

S-1**Sunday, Nov. 12, 1:00-4:00****CPR**

This session will focus on identifying the most common injuries in various sports and look at ways to minimize the occurrence of the injuries and treatment for them. The second part of the session will be a review of First Aid/CPR/AED procedures and techniques.

Presenter: Ronald Ashley, Alabama State University

S-2**Sunday, Nov. 12, 1:00-2:30****Fueling the Athlete**

In this talk, we will explore the connection between nutrition and athletic performance. Using a "Foods First" approach, topics such as carbohydrates, protein, fluids, pre-exercise meals, and recovery foods will be considered.

Presenters: Ergi Veli, University of Montevallo; Kelley DeVane Hart, University of Montevallo

S-3**Sunday, Nov. 12, 2:40-4:10****Integrating Physical Education Withing a MTSS Framework**

AL-MTSS is a multi-tiered system of support that encompasses students foundational wellness needs in addition to their academic needs. The aim of AL-MTSS is to align resources and support for students receiving instruction, along with teachers and other support staff who are delivering the instruction in order to meet the needs of all learners so they can experience success in the classroom and beyond into the workforce.

Presenters: Jonathan Thompson, Alabama State Department of Education; Jaime Giangrosso, Alabama State Department of Education

S-4**Sunday, Nov. 12, 1:00-2:00****Trick or Treat? Evaluating Popular Performance-Enhancing Supplements**

In this presentation we will discuss how coaches and athletes can better evaluate performance enhancing supplements and examine some of the most commonly consumed supplements by athletes and fitness enthusiasts.

Presenters: Tyler Williams, Samford University; Chris Ballmann, UAB

S-5**Sunday, Nov. 12, 2:10-3:10****Assessments and Monitoring Athlete Performance in Remote Coaching**

This presentation will explore the unique challenges and opportunities of assessing and monitoring athletes in remote coaching settings. Powerlifting coach and PhD student in Exercise Science and Health Promotion, Alyssa Parten, will discuss programming strategies to enhance remote coaching through athlete feedback, progress assessments and performance data.

Presenter: Alyssa Parten, UNA

S-6**Sunday, Nov. 12, 3:20-4:20****Sport Science Concepts-Lessons Learned from Professional USL League One Soccer**

Sport Science is a rapidly growing and evolving field. As such, practitioners working - or hoping to work - in sport science roles must adapted and develop skills required to serve in new and future roles. This discussion will explore the basics of sport science, review skills needed to be productive in these roles, and provide real-life examples of how sport science is used in high performance sport.

Presenter: Greg A. Ryan, Piedmont University

S-7**Sunday, Nov. 12, 1:00-4:00****Higher Education Forum**

Discussion of various topics currently pertinent and of importance to Higher Education

Presenter: Andria Walker, AUM; Brett Davis, AUM

S-8**Sunday, Nov. 12, 1:00-4:00****All Things Phys Ed!**

In this jam packed session, we will explore activities that encompass all things phys ed! Want some easy instant activities to engage your classes quickly? Looking for exciting ways to integrate health into your phys ed classes? Want to seamlessly integrate cross curricular activities into your classes? Interested in incorporating dance but are a non-dancer? Looking for activities to engage your classes in small spaces? Come discover all things phys ed with me!

Presenter: Auburn Cain, Pecan Grove Primary

M-1**Monday, Nov. 13, 8:00-9:00****So You're Thinking About Becoming A National Board Certified Teacher**

This is an informational session for anyone interested in becoming a National Board Certified Teacher. We will discuss why certify, how to pay for certification, what the process looks like, AL NBCT Stipend and much more.

Presenter: Benita Gordon, I3 Academy Middle School

Monday, Nov. 13, 8:00-9:00**A Thrifty Coach's Toolbox for Athlete Assessment**

Athlete assessment is important for safety, planning, and evaluation. However, not all athletic programs have access to the same resources to complete assessments.

This presentation will discuss athlete assessment protocols that can be implemented with minimal resources to those working with youth athletes.

Presenters: Greg A. Ryan, Piedmont University; Robert L. Herron, University of Montevallo

M-3**Monday, Nov. 13, 8:00-9:00****Bones, Joints & Balance**

Changes in proprioception and balance can increase the risk of falls as we age. Falls are a leading cause of joint and bone injuries among senior adults. In this presentation we will discuss simple and effective strategies seniors can use to help maintain balance and reduce falls risk.

Presenters: Brett Davis, Auburn University at Montgomery; Amana Diab, Auburn University at Montgomery

M-4**Monday, Nov. 13, 8:00-9:00****Effects of An Eight Week Instructor-Designed Program on Fitness Levels of College Students at a Historically Black College and University**

The study examined the effects of an eight-week instructor-designed aerobics and weight training program on the fitness levels of college students at Historically Black Colleges and Universities (HBCU) in the Southern United States. Results show significant differences between pre-test and post-test scores for aerobic capacity, upper body, and abdominal strength/endurance. No significant differences were found between pre-test and post-test flexibility scores.

Presenters: Janet M. M'mbaha-Zarnesky, Alabama Agricultural & Mechanical University, Huntsville Alabama; Lewis Kanyiba, PhD, Cornell College, Mount Vernon, Iowa

M-5**Monday, Nov. 13, 8:00-9:00****Designing Activities for Critical Thinking and Academic Language Use of K-12 Students**

Future professionals will provide their beginning practice ideas on activities that are designed to incorporate critical thinking skills along with academic language use. All professionals are welcome to come to have us with this discussion.

Presenters: Sandra Sims, UAB; Ashley Cash, UAB Angel Davis, UAB; Kenneth Shepherd, UAB

M-6**Monday, Nov. 13, 8:00-9:00****Current Trends in Predicting Body Composition**

Body composition is an important parameter related to health, fitness and performance. This presentation will discuss the most up-to-date methods that exist for predicting body composition, with an emphasis toward field settings.

