



89th Annual

Wednesday, November 28

USA Field Hockey - Get the Ball Rolling: Starting Field Hockey in your School

9:00:00 AM - 12:00:00 PM | Kilimanjaro Suite 5

Erick Anderson Keli Smith Puzo Dr. Stephen Harvey

Join USA Field Hockey Two-Time U.S. Olympian and Ohio resident Keli Smith-Puzo, former NFL player and Shaker Heights Adapted PE Teacher Erick Anderson, and Ohio University Associate Professor Dr. Stephen Harvey to learn more about field hockey, how to play it, how to teach it, and how to introduce it in your school.

Field hockey is an Olympic sport for men and women and one of the most popular sports in the world. It's fun, fast, safe, and easy to get started. Several colleges, high schools and middle schools in Ohio have strong field hockey programs, and year round playing opportunities exist through local clubs. USA Field Hockey has free curriculum, equipment grants and discounted equipment purchase options to help you introduce field hockey in your school.

Please come ready to play or watch!

Physical Education

Grant Writing 101

1:00:00 PM - 4:00:00 PM | Orange

Mary Lavine Sue Sutherland

Interested in finding ways to supplement your program funding, begin a new after school program, or start a school wide initiative but don't know where to begin? This interactive workshop will introduce you to all aspects of the grant writing process. You will learn how to search for and identify potential fundings sources, develop your program and budget, and write a customized proposal. We will follow up the workshop with a webinar to provide support as you develop your grant proposals.

All

Teach the Sport for Life: Everyone Can Teach Tennis, No Courts Required

1:00:00 PM - 4:00:00 PM | Kilimanjaro Suite 5

Jim Amick Greg Boyd

Join us for this pre-conference workshop where we will provide you with the supplies you need to teach tennis anytime, anywhere. No court? No problem.

Teaching tennis in PE classes is easy if you have the right tools and resources. As a central part of thriving communities, teachers always look for new ways to bring subjects to life for students. With Net Generation, the USTA is committed to helping teachers introduce tennis in PE classes and connect to after-school programs. Net Generation encourages kids to become engaged and challenge themselves with a new standard of play. The easy-to- follow curricula help teachers shape the game for individuals, so they can advance at their own pace. More importantly, it uses tennis as a pathway to personal development beyond the court.

Lesson plans under Net Generation were co-created by the USTA and SHAPE America, the leading body for setting physical education standards in the U.S. As a result, every activity within every single lesson meets SHAPE America National Standards and Grade Level Outcomes for K-12 Physical Education. The easy-to- follow teaching tools make it easy to teach and play tennis in all school settings. Easily accessible manuals help teachers guide students at every stage of development.

During our interactive session, we will:

- Review the New Curriculum through interactive demonstrations
- Complete the initial steps needed to obtain the new curriculum and free equipment
- Answer your questions and concerns about teaching tennis
- And More....

**Please come dressed to participate in this low intensity workshop. Equipment will be provided.

Physical Education

Executive Committee Meeting

5:00:00 PM - 6:00:00 PM | Mangrove

Registration Open

5:00:00 PM - 8:00:00 PM | Registration Booth 9

2017 - 2018 Board of Directors Meeting

6:00:00 PM - 7:30:00 PM | Mangrove

All-Convention Kick-Off Social

7:30:00 PM - 10:30:00 PM | Marakesh Market

Thursday, November 29

Registration Open

7:00:00 AM - 4:00:00 PM | Registration Booth 9

Breakfast On-Your-Own

7:30:00 AM - 8:30:00 AM | On-Your-Own

Exhibit Hall Open

7:30:00 AM - 4:30:00 PM | Kilimanjaro Suites 1 & 6

Attitudes, Values, and Feelings? OH NO!

8:30:00 AM - 9:15:00 AM | Kalahari Salon G

Bowing Green State University- Student Teachers Pam Bechtel Chase Becker Jeron Hennon

The affective domain is one of several domains teachers need to assess in our PreK-12 physical education and health education students today. Are we assessing students' attitudes, values, and feelings towards physical activity, physical education, health education, and each other appropriately? How can we better assess to obtain useful information that impacts our understanding of our students' attitudes? BGSU Fall 2018 student teachers will present affective assessments designed for physical education and health education that they implemented during student teaching placements. Discussion of the results obtained and how the student teachers used these to inform their teaching, planning, and interactions with students will be discussed.

Physical Education Health

CATCH My Breath Youth E-cigarette Prevention Program

8:30:00 AM - 9:15:00 AM | Kalahari Salon D

Abby Rose

E-cigarette and JUUL use has grown dramatically in recent years to become the most commonly used tobacco product by middle and high school students. Most e-cigarettes contain nicotine, a highly addictive substance that can harm adolescent brain development and has been associated with health and behavior problems. During this session, participants will be introduced to a best practices-based e-cigarette prevention program for middle and high school students and learn how schools across the U.S.

are using CATCH My Breath to deliver e-cigarette prevention education to their students and how to access this free program for use in their own schools.

Health

Dance Dance: Wiggle Wiggle, Step it out Like a Pro.

8:30:00 AM - 9:15:00 AM | Cypress

Dr. M. La Vine Jessica Hyde Abby Jones Josh Goss Tyrell Rodgers Colin Harkulick

Many forms of movement where the students will not realize how much physical activity they are really doing. The presentation will help you integrate dance into your curriculum, by engaging students in creativity and critical thinking. Dance is a great activity to engage students in many forms of movement, creativity and self-expression. Dances will span each of the grade bands. The presentation will show present newer ideas that you can use and create to make your own, on little to no budget cost. We will present: Student Learning Objectives for each dance; dance using art, commercials, themed expressions and music. It will be a session filled with many new and exciting ideas to engage all students and encourage fitness, self-expression and appreciation.

Physical Education

Floor Hockey

8:30:00 AM - 9:15:00 AM | Kilimanjaro Suite 5

Obi Atkinson

Attendees will participate in a practical floor hockey workshop focused on demonstrating key components of a game-based approach specifically the Tactical Games Model. Activities will be directly linked to tasks developed as part of an evidence-based floor hockey content map developed by the presenters.

Learning Outcomes: 1) Identify the key components of a game-based approach through the Tactical Games Model; 2) Apply content map development to devise appropriate game-based learning tasks; 3) Explain the benefits of questioning as it pertains to student / athlete learning and development

Physical Education

Here it Comes...A National Health Education Aligned Curriculum! Are You Ready Ohio Health Teachers?

8:30:00 AM - 9:15:00 AM | Kalahari Salon H

Judy Jagger-Mescher

Finally, a model HED curriculum is being developed for Ohio! Come learn the basics of its framework: the National Health Education Standards. Preview the basics of this state-of-the-art Ohio HED curriculum.

Health

Including Australian Rules Football in Physical Education Programs

8:30:00 AM - 9:15:00 AM | Kilimanjaro Suite 3

Garry R Bowyer

Participants will learn the rules and skills for playing Australian Rules Football. A number of lead up games and developmentally appropriate progressions will be included for students of various ages and skill levels. Strategies of play will also be discussed, particularly the transfer value to other invasion games.

Physical Education

Instant Activities that Work 2.0

8:30:00 AM - 9:15:00 AM | Kilimanjaro Suite 2

Daniel Tennessen

Back by popular demand is an extension of one of the most talked about sessions of the 2017 conference. In this session, attendees will leave with even more instant activities as well as strategies on how to implement them. Teachers and students of all grades will thoroughly enjoy a variety of activities that include academic integration, fitness concepts, and tips for assessing students' skill acquisition.

Physical Education

OPEN: What's new in Early Childhood for PreK & K?

8:30:00 AM - 9:15:00 AM | Kalahari Salons E&F

Laurie L. Gombash

This session is full of new, fun, and easy early childhood movement based activities for Pre K & K. All of the online resources shared are free and available on OPENPhyzed.org. We will be exploring the website that offers physical education teachers equality of access to resources and activity plans. Then we will engage in play with hoops, ropes, and scarves all while working on early learning content standards.

Physical Education

Positive Youth Development through Adventure-Based Learning

8:30:00 AM - 9:15:00 AM | Orange

Daekyun Oh Sue Sutherland

Positive Youth Development (PYD) is a strength-based approach to children's and adolescents' development that holds that all people have strengths and potential for positive change. Since being problem-free does not necessarily equate to being fully prepared for life, PYD is indispensable when working with children and adolescents. One effective vehicle that fosters PYD is Adventure-Based Learning (ABL), which is a holistic student-centered pedagogical approach that can enhance social and emotional learning through physical activities. In this presentation, attendees will engage in a variety of ABL activities based on the PYD approach which can be used to enhance their physical education program.

Physical Education

Poster Presentation - Integrative Review: Characteristics of Physical Activity Interventions Associated with Physical Activity Adherence in Adults with Coronary Artery Disease

8:30:00 AM - 4:00:00 PM | Kilimanjaro Suite 1

Shadi Kanan

Abstract Background: More than 7.4 million people globally die from coronary heart disease. The leading risk factors for death from coronary artery disease (CAD) include: lack of physical activity, obesity, and smoking. Unfortunately, more than 50% of CAD patients, who engage in cardiac rehabilitation physical activity programs, do not continue practicing physical activity within six months after hospital discharge, and this rate increases with the passage of time. **Objective:** The purpose of this integrative literature review is to analyze and describe characteristics of physical activity interventions for CAD patients that have resulted in physical activity adherence after hospital discharge. **Method:** PubMed, CINAHL, and PsychInfo databases were searched with inclusion criteria of peer-reviewed publications, interventions of physical activity programs, and samples of adults with cardiac diseases. The review used sixteen articles published between 2012-2017. **Result:** Researchers have investigated a variety of physical activity interventions on outcomes in adults with CAD. Intervention programs with characteristics focusing exclusively on physical activity behavior, building on theories, using both face-to-face and technology methods to maintain contact with patients, and communicating more than one time with patients significantly increase adherence to physical activity. **Conclusion:** These findings may be useful to inform nurses and healthcare providers about the characteristics of physical activity programs that more effectively increase the chances of maintained physical activity in adults with CAD.

