



SESSION DESCRIPTIONS

WEDNESDAY, DECEMBER 4

TBD | **RECREATION THERAPY WORKSHOP** |
RECREATION

TBD | **PRECONVENTION WORKSHOP: HEALTH EDUCATION STANDARDS PRE-CONVENTION WORKSHOP**

Presenters: *Kevin Lorson, Judy Jagger-Mescher, Tina Dake, Joe Dake*

Health Education Teachers, Curriculum Directors, and other professionals who provide health education programs in schools should attend this workshop to learn about OAHPERD's new Health Education Model Curriculum. The OAHPERD Health Education Model Curriculum is a tool for districts to develop a local, standards-based health education curriculum. The workshop will overview the learning outcomes, content frameworks, and priority charts of the OAHPERD Health Education Model Curriculum. The workshop will present the Characteristics of Effective Health Education, guidelines for standards-based health education curriculum development, and the process to connect health education curriculum to other school-based health initiatives to meet the needs of the whole child. Health education teachers, curriculum supervisors, and public health educators are invited to bring your local curriculum as the presenters will also be available to provide technical support and assistance.

HEALTH

THURSDAY, DECEMBER 5

POSTER PRESENTATIONS | 8:30 AM – 4:00 PM

KILIMANJARO SUITE 1 | **POSTER PRESENTATION: RECOMMENDATIONS FOR TEACHING HEALTH EDUCATION SKILLS IN HIGH SCHOOL**

Presenters: *Aubrey Whewell*

Schools play an important role in improving students' health and social outcomes, as well as promoting academic success. Health education curricula needs to assist students in developing essential health skills necessary to adopt, practice, and maintain healthy behaviors. However, given the constraints on instructional time, health education teachers are forced to make decisions regarding what content areas to focus on as well as what skills to teach within those content areas as there is not enough time to teach all

content areas and all skills. An expert elicitation design was utilized including representatives from the original and updated National Health Education Standards as well as individuals representing the HECAT content area and HECAT general contributors. Respondents identified, for each health education content area, the skills/skill priorities they believed to most likely impact health behavior outcomes in the 9th-12th grades.

HEALTH ADULT DEVELOPMENT

KILIMANJARO SUITE 1 | POSTER PRESENTATION: AN ANALYSIS OF THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND MENTAL TOUGHNESS OF COLLEGIATE ESPORTS VARSITY ATHLETES

Presenters: *John Roncone, Alan Kornspan, Eric Hayden, Michael Fay*

Recently, scholars have begun to investigate the mental skills necessary for optimal performance in Esports. (Banyai, Griffiths, Király, & Demetrovics, 2018). However, little is known about how physical activity levels are related to the mental toughness of Esports collegiate athletes. Therefore, the purpose of this study was to analyze the relationship between physical activity and mental toughness of Esports athletes. Thirty-four Esports collegiate varsity athletes completed three separate questionnaires, including the Sport Mental Toughness Questionnaire (SMTQ), the International Physical Activity Questionnaire (IPAQ), and a demographic questionnaire. Results from the SMTQ revealed varsity collegiate Esports athletes scored an average of 43.74, indicating a high level of mental toughness. In addition, scores on the IPAQ showed that 97% (n = 33) of the athletes reported between at least two days and a maximum of seven days per week of vigorous physical activity. Further, results revealed a significant relationship between the amount of moderate level of hours of physical activity per day and mental toughness, ($r = .697, p < .01$). Implications for practice are provided.