Presenter: Michael Esco, The University of Alabama

M-7**Monday, Nov. 13, 8:00-9:00****Adapted Physical Education Best Practices**

In this session, we will navigate through the Adapted Physical Education Quick Reference Guide. We will discuss ways to adapt the environment, equipment, space, and provide practical teaching strategies for all teachers to implement.

Presenter: Jonathan Thompson, Alabama State Department of Education

M-8**Monday, Nov. 13, 8:00-9:00****danSIRS Across the US: Sick Beats to Move Your Feet!**

Who says dudes don't dance?!? Join former PE and Dance TOY Scotty Williams in a session for all ages and skill levels! These simple yet fun dances, games, and strategies will win your students over! Dance addresses every national standard and domain of learning while improving fitness. Let's dance!

Presenter: Scotty Williams, Omnikin

M-9**Monday, Nov. 13, 8:00-9:00****Old School/New School - Games for a Life Time**

This session aims to emphasize the early introduction of lifelong activities and games to elementary students to help them develop specific skill sets that will transfer to other games and sports. Each of these fun games is also a professional-level sport. Let's provide our students an opportunity to explore new horizons. Additionally, these

games will provide the knowledge and skills to participate now and throughout their life.

Presenters: Ronald L. Ashley, Sr., Alabama State University; Connie Dacus, Retired Educator ASU; Adrian Ware, Dallas County School System

M-10

Monday, Nov. 13, 8:00-9:00

Dice, Dice Baby!

STOP, COLLABORATE, and...ROLL! Come join me for some dicey games! Dice are a great versatile piece of equipment to engage your students and incorporate cross curricular activities into your physical education class. We will add, subtract, multiply, spell, and more all while increasing our heart rates! These games can be used in many spaces, large or small, and can be modified for all grade levels. They are sure to grab your students' attention and keep them moving! Come roll the dice with me!

Presenter: Auburn Cain, Pecan Grove Primary

M-11

Monday, Nov. 13, 9:10-10:10

Let it flow: Period poverty as a social determinant of women's health

Poverty plays a significant role in physical and mental health and vulnerabilities in adolescent girls in Alabama. Explore how basic menstrual needs often go unmet in our most financially insecure students. This session will investigate the relationship between menstrual health, hygiene, and the challenges of period poverty. Learn how to advocate and take action for interventions to prevent period poverty and support menstrual health in our students.

Presenter: Sarah Toth, Alabama A&M University

M-12

Monday, Nov. 13, 9:10-10:10

Be in the Know, Common Youth Sport Injuries

Participation in sport comes with inherent injury risks. However, sports, athletes, and injuries differ. This presentation will explore common youth sport injuries, highlight sport-specific and athlete-specific differences, and review some ways in which those involved in youth sport can make athletes safer.

Presenters: Robert L. Herron, University of Montevallo; Kimberly A. Smith, University of Alabama at Birmingham

M-13

Monday, Nov. 13, 9:10-10:10

Do I want to Roll the Ball out and Read the Paper or Do I want to Teach? That is the Question.

Are you going to be the best teacher you can be? Will you apply what you have learned in college? Will you be influenced by your peers? These are some of the questions that will be addressed in this session. Education is an awesome profession. However, it takes hard work and dedication. As a new professional what are your plans and goals for your career? Will you roll the ball out and read the paper or will you teach your students each day with understanding and passion? That is the question!

Presenter: Sherri Huff, Birmingham City Schools

M-14

Monday, Nov. 13, 9:10-10:10

High School Teachers-The HEAL Curriculum is for You

This presentation will share the new HEAL High School Curriculum. Participants will be invited to sign up to become a HEAL High School teacher at this session.

Presenter: Sandra Sims, UAB

M-15

Monday, Nov. 13, 9:10-10:10

Facilitating Quality Group Work by Implementing SEL in Sport Education

This lecture presentation will examine data collected during a 20-lesson sport education curriculum unit with a purposeful social-emotional learning component. Participants included two teachers and 87 grade four students. Results indicated an increase in student positive peer relations and teacher confidence in the model. Implications for instruction will be discussed.

Presenter: Sheri J. Brock, Auburn University

M-16

Monday, Nov. 13, 9:10-10:10

The Power of Progress: Defining and Utilizing Running Power in Training

Running power is a method of assessing, prescribing, and monitoring effort during distance running. While marginally utilized, running power is often misunderstood. Because of this, it can be incorrectly implemented in training programs or dismissed altogether. This presentation aims to describe running power and show effective implementation techniques for training.

Presenter: Andrew Fields, The University of Alabama

M-17**Monday, Nov. 13, 9:10-10:10****Hosting Assemblies and Sports Demos on Adapted Sports**

Lakeshore Foundation and Birmingham City Schools have partnered together to provide educational learning opportunities for their students and staff through assemblies and sports demos on adapted sports through a grant. Come learn more about the events, the grant that provided this opportunities and the positive impact they have had on their students, staff, parents and community including more advocacy from parents, staff and community members on inclusion and more children now being included in programming.

Presenters: Penny Edwards, NCHPAD; Sherri Huff, Birmingham City Schools

M-18**Monday, Nov. 13, 9:10-10:10****OPEN up to New Possibilities**

This activity session will explore a few of the 50+ Modules from OPEN Physed. Modules are a one stop shop of: Standard based lessons, engaging activities and assessment materials. Use these tips and tricks to OPEN up to new possibilities in your curriculum.

Presenter: Derek Zachary, OPEN

M-19**Monday, Nov. 13, 9:10-10:10****Jefcoed-Partnering Together**

This session will provide 4 programs partnering together. This fun activity session will offer students being utilized by teachers from each school to give you a quick glimpse into their program. Get up and move with fun fitness activities, daily routines, and different units OR you can sit back and observe how students are motivated to participate in all activities while demonstrating physical literacy. Jefcoed Teachers- ACTIVATE!