Health Physical Education

Poster Presentation -Adapted Physical Education for Individuals with Intellectual Disabilities

8:30:00 AM - 4:00:00 PM | Kilimanjaro Suite 1

Jake Schoenberger

Poster Presentation -Autism in Physical Education: Modifications for Maximum Inclusion

8:30:00 AM - 4:00:00 PM | Kilimanjaro Suite 1

Sara Bailey

Poster Presentation -Deafness & Hard of Hearing: Modifications for Inclusive Physical Education

8:30:00 AM - 4:00:00 PM | Kilimanjaro Suite 1

Zach Zimmerman

Poster Presentation -Learning Disabilities: Modifications, Adaptations, and Recommendations

8:30:00 AM - 4:00:00 PM | Kilimanjaro Suite 1

Jacob Wirick

Poster Presentation -PE for ALL Students: Taking a Closer Look at Psychological Disorders

8:30:00 AM - 4:00:00 PM | Kilimanjaro Suite 1

Maggie Finnen

The Essentials of Classroom Management

8:30:00 AM - 9:15:00 AM | Kilimanjaro Suite 4

Bill Jones

The Essentials of Classroom Management for Elementary & Middle School Physical Education Classroom management skills are a prerequisite to effective instruction. Most students enjoy and appreciate a learning environment that is organized and efficient allowing for the maximum amount of time to be devoted to learning skills. The utilization of effective classroom management techniques allows for increased productivity from both students and the teacher. Classroom management refers to the efficient movement and organization of student activity along with the efficient transition from one activity to another. It includes the rules, procedures, and protocols that facilitate an orderly and structured environment in which children can be productive and safe. It includes the ongoing interactions between children and their teacher. Skills which allow for good classroom management should be taught to children in a manner similar to teaching physical skills. All skills need to be learned through practice and repetition until they become almost automatic. When classroom management is viewed as a set of skills, to be taught and practiced, then it is much easier to have empathy for students who do not perform well. Some students will perform management skills incorrectly, just as some students make mistakes when performing physical skills. A focus on correcting management problems by practicing the skill (spacing, stopping signal etc.) is much more constructive than lectures or accusations of a class for not doing things according to expectations. The management of student behavior is a "pay me now or pay me later" proposition. The time you spend managing student behavior is time well spent. The time you spend now managing student behavior is time that you will save down the road or in the long run. Effective management systems tend to cause disruptive behavior to self-eliminate. At the same time management is an ongoing and never ending process.

Physical Education Student

Your Ohio Arts Council: Funding Opportunities for Every Educator

8:30:00 AM - 9:15:00 AM | Kalahari Salon C

Jarred Small TBD

The Ohio Arts Council is a state agency that funds and supports quality arts experiences to strengthen Ohio communities culturally, educationally, and economically. Central to this mission are the partnerships between the OAC and educators around the state. Now more than ever, educators and administrators are facing intense resource constraints. In this presentation and Q&A session, OAC staff will focus on the resources and funding opportunities available to educators, schools, and school districts interested in deepening the rigor and vitality of their educational toolkits through unique arts learning experiences. By highlighting the OAC's education and organizational support programs, educators of all backgrounds and experience levels will gather the necessary knowledge and tools needed to apply to appropriate OAC opportunities.

Dance Physical Education

Recreation Therapy Institute: Welcome

8:45:00 AM - 9:00:00 AM | Kalahari Salon A

Claire Copa Trevor Miller

Recreation Therapy

Screen Time: The impact of digital technology on youth and strategies for therapeutic interventions (RT Institute)

9:00:00 AM - 10:00:00 AM | Kalahari Salon A

Dr. Joy Lauerer Ruthie Kucharewski

Recreation Therapy

Become Trauma Informed: Exploring Difficult Experiences Students (and Teachers) Encounter

9:30:00 AM - 10:15:00 AM | Kalahari Salon C

Doug Ellison Jen Walton-Fisette Jen Walton-Fisette Kevin Eckert

The disruptive and challenging student behaviors that teachers face often stem from traumatic experiences students have encountered in their lives. Come learn techniques to effectively work with students from traumatized backgrounds, which is important for establishing quality teacher-student relationships, classroom management, and students' learning. Focus will be on: Adverse childhood experiences (ACEs), signs and symptoms of stress, types of trauma, practical strategies to help students, and the secondary trauma that teachers may face and ways to increase teacher resilience.

Physical Education

Build Me MyPlate

9:30:00 AM - 10:15:00 AM | Kilimanjaro Suite 4

McKenzie Stelter Jessica Hyde

Students will strategize in building a structure for the opposing team, out of the boxes (healthy food item) and buckets (unhealthy food items). They want to build a structure that will not allow the other team to knock down their healthy foods that are located on the boxes. Unhealthy/Bad foods will be placed on the buckets and used to help build a structure, making it more difficult to knock down. Students will then manipulate various sport objects (soccer ball, football, gator ball, frisbee) to try and knock down the 'healthy' food items located on the boxes. If the students knock down a unhealthy/bad food, they must add 5 pounds in a backpack and wear it the rest of the time throughout the activity. This will represent how eating bad foods can affect their weight and ability to perform basic skills. After all objects have been used the students must place the 'healthy' food items that are knocked down in the correct part/category of the MyPlate (hula hoop). Students will then go to the opposing teams left over boxes and buckets and rebuild a new structure. Again, strategizing a structure that won't allow the other

team to knock down their healthy food items. The goal is to correctly place ALL the healthy food items in their MyPlate in the correct category. The students will have to know what foods go where. The students will have to perform various manipulative skills correctly (best of their ability) to knock down healthy food items.

Physical Education Health

Dazzling Health Education Strategies and Activities Used by the IGGH (Intergalactic Goddess of Health)

9:30:00 AM - 10:15:00 AM | Kalahari Salon H

Judy Jagger-Mescher

Join the IGGH for a session packed with NHES-aligned strategies and activities! Witness the magic of how to engage students in meaningful health education...Or if the IGGH is having a Murphy's Law Day, watch how to rescue HED lessons when technology, teaching materials, etc. are not working! Either way we will learn and have fun!

Health

HOPES in Schools: Building a School-wide Drug Prevention and Student Support Plan

9:30:00 AM - 10:15:00 AM | Kalahari Salon G

Kevin Lorson

HOPES in Schools is a resource for educators and schools to support students to learn the skills to be healthy and drug-free choices. One tool in HOPES is a local school-wide drug prevention plan that includes and coordinates multiple schools and community resources. The second component is a resource to recognize, reach out and support students experiencing opioid-related trauma. This session will highlight the role of health education curriculum and health education teacher in support student health and drug prevention.

Health

Incorporating Physical Activity Breaks Into The Mathematics Classroom

9:30:00 AM - 10:15:00 AM | Kalahari Salons E&F

Chelsea Mayer Adrian Turner

A physical activity break is conceptualized as a short pause during classroom instruction in which students participate in organized physical activity. These "brain breaks" have been shown to have a positive impact on both academic performance and student behavior in a variety of educational

settings. The purpose of this presentation is to explore the impact of physical activity breaks in the middle school classroom. Specifically, the effects on middle school students' academic achievement and their self-perceptions of attentiveness and learning in a mathematics module will be addressed. During this session physical educators and health educators will receive activity ideas for brain breaks that can be incorporated into any class and also provide a potential vehicle for developing cross-curricular links with classroom teacher colleagues.

Physical Education School Health

Maximizing Assessment Opportunities in Minimal Time Frames!

9:30:00 AM - 10:15:00 AM | Orange

Lisa A.Stevens Oregon City Schools

Trying to meet the physical education standard assessment demands in one quarter can seem overwhelming. Ideas will be discussed and demonstrated on how to organize simple, short units that introduce and develop meaningful lessons to keep students engaged and active while also providing a variety of games that will allow the instructor to assess multiple standards and skill levels at one time!

Physical Education

More You Can Do Without A Gymnasium

9:30:00 AM - 10:15:00 AM | Indigo Bay

Christina Freed Kaitlyn Opritza Kaitlyn Opritza Seth Fieldhouse

No gymnasium no worries. Maintaining high quality physical education when your gymnasium is being used for Picture Day, Band and Choir Concerts, Book Fair, etc. This session will generate ideas and activities that can be done in a classroom, in the hallway, outdoors, etc. Never lose valuable teaching time again. Activities will include physical activities, integration of technology and physical activity, etc. These activities can be accomplished with little or no budget. Let's get creative and let's get moving with or without a gymnasium.

Physical Education

Nutrition Education: A Catalyst for Healthy Change

9:30:00 AM - 10:15:00 AM | Kalahari Salon D

Sarah Miller Noreen Warnock

Ohio faces a preventable health crisis brought about by an unprecedented increase in diet-related chronic disease. Both the causes and results of diet-related chronic disease negatively affect the social determinants of health in our communities. However, diet-related chronic diseases are preventable. Nutrition education (NE) in schools encourages healthy eating habits in K-12 and improves health

outcomes throughout the lifespan. It is critical to motivate and empower our students to make healthier food choices, and to provide them with the skills and resources to do so. When combined with convenient access to nutritious foods, a targeted school-based NE curriculum maximizes the federal investment already in place through existing childhood nutrition programs. This presentation will aim to educate attendees about the state of diet-related disease in Ohio, as well as how nutrition education ties into reversing the trend. Additionally, it will inspire attendees to include fun, hands-on nutrition education in their classrooms, offices, and homes.