SPORT SCIENCES HIGHER EDUCATOR

KILIMANJARO SUITE 1 | POSTER PRESENTATION: AN ANALYSIS OF THE EFFECTS OF VISUAL SUPPORT ON THE MOTOR SKILL LEARNING OF CHILDREN WITH DEVELOPMENTAL DISABILITIES

Presenters: *Sean Cai, Alan Kornspan, Jacob Coldren, Seungbum Lee, Mei Yang, Qin Wan*

In recent years, adapted physical education scholars have begun to examine various teaching strategies when providing motor skill instruction to children with developmental disabilities. Thus, the purpose of the present study was to analyze the effects of utilizing visual supports on the motor skill performance and accuracy of children with developmental disabilities. Participants were 19 k-12 students (10 girls, 9 boys) ages 8 to 14 years old from six public schools within a large urban school district in the Midwest. Participants completed four instructional sessions in a one-to-one instructional setting. The instructor taught participants the kinesthetic motor skill using visual supports. After being taught a series of four increasingly complex motor skills with visual supports, participant's motor skill performance was evaluated. Results of a t-test were significantly different for boys and girls ($p < .05$) on picture sequence accuracy. Results will be discussed in relation to developing practical instructional strategies when teaching physical education to children with developmental disabilities.

ADAPTED PE PHYSICAL EDUCATION

KILIMANJARO SUITE 1 | POSTER PRESENTATION: GOT ASL?

Presenters: *Angie Layman*

Got ASL ?

Come and learn basic PE terminology, Health related vocabulary, and even how to introduce yourself all in American Sign Language.

Participants will be able to ask questions for ASL signs related to their classes.

Bring your hands not your voices!

ADULT DEVELOPMENT HIGHER EDUCATOR

EDUCATIONAL SESSION 1 (SPEED SESSION) | 8:30 AM – 8:50 AM

KALAHARI SALON D | CASTLEBALL

Presenters: *Carrie Geis*

"Castleball" is a new activity that I have been teaching to grades K-6 and beyond. It builds upon the foundation of creativity the sense of teamwork. The idea is that a small group will build a structure out of hula hoops and defend it while other teams are doing the same thing. Teams will have objects to throw at the other castles to try and knock them down. The concepts of STEAM are involved in this game as well as cooperation, aim, throwing, catching, timing, and strategy. STEAM is an educational approach to learning that uses Science, Technology, Engineering, the Arts and Mathematics as access points for guiding student inquiry, dialogue, and critical thinking. The end results are students who take thoughtful risks, engage in experiential learning, persist in problem-solving, embrace collaboration, and work through the creative process. I would love the opportunity to share this exciting activity with other Physical Educators, Recreation Specialists, and Coaches etc.

PHYSICAL EDUCATION RECREATION

KALAHARI SALON G | UTILIZING THE 85 MINUTE "BLOCK PERIOD IN PE"

Presenters: *Richard Friel*

The purpose of my presentation is to give some ideals and collect ideals on how to utilize an 80-85 minute block period for Physical Education. My discussion will focus on breaking down the class into 2 - 3 units of time.

Discuss the physical fitness concept of everyday class from cardio / strength movement to yoga. Fitness testing Pre/Post. Cardiovascular goals set by the instructor and individual students.

Discuss the different types of lead up activities I use to illustrate a sport. Such as kick-ball for softball. Allowing students to work on throwing / catching / and utilizing basic softball rules within the game.

Discuss the game itself and what modifications can be used to accommodate all levels of skill within a class including adapted PE.

Have a short discussion on other instructors ideals for class activity.

PHYSICAL EDUCATION PHYSICAL EDUCATION

INDIGO BAY | NO MONEY? NO PROBLEM

Presenters: *Isaiah Watson-Kirksey, Zedekiah Pollock, Christopher Libertore, Derek Currey, Alek Kungle*

This session will introduce cost effective ways to provide materials and equipment for a physical education class in a school district without many resources. Most schools don't have an extensive budget to purchase Physical Education equipment. Many of the tools used in this presentation are cost effective alternatives such as solo cups, noodles, paper, etc, in lessons to use this equipment

PHYSICAL EDUCATION ADULT DEVELOPMENT

ORANGE | WINTER OLYMPICS

Presenters: *Abby Stoops, Steve Young*

My colleague and I ran a Winter Olympics Unit over the winter months with our elementary students. Each class picked a country to represent and they researched info and made the corresponding flag. We do the following Olympic events with the students: bobsled, skeleton, curling, ski jump, and speed skating. They competed against the other countries and we kept running records. At the end of the unit, we had an awards celebration/closing ceremony and classes got medals for winning the event.