Presenters: Chris Reeves and Matt Rogers, Warrior Elementary; Rebecca Recke and Heather Bertrand, Bryan Elementary; Cindy Obrien, Hueytown Intermediate; Paige Shelnutt, Pinson Elementary

M-20**Monday, Nov. 13, 9:10-10:10****ACTION! Team Games to Boost Engagement**

An action-packed workshop featuring team games that are class-oriented, teacher-friendly, and align with national physical education standards. These high-energy games are sure to get students moving while also keeping them engaged.

Presenter: Brandon Hennam, Gopher Sport

M-21**Monday, Nov. 13, 10:20-11:45****General Session features Lemzell Johnson, LifeVersations****M-22****Monday, Nov. 13, 12:45-1:45****The Fentanyl Crisis**

This presentation will discuss drugs generally and fentanyl specifically and it's impact on society.

Presenter: John Bayles, Recovery Resource Center

M-23**Monday, Nov. 13, 12:45-1:45****How to GROW a PE program!**

This session is for the teacher that needs help developing and implementing a PE curriculum from the initial stage of planning all the way through to the student outcomes and assessments.

Presenter: Sheila Jett, Montevallo Middle School

M-24**Monday, Nov. 13, 12:45-1:45****Up your Game: How to Develop Meaningful Assessments for Student Learning**

This presentation will encourage you to place assessment front and center in your mind when planning quality lessons. We will focus on assessment for learning, where students engage in meaningful assessment tasks for their growth as physically literate individuals. You will leave the session with a self-created choice assessment tic-tac-toe board to begin upping your game.

Presenters: Claire Mowling, UAB; Sandra Sims, UAB

M-25**Monday, Nov. 13, 12:45-1:45****A Program Evaluation of edTPA**

This session will discuss the findings of multiple studies investigating the health and physical education edTPA at the University of South Alabama.

Presenters: Craig Parkes, University of South Alabama; Shelley Holden, University of South Alabama

M-26**Monday, Nov. 13, 12:45-1:45****Homemade Equipment to Start Your Program**

First starting out as a new teacher with very limited equipment, I began borrowing and making my own with things I could find at school or recycle. As the budget increased, I was able to purchase more equipment and continue to make equipment.

Presenter: Ann Holcomb, Fultondale Elementary School

M-27**Monday, Nov. 13, 12:45-1:45****Is Exercise the Toughest Pill to Swallow? Interventions in Type 2 Diabetes**

The role of exercise in the prevention and treatment of diabetes, a breakdown in approaches, adherence, and future directions.

Presenter: Brian Kliszczewicz, Kennesaw State University

M-28**Monday, Nov. 13, 12:45-1:45****Academic Language in Physical Education: Implications for Preservice Teacher Development**

This presentation will address ideas and concepts instructors can use to promote academic language skills related to the disciplinary knowledge preservice physical education teachers need. Those entrusted with preparing new preservice physical education teachers need to cultivate both inside the classroom and in the field experience teaching strategies that promote in preservice teachers the language skills necessary to become educated professionals.

Presenter: Franco Zengaro, Jacksonville State University

M-29a**Monday, Nov. 13, 12:45-1:45****Let OPEN invade your curriculum**

This activity session will explore the different invasion options OPEN Physed has in more than 50+ modules. Come out and learn some new tools to put in your toolbox.

Presenter: Derek Zachary, OPEN

M-29b**Monday, Nov. 13, 12:45-1:45****Long Rope and Double Dutch Fun**

Come learn skills, tips and techniques in long rope and Double Dutch to keep your students learning and having fun. Jumping with friends is always a blast!

Presenter: Nick Woodard, Learnin' the Ropes

M-30**Monday, Nov. 13, 12:45-1:45****Omnikin: Have a BALL with Action-Packed Fun for All!**

Need cooperative and community-building activities that include fitness and skill development? Omnikin has you covered! This exhilarating session will feature highlights of our lightweight and non-threatening dynamic 14"-48" balls that generate excitement in your PE classroom like you've never seen before! Your students will have a BALL!

Presenter: Scotty Williams, Omnikin

M-31**Monday, Nov. 13, 12:45-1:45****Structured Play in Prek**

Research shows preschool aged children need both "free play" where they are able to freely explore their environment and socialize with peers and, "structured play" where they "play" while learning necessary age appropriate skills. This presentation includes lessons that include "structured play" that is fun and engaging while teaching fundamental motor skills, directional terms and kinesthetic awareness while allowing socialization, creativity and exploration.

Presenters: Candy Howard-Smith, Troy University; Shelby Wright, Bryant Hussey, Troy University; Kaitlyn Rhoades, Troy University

M-32**Monday, Nov. 13, 1:55-2:55****What's Happening**

Whether in school, at the mall, the movies, anywhere, are you aware? Do you know what's going on around you? Do you have situational awareness? This presentation will discuss the importance of situational awareness, what it is, factors that can inhibit it and processing information, including an active killer situation.

Presenter: Jeffrey P. Rush, Your Security Guys

M-33**Monday, Nov. 13, 1:55-2:55****A Rationale for Teaching Games for Understanding**

This session will discuss the rationale for incorporating teaching games for understanding in K-12 physical education lessons, providing specific examples for each setting (elementary, middle, and high school).

Presenter: Craig Parkes, University of South Alabama

M-34**Monday, Nov. 13, 1:55-2:55****Physical Education edTPA Roundtable Discussion**

Higher Education professionals tasked with Physical Education edTPA supervision- let's meet to discuss steps to success for guiding teacher candidates through the edTPA process. This session will be an open discussion to share ideas with each other.

Presenter: Andria Walker, AUM

M-35**Monday, Nov. 13, 1:55-2:55****Organization and Management Tips for Success in K-12 Physical Education**

Two veteran physical educators will share their tips for success on numerous organizational and management topics. Future professionals, new professionals and those

wanted to try new ideas are welcome to attend this informative session.

