a standards-aligned curriculum that helps teachers deliver engaging soccer experiences for all students. Gain ready-to-use lessons, skill progressions, and classroom strategies to build confidence, teamwork, and movement skills, while creating inviting, high-engagement experiences students will love.
3:20-4:20	Physical Activity/ Recreation	Fun and function: Programming Nordic Walking for Balance, Movement, Recovery, Strength, Cardio, and Power	Nordic walking evolved from cross-country skiing, using poles to turn walking into a full-body activity with evidence-based positive benefits for walkers. Participants will learn how to program balance, movement, recovery, strength, cardio, and power training with Nordic walking to create a well-rounded Nordic walking circuit. This well-rounded programming will enhance physical education classes, fitness programs, and wellness programs.

3:20-4:20	Physical Education	Holidays in Motion: Physical Education Fun for Every Season	This activity-based session will explore active and inclusive activities for Physical Education that can be used to celebrate holidays! Discover fun ways to promote movement, cultural appreciation, and community spirit in your gym or classroom through joyful, seasonal play! Learn to incorporate holidays into Physical Education supporting physical development while fostering a welcoming environment for all students.
4:45-5:30	All conference attendees	ASAPERD Awards Presentation OPEN/US Games and Health Smart sponsor the Teacher of the Year Program	Come support your colleagues and administrators as they are recognized for their outstanding achievements.
5:30-7:00	All conference attendees	President's Reception and Awards Celebration	All conference attendees, award recipients and their guests are invited to the President's Reception
Tuesday			
7:00-8:00	All conference attendees	Start the Day HEALTHY: Join us for a Run or Mall Walk	Start the conference with movement and connection! Join HEAL United for a light outdoor run or relaxed indoor mall walk. All paces and fitness levels are welcome. This informal, noncompetitive activity offers a fun way to move, meet fellow attendees, and begin the day energized. OPEN to EVERYONE. Meet in the Hyatt lobby.
8:00-9:00	Health	The New Era of School Wellness: Navigating Federal Policies in Physical Education and Health	The federal Make America Healthy Again (MAHA) initiative targets childhood chronic disease by modernizing nutrition, lifestyle medicine, and screen-time habits. This session equips physical education teachers with actionable curriculum roadmaps, unrefined nutrition strategies, screen-free movement breaks, and insight into emerging community health funding models to combat these student wellness challenges.
8:00-9:00	Athletics/Coaching/Sports	3 Stages of Performance Anxiety Based on Age	Practitioner observations indicate that athlete performance anxiety varies systematically across distinct developmental stages. Consequently, while competitive anxiety remains a shared challenge across these age groups, sport psychology consultation and mental skills training protocols must be uniquely tailored to align with the specific developmental demands of each cohort.

8:00-9:00	Higher Education	Beyond the Sandwich Method: Reframing Feedback in PETE	This lecture-based presentation examines feedback as a reciprocal, relationship-centered process within Physical Education Teacher Education (PETE) programs. Attendees will explore challenges associated with traditional feedback models and consider alternative approaches that promote trust, self-awareness, reflection, and growth. The session encourages rethinking how feedback is delivered, received, and meaningfully applied in teacher education.
8:00-9:00	Physical Education - Adapted	Thinking Outside the Box: How to Make Your Own Adapted Physical Education Equipment	The purpose of this proposal is to develop cost-effective, innovative, and accessible adapted physical education (APE) equipment that allows students with diverse physical, cognitive, sensory, and developmental disabilities to participate successfully in physical education activities. By creating customized equipment using readily available materials, schools can increase student engagement, improve motor skill development, and provide equitable opportunities for all learners while minimizing costs.
8:00-9:00	Future Professionals	From Whistle to Whiteboard: A New Professor's Playbook	Transitioning from a graduate program or K-12 school to college professor requires more than simply subject expertise. This session will equip new college professors with essential tools for transitioning into the role, building relationships with students, and course planning and preparation. Attendees will engage in interactive methodologies to learn simple, yet applicable tactics to build confidence in preparing, teaching, and overcoming common challenges.
8:00-9:00	Sport & Exercise Science/ Fitness	Velocity Over Volume: Practical Power & Fatigue Tracking in the Weight Room	Designed for middle and high school coaches, this session explores velocity-based training (VBT) and peak power output. We will demonstrate low-cost ways to measure movement speed and vertical jump performance, showing how to track daily athlete readiness, auto-regulate weight room loads, and prevent overtraining during the season.
8:00-9:00	Physical Education	Beyond the Whistle: How Officiating Can Elevate Your Career and Your Income	Teaching and coaching do not have to be your only paycheck. Join a panel of officials and educators who also officiate as they share how officiating provides supplemental income, professional growth, leadership opportunities, and a unique perspective that enhances their teaching and coaching. Learn how to get started and why Alabama needs more quality officials.