Health School Health

Ohio's 2017 Elementary PE Teach of the Year Opens Her Tool Box!

9:30:00 AM - 10:15:00 AM | Kilimanjaro Suite 5

Betty Kern

How many times have you heard it? The line about tools in your toolbox? It's true! It's the secret to success! The more tools in your toolbox, the more successful you are as a teacher! Get ready for a quick paced, upbeat, inspiring session that will motivate you to add new tools to your toolbox! Betty will open up her toolbox and share successful strategies, games & activities, as well as, some funny stories of not so successful ideas! Learning Objectives:

Attendees will learn new strategies for student engagement.

Attendees will learn a few instant activities/games to use with their classes. Attendees will be encouraged to grow professionally through a variety of resources. Attendees are guaranteed to laugh as Betty openly shares success stories & not so successful stories that have helped her grow as a teacher!

Attendees will have a chance to ask questions and can anticipate honest answers on dealing with struggles, barriers and problems that we all face daily! Attendees will leave with a pep talk from Betty as she hopes to motivate and empower other teachers to impact their students and communities to live healthy and active lives!

Physical Education

STEM Education through Sport

9:30:00 AM - 10:15:00 AM | Cypress

Melissa Dreisbach Victor Pinheiro Victor Pinheiro John Fellenstein

The use of STEM (Science-Technology-Engineering-Math) education has become an innovative integrated curriculum used in education. School systems and educators are in search of creative ways to integrate subjects and engage students in a critical, higher level of thinking. Institutions are attempting novel methods of promoting STEM education to motivate students and capture their interest in STEM. The method of using sport as a vehicle to teach STEM concepts are fun and engaging for students. Most students don't realize that STEM can be found in most every subject. Having students explore for STEM concepts in sport helps to reinforce and open their minds to the multitude of subjects and careers that

STEM encompasses. For this hands-on workshop, the use of stations will facilitate the learning of practical classroom examples of teaching STEM concepts through the use of sports. Science topic examples will include biomechanics and physics. Participants will use a criteria sheet to analyze a sport skill, basketball chest pass for bio mechanical principals. Another example will use the scientific method to discover the angle of release, aerodynamic principals and the physics of flight of a thrown, badminton shuttlecock and golf size whiffle ball. Technology will be incorporated with the use of a video recording software that will aid in the analyzing of the sport skill and the physics of flight experiment. The STEM concept of engineering will be addressed through the use of a hands-on polymer science activities designed to address the elasticity/bounce of the basketball by comparing 2 different putty balls participants mix; and a group project that has the participants constructing basketball shoes and then walking on eggs will be explained. The Math component of STEM will be integrated into the activities in the form of data collecting, averages, percentages and graphing of results. Also, the idea of having students create a "Sport-Player Statistic trading card" will be presented to the participants. These stations will be a mix of hands-on and demonstrative to help the participants engage in integrating STEM and sport. The main objective of this workshop is to assist participants in facilitating creative thinking and lesson creation that can be taken and incorporated into their respective teaching areas. These deliberately designed STEM activities provided a different perspective on how much science is embedded in sport.

Sport Sciences Physical Education

Breaking Barriers: Reducing stigma related to mental health through active leisure (RT Institute)

10:10:00 AM - 11:10:00 AM | Kalahari Salon A

Tyson Houpe

Recreation Therapy

Incorporating Health Initiatives into Recreation Therapy Programs (RT Institute)

10:10:00 AM - 11:10:00 AM | Kalahari Salon B

Ruthie Kucharewski Kristin Moncrief

Recreation Therapy

Keynote: Does your WHY shape your game?

10:30:00 AM - 11:30:00 AM | Zambezi/Nile

Keli Smith-Puzo Erick Anderson

Erick Anderson and Keli Smith-Puzo will lead an interactive discussion to activate a deeper thinking about the power that our professions have on the lives of others. They will share their personal journey in exploring their purpose in teaching and coaching and how they uncovered the value of understanding and defining their WHY.

MED SAFE: A Prescription Drug Misuse Prevention Education Program for Youth Offered During a Summer Sports and RT Camp Experience (RT Institute)

11:20:00 AM - 12:20:00 PM | Kalahari Salon A

Claire Copa Marilynne Wood Mary Jean Ohns Colleen Taylor

Recreation Therapy

The Importance of Companionship & Compassion in a Geriatric Recreation Therapy Setting (RT Institute)

11:20:00 AM - 12:20:00 PM | Kalahari Salon B

Rebekah Borton

Recreation Therapy

All-Member Meeting

11:30:00 AM - 12:00:00 PM | Zambezi/Nile

Lunch & Division Meetings

12:00:00 PM - 1:00:00 PM | Zambezi/Nile

Jump and Hoops Social (Invitation Only)

12:45:00 PM - 1:15:00 PM | Orange

Traci Grissom Sasha Taylor Traci Grissom Sasha Taylor

JRFH Social and JRFH Recap with Town Hall Meeting (to follow social) All 2017-2018 Jump Rope for Heart Coordinators are welcome. Top 5 schools will be recognized in various categories. Must be present to win raffles. Ask questions and get answers about how SHAPE America, OAHPERD, and the American Heart Association plan to move forward after their partnership ended in the summer of 2018.

Physical Education Recreation

"The Dance" (20 Minute Speed Session)

1:15:00 PM - 2:00:00 PM | Cypress

Dr. Brian Rider

Do your students LOVE to dance? They will now... 50 Songs (15min) + 50 Dance Moves = "The Dance"

Physical Education

Class Dojo for PE Teachers (20 Minute Speed Session)

1:15:00 PM - 2:00:00 PM | Kalahari Salon H

Jennifer Huelskamp

Our school decided to use Class Dojo as a tracking system for PBIS. We can view reports to determine student strengths and weaknesses. However, Class Dojo offers numerous other advantages that can be used in the physical education setting including: easy access to communication with parents, kid friendly timers, music, grouping, and more! There is also an app and it's free! I always have Class Dojo on my SmartBoard in the gym. I use dojo to send messages to parents and make posts to the school account about what is happening in our PE classes. The timer is simple to use, and I use it daily. Students respond to the notification of positive and negative points. Reports are easy to understand and can provide insight into behavior patterns. Downfalls- point system can be unfair. For example, a teacher might have a negative action worth -5 points, and since it takes approximately 6 positives to bring one negative up to an acceptable level, that creates an uphill battle. We continue to use Class Dojo as a school, but we are always looking at ways to tweak the way we apply it's numerous tools. I believe that it has added a different element to my PE class through incorporating technology, instant access to parents, and behavior management. Overall, I believe it is a valuable tool and helps me to be part of the overall school climate by serving as a tool to promote PBIS in my physical education classes.

Physical Education Student

Creating a Culture of Leaders! (20 Minute Speed Session)

1:15:00 PM - 2:00:00 PM | Kalahari Salon G

Tula ONeal ONeal

Creating a Culture of Leaders The presentation can be either 20 minutes or 40 minutes. The key concept is: In order to be considered a leader you must lead by example. You must live at your best! Creating a Culture of Leaders is an ongoing activities I do with my students and adults. One creates short term goals in the Physical, Mental, Spiritual and Relational areas. These goals become daily or weekly routines. Students create Physical, Mental, Spiritual and Relational routines and reflect on how

these outcomes will have an impact on the three major areas of one's life: Home, School(work), and Community. Reflection/Starter questions include: Discuss what is a leader. And How you show up? How you view yourself? How others view you? How you get your work done? How you get your work done on a team? How you react to new situations? Discuss the difficulties of letting go. Building a leader activities/discussion The ritual of building time for obligations. What are the barriers? The ritual of Mindfulness, Gratefuls and Intentions. Be positive! Stop the barriers. How do you react during a busy day? How can you be at your best? How do we handle stress? Physical: what type of exercise do we do each day Mental: Breathing, Meditation, Relaxation techniques Relational: say hello, opening a door, "Random acts of Kindness Game" Asking questions we don't have answer to, "double clicking" Spiritual: journaling, grateful book, music Reflecting out on the larger scale How does this impact your inner circle (Home)? Work/School life? Community? If you would like more details please contact me. Tula O'Neal 330 503-7235

Health Student

Electives Within the HPE Curriculum at Olmsted Falls High School (20 Minute Speed Session)

1:15:00 PM - 2:00:00 PM | Kalahari Salon D

Brigid Radigan

Is your HPE program dying because of the waiver? Are you looking for a way to promote health and wellness to your students, even if they "opt out" of physical education class? At OFHS we keep our program thriving and relevant by offering a number of electives, including Yoga, Spinning, Family and Personal Development, Personal and Community Health, Nutrition and Wellness I and II, sports Performance, and Parenting and Child Development. Our classes are full and our students love the active, hands-on activities that are available to them within these courses.

Physical Education Health

Healthy Body and Mind (20 Minute Speed Session)

1:15:00 PM - 2:00:00 PM | Indigo Bay

Carrie Geis

Explain the food groups in a fun activity and unique way. Help people of all ages to make better food and exercise choices.