Presenters: Toni Leo, HEAL; Becky Peterson, Rocky Ridge Elementary

M-36

Monday, Nov. 13, 1:55-2:55

The High School Strength and Conditioning Coach

High Schools benefit from having a qualified, full-time professional in a strength and conditioning coach's role. This discussion will cover the numerous advantages of having a National Strength and Conditioning Association - Certified Strength and Conditioning Specialist (NSCA CSCS®) on staff and how to help your organization get started.

Presenter: Robert L. Herron, University of Montevallo

M-37

Monday, Nov. 13, 1:55-2:55

Qualifying CrossFit®: Potential Solutions for Monitoring Multimodal Workloads and Identifying Training Targets

Traditional methods are insufficient for quantifying and progressing CrossFit® training workloads. This is problematic for matching completed workloads with their intended stimulus and identifying whether programming constitutes undertraining, functional overreaching, or overtraining. This session will cover the advantages and disadvantages of potential solution that have appeared in training and research.

Presenter: Gerald Mangine, Kennesaw State University

M-38

Monday, Nov. 13, 1:55-2:55

How and Why to Build a Sensory Garden at Your School

Are you looking to add a space to your school that can be calming, inviting, inspiring, and educational? Come to learn why a sensory garden can meet your students' needs in academics, behavior, and foundational wellness. You will also learn how to possibly fund this project through grants and how to complete the project that best suits your students, staff, and community.

Presenter: Jaime Giangrosso, Alabama State Department of Education

M-39a

Monday, Nov. 13, 1:55-2:55

Simple but Fun!

During this session, you will learn simple games with limited equipment that will keep the students engaged and moving! Come join the fun!

Presenter: Callie Pike, Rocky Ridge Elementary

M-39b

Monday, Nov. 13, 1:55-2:55

USTA Schools Tennis Program: Getting Your Students Active and Engaged Regardless of Skill Levels

Discover the exciting USTA Schools Tennis Program that meets the SHAPE National Standards and introduces you to free resources, including a tennis equipment pack and access to the USTA Curriculum Guide, while participating in fun tennis activities for all ages. Learn how tennis can benefit your students for a lifetime.

Presenters: Suzanne Stone, Alabama Tennis Association; Keith Wilson, Alabama Tennis Association

M-40

Monday, Nov. 13, 1:55-2:55

Games, Games, Games 2023

Standards, objectives and learning targets-Oh my! Through a variety of inclusive games you can meet several grade level objectives at one time. Keep small or large classes moving by instructing fun, innovative activities. Be prepared to move and learn some of the best student-approved PE games of 2023.

Presenter: Ron Malm, School Health Physical Education

M-41

Monday, Nov. 13, 1:55-2:55

HEAL United: Station Sensation

During this presentation, participants will gain station ideas that utilize HEAL United materials and concepts. HEAL United's mission is to improve children's health and transform health culture through education and practice of healthy lifestyle behaviors.

Presenter: Ginger Aaron-Brush, Pelham Oaks Elementary

M-42

Monday, Nov. 13, 3:05-4:05

Mind Over Batter

Mind Over Batter: How Acknowledging Mental Health Can Improve Physical Health, One Slice at a Time

Presenter: Rashad Hayes, UAB

M-43

Monday, Nov. 13, 3:05-4:05

Families and Children Dealing with Individuals with Memory Loss: Curriculum and Parental Support to Help

This presentation will overview dementia and Alzheimer's, discuss the lack of education and awareness among elementary age children, and provide a unit with pre and post tests to educate elementary children and their families on the topic.

Presenters: Lee Renfroe, University of North Alabama; Morgan Crouch, University of North Alabama

M-44

Monday, Nov. 13, 3:05-4:05

Well, this is different.... An open discussion on what makes the Physical Education edTPA challenging and how we can help

Consistently, Physical Education is one of the lowest scoring program areas in edTPA, nation wide. I will share some I ideas I have about why this might be the case and then open the floor to a conversation around best practices for supporting our candidates through edTPA.

Presenter: Diana Winchester, University of Alabama

M-45**Monday, Nov. 13, 3:05-4:05****Building a Resume: 101**

In this session, students will learn ins & outs, dos & don'ts, and suggested formats for building a professional resume. We will discuss formatting, content organization, how to develop meaningful bullet points to highlight individual KSAs (knowledge, skills, and abilities), and, importantly, what does not belong on a college level resume. This will be an interactive session in which participants will be asked to follow along, either on their own technology or notepads, and they will be encouraged to ask questions as the session progresses. The goal of the session is to have a working document that can be continually updated and polished as the student progresses towards graduation.

Presenter: Colleen Geary, The University of Alabama

M-46**Monday, Nov. 13, 3:05-4:05****Feeding the Cats during Gym Class**

Learn how to incorporate speed training through racing, chasing and timing in everyday gym class. We will go through how this is done in elementary gym, all the way through high school sports. You will learn drills and skills to bring back to the classroom the next day.

Presenter: Brad Fortney, Enterprise City Schools

M-47**Monday, Nov. 13, 3:05-4:05****What's up with the Beets?**

Beet root juice and supplements have become more popular over the years. This presentation will explore the evidence behind the use of beets, beet root juice, and other forms of beet supplementation as an ergogenic aid in sport performance and if there are research supported claims for improving health.

Presenters: Robert L. Herron, University of Montevallo; Manuel Munoz II, University of Montevallo

M-49**Monday, Nov. 13, 3:05-4:05****Physhed Faves: Minds BLOWN in 60 Minutes!**

Join in this exhilarating session as former TOY Scotty Williams shares his favorite elementary hits that can work for all PE levels! Fun fitness, management techniques, funky equipment, cooperative activities and more will be shared in this whirlwind session. Have a BLAST while pumping up your PE program!