8:00-9:00	Physical Education	From Zero to Dance Hero in Physical Education	You do not have to be a dancer to rock dance in physical education...just bring energy and a willingness to try! In this session, a physical education teacher with limited dance skills shares simple, confidence-building strategies for introducing dance through accessible movement and creative exploration. See how student voice and choice come to life through group choreography and explore practical examples of using AI to support lesson planning, creativity, and engagement.
8:00-9:00	Physical Education	Korfball - A New Coed Sport for Physical Education Classes.	We would like to demo/exhibition of Korfball. This is a coed sport perfect for physical education teachers who need an activity/sport boys and girls can play together. Invited in the Netherlands in 1902 by a physical education teacher that wanted an activity the kids could play all together. This sport focuses on teamwork and inclusion. All levels of skill can play together.
8:00-9:00	Physical Education	Paradise in Physical Education	This exciting activity series is primarily designed for elementary physical education teachers to engage their students in games centered around (a pair of dice). These cross-curricular games incorporate math and reading are standards based and centered around best practices. These games require minimal equipment and can be used immediately to enhance any primary physical education classroom setting.
8:00-9:00	Physical Activity/ Recreation	Intro to Double Disc	Get moving with Double Disc, a dual disc sport! Jump into the action, learn the rules and basic strategies through hands-on play. Designed for total beginners, this indoor clinic uses soft discs on a modified court so that it might be played in a recreational or scholastic setting.
9:10-10:10	Health	Wellness Wednesday	Learn how to implement district wide wellness to benefit all staff and students.
9:10-10:10	Health	Advancing Prevention Through Age-Appropriate Drug Education: Free Online and In-Person Resources	Join us to learn about free educational resources for K-12 from COACH, the Center for Opioid Research, Education, and Outreach in the Auburn University Harrison College of Pharmacy. Learn about online resources for each grade level and how you can advance prevention efforts in Alabama. Programs and resources are designed to be flexible, convenient, and accessible.

9:10-10:10	Higher Education	Is This My Life Now? Faculty, In-Service, and Preservice Teachers Tackling Alabama Physical Education Realities Together	This collaborative session unites faculty, in-service educators, and preservice teachers navigating Alabama's 100-student classes. Preservice students drive an open Q&A with experienced teachers regarding real-world "soft skills" like behavior management, grading, communication, and engagement. Participants are welcome to ask anything, leaving with field-tested survival strategies for crowded K-12 gym floors.
9:10-10:10	Physical Education	Building Strong Bodies and Confident Kids Through Functional Fitness	Discover how to incorporate CrossFit-inspired activities into elementary physical education through safe, engaging, and developmentally appropriate lessons. Learn functional movement progressions, fitness games, class management strategies, and scalable workouts that build strength, confidence, teamwork, and lifelong fitness.
9:10-10:10	Sport & Exercise Science/ Fitness	The Protein Playbook: Where is the Science Now?	Cutting through supplement marketing hype, this session delivers evidence-based strategies for athlete protein intake. Coaches and future professionals will learn what the science says about daily intake and nutrient timing for athletes.
9:10-10:10	Physical Education	Inclusion Through Activity	Inclusion Through Activity is a professional development program designed to equip educators, particularly in physical education, with practical strategies for supporting students with special needs in inclusive settings. It emphasizes the application of evidence-based practices to promote meaningful participation, a sense of belonging, and student dignity across diverse learning environments. The program prepares future educators to implement structured, activity-based approaches that enhance inclusion and improve overall student outcomes.
9:10-10:10	Physical Education	Ready, Set, Kubb!	I propose to deliver skills and activities to teach the game of Kubb (also known as Viking Chess). This traditional yard-game can be modified for indoors. This is a great activity for the development of physical, cognitive, and social skills as it combines throwing accuracy, strategy, teamwork, and sportsmanship.
9:10-10:10	Physical Education	Activities for Beginning Kinesiology	This Session is about learning activities that help teach students healthy habits that align with Alabama High School Standards.
9:10-10:10	Physical Activity/ Recreation	Integrating Lifetime Activities into Your Physical Education Class	Integrating lifetime activities into your classroom to help students understand the importance of creating active and engaging habits that you can enjoy helping with overall health and well-being throughout life no matter your age.