We also had an opening ceremony/assembly where all the classes paraded around the gym holding their flag and we explained all the events they were going to compete in. It was a great event to help the students understand and follow the Winter Olympics.

PHYSICAL EDUCATION RECREATION

KALAHARI SALON B | FUN FOR KIDS, FORMATIVE ASSESSMENT USING TECHNOLOGY IN A HEALTH EDUCATION CLASSROOM

Presenters: *Brigid Radigan*

Can't keep your students off their cell phones? Do your students love to use technology? Come and see some of the fun websites and programs, including Pear Deck, Poll Everywhere, and others that I use with my high school students (perfect for middle school as well!) for formative assessment, anonymous surveys, etc. These programs can be accessed using cell phones, laptops, or Chromebooks. These are great to use during teacher observations or for OTES. Bring a smartphone or similar item to participate!

HEALTH SCHOOL HEALTH

KALAHARI SALON C | ANIMAL ASSISTED INTERVENTIONS FOR CHILDREN WITH AUTISM SPECTRUM DISORDER

Presenters: *Benazir Meera*

The purpose of this study was to explore and synthesize the extant literature on animal assisted interventions for children with autism spectrum disorder (ASD). This literature review consists of a systematic search and analysis of studies that have utilized interventions incorporating animals as treatment for children with ASD. Keyword searches were used. The resulting articles were summarized and assessed in terms of participant characteristics, dependent variables, independent variables, and study outcomes. Data were analyzed thematically. Dependent variables were coded based on the core attributes of ASD. Independent variables were coded according to the animals used, duration of intervention and types and location of interventions. The results were categorized as follows: (a) positive results if all participants made progress on all dependent variables, (b) negative results if none of the dependent variables were better for any participant and (c) mixed if some participants exhibited advanced developmental changes or if improvement was found in some dependent variables, but not in others. The author summarizes the results and provide recommendations for future research.

ADAPTED PE PHYSICAL EDUCATION

KILIMANJARO SUITE 3 | TAEKWONDO INSTRUCTIONAL AND ASSESSMENT STRATEGIES IN AUTHENTIC LEARNING ENVIRONMENTS

Presenters: *Hyun-Ju Oh*

A quality physical education program emphasizes all three learning domains: psychomotor, cognitive, and affective (SHAPE America, 2013). Taekwondo is a lifetime activity, developing student competencies in the three learning domains and providing an excellent opportunity to introduce students to a multicultural activity that is rich in history and cultural connections. This presentation will provide participants with instructional strategies associated with non-contact Taekwondo sparring, using five stepping movements.

PHYSICAL EDUCATION PHYSICAL EDUCATION

ZAMBEZI | KEYNOTE: RECOVERING FROM A FALL BY DAN TENNESSEN & ALL-MEMBER MEETING 9:00 AM – 10:30 AM

Presenters: *Dan Tennesen*

Teacher mental health is an important issue that many teachers and schools must deal with, but few want to talk about. With an increase in student mental health problems, teachers must also be concerned about taking care of themselves. What happens, though, when that priority ceases? How bad can it get, and how quickly can things fall apart? More importantly, what can we do to rebound when we find ourselves in the midst of a real struggle?

EDUCATIONAL SESSION 2 | 10:45 AM – 11:30 AM

KALAHARI SALON B | CURRENT TOPICS IN SPORT

Presenters: *Donna Pastore, Shea Brgoch, Evan Davis, Carter Rockhill, Ashley Ryder*

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) Are you the big fish? Effects of social comparison on athlete development, (b) A socio-economic and performance analysis of a college football athletes' decision to leave school early, and (c) Sensemaking: Females' in sport management academia.

SPORT SCIENCES HIGHER EDUCATOR

KILIMANJARO SUITE 4 | K-12 ACTIVITIES FOR ALL

Presenters: *Carli Alfriend, Tracy Dyer, Jennifer Oakes*

Do you need new activities to engage your students? Of course you do! This presentation will cover various engaging, inclusive, innovative, and fun activities for students aged k-12.