Physical Education Health

Implementing Health Behavior Change in the Classroom

1:15:00 PM - 2:00:00 PM | Kalahari Salon C

Kitty A Consolo

This presentation provides teachers with materials to provide students the opportunity to live what they learn regarding their personal health. Attendees will be provided with several handouts to implement this process in their classes whether they teach high school or college. Literacy skills are also part of the process in that students will be guided to research their health behavior change topic using reputable sources such as peer reviewed journals, accurate webpages such as NIH sponsored pages and write a short research paper describing how to do their behavior change topic. Students are also asked to include 3 health benefits from this activity. Once the paper is submitted, guidelines for making a plan of action to do the health behavior for 8 weeks are supplied for attendees as well as weekly logs. This way, teachers can monitor how well students are actually doing on their plan. At the end of the 8 weeks (can also do a shorter time with 5-6 weeks being the minimum to actually see and feel positive health benefits), students will be asked to present a short oral powerpoint to their peers describing their outcomes with the health behavior change project. Attendees will be provided with these materials as well. I have been doing these projects for a few years now and it is a great tool to actually change lives so that students live what they learn, appreciating the value of health and also develop better literacy skills in the process.

Health Higher Education

Jump Rope Ladder (20 Minute Speed Session)

1:15:00 PM - 2:00:00 PM | Kalahari Salons E&F

Jon Perry

Jump Ladder of activities and Jump Rope Games

Physical Education

Ohio is Jumping Forward

1:15:00 PM - 2:00:00 PM | Orange

Traci Grissom Sasha Taylor

OHIO IS JUMPING FORWARD! With the absence of JRFH, new options for your PE program and school district are being explored. Come see the opportunities you have with SHAPE America, OAHPERD and AMJRF. Jump into this new change in OHIO!

Physical Education Recreation

Putting the "Gym" in Gymnastics (20 Minute Speed Session)

1:15:00 PM - 2:00:00 PM | Cypress

Eric Brooks Megan Hackett

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns. Benchmark A: Demonstrate movement skills and patterns in a variety of individual performance activities and lifetime physical activities. Looking for a new way to assess Standard 1A (Demonstrate movement skills and patterns in a variety of individual performance activities and lifetime physical activities)? Well we have got the unit for you. A hands-on lesson that can easily be adapted with minimal equipment and a great experience for you and your students. We will show you an entire gymnastics unit that includes a copy of lessons including appropriate cues, authentic assessment ideas and demonstrations for a 3-5 day unit. The unit is designed to be taught with a no stress and heavy student engagement that teachers and kids will enjoy.

Physical Education

Student Driven Cooperative Games (20 Minute Speed Session)

1:15:00 PM - 2:00:00 PM | Kalahari Salon H

April Pillar Chad Hubbell Kevin Weir

Learn about cooperative games such as Fortnite, Mission Impossible and Fitness Monopoly which encompasses student interests and engages student cooperation, teamwork and team building

Physical Education Student

U.S. Field Hockey - Get the Ball Rolling: Starting Field Hockey in your School

1:15:00 PM - 2:00:00 PM | Kilimanjaro Suite 4

Keli Smith-Puzo Erick Anderson Dr. Stephen Harvey

Join USA Field Hockey Two-Time U.S. Olympian and Ohio resident Keli Smith-Puzo, former NFL player and Shaker Heights Adapted PE Teacher Erick Anderson, and Ohio University Associate Professor Dr. Stephen Harvey to learn more about field hockey, how to play it, how to teach it, and how to introduce it in your school. Field hockey is an Olympic sport for men and women and one of the most popular sports in the world. It's fun, fast, safe, and easy to get started. Several colleges, high schools and middle schools in Ohio have strong field hockey programs, and year round playing opportunities exist through local clubs. Jenna Ortega, former Ohio Wesleyan University player and current USA Field Hockey Sport Development Senior Sport Development Coordinator will explain the curriculum and equipment grants available through usafielddhockey.com to help you get the ball rolling.

Weight Training Sport Fitness (20 Minute Speed Session)

1:15:00 PM - 2:00:00 PM | Kalahari Salons E&F

Michael E Siders

This class is designed to help each individual student to achieve goals such as losing body fat, gaining weight in the form of muscle, increasing cardiovascular and muscular strength/ endurance. This class is devoted to weight lifting, strength and resistance training, aerobic/anaerobic exercises and nutrition planning. This class is about the improvement of the individual student through setting goals and achieving them as well as benefiting each person throughout the rest of his/her life. This class is targeting students who are very competitive and want to achieve personal best goals.

Physical Education

Winning Combinations: Experiential Learning and Student Success! (20 Minute Speed Session)

1:15:00 PM - 2:00:00 PM | Kalahari Salon G

John Roncone

Experiential learning opportunities for students can be particularly beneficial and enhance their learning experience. Integrating experiential learning opportunities may include, group/class projects involving the community, volunteer work, clinical/field experience, outreach programs, and internships. These experiences may initiate a particular career interest as well as provide skills necessary to be successful in effective communication and have a better understanding of the community. The purpose of this session is to help individuals interested in adding experiential learning projects into their coursework and/or campus life. The presenter will share his successful experiential learning projects, of which one will include his sample assignment and rubric.

Higher Education Sport Sciences

Making the Transition from Student to Recreation Therapy Professional (RT Institute)

1:20:00 PM - 2:20:00 PM | Kalahari Salon B

Karlie Borowicz

Recreation Therapy

The Power of R&R: Implementing Relaxation Interventions for the Geriatric Population (RT Institute)

1:20:00 PM - 2:20:00 PM | Kalahari Salon A

Katrin Streicher Stefan Wickli

Recreation Therapy

A 12-day American Ninja Warrior unit with Michelle Warnky

2:15:00 PM - 3:00:00 PM | Kalahari Salons E&F

Tracie Voice Yung-Ju Chen Yung-Ju Chen Michelle Warnky Ryan Milliken

The purpose of the presentation is to introduce the curriculum development and implementation of incorporating community resources into a 12-day fitness unit in an elementary physical education program. The curriculum was developed around American Ninja Warrior, an American sports entertainment competition, and American Ninja Warrior Michelle Warnky. Michelle Warnky, from Columbus Ohio, is the second female who cleared the city qualifying course on American Ninja Warrior. She serves as a role model in the community of Columbus and brings her team and activities to the elementary school at the end of the unit. Activities taught in the unit are created based on the obstacle courses in American Ninja Warrior and Michelle's Warnky Challenge Wednesday. Participants will gain an understanding of the benefits of incorporating this engaging unit and community resources into their physical education program. A curriculum package will be shared.

Physical Education Student

Physical Education Student

A Game-Based Approach in Field Hockey

2:15:00 PM - 3:00:00 PM | Kilimanjaro Suite 4

Sue Sutherland Adrian Turner Stephen Harvey

Field hockey is an Olympic sport for men and women, and one of the most popular and widely played sports in the world. USA Field Hockey is committed to "Grow the Game" by teaching through a Game based approach (GBA) and offering coach education and equipment grants. In this session, attendees will participate in a practical workshop demonstrating key features of the GBA methodology, including modified conditioned games and skills.

Physical Education

Building Effective Leadership in the Physical Education Setting

2:15:00 PM - 3:00:00 PM | Kilimanjaro Suite 2

Wes Bombik Rob Emmet

Building effective leadership in your Physical Education classroom can be exciting, yet stressful for both the student and teacher. Students appreciate an efficient and active learning environment that allows them to enjoy the activities in which they participate. Planning effective team building/cooperative lessons that engage students will provide leadership opportunities in your physical education class. The sequence in which leadership activities are presented is key in developing effective leaders in the

classroom. It is important to develop and enforce class expectations and consequences during all lessons. When presenting a teambuilding activity that is difficult too soon, you may risk losing your students interest, if they have not developed effective leadership skills yet. If the teambuilding activity is too easy too late, you run the risk of “boredom”. Teambuilding lessons should include a variety of activities that build on one another. If your teambuilding lesson “flows” and maintains the same concepts (problem solving, trust etc.), you can build strong leaders in your classroom. During this session we will be covering a variety of teambuilding activities that will demonstrate these concepts.

Physical Education

Collaboration among University Teacher Prep Programs: Keys for Survival and Success

2:15:00 PM - 3:00:00 PM | Kalahari Salon B

Melissa Smith Judy Ausherman

We are all aware of Health and/or Physical Education (HPE) teacher preparation programs being shuttered within the last few years. Teacher preparation enrollment has declined nationwide over the past decade; Ohio has experienced a 39% reduction since 2008 (Partelow & Baumgardner, 2016). The Chancellor for the Ohio Department of Higher Education recently initiated a Duplicative Programs initiative to analyze similar degree offerings within Ohio regions. As a result of these pressures and other factors, the HPE program faculty at Cleveland State University and the University of Akron entered into a collaboration in fall 2017. Beginning this academic year, the institutions will pilot the “sharing” of four (4) HPE courses. This presentation will provide a summary of the collaborative process, common institutional barriers that had to be overcome, and early observations of the shared courses.

Higher Education School Health

Experience Speed Stacks-Skillastics - A Movement Based Group Activity!

2:15:00 PM - 3:00:00 PM | Cypress

Bryce McMillan

Two renowned educational brands have joined forces for 2018, Speed Stacks and Skillastics! This activity session will feature Speed Stacks NEW group based activity Speed Stacks-Skillastics!

Physical Education Recreation

Keeping Up Fitness: New Fitness Activities.

2:15:00 PM - 3:00:00 PM | Kilimanjaro Suite 5

Antonia Dzakula Meek Pam Bechtel Nenad Bjelicic Kaila Butler, Hayden Hoffman Alyssa Calmes, Nic Randise Brandon Cooper, Abby Villenauve Caitlin Dowling, AJ Wagner Chandler Gray

Tired of using jogging, sit-ups, and push-ups for fitness conditioning? Learn some new fitness activities. BGSU elementary methods students will present fitness activities implemented in their elementary methods field experiences. PEHE majors were introduced to current fitness concepts and activities in a required PEHE course during Spring 2018. Stations will address health related fitness and skill related fitness activities. Students will present various activities, discuss their use of these activities, provide modifications for the activities, and explain how students benefitted from participating in these activities.