Presenter: Scotty Williams, Omnikin

M-50**Monday, Nov. 13, 3:05-4:05****Inside Out, Outside In**

Bring the outdoors into your gym. Introduce your students to the great outdoors and the exciting activities that can occur out there.... beyond the TV, video games and phones. Team building and other activities come ready to move and learn.

Presenter: Emily Pharez, ASAPERD Member, retired

M-51**Monday, Nov. 13, 3:05-4:05****Five For Life Meets FAB 5**

Cardio Kid, Max, Maddy, Flexy, and B.C., otherwise known as the FAB 5 helps students understand how to live a healthy lifestyle. Find out how they can encourage your students to maintain or improve their fitness levels in each of the five components of fitness through fun physical activities.

Presenter: Ron Malm, School Health Physical Education

M-52**Monday, Nov. 13, 4:15-5:15****Awards Presentations****M-53****Monday, Nov. 13, 5:15-7:00****President's Social****T-1****Tuesday, Nov. 14, 8:00-9:00****Addiction Prevention Coalition: QPR Training**

The Addiction Prevention Coalition will be lecturing on QPR training. With QPR training, you can recognize someone at risk for suicide, intervene with those at risk, and refer them to an appropriate resource. The objectives of this course include understanding suicide as a national and local public health problem, recognizing suicidal warning signs, and identify protective factors against suicidal behavior.

Presenter: Christie Caruana, Addiction Prevention Coalition

T-2

Tuesday, Nov. 14, 8:00-9:00

Growth Mindset

Changing the mindset of coaches, athletes, and balance of life.

Presenter: Penny Lucas White, Alabama State University

T-3

Tuesday, Nov. 14, 8:00-9:00

Things I Have Learned from Twitter

Twitter is a great way to learn new ideas!! During this session, Ginger will share my favorite "Twitter finds".

Presenter: Ginger Aaron-Brush, Pelham Oaks Elem

T-4

Tuesday, Nov. 14, 8:00-9:00

HEAL in the Middle School

This presentation focuses on the ins and outs of HEAL at the middle school level. The curriculum writers share how the curriculum is continuing to evolve as well as discuss and demonstrate some of the best methods for delivering this program.

Presenters: Shelia Jett, Montevallo Middle; Toni Leo, HEAL Amanda Hayes, Hewitt Trussville Middle

T-5

Tuesday, Nov. 14, 8:00-9:00

The Importance of Feedback and Student Use of Feedback

Future professionals will share their perspective on the need of providing quality feedback to K12 students. Also they will share the importance of following up on the student use of this feedback.

Presenters: Sandra Sims, UAB; Ashley Cash, UAB; Angel Davis, UAB; Kenneth Shepherd, UAB

T-6

Tuesday, Nov. 14, 8:00-9:00

Missing the forest for the trees: the importance of systematic reviews in exercise and sport science

Systematic reviews can help practitioners and researchers keep up with current literature by summarizing the available evidence on a specific topic, using the results to help explain potential differences between studies, and identify potential gaps in the literature. Current best practices, guidelines, and a brief tutorial will be provided.

Presenter: Michael V. Fedewa, University of Alabama

T-7

Tuesday, Nov. 14, 8:00-9:00

Cafeteria Sport Education - Teaching Sport Education with limited equipment

Sport Education, developed by Daryl Siedentop, is a curriculum model widely used to create competent,

literate, and enthusiastic sportspeople. This lecture is designed to show that student learning in Sport Education can be effective at the elementary level.

Presenter: Tanner Ryan, E.R. Dickson Elementary

T-8

Tuesday, Nov. 14, 8:00-9:00

Lu Interactive Playground-True Physical Activity for All

The Lu Interactive Playground isn't just for gym activities and games. It covers all subject matter from Math to STEAM. Educators will learn the best practices from local Alabama educators. They will share how to utilize it for all students. Come and listen to a student on how they created content for Lu.

Presenter: Shoney Brice, PowerUpEDU

T-9

Tuesday, Nov. 14, 8:00-9:00

Road to the World Cup - Teaching Soccer in School

Participate in a Soccer for Success School Curriculum lesson, powered by the U.S. Soccer Foundation and US Youth Soccer. This low-cost K-8 resource, aligned to the National PE Standards, provides turn-key lessons to teach soccer fundamentals with lessons based on the Teaching Games for Understanding model and promote high activity skill acquisition.

Presenters: Lisa Perry, U.S. Soccer Foundation; Sari Rose, US Youth Soccer; Michael Vaughan Cherubin, U.S. Soccer Foundation

T-11

Tuesday, Nov. 14, 8:00-9:00

Energize Your PE Program

This session will give you a variety of activities to have everyone involved. From instant activities to get classes started to games with minimal equipment as well as some physical challenges!

Presenters: Ursula Rozier, Jackson Intermediate school; Benita Gordon, I3 Academy Middle School

T-12

Tuesday, Nov. 14, 9:10-10:10

Utilizing Choice Boards in Health Education

Implementing choice boards in health education can be beneficial for various learning styles. Choice boards allow teachers to differentiate standards-based activities that lead to a higher level of academic retention for students. Join our session to walk away with choice board activities for your high school health class.

Presenters: Joeva Thomas, Sumter Central High School; Kimberly Wilson, Sumter Central High School

T-13

Tuesday, Nov. 14, 9:10-10:10

Socialization into Physical Education Careers

This session will explore the occupational socialization factors that influence physical education professionals throughout their careers.

Presenter: Craig Parkes, University of South Alabama

T-14

Tuesday, Nov. 14, 9:10-10:10

The Good, The Bad and The Great of Fitness Testing at the Collegiate Level

This session will highlight the good, the bad and the great aspects of Fitness Testing at the collegiate level based on experiences of professors and students from Auburn University at Montgomery's Kinesiology Department, where passing a fitness test has been required for graduation for over 10 years.