PHYSICAL EDUCATION PHYSICAL EDUCATION

KILIMAJARO SUITE 3 | TEACHING A GAME FOR UNDERSTANDING-TAG RUGBY

Presenters: *Adrian Turner, Stephen Harvey*

This session will invoke a Teaching Games for Understanding (TGfU) approach to learn Tag Rugby-a modified non-contact version of rugby, ideal for elementary and secondary physical education, suitable for indoor or outdoor use, and utilizing equipment that is already available in most schools. Tag Rugby is an invasion game that poses some unique offensive and defensive tactical problems fostering opportunities for creativity and critical thinking among game participants. Players will learn skills that facilitate problem-solving in small-sided games, via a TGfU approach, combining the interdependent tactical and technical components of game performance. As participants execute their tactical solutions they will encounter additional game problems as new rules are introduced in Tag Rugby that increase the complexity of this non-contact game. By incorporating developmentally appropriate learning progressions, teachers will comprehend how to challenge students to be motivated and successful as they participate during small-sided gameplay. By using a TGfU focus for learning rugby, the game becomes the vehicle for student progress while the teacher serves as a learning facilitator.

PHYSICAL EDUCATION HIGHER EDUCATOR

KALAHARI SALON C | TWITTER AS A PROFESSIONAL DEVELOPMENT TOOL

Presenters: *Nathan Cline, Selene Kelly*

Have you ever felt on an island while teaching and wondered how you can improve your teaching but don't know who to turn to? Twitter and the Health and Physical Education community within it, can be a life saver at times, providing ideas for lessons and assessments. Come learn how to create an account, who to follow, how to use it, or get even more involved. Hear from multiple teachers about their experiences using this social media platform to learn and share with others not just in Ohio but all around the country and the world! This is the best FREE Professional Development Resource you will find to become an even better Health and/or Physical Education Teacher.

PHYSICAL EDUCATION HEALTH

KALAHARI SALON A | SPORT SUMMER ENGAGEMENT STEM CAMP

Presenters: *Melissa Dreisbach, Victor Pinheiro*

There are many summer sport camps available for parents to select for their kids. Exploring sport camp with STEM activities provides a new dimensions and excitement for the campers by delivering engaging interactive activities. The purpose of this camp is twofold: (1) to expose the campers to participate by-design in hands-on learning activities intended to specifically address each of the STEM components (science, technology, engineering, math), and (2) to offer a step-by-step process for its planning and implementation of the activities for empowering K-12 Educators. Thus engaging the campers in using STEM activities to which they may not otherwise have access. The camp is scheduled for 4 days with each day focusing on a component of STEM: science component addressing (biomechanics/physics and physiological sciences); technology component (e-sport/gaming, video technology/game analytics and broadcasting); engineering activities (polymer science and concussion science); math activities

(statistics, collecting data and making their own statistics trading card). During the 45 minutes session the targeted activities identified will be elaborated and demonstrated.

SPORT SCIENCES PHYSICAL EDUCATION

KALAHARI SALON D | SOCIAL AND EMOTIONAL LEARNING IN PRACTICE

Presenters: *Kelsey Higginson, Sue Sutherland*

Social and emotional learning (SEL) is a big topic in education. Ohio just created and sent out K-12 standards for all subject areas and grade bands, but do you know what to do about them yet? Learn about what SEL is, what the benefits can be, and how to put it into your lessons. Part of the session will be an active example of how to teach SEL during a PE lesson and part of it will be brainstorming and discussion with other teachers. This session will also include insights and lessons learned from the first few months of trying to use the standards in elementary lessons.