Physical Education

Lets Dance with Words!

2:15:00 PM - 3:00:00 PM | Indigo Bay

Shannon Maly

Let's: Dance with Words! Come join the fun as we explore ways to create dances with words! See how in this hour long session words such as bird, double clap, disco, shake the salt, and frankenstein can be used to develop creative dances to music students at your level love. The purpose of this presentation is to provide the audience with motivational dances, music and ideas on how to incorporate dance in the curriculum. Participants will learn high-energy, simple-step dances that will allow them to feel confident in teaching dance to their students. This presentation will include handouts, assessment rubrics and a variety of great dances, your students will love! This is a hands-on presentation so bring your dancing shoes and be ready to move using words!

Dance Physical Education

No-Cost Digital Health & Wellness Resources: Real World Application & Research-Based Curriculum

2:15:00 PM - 3:00:00 PM | Kalahari Salon H

Kaitlin Boldt Cindy Weaver Kaitlin Boldt

EVERFI helps teachers prepare students to face real life challenges' now and in the future. Thanks to hundreds of partners who share our mission, EVERFI offers free digital resources and local implementation support to help elementary, middle and high school teachers equip their students with skills for life. Our interactive, standards-based curriculums and digital courses feature extension lessons and built-in reporting to track learning gains. EVERFI's Health & Wellness resources include topics such as compassion, fitness and nutrition, social-emotional learning, prescription drug safety, alcohol education, and mental health basics. Our research-based curriculums, vetted by experts, will give students the knowledge they need to make healthy decisions for themselves. Educators will have the opportunity to access and view the digital resources, learn more about best implementation practices, and discuss how we can incorporate these digital lessons and critical skills into curriculum throughout the year. We will take a look at research, collaborate on best ways to incorporate technology into the

classroom, brainstorm ways to discuss sensitive issues with students, and share best practices for giving students opportunities to practice these skills in real-world scenarios.

School Health Health

Omnikin: Fitness Fun, Team Building, Cooperative Games, Skill Development

2:15:00 PM - 3:00:00 PM | Kilimanjaro Suite 3

Duke Conrad

Omnikin balls are a great alternative to more traditional balls. They allow maximum participation for all students of all ability levels. They are light-weight, durable, and come in sizes ranging from 14"-48". The many activities available promote fitness, team building, cooperation, and a good self-image. Whether a person is active for the competition or just for recreation there is a ball that will meet the need. The products are not intimidating and allow students to focus on performing skills and playing games without the threat of injury.

Physical Education Recreation

Physical Education and the Common Core Assessment Based Classroom

2:15:00 PM - 3:00:00 PM | Kalahari Salon G

Kathleen Busse

The presentation will show PE teachers how to write and use common core assessments on their classroom.

Physical Education Health

Speak Out! Become an Advocate for Health and Physical Education

2:15:00 PM - 3:00:00 PM | Kalahari Salon D

Kevin Lorson Sue Sutherland Melissa Smith Mary LaVine Jessica Hyde McKenzie Stelter Meggan Hartzog

OAHPERD's education advocacy priorities at the local, state and federal level target health education, physical education and student health. This session will overview the priorities, share resources and advocacy activities to enhance members' knowledge and skill to advocate for healthy and physically active Ohio. The session will share opportunities for OAHPERD members such as the Legislative Action Center, Speak Out at the Statehouse and SHAPE America's Speak Out! Day.

Health Physical Education

"Just Keep Pedaling": The Use of Adaptive Bikes to Promote Functional Abilities and Improve Quality of Life in Therapeutic Recreations Programs (RT Institute)

2:30:00 PM - 3:30:00 PM | Kalahari Salon A

Paige Morris

Recreation Therapy

Inclusion: Connecting Community through TR Services (RT Institute)

2:30:00 PM - 3:30:00 PM | Kalahari Salon B

Mary Beth Moore Rae Nutter

Recreation Therapy

Beyond the Birds and Bees: Puberty & Sex Ed Basics for Health and PE Teachers

3:15:00 PM - 4:00:00 PM | Kalahari Salon D

Sarah Saxbe

During this session, I will present a basic overview of the national standards for K - 12 comprehensive sexuality education. With each core concept, I will recommend several activities with students and parents, and give the basics for curriculum implementation. In addition, I will have participants break into groups based on the age group they teach to engage in several activities that they would actually be able to do with their classes. The objective of the presentation is to help teachers feel more comfortable with the content, while providing the students with the best medically-accurate sexuality education that is recommended.

School Health Health

Bring Tennis to your school: No courts required.

3:15:00 PM - 4:00:00 PM | Kilimanjaro Suite 3

Jim Amick Greg Boyd Jim Amick

Teachers will learn how to teach tennis without the traditional tennis court and ball. This program can be run inside or outside on the playground and is designed to get racquets in the hands of school children. Certified Tennis Professionals will run the teachers through some drills and games based on

the NEW USTA curriculum that is based on NASPE standards. The teacher needs to dress to participate during this session. This will be a fun, low-impact work out.

Physical Education Recreation

Can I Play Too?

3:15:00 PM - 4:00:00 PM | Kalahari Salons E&F

Kathy Casper Amy Belles Amy Belles

Can I play Too? Integrating Literature into Physical Education Join us as we share lessons using the popular Mo Willems, Elephant and Piggie Books. We have created purposeful standards based lessons to teach throwing and catching, being physically active, jumping and landing, dance and personal and social responsibility. Students love these books and are eager to listen and learn. Integrating literature into physical education is fun and exciting for students and teachers alike. Learn to catch a snake, jump and land in puddles, dance like the "Elephant", and so much more. Yes, you can play too!

Physical Education

Current Topics in Sport

3:15:00 PM - 4:00:00 PM | Kalahari Salon C

Donna Pastore Jim Evans Daniel Wray Carter Rockhill

The purpose of this session is to discuss current issues occurring in sport and identify ways to solve these issues. Topics to be presented: (a) Recent Developments in the College Recruitment of High School Athletes, (b) Organizational Effectiveness in Student-Athlete Career Development, and (c) Social Networking Diversity and its' Affect on Coaching Performance.

Sport Sciences

Fitness Lessons Infused with Student and Teacher Assessment

3:15:00 PM - 4:00:00 PM | Kilimanjaro Suite 4

Daniel Tennesen Shannon Maly

Looking for creative ways to teach and engage secondary students in fitness? Having trouble incorporating formative assessments into daily lessons? Look no further! This activity session will engage participants in a sample of fitness activities available at OPENphysed.org (Online Physical Education Network) while utilizing Polar technology. Participants will be exposed to a variety of formative assessments, learn how to use heart rate sensors to assist in objective assessments of participation, and align data from these assessments with Student Learning Outcomes for Educator Effectiveness.

Physical Education

Fun Activities that Rock Ohio

3:15:00 PM - 4:00:00 PM | Kilimanjaro Suite 2

Sue Sutherland Harry Lehwald Kelsey Higginson OSU PESPA Majors

Looking for new and interesting activities that will create fun and excitement, then this hands-on session is perfect for you. We will introduce you to a range of activities that can be used in your physical education program or as part of field day, choice day, after-school program, and summer camp. You will have the opportunity to try activities and walk away with plenty of ideas to “rock your program”.

Physical Education Recreation

Injury Prevention in the Classroom

3:15:00 PM - 4:00:00 PM | Kalahari Salon H

Beth Canfield-Simbro

Crowded curriculum. Lack of standards. Pressing issues. It is very easy for health teachers to lose sight of the leading cause of death among K-12 youth: preventable injuries. In addition, it seems like youth are always thinking up new ways to become injured! This session will share resources, skills, and information about this often-overlooked health issue, with a focus on local and Ohio injury data and resources.

Health School Health

Teaching Racket and Paddle Skills-No nets and courts required

3:15:00 PM - 4:00:00 PM | Kilimanjaro Suite 5

Randy Kempke

This session is a progression of skills and activities using tennis, badminton rackets and pickleball paddles. This progression covers the SHAPE National Standards for all ages. Keeping it simple and making it fun enhances the students ability to learn and enjoy activities for a healthy lifestyle.

Physical Education

Past Presidents & Lifetime Members Social

3:30:00 PM - 4:15:00 PM | Zambezi/Nile

Group Exercise Activities for the Busy TR Professional (RT Institute)

3:40:00 PM - 5:10:00 PM | Kalahari Salon A

Christine Havach

Recreation Therapy

The 3Bs - Bike Accident, Brain Injury and Beyond (RT Institute)

3:40:00 PM - 5:10:00 PM | Kalahari Salon B

Rosalyn Fast

Recreation Therapy

Annual Awards Ceremony & Reception

4:30:00 PM - 5:30:00 PM | Zambezi/Nile

Recreation Therapy Institute: Closing Remarks

5:10:00 PM - 5:30:00 PM | Kalahari Salon A

Claire Copa Trevor Miller

Recreation Therapy

All Convention Social & Casino Night

8:00:00 PM - 11:00:00 PM | Zambezi/Nil

Friday, November 30

Registration Open

7:00:00 AM - 1:00:00 PM | Registration Booth 9

Continental Breakfast

8:00:00 AM - 9:30:00 AM | Kilimanjaro Suite 6

Exhibit Hall Open

8:00:00 AM - 1:00:00 PM | Kilimanjaro Suites 1 & 6

Poster Presentation - Integrative Review: Characteristics of Physical Activity Interventions Associated with Physical Activity Adherence in Adults with Coronary Artery Disease

8:00:00 AM - 1:00:00 PM | Kilimanjaro Suite 1

Shadi Kanan

Abstract Background: More than 7.4 million people globally die from coronary heart disease. The leading risk factors for death from coronary artery disease (CAD) include: lack of physical activity, obesity, and smoking. Unfortunately, more than 50% of CAD patients, who engage in cardiac rehabilitation physical activity programs, do not continue practicing physical activity within six months after hospital discharge, and this rate increases with the passage of time. Objective: The purpose of this integrative literature review is to analyze and describe characteristics of physical activity interventions for CAD patients that have resulted in physical activity adherence after hospital discharge. Method: PubMed, CINAHL, and PsychInfo databases were searched with inclusion criteria of peer-reviewed publications, interventions of physical activity programs, and samples of adults with cardiac diseases. The review used sixteen articles published between 2012-2017. Result: Researchers have investigated a variety of physical activity interventions on outcomes in adults with CAD. Intervention programs with characteristics focusing exclusively on physical activity behavior, building on theories, using both face-to-face and technology methods to maintain contact with patients, and communicating more than one time with patients significantly increase adherence to physical activity. Conclusion: These findings may be useful to inform nurses and healthcare providers about the characteristics of physical activity programs that more effectively increase the chances of maintained physical activity in adults with CAD.