Presenter: Andria Walker, AUM

T-15

Tuesday, Nov. 14, 9:10-10:10

Afterschool HEAL

The newest addition to the HEAL curriculum is our Afterschool Curriculum. This session will present an overview of the Afterschool Curriculum content and resources. We would like to make this curriculum available to as many schools as possible. Even if you are not responsible for the afterschool program attend and share this opportunity with your principal and afterschool teachers at your school.

Presenters: Donna Dunaway, HEAL; Donna Hester, ASAPERD

T-16

Tuesday, Nov. 14, 9:10-10:10

Research: Development to Presentation

Panelists with expertise in exercise and sport science, health and health education, physical education teacher education, and strength and conditioning will discuss developing research questions, selecting appropriate methods for data collection and analysis, and creating effective oral and poster presentations.

Presenters: Elizabeth A Woodruff, University of Alabama; Jean Ann Allen, UNA; Mike Esco, University of Alabama; Scott Lyons, UNA; Claire Mowling, UAB; Sheri Brock, Auburn University; Larrell Wilkinson, UAB

T-17

Tuesday, Nov. 14, 9:10-10:10

Know Your "Why"

After 31 years of teaching I finally get it! Come and hear how this came to be and perhaps you will "get it" too! Specific activities/events will be shared that will serve to inspire you so you too can discover your "why". Bound to

be a good time with a room of teachers...each of us with our different teaching environments but all of us with the same customer...KIDS!

Presenters: Rebecca Recke, Bryan Elementary; Heather Bertrand, Bryan Elementary

T-18

Tuesday, Nov. 14, 9:10-10:10

Practical Classroom Management Strategies for Beginning Teachers

In this session, we will discuss practical classroom management strategies that can be used to have a successful first year of teaching. We will answer questions such as: What protocols do I use? How do I organize large groups? How do I plan effectively with limited equipment? Join us to find out!

Presenters: Jonathan Thompson, Alabama State Department of Education; Sherri Huff, Birmingham City Schools

T-19

Tuesday, Nov. 14, 9:10-10:10

Lu Interactive Playground-True Physical Activity for All

The Lu Interactive Playground isn't just for gym activities and games. It covers all subject matter from Math to STEAM. Educators will learn the best practices from local Alabama educators. They will share how to utilize it for all students. Come and listen to a student on how they created content for Lu.

Presenter: Shoney Brice, PowerUpEDU

T-20

Tuesday, Nov. 14, 9:10-10:10

Get FAST and FURIOUS with Omnikin!

Join this fast-paced, action-packed 60 minutes of FUN that will leave your students begging for more! We have got everything from intense fitness games to hilarious partner tag activities to the ultimate cooperative team sport, Kin-Ball! What are you waiting for?!? Join Team Omnikin today and blow your students away!

Presenter: Scotty Williams, Omnikin

T-21

Tuesday, Nov. 14, 9:10-10:10

Pickleball- Fastest growing sport in America

Learn how to get your program started and get info about the AL High School Pickleball State Tournament.

Presenter: Shane Shelnutt, Hoover City Schools

T-22

Tuesday, Nov. 14, 9:10-10:10

Excel and Elevate: Taking your Program to the Next Level

Learn proven strategies, tips, and activities that will positively transform your physical education program. With a focus on social-emotional learning, student assessment plans, and classroom management ideas, participants will walk away with innovative and creative strategies to enhance their instruction and cultivate success for all students. Participants will also learn fun fitness activities to easily implement into their curriculum.

Presenter: Ginger Aaron-Brush, Pelham Oaks Elementary

T-23a

Tuesday, Nov. 14, 9:10-10:10

Research Posters

1-The Prevalence of Scoliosis in Rotational-Sport Athletes and Effective Intervention; **Authors/Affiliations:** M.S. Green, I.R. Mitchell, L.K. Delinsky, & T. Coppus, Troy University, Troy, Alabama

2-Effect of High School Athlete Diversification;

Authors/Affiliations: J.B. Sluder, M.F. Early, & K. Lanier, Troy University, Troy Alabama

T-23b

Tuesday, Nov. 14, 10:20-10:50

Assembly of Members

Health - Erica Farnham

Sport & Exercise Science - Mike Esco, Colleen Geary, Sarah Toth, Janet M'baha-Zarnesky

Physical Activity - Michael James

Physical Education - Craig Parker; Ann Holcomb

Future Professionals - Sandra Sims

Athletics - Katasha Turner; Robert Herron

Higher Education - Brett Davis, Andria Walker
Professionals tasked with Physical Education edTPA supervision- let's meet to discuss steps to success for guiding teacher candidates through the edTPA process. This session will be an open discussion to share ideas with each other.

T-24

Tuesday, Nov. 14, 11:00-12:00

Lesson Swap

Calling all Health Educators! Bring your best lesson to swap with others. This session is designed to provide Health Educators fresh, new ideas to teaching.

Presenter: Jess Habison, Bumpus Middle School

T-25

Tuesday, Nov. 14, 11:00-12:00

Hydration Counts

In sport, being under hydrated is a performance and safety issue. However, the science behind hydration status is dynamic and changes throughout the day and during exercise. This talk will explain the risks related to underhydration and ways coaches can help encourage, monitor, and talk to athletes about hydration.

Presenters: Marissa Bello, University of Alabama at Birmingham; Robert Herron, University of Montevallo

T-26

Tuesday, Nov. 14, 11:00-12:00

SPA vs. CIEP for Accreditation: Go for National Recognition!

Auburn University at Montgomery has the first undergraduate Physical Education program in the state to successfully go through the "SPA" process for national recognition. Because SHAPE pulled out of working with CAEP before the deadline for addressing areas for improvement (AFIs) we also were required to do a CIEP. However, SHAPE is now offering national recognition again. Participants will learn about the SPA process and have an opportunity for discussion of the pros and cons of SPA vs. CIEP.