9:10-10:10	Future Professionals	Enhancing Your Teacher Toolkit - Implementing Teaching Styles & Teaching Models in Physical Education	This session will give attendees an opportunity to reflect upon their current pedagogical and planning processes, learn about Mosston & Ashworth's (2008) spectrum of teaching styles and various teaching models in physical education, and finish with an interactive session of play, linking teaching styles and pedagogical models in physical education with the presenters.
9:10-10:10	Research	Research Poster Presentations	
10:20-10:50	Meet by Area of Interest	Assembly of Members	Meet with your like-minded colleagues to share current topics of interest and/or concern.
11:00-12:00	Health	Students, Mental Health, and the Intersectionality of Parking Decks	This presentation will review connections between parking deck safety and student mental health concerns. Particularly, increasing mental health resources for students, assessing parking deck construction, and placement of strategically tailored health education messages. The role of the student bystander “see something-say something” will be emphasized.
11:00-12:00	Athletics/Coaching/Sports	BASKETBALL-All you Need is LOVE and a BALL!	Everything you need to know to build a successful basketball program and successful coaching career-from choosing a team, running practices, processing paperwork, and dealing with parents and players. Over 30 years of coaching middle school basketball and still loving it.
11:00-12:00	Higher Education	AI, Drones, and Active Learning: Innovative Strategies to Increase Youth Engagement in Extension Recreation Programming	Explore how artificial intelligence, drones, and active learning strategies can transform Extension recreation programming to engage youth. This session highlights practical tools, hands-on activities, and innovative teaching approaches that foster curiosity, build STEM skills, and create meaningful learning experiences participants can adapt for diverse Extension and community settings.
11:00-12:00	Physical Education	HEAL United: Understanding the new Eating Curriculum	Our curriculum is changing! Learn about the why and understand the how.
11:00-12:00	Future Professionals	Leveling Up Class Culture: Gamification Strategies for Behavior, Engagement, and the Affective Domain	This session explores engaging gamification strategies that promote positive behavior, participation, teamwork, and student engagement across K-12 and higher education settings. Attendees will discover practical ways to support and assess the affective domain through interactive incentives, collaborative challenges, visual tracking systems, and positive behavior supports adaptable to a variety of learning environments. Participants will leave with creative, ready-to-use ideas for building a more motivated and positive class culture.

11:00-12:00	Sport & Exercise Science/ Fitness	Impact of Sport Specialization on Youth Athlete Performance	Research shows early sport specialization may have adverse effects on athletes including burnout and higher rates of injury. However, effects on performance metrics are not well studied. We evaluated n=80 youth athletes ages 11-18 on a 10-item testing battery and will discuss how performance varies in single vs multi-sport athletes.
11:00-12:00	Research	Issues with Coordination, Behavior, and Learning? Retained Baby Reflexes May Play a Role	Research on four-year-old Pre-K students across Alabama has shown that around 90% have a retained baby reflex that is known to affect coordination, behavior, and learning. Previously a rate of about 20% was considered normal. Have you noticed a difference over the years? This may be part of the puzzle, and Physical Educators can play a role in helping these children with tweaks to games and exercises. Both the science and potential solutions will be discussed in this session.
11:00-12:00	Physical Education	Seasonal Games that Students Love	Bring fresh energy to your physical education program with seasonal games students love. During this session you will play fun, practical activities tied to holidays, themes, and the school calendar that will help keep lessons engaging, relevant, and easy to implement all year long.
11:00-12:00	Physical Education	It's All About Tennis....Everyone Can Play!	This super fun activity session will help you think outside the box to teach tennis skills with no courts required. Learn new ways to introduce tennis and add excitement by playing tennis lead-up games aligned with the national standards while incorporating SEL and fitness into your Physical Education Program!
11:00-12:00	Physical Activity/ Recreation	Hack your walk with Nordic walking!	Nordic walking is a full-body, low-impact aerobic workout, burning up to 46% more calories than regular walking. It is also a fun social activity that takes you outdoors. Evolving from cross-country skiing, it is great for young people as well as active agers. This session will familiarize you with Nordic walking poles and techniques.
11:00-12:00	Physical Education	Omnikin: Have a BALL with Action-Packed Fun for All!	Whether you are looking for a new or modified team sport, cooperative and community-building activities, or fun with fitness or skill development, Omnikin has you covered! This exhilarating and dynamic session will feature highlights of our famous lightweight, non-threatening, and dynamic 14"-48" balls, which will generate excitement in your classroom like never before! Both you and your students will surely have a BALL!