Health Physical Education

Poster Presentation -Adapted Physical Education for Individuals with Intellectual Disabilities

8:00:00 AM - 1:00:00 PM | Kilimanjaro Suite 1

Jake Schoenberger

Poster Presentation -Adapted Physical Education for Individuals with Intellectual Disabilities

8:00:00 AM - 1:00:00 PM | Kilimanjaro Suite 1

Jake Schoenberger

Poster Presentation -Autism in Physical Education: Modifications for Maximum Inclusion

8:00:00 AM - 1:00:00 PM | Kilimanjaro Suite 1

Sara Bailey

Poster Presentation -Deafness & Hard of Hearing: Modifications for Inclusive Physical Education

8:00:00 AM - 1:00:00 PM | Kilimanjaro Suite 1

Zach Zimmerman

Poster Presentation -Learning Disabilities: Modifications, Adaptations, and Recommendations

8:00:00 AM - 1:00:00 PM | Kilimanjaro Suite 1

Jacob Wirick

Poster Presentation -PE for ALL Students: Taking a Closer Look at Psychological Disorders

8:00:00 AM - 1:00:00 PM | Kilimanjaro Suite 1

Maggie Finnen

BDNF UPDATE: Why Your Brain Does Need Fitness

9:00:00 AM - 9:45:00 AM | Kalahari Salon C

Judith A. Juvancic-Heltzel Mary J. MacCracken The University of Akron, School of Sport Science & Wellness Education

As of 2011, the oldest of the baby boomer generation turned age 65 and will continue to do so until 2029. Many physiological changes occur with aging. This, compounded with the effects of multiple co-morbidities, can have an adverse effect on cognitive abilities decreasing quality of life, increasing healthcare costs and increasing the risk of injury due to falls. This presentation will highlight physiological changes and provide useful strategies to incorporate regular exercise to allow older adults to "age gracefully". By the end of the presentation participants will be able to: • Articulate the physiologic changes that occur with aging that affect cognition • Articulate the how physical activity may attenuate or reverse some of the changes • List at least five strategies to promote active healthy aging * Explain exercises that should precede stretching, exercises that will improve one's flexibility

Adult Development Health

Developing Specialized Content Knowledge for Teaching Pickle-Ball

9:00:00 AM - 9:45:00 AM | Kilimanjaro Suite 4

Insook Kim Daekyun Oh Mijoo Kim Kyuil Cho

This presentation will be designed to develop teachers' specialized content knowledge including fundamental game rules, techniques, tactics, performance errors, error corrections, and instructional tasks needed for teaching pickle-ball using the principles of the Play Practice (Lauder, 2001). Well-sequenced instructional tasks within a lesson and across the lessons and possible task organizations and representations will be demonstrated and explained throughout the presentation.

Physical Education

How Healthy are YOU?

9:00:00 AM - 9:45:00 AM | Kalahari Salon H

Dr. M. La Vine Josh Goss Kevin Darby Brandy Burbach Abby Jones John Thomas Josh Hessler

Health is important, but needs to be functional. This session will show how to integrate healthy concepts and terms that increase student functional health knowledge. A variety of topics, use of technology and student-centered activities will be presented. To make healthier choices, students need to ask why, what for? these activities will provide ways to engage students and have them asking for more.

Participants are asked to be prepared to engage, bring i-Pads or notebooks, and any other form of technology available for use. These activities will provide how to on little to no budget.

Health Physical Education

If You Can't Shake It, Then Fake It

9:00:00 AM - 9:45:00 AM | Kilimanjaro Suite 3

Daniel Tennesen

Do you have difficulties teaching dance and rhythmic activities to your students? Do you not have a strong dance background? Are you looking for more ways to incorporate dance into your curriculum? You are not alone, and this session is for you. This session is geared towards elementary PE teachers, and it will provide you with easy to use and highly engaging activities, progressions, games, and resources to take your dance and rhythm activities to the next level.

Physical Education Dance

OMG! These Games Rock 2.0

9:00:00 AM - 9:45:00 AM | Cypress

Nicole Plennert Alan Arnett

After a 10 year wait, OMG-These Games Rock! Returns! Some favorites will be revisited, along with many exciting and high participation activities. Come pick up several new ideas that can easily be implemented into your PE program. Three person kickball, creative basketball activities, hockey stick drop, dance, warm ups and much more!

Physical Education

Plug-n-play: Advancing your Fitness Education Environment!

9:00:00 AM - 9:45:00 AM | Indigo Bay

Shannon Maly Shannon Maly

Advancing your Fitness Education Environment: OPEN the Possibilities! This mini session will take fitness education and FitnessGram implementation to another level with teacher-tested and approved activities and methods for maximizing integration of FitnessGram into a comprehensive education curriculum. This active session will focus on OPEN's Fitness Education Modules for instant implementation into your classroom.

Physical Education

Puzzling Together the Pieces of 50 Million Strong & CSPAP

9:00:00 AM - 9:45:00 AM | Kilimanjaro Suite 2

Betty Kern

Have you wondered how do we reach 50 Million Strong by 2029? Have you asked, what is “50 Million Strong” all about? And what is CSPAP? These initiatives are the call to lead and empower students to physical literacy, a healthy lifestyle, physical activity goals, and improve educational performance! It is a giant puzzle that looks a little different in each school but the finished product is a picture of healthy, active students & families! Learning Objectives:

Attendees will learn what “50 Million Strong” & CSPAP look like when implemented. Attendees will look at the “puzzle” and piece together an outline of how to move forward in implementing “50 Million Strong” & CSPAP in their schools & community!

Attendees will discuss barriers to implementing these initiatives including time and budget constraints and strategies to overcome them will be presented! Attendees will hear about the programs implemented at Schrop Intermediate School in Akron, Ohio. Success stories will be shared along with details about the programs.

Attendees will learn how to engage the community to move programs forward with volunteers and other resources. Attendees will learn steps to take to begin implementing “50 Million Strong” & CSPAP. Discussion on how to gain support from the administration, parents, students & other teachers/staff will be included. Additional resources will be presented to help jump start new programs.

Physical Education

The Collegiate Sport Club Model: Examining How Sport Clubs Impact Positive Student Outcomes

9:00:00 AM - 9:45:00 AM | Kalahari Salon A

Leeann M. Lower Daniel E Wray Tarkington J Newman Mark A Beattie Richard L Bailey

Sport provides young people the opportunity to develop healthy behaviors and critical life skills that enable young people to succeed in work, citizenship, and life. With approximately two million college students engaged in sport clubs, collegiate sport clubs are an ideal setting to learn, practice, and develop transferable skills. To promote the healthy behaviors, life skills, and university attachment of collegiate sport club members, the mechanisms of these targeted student outcomes warrants investigation. The proposed program has three aims: 1) present the creation of a sport club logic model; 2) review preliminary results examining the relationships between club inputs, activities/outputs, and outcomes; 3) discuss how the sport club logic model can be used in practice.

Higher Education Recreation

The HOPE Curriculum: What we've learned in Year 1

9:00:00 AM - 9:45:00 AM | kalahari Salon G

Kevin Lorson Tina Dake Judy Jagger-Mescher Amy Rose Joe Dake Holly Raffle

The Health & Opioid Prevention Education (HOPE) Curriculum is a free-health education curriculum designed to support Ohio's educators and students to provide opioid prevention and meet the requirements of HB 367. The session will share the revised HOPE Curriculum lessons, what we have learned about the curriculum, and building students' skills to make healthy choices.

Health

Warm Up and Instant Activities with A Purpose

9:00:00 AM - 9:45:00 AM | Kalahari Salon D

Kathy Casper Amy Belles Copley Fairlawn City Schools

Engage your students from the first minute they enter your classroom. We will share purposeful warmups and instant activities designed to introduce skills and strategies, fitness concepts, social responsibility and some really just fun ideas. These activities will become part of your "Bag of Tricks" that you can use for years to come!

Physical Education

Step Up Your Sport Stacking Program - an advanced lesson of Sport Stacking!

10:00:00 AM - 10:45:00 AM | Cypress

Bryce McMillan

Activity session showcasing the "Sport" of Sport Stacking. This session will teach the cycle pattern and how to implement healthy competition with your Sport Stacking program.

Physical Education Recreation

Active Classrooms are Learning Classrooms: New Resources from OPEN

10:00:00 AM - 10:45:00 AM | Kalahari Salons E&F

Laurie L. Gombash Tom Strenger Tom Strenger

This session is full of new resources from OPENPhyzed.org designed specifically for classroom teachers who understand the value of routine physical activity for their students. Physical Education Teachers often serve as wellness specialists for their schools and can advocate for increasing movement

enhanced learning in all classroom settings. Come experience active classroom activities, brain breaks, and learn the research behind the importance of having a Kinesthetic Classroom.