Presenters: Erin Reilly, AUM; Andria Walker, AUM

T-27

Tuesday, Nov. 14, 11:00-12:00

Inclusion in Recreation Sports Program

This session will provide you with tips and strategies to educate and train your coaches and officials around inclusion in sports programs that will allow your afterschool programs and/or any sports program to be more inclusive and include children with disabilities.

Presenters: Penny Edwards, NCHPAD; Sherri Huff, Birmingham City Schools

T-28

Tuesday, Nov. 14, 11:00-12:00

Advocacy: Finding Your Voice

Attendees will be introduced to advocacy tools and strategies to use in their school/workplace. In addition, participants will actively role-play scenarios to develop confidence in presenting information to stakeholders.

Presenters: Shelia Jett, Montevallo Middle School; Sandra Sims, UAB; Claire Mowling, UAB

T-29

Tuesday, Nov. 14, 11:00-12:00

The Effect of Exercise on eSport Performance

Current research in sports and cognitive science points to a potential beneficial effect of exercise on competition performance in eSport athletes. However, empirical evidence for this effect is lacking. The two studies discussed in this presentation are the first two studies to date to implement an exercise intervention for eSport athletes and analyze the effect of exercise on their performance

Presenter: Zachary Rightmire, University of Alabama

T-30

Tuesday, Nov. 14, 11:00-12:00

Promoting Health Equity through Action Research to Address the Social Determinants of Health

Differences in the incidence and prevalence of health conditions and health status between groups are commonly referred to as health disparities. Working to eliminate these differences and achieve health equity, when everyone is able to "attain their full health potential" and no one is disadvantaged from this achievement due to their social position or other socially determined circumstance, requires addressing the social determinants of health (SODH). This session will discuss community-oriented processes to assess community resources towards addressing SODH factors influencing health outcomes.

Presenter: Larrell Wilkinson, University of Alabama at Birmingham

T-31

Tuesday, Nov. 14, 11:00-12:00

Line Dance Diva

Come learn new line dances with a member of the "Dancing Divas" urban line dance group. Dances that are current, fun, and a variety of difficulty levels will be taught.

Presenter: Erin Reilly, Auburn University Montgomery

T-32

Tuesday, Nov. 14, 11:00-12:00

BRAINball, Closing the Math and Literacy Gap through the Use of Movement

Learn how BRAINball connects movement with cross-curricular learning through active play. Without compromising physical activity time, BRAINball® is shown to improve students growth scores in literacy and math. Find out how to get students to think on their feet and work as a team to solve physical and cognitive challenges.

Presenter: Ron Malm, School Health Physical Education

T-33

Tuesday, Nov. 14, 11:00-12:00

Incorporate Unique and Fun Ways to Teach Tennis to Your Students

Learn new ways to introduce tennis and add excitement to your program in this fun interactive session, even if you don't have access to tennis courts. Leave with instant activities that will inspire and motivate your students. Find out how to acquire a free USTA Curriculum Guide and tennis equipment!

Presenters: Suzanne L. Stone, Alabama Tennis Association; Keith Wilson, Alabama Tennis Association

T-34

Tuesday, Nov. 14, 11:00-12:00

Putting the "WOW" in your PE Program

Starting our 20th year of team teaching at Bryan Elementary School, we have experienced a variety of highs and lows in our classroom known as "The Gym". Join us as we share some "you've got to be kidding me" moments along with "we are geniuses" moments! Learn the gear, the games and the events that have our students exclaiming "PE Rocks!" Each attendee will receive a packet of "WOW'S" from some of the most respected pe programs in Jefferson County.

Presenters: Rebecca Recke, Bryan Elementary; Heather Betrand, Bryan Elementary

T-35

Tuesday, Nov. 14, 12:10-1:10

Being Proactive about Protecting Your Sexual Health

Taking proactive steps to protect your sexual health requires knowledge of the various STDs, how they are transmitted, understanding the signs and symptoms, treatment options, and knowledge of how to prevent infection. In addition, it involves having difficult conversations with potential or current partners about their STD/HIV status and being confident in condom negotiation. Explore the benefits of using PrEP as a method of preventing HIV and the ways to obtain such services.

Presenters: Valencia N. Cotchery, Jefferson County Department of Health; Alexis Smith, Jefferson County Department of Health; Ra'Lecia Washington, Jefferson County Department of Health

T-36

Tuesday, Nov. 14, 12:10-1:10

Level Up! Using the Enneagram to Plan your Growth as a Professional

In this hands-on presentation, you will discover the ways your personality drives you to be your best. You will ask yourself, why do I think and teach that way? We will explore the Enneagram typology system to seek understanding of oneself and how your personality

influences your professional growth. To best participate please take the following free enneagram test before you attend the presentation

<https://www.truity.com/test/enneagram-personality-test>

Presenter: Claire Mowling, UAB

T-37

Tuesday, Nov. 14, 12:10-1:10

Can You Take The Heat???

This presentation will examine the risks associated with heat and physical exertion. The participants will explore practices and gain a better understanding of the signs, symptoms and what the body experiences during heat exhaustion/stroke.

Presenters: George R. Schaefer, AUM; Cornell Foo, AUM; Kyle Taylor, AUM

T-38

Tuesday, Nov. 14, 12:10-1:10

Nutrition and Academic Performance in Higher Education

In this session, we will explore an association between nutrition and academic performance in higher education, specifically looking at the use of the Mediterranean diet and the intake of Omega-3 fatty acids. Within this discussion, the connection between these dietary factors and mental health will also be introduced.