12:10-1:10	Health	Teen PSA = A Quick Fix that Makes Health Fun	Learn how video can energize your health class, maximize participation, and meet ALSDE health standards! Leave with a resource of FREE 30-second student-created videos on topics you teach like substance abuse, mental health, and so much more. Your students love videos, you love FREE, and Teen PSA is both!
12:10-1:10	Future Professionals	Social and Emotional Learning (SEL) in Physical Education	This presentation introduces the foundations of Social and Emotional Learning (SEL) and explores how SEL can be intentionally embedded into K-12 physical education. Participants will learn practical teaching strategies that foster self-awareness, self-management, relationship skills, responsible decision-making, and social awareness while creating inclusive, engaging, and supportive movement environments.
12:10-1:10	Higher Education	PhD Roadmap - Challenges, Opportunities & Benefits of Pursuing Graduate Studies	The purpose of this collaborative group session is to provide information and advice to attendees regarding the benefits, challenges, and realities of pursuing graduate degrees in HE, PE, and related fields.
12:10-1:10	Athletics/Coaching/Sports	Developmentally appropriate guidelines for elementary, middle, and high school athletes.	This session outlines developmentally appropriate training guidelines for elementary, middle, and high school athletes, focusing on long-term development, mitigating injury, and improving performance. Attendees will gain practical strategies to align strength training and conditioning with appropriate stages of development, growth, maturation, and relevant sport demands across youth populations.
12:10-1:10	Research	The Role of Health and Wellness Coaching in Chronic Disease Management: Evidence from a Systematic Review	This session presents a review of health and wellness coaching for individuals with chronic diseases, focusing on weight management, quality of life, and psychological outcomes. Findings from eighteen studies show consistent weight improvements, reductions in depression and anxiety, and mixed quality of life results, highlighting future research needs.
12:10-1:10	Sport & Exercise Science/ Fitness	Timing of Physical Development and Maturity on Youth Athlete Performance	The timing of physical development and puberty in youth athletes has considerable effects on athletic performance. We will discuss how timing of the growth spurt, puberty onset, puberty completion, etc. affected performance in our testing battery of n=80 middle and high school athletes.

12:10-1:10	Health	Word Up!: Building Health Literacy Through Vocabulary, Reading, and Student Discourse	Explore practical literacy strategies that naturally fit within Health Education. Through engaging activities and classroom-ready examples, participants will strengthen health literacy, academic language, and student discourse while leaving with ready-to-implement strategies that maintain the integrity of core Health Education content.
12:10-1:10	Physical Education - Dance	Line Dance for Fun and Fitness	Learn popular line dances for middle school on up. These dances will get your heart pumping and improve coordination and balance, and they are fun!
12:10-1:10	Physical Education	From Maps to Movement: Engaging Navigation Activities for School Settings	This interactive workshop equips teachers with practical strategies for teaching map-reading skills using school classrooms, grounds, and surrounding areas. Participants will experience engaging, hands-on navigation activities, learn how to develop fun and engaging lessons, and leave with resources and ideas that promote physical activity, problem-solving, social interaction, and learning.
12:10-1:10	Physical Education	Unlocking The Fun: Creative Adaptations for Field Day	An interactive session providing physical educators, recreation leaders, and event coordinators with actionable frameworks to design a fully inclusive field day for their school. Attendees will learn how to incorporate modifications to traditional field day events and discover new and exciting event ideas to fully include students with disabilities.
1:20-2:00	Physical Education	Level Up Physical Education: Gamifying Middle & High School Movement	Middle and Secondary games to encourage maximum movement and cross-curricular instruction.
1:20-2:00	Physical Education	Not Your Typical Running Program	Learn how Kids Marathon has recreated its opportunities for students across the state of Alabama to engage in a structured running curriculum. This program reaches a peak when each runner is invited to complete a final mile to total a marathon...complete with a swag bag, medal, bib number, and runner's dry fit shirt. Door prizes will be awarded throughout the session!
1:20-2:00	Higher Education	Deciding the Core: Building Consensus on Online Masters and PhD Curriculum	This interactive session uses a Delphi-inspired approach to determine the most essential topics for online Sport Pedagogy Masters and PhD degrees. Using Mentimeter, participants will collectively rank, debate, and find consensus on core concepts. Attendees will help shape a shared framework to align distance education with professional standards.

1:00-2:00	Health	Psychological Effects of Music	The Psychological Effects of Music is an interactive SEL workshop where Ava the Aviator teaches directors and students how music and media influence behavior, attention, stress, spending, drinking habits, and decision-making. Participants gain practical tools to think critically, manage behavior, and use music as an advantage instead of a disadvantage.
1:20-2:00	Physical Education	Alabama's National Archery in the Schools Program (NASP)	Archery in the Schools is designed to teach Junior Olympic Archery Development style archery programs to 4th-12th grades as part of an in-school curriculum to improve educational performance and participation. Core content covers archery safety, technique, equipment, mental concentration, and self-improvement. Before presenting the archery course, teachers undergo an eight-hour National Archery in the Schools Program archery-training program.
1:20-2:00	Physical Education	Game On: High-Energy Activities that Stick	In this session, participants will experience a variety of creative activities using versatile equipment that keeps students moving, motivated, and having fun. From fast-paced challenges to adaptable group games, these ideas are designed to maximize participation and minimize downtime. Get ready to energize your teaching with activities your students will ask to play again and again.