Physical Education School Health

Activities for All

10:00:00 AM - 10:45:00 AM | Kilimanjaro Suite 2

Carli Alfriend Tracy Dyer Tracy Dyer Jennifer Oakes

Looking for innovative activities that span the K-12 age range? This hands on session will provide attendees with a variety of activities that are cross curricular and incorporate fitness, personal and social responsibility, and cooperation. Come learn some new and energizing 21st century activities to rejuvenate your class!

Physical Education

Creating Meaningful In-Service Days for HPE

10:00:00 AM - 10:45:00 AM | Kalahari Salon A

Lisa A. Stevens Dr. Pamela A. Bechtel Oregon City Schools Bowling Green State University

Most school systems provide professional development often focused more toward general education instead of topics relevant to the health and physical education programs. This session will share ways to network with other HPE professionals and school administrators in an effort to provide more meaningful in-service opportunities for your program. Teachers learning from teachers is one avenue to improve professional development opportunities. The discussion will provide insights as to how to establish a "Community of Learners" so that relevant professional development programs take place.

Physical Education Higher Education

Delivering Sexuality Education Utilizing the Rights, Respect, Responsibility Curriculum

10:00:00 AM - 10:45:00 AM | Kalahari Salon H

Erin Sweeney

School health education is one vital component of a planned, ongoing, and systematic health education program. This session will discuss the free "3Rs" curriculum developed by Advocates for Youth. Participants will be provided with strategies and resources to increase skill and comfort level in delivering developmentally appropriate sexual health education to students in middle and high schools. Learning Objectives: By the end of this session, participants will be able to: 1. Access the free "3R" curriculum. 2. Describe two important elements that contribute to a safe learning environment when

teaching about sexuality in school. 3. Practice at least one interactive teaching strategy that is effective when teaching school-age youth about sexuality.

Health

Exploring Religion, Gender, and Social Justice Education in Physical Education

10:00:00 AM - 10:45:00 AM | Kalahari Salon D

Sue Sutherland Sue Sutherland Jennifer Walton-Fisette Kelsey Higginson

What is your Religious IQ? Are you aware of how religion and gender intersect in ways that either enhance or detract from your physical education environment? The focus of this session is to provide participants with knowledge and strategies to create an environment where students of all religions and genders feel respected and motivated to engage in physical education.

Physical Education Higher Education

Foam Coated Balls are Not for Dodgeball

10:00:00 AM - 10:45:00 AM | Indigo Bay

Randy Kempke

This session will cover a variety of fitness and game activities using foam coated balls. We incorporate activities which align to SHAPE National Standards for all grade levels. We make learning fun so everyone can benefit from the challenges and values of physical activity.

Physical Education

Seeya Bub: Mental Health, Suicide Prevention, and the Importance of Conversation

10:00:00 AM - 10:45:00 AM | Kalahari Salon C

Tyler Bradshaw

In 2013, Tyler Bradshaw lost his Father, Scott Bradshaw, to suicide. Navigating the journey as a survivor of suicide was difficult, but in the grief and suffering, Bradshaw found hope. His fight for mental health was channeled into a "Seeya Bub", a widely-read blog where Bradshaw shares his story about losing his Father. Now, Bradshaw shares that story as a dynamic public speaker, promoting the message that "It's okay to not be okay--but that it's not okay to stay that way." Bradshaw's message has become a cornerstone of health classes at the Fairfield Freshman School, where he speaks to the district's 700 9th grade students over two days. In this presentation, Bradshaw will share his own journey as a grieving son, an educator, and a writer. Throughout this session, Bradshaw will discuss the importance of

reducing the stigma related to mental illness, and starting the conversation around suicide prevention in your schools.

Health School Health

Sport Psychology Techniques Can Increase Participant Enjoyment: Enhancing the Benefits for Both Athletes and Exercisers

10:00:00 AM - 10:45:00 AM | Kalahari Salon B

Mary J. MacCracken Bonnie Berger Robert Stadulis Adrian Turner

Despite the established benefits of exercise/sport participation, a relatively small proportion of youth participate in recreational physical activities. This symposium will serve to illustrate the value of using sport and exercise psychology concepts to remove barriers to participation and to encourage enjoyment of the physical activity experience. Presenters will focus on the quality of exercise and sport experiences of diverse participants. First speaker Mary J. MacCracken will examine the role of social physique anxiety on self-esteem; second, Bonnie Berger will discuss perfectionism; next, Bob Stadulis will address performance anxiety; finally, Adrian Turner will give insight into the role of motivation in affecting enjoyment and ultimately long-term participation.

Physical Education Adult Development

Using Music to Promote Physical Activity

10:00:00 AM - 10:45:00 AM | Kilimanjaro Suite 4

Daekyun Oh Insook Kim Mijoo Kim Kyuil Cho

Music is pervasive in society and is routinely used to influence human behavior in a variety of settings and for a wide range of purposes including school physical education classes. Given that a physically active lifestyle is important for many reasons, music has an important role in fostering participation in physical activities, as music has a positive influence on participation in sport and exercise in terms of increasing motivation, quantity of activity level, concentration, performance, etc. In this presentation, we will introduce several physical activities which can be combined with music. Through activity stations, attendees will have an opportunity to learn how to use music as a tool to increase physical activity level through the activities in their classes, thereby increasing students' motivation in physical education.

Physical Education

Using Team Sport to Integrate Biomechanics and Physics

10:00:00 AM - 10:45:00 AM | Kilimanjaro Suite 3

Dr. M. La Vine Colin Harkulich Kevin Darby Emily Brown Josh Hessler Brandy Burbach Tyrell Rodgers

Teaching sport concepts and making connections to biomechanics and physics can fun and filled with learning opportunities. Just because our classroom is a gymnasium doesn't mean we don't integrate other forms of science concepts and more. This session will show easy ways to start integrating science into your gymnasium without calling science. There will also be ideas on how to build learning connections across content areas. We are all in the business of teaching, teaching and learning is not nor should be in isolation. Terms: force production, force absorption, velocity, speed, friction, Newton's Laws of Motion, etc. Participants will be using technology to engage K-12 students.

Physical Education

Elements of Retirement

11:00:00 AM - 11:45:00 AM | Kalahari Salon B

John Buch

STRS Ohio members need to know how their benefits are calculated and integrating their benefit with other supplemental plans.

Adult Development

Future Professionals Extravaganza

11:00:00 AM - 11:45:00 AM | Cypress

Emily Weir Student Division

Calling all future professionals! Come meet your collegiate peers from around the state and OAHPERD representatives! Compete in activities that you can easily transfer into your classroom, all while learning what OAHPERD is all about and how OAHPERD can help you in your professional endeavors! If you are a college student, be sure to check this out!

All

Improve Performance & Empower Your Students with Fitness Buddies/Coaches!

11:00:00 AM - 11:45:00 AM | Kilimanjaro Suite 2

Betty Kern

Have you ever been frustrated while watching your students perform exercises or skills that you have taught them? Have you explained, demonstrated and coached them again & again and still many still "don't get it"! You are not alone! Hear how implementing "Fitness Buddies/Coaches" into our 4th – 6th grade physical education classes and jump rope club improved student performance and empowered the students to teach/coach one another! Learning Objectives: Attendees will learn how to incorporate Fitness Buddies/Coaches into their PE classes. Attendees will see examples of coaching cues and cards

that students used for Fitness Buddies/Coaches. Attendees will participate with a Fitness Buddy during the session to coach an exercise.

Attendees will hear how implementing Fitness Buddies/Coaches improved the performance of a variety of exercises and skills in physical education class. In addition, they will hear how empowering twelve sixth grade girls changed the dynamics of our jump rope club this spring! Attendees will take home resources and ideas that they can implement into their classes or clubs immediately!

Physical Education

Incorporating "Fuel Up to Play 60" content into curriculum

11:00:00 AM - 11:45:00 AM | Kalahari Salon D

Jan Diamond Jennifer Tagliarino Josette Folk Maria Schneider

Teachers in this session will learn how to incorporate the FREE tools, resources and activities of Fuel Up to Play 60 into their daily classroom lessons. The course will include activity demonstrations, success stories, website navigating and funding sources. Fuel Up to Play 60 is a nationwide school wellness program funded by dairy farmers and the NFL. The program encourages students to "fuel up" with the right food and be active every day.

School Health Student

Lets Dance with Words!

11:00:00 AM - 11:45:00 AM | Indigo Bay

Shannon Maly

Let's: Dance with Words! Come join the fun as we explore ways to create dances with words! See how in this hour long session words such as bird, double clap, disco, shake the salt, and frankenstein can be used to develop creative dances to music students at your level love. The purpose of this presentation is to provide the audience with motivational dances, music and ideas on how to incorporate dance in the curriculum. Participants will learn high-energy, simple-step dances that will allow them to feel confident in teaching dance to their students. This presentation will include handouts, assessment rubrics and a variety of great dances, your students will love! This is a hands-on presentation so bring your dancing shoes and be ready to move using words!

Dance Physical Education

Maximizing Moderate to Vigorous Physical Activity in Physical Education: Student Achievement, Teacher Performance, Program Design

11:00:00 AM - 11:45:00 AM | Kalahari Salons E&F

Deb Berkey Deb Berkey

One measure of an effective physical education program is the assessment of moderate to vigorous physical activity (MVPA). This session provides a protocol for the use of heart rate monitors to gather MVPA data and use this data to assess student performance (daily activity, long-term goals, cross-curricular assignments) and teacher effectiveness (selection of content and teacher evaluation such as the Danielson Framework) on an on-going basis. (1) Identify protocols for the use of heart rate monitors (HRM) (2) Identify strategies to analyze student performance data in the curricular process (3) Identify strategies to use HRMs and MVPA in selected teacher evaluation protocols (i.e., Danielson Framework).