Presenters: Alyxandra Lucero, University of Montevallo; Kelley DeVane Hart, University of Montevallo

T-40

Tuesday, Nov. 14, 12:10-1:10

The importance & application of biarticulate muscles in the weight room

When developing strength & flexibility, it's important to remember that more than a few of the primary movers (or agonist muscles) in our body are biarticulate, meaning they can shorten to develop force to move two or more joints and can therefore be lengthened across two or more joints when practicing flexibility. This impacts how we strengthen and stretch these muscles for optimal performance. Join me for an interactive discussion about some of these muscles, which 2+ joints they cross, and what that means when it's time to build strength and stretch during and at the end of your workout, respectively.

Presenter: Colleen Geary, The University of Alabama

T-41

Tuesday, Nov. 14, 12:10-1:10

Tips for Promoting High Quality Physical Education, Extracurricular Physical Activity, and Community Sport

This session will explain how the Physical Education, School Sport, and Club Links (PESSCL) strategy from the United Kingdom can be utilized in American school to increase physical activity time, quality physical education, and community sport engagement.

Presenter: Craig Parkes, University of South Alabama

T-42

Tuesday, Nov. 14, 12:10-1:10

Fulfillment (Start, Complete, Repeat)

This session will focus on maximizing the benefits of teaching Physical Education to students with various disabilities, different skill levels, and adaptations that can take place in order for the students to reach levels of achievement while participating in Physical Activity. Come prepared to participate have fun and leave with a new level of understanding while engaging in throwing and catching, bowling, beeper ball, balloon volleying, hopscotch, ring toss and more.

Presenter: Byron Archibald, Birmingham City Schools

T-43

Tuesday, Nov. 14, 12:10-1:10

Building Community One Square at a Time with 9 Square in the Air

9 Square in the Air is a game for everyone. It's portable, height-adjustable, easy to set up and take down and a ton of fun!

Presenters: Nicki Hughes, 9 Square in the Air; Jennell Seagars, 9 Square in the Air; Beth Ann Smith, 9 Square in the Air

T-44

Tuesday, Nov. 14, 12:10-1:10

Single Rope Skills and Combos

Teachers will learn to break down a variety of jump rope skills efficiently that will help their students gain confidence for a successful unit!

Presenter: Nick Woodard, Learnin' the Ropes

T-45

Tuesday, Nov. 14, 12:10-1:10

Thematic Station Activities for Large Groups

Teaching and learning according to competency development focus on differentiated instruction and organizing activities for students to discover new information, practice skills and then apply knowledge to reality. Using stations in Physical Education is an alternative to whole group instruction and accommodates large groups of students. This presentation provides demonstrations and examples of stations from four

thematic units to implement in an elementary (preferably grades 3-6) physical education class.

Presenters: Candy Howard-Smith, Troy University; Shelby Wright, Troy University; Ryan Hussey, Troy University; Faith Brown, Troy University; Troy Hicks, Troy University

T-47

Tuesday, Nov. 14, 1:20-2:20

Do you enjoy being Physical Activity, Playing Sports and Teaching! Why not Become a Sports Official?

Were you a former athlete? Do you enjoy watching sports? Do you have a passion for teaching? If so, this session is for you. There is a shortage of officials across the United States. Anyone who has a passion for coaching, teaching and staying physically active should consider becoming an official. Opportunities will be shared during this session on how to become officials and contacts to get started in the world of officiating.

Presenter: Sherri Huff, Birmingham City Schools

T-48

Tuesday, Nov. 14, 1:20-2:20

Exercising with Medical Conditions

While conditions such as hypertension and type 2 diabetes were previously seen as concerns primarily affecting older adults, these and other conditions are increasingly found in even young children. This presentation will discuss pre-exercise clearance and appropriate exercise prescription and progression for individuals of all ages with medical conditions.

Presenter: Angela Russell, Auburn University at Montgomery

T-49

Tuesday, Nov. 14, 1:20-2:20

Never Ending Season

When problems occur during the season, whether it be with player behavior, team chemistry or under-performance, it is because vital time wasn't invested upfront. Prevention is always better than a cure. Get a proven framework and key strategies to ensure you have the most effective pre-season possible. Find out how to build strong team chemistry and unite your team - a practical guide to deliver improved performance.

Presenter: Meagin Hinton, Linden High School

T-50

Tuesday, Nov. 14, 1:20-2:20

Kids/American Heart Challenge

The Kids Heart Challenge and American Heart Challenge are service-learning based fundraising programs that give students the opportunity to feel good, while doing good. It's a way for students to better their life all while changing someone else's. Students will raise funds to

help kids with special hearts and acquire the lifesaving skill of Hands-Only CPR. The program also supports the social, emotional, and physical health of your students, families, and staff.

Presenter: Brittany Parrish, American Heart Association - Kids Heart Challenge

T-51

Tuesday, Nov. 14, 1:20-2:20

Does Restroom Accessibility Negatively Influence Classroom Teacher Renal and Cardiovascular Health?

Many classroom teachers, especially those instructing young children, report having limited access to restroom breaks throughout the workday and subsequently consume very little fluids. Inadequate fluid consumption may promote many detrimental effects to the cardiovascular and renal systems. This research study examined the influence of restroom inaccessibility on fluid consumption habits and how this affects measures of renal and cardiovascular health.

Presenter: Lee Winchester, University of Alabama

T-54

Tuesday, Nov. 14, 1:20-2:20

Let's Be Jolly, Come Join us to Strike and Volley!

This will be an interactive presentation showing a variety of activities and games with striking and volleying. Providing choices, enhancing student success rates, and ensuring maximum participation will be displayed through developmentally age appropriate activities. We will have activities covering baseball, hockey, tennis (racket sports) and volleyball! If you want to stay, come join us to play!

Presenters: Shannon Revels, Beauregard Elementary, Lee County Schools; Misty Spratlin, Beauregard Elementary, Lee County Schools

T-55

Tuesday, Nov. 14, 1:20-2:20

Keep it Simple

Come learn a variety of games and activities that are simple! They do not require a lot of equipment but they will keep your students engaged and moving!

Presenter: Callie Pike, Rocky Ridge Elementary