Physical Education Adapted PE

OPEN for the Spike

11:00:00 AM - 11:45:00 AM | Kilimanjaro Suite 3

Daniel Tennesen

Spikeball (Roundnet) is an amazingly fun and challenging activity, but are there resources out there to learn the game and progressions to help build the necessary skills? Yes there is, and they're FREE! This session will provide all K-12 physical educators with the opportunity to access OPEN and all of its rich Roundnet content, even if you don't have Roundnet specific equipment.

Physical Education

Teaching Responsible Behavior in Elementary & Middle School Physical Education

11:00:00 AM - 11:45:00 AM | Kilimanjaro Suite 4

Bill Jones

Teaching Responsible Behavior in Elementary & Middle School Physical Education Physical education and athletics offers a unique opportunity to foster personal and social responsibility in all students. The Society of Health and Physical Educators (Shape America) supports the use of physical education to teach personal and social responsibility. Standard four states- The physically literate individual exhibits responsible personal and social behavior that respects self and others. One system for addressing these standards and fostering responsible student behavior is Hellison's Levels of Responsibility. Based on the work of Don Hellison, this system can be easily implemented and integrated into any existing physical education or athletic program. In this system there are five levels including: irresponsible, self-control, participation, self-responsibility and caring. Each one of them is defined below. Level 1 Irresponsible (Needs Improvement): Students are unmotivated and undisciplined. Level 2 Self-Control: Students control their behavior enough so they do not interfere with other students' right to learn or the teacher's right to teach. Level 3 Involvement/Participation: Students show self-control and are involved in the subject matter or activity. Level 4 Self-Responsibility: Students take responsibility, are able to work without direct supervision and eventually take responsibility for their intentions and actions.

Level 5 Caring: Students are motivated to extend sense of responsible behavior by cooperating, giving support, showing concern, and helping. Prior to implementing this system, students must be taught appropriate behavior through effective classroom management and the creation of an efficient learning environment. This can be accomplished by utilizing principles of effective management such as developing rules and consequences, establish efficient routines, shaping acceptable behavior, setting clear, high expectations, being attentive and active, creating effective lessons, reflecting on lessons, and addressing unacceptable behavior. At the conclusion of this workshop, participants will be able to: 1) Demonstrate effective management strategies for shaping appropriate behavior in physical education 2) Discuss the rationale for implementing Hellison's Levels of Responsibility in physical education or other activity setting 3) Plan and implement Hellison's Levels of Responsibility Hellison, D. (2011). *Teaching Personal and Social Responsible Through Physical Activity*. (3rd ed.) Champaign, IL: Human Kinetics. Shape America: Society of Health and Physical Education (2014). *National Standards & Grade-Level Outcomes for K-12 Physical Education*. Champaign, IL: Human Kinetics. Pangrazi, R. P. & Beighle, A. (2016). *Dynamic Physical Education for Elementary School Children*. (18th ed.) Pearson. Beighle, A. & Pangrazi, R.P. (2002). The seven habits of highly effective physical education teachers. *Teaching Elementary Physical Education*. 13(4), 6-9.

Physical Education Student

Teaching Quidditch in Physical Education

12:00:00 PM - 12:45:00 PM | Kilimanjaro Suite 4

Maggie Finnen Dr. Hyun-Ju Oh Hyun-Ju Oh

Quidditch is a unique, inclusive and welcoming multicultural activity that students can relate to outside of the classroom due to the famous series behind it. Quidditch was originally developed by the fictional series Harry Potter. Alex Bennepe was able to bring this magical game to life at Middlebury College in 2005. This magical multicultural activity requires young wizards to fly around the arena on their brooms while attempting to score or prevent goals. This magical multicultural activity mixes rugby, dodgeball and tag elements. According to US Quidditch organization (2018), there are over 200 registered teams in America, and nearly 450 teams play around the world. This session will introduce basic skills of teaching Quidditch while highlighting the best pedagogical strategies and content development.

Physical Education

Fitness Lessons Infused with Student and Teacher Assessment

12:00:00 PM - 12:45:00 PM | Indigo Bay

Daniel Tennessen Shannon Maly

Looking for creative ways to teach and engage secondary students in fitness? Having trouble incorporating formative assessments into daily lessons? Look no further! This activity session will engage participants in a sample of fitness activities available

Physical Education

Go Ninja PE

12:00:00 PM - 12:45:00 PM | Kilimanjaro Suite 3

Marika White Josh Lamb

OAPHERD Nov. 28-30 Convention Application Abstract www.GoNinjaProgram.com

Info@GoNinjaProgram.com The American Ninja Warrior craze follows adults, college students and even early teenagers while they train and compete on adult sized jungle gyms as they jump, run, climb and swing their way to a timed finish. One of the captivating and relatable qualities of the show is watching a “regular” person train to compete on fitness and agility courses. Viewers young and old across the country tune in and think “Hey, I can do that! The American Ninja Warrior show is celebrating a positive culture of fitness in motion, and school gymnasiums are the perfect landscape for this new way to play. The sport of ninja is really a collaboration of movement. Ninja classes may include obstacle training, parkour, gymnastics and tumbling, fitness fundamentals, sport readiness training and even martial arts. Kids thrive in this new hybrid movement based curriculum as they are familiar with the skills, drill stations, terminology and fun fitness components they have experienced through many other organized sports, backyard play and structured classes. Go Ninja PE presents exciting programming for practical movements that are applicable for day-to-day play, while increasing an appreciation for the path to becoming fit for life. Minimal equipment is necessary and natural movements are presented in our fun and fresh lesson plans to complement an age appropriate curriculum meeting State and National standards. What Go Ninja PE is providing: 8 week unit curriculum for years K-5. Body shape and skill identification. Station drills which build foundation skills to be expanded upon each week. Alternative drill options for equipment availability, space, class size, etc. Progressions for movements that will keep all levels of students engaged while working towards a defined goal. Games, routes and courses presented in a ninja obstacle course training style. Working toward accreditation, ultimately providing courses for C.E. credits Benefits of ninja / parkour / hybrid movement training: Building stable bodies adapting to varying environmental forces, capable of playing safe on the playground, on the field and at home. Students learn the importance and application of body awareness, kinesthetic awareness and control. Students will enhance self preservation with safety measures structured to properly judge both environment and personal ability levels. Students will gain knowledge of movement styles that can be applied individually, in a small group or in a large group. Students define goals and personal bests. Standards Movement Forms Competency in a variety of activities Movement Concepts Principles, strategies, and tactics - force and balance, control over power Physical Activity Develop interests that are personally meaningful to them, activities that are developmentally appropriate, equipped to pursue a physically active life Physical Fitness Maintains health-enhancing level of physical fitness Responsible and Respectful Behavior Developing respect for self and others, recognition of class rules, procedures and safe practices; integrity Values Physical Activity Develop an awareness of the intrinsic value and benefits of participation in physical activity

Physical Education Recreation

Going for a Run, Can Be So Much Fun!!!

12:00:00 PM - 12:45:00 PM | Kilimanjaro Suite 2

Nathan Cline

Want your students to be even more active in class? Trying to increase students' MVPA? Got students who don't like to run? Come to this active session to discover ways to add running into your PE program. From warm-up races, running programs, running games, to weeks dedicated to running, and everything in between. I will share my best practices for running in PE from my own original ideas to others I have learned and adapted. Come ready to move your feet!

Physical Education

How Can I Help? Creating a Trauma-Sensitive Classroom or Gymnasium

12:00:00 PM - 12:45:00 PM | Kalahari Salon G

Kevin Lorson Mary Huber Leslie Neyland-Brown

Trauma is real, and trauma is prevalent in your classroom or gymnasium. This session will present the big ideas about trauma-sensitive classrooms including the key concepts, prevalence, strategies, and skills to build safe, supportive environments, and self-care strategies for teachers. Specific connections to these big ideas will be made to health education and physical education.

Health Physical Education

Seeya Bub: Mental Health, Suicide Prevention, and the Importance of Conversation

12:00:00 PM - 12:45:00 PM | Kalahari Salon C

Tyler Bradshaw

In 2013, Tyler Bradshaw lost his Father, Scott Bradshaw, to suicide. Navigating the journey as a survivor of suicide was difficult, but in the grief and suffering, Bradshaw found hope. His fight for mental health was channeled into a "Seeya Bub", a widely-read blog where Bradshaw shares his story about losing his Father. Now, Bradshaw shares that story as a dynamic public speaker, promoting the message that "It's okay to not be okay--but that it's not okay to stay that way." Bradshaw's message has become a cornerstone of health classes at the Fairfield Freshman School, where he speaks to the district's 700 9th grade students over two days. In this presentation, Bradshaw will share his own journey as a grieving son, an educator, and a writer. Throughout this session, Bradshaw will discuss the importance of reducing the stigma related to mental illness, and starting the conversation around suicide prevention in your schools.

Health School Health

Stereotype Threat in Minority Students in Urban Physical Education in Gymnasium

12:00:00 PM - 12:45:00 PM | Kalahari Salon B

Lisa Longino

This session will discuss and examine stereotype threat in minority students in urban schools physical education gymnasium. Strategies to employ innovative practices and appropriate practices to enhance learning experiences and address stereotype effects in urban schools.

Physical Education

2018-2019 Board of Directors Meeting

1:30:00 PM - 2:30:00 PM | Mangrove

Incoming Executive Committee Meeting

2:30:00 PM - 3:30:00 PM | Mangrove