PHYSICAL EDUCATION PHYSICAL EDUCATION

KALAHARI SALON H | ORAL HEALTH IN OHIO'S SCHOOL AGE CHILDREN

Presenters: *Jayne Klett*

1. Relationship between tooth infections and academic performance
2. Prevalence, pathogenesis and prevention of dental caries in children
3. Prevalence, pathogenesis, and prevention of periodontal disease in children
4. Review of other conditions and diseases occurring intra-orally, including trauma from abuse/neglect, oral piercings, tobacco use, oral cancers and STI's
5. Role of assessments and referrals to school nurses
6. Discussion of educational and treatment resources

HEALTH SCHOOL HEALTH

INDIGO BAY | MOVEMENT BASED INTERVENTIONS IN A TRAUMA INFORMED CARE SETTING

Presenters: *Melissa Ajayi, Kimberly Fennell*

This session will focus on the benefits of Movement based interventions such as dance, yoga, and other physical activities for people who have experienced trauma. Attendees will have the opportunity to learn specific facilitation techniques and participate in two movement activities. Discussion will include considerations for leading movement based interventions utilizing principles of trauma informed care, ideas for incorporating movement interventions in a variety of settings, and strategies for overcoming barriers to movement interventions.

THERAPEUTIC RECREATION DANCE

KILIMANJARO SUITE 2 | H.I.T.T. YOUR TARGET WITH MVPA - ACTIVITY SELECTION, GOAL SETTING, ASSESSMENT STRATEGIES

Presenters: *Tracy Daniel, Deb Berkey*

Increase the effectiveness of your class using high intensity interval training monitored by heart rate monitors. Come and participate in model session led by a veteran TOY who will share content that will motivate your students and support objective student assessment and teacher evaluation.

Participants will have the opportunity to:

- (1) Engage in a model High Intensity Interval Training (H.I.T.T.) work-out session while using heart rate monitors;
- (2) Identify and apply the components of Moderate to Vigorous Activity (MVPA);

(3) Identity practical applications of H.I.T.T. and MVPA in school settings

PHYSICAL EDUCATION PHYSICAL EDUCATION

KALAHARI SALON G | OAHPERD HEALTH EDUCATION MODEL CURRICULUM - AN OVERVIEW

Presenters: *Kevin Lorson*

The OAHPERD Health Education Model Curriculum is a new tool for local schools to develop a skill-based health education curriculum. This session will overview the Model Curriculum including the learning outcomes, priority charts and content frameworks. We will outline the steps in building a local standards-based curriculum and connecting the Model Curriculum to local health initiatives

HEALTH

ORANGE | ARE YOU REALLY LISTENING? STUDENT AND TEACHER MENTAL HEALTH

Presenters: *Brittany Deas*

Students want us to listen. How do we do we show them we are? Students need us to care. How do we do that? What kind of tone or culture have you set in your classroom? Is it one where students feel safe? What can we do to bridge the gap for those students who don't feel a connection at school to make them WANT to be here? In this presentation, there will be discussing of how we can have a student's back, deal with "that" student, and how we can adjust our classrooms to be more student engaging and friendly.

HEALTH STUDENT

ZAMBEZI | LUNCH & DIVISION MEETINGS

EDUCATIONAL SESSION 3 | 1:15 PM – 2:00 PM

KALAHARI SALON B | GO DOUGH: SCHOOL WELLNESS FUNDS MADE SIMPLE

Presenters: *Abby Rose, Duncan Van Dusen*

OAHPERD has teamed up with CATCH Global Foundation to make it simpler for Ohio schools to raise and spend funds to support their wellness efforts. Let's face it, most districts and schools do not provide much if any funding for PE and Wellness activities in schools. Need to replenish your equipment closet, dreaming of installing a climbing wall, want to attend a professional development conference, want to contribute to a health and wellness charity aligned with your school community? "GO Dough" empowers your school to raise funds online and spend those dollars on whatever wellness needs or initiatives you see fit. No limited catalogues of equipment to choose from. No restrictive vendor lists. No red tape. Session participants will learn how to use the GO Dough platform to fund their wellness program budget while helping to support OAHPERD.

SCHOOL HEALTH PHYSICAL EDUCATION

KALAHARI SALON A | TRAUMA-INFORMED PRACTICE: HOW CAN THE TEACHING PERSONAL AND SOCIAL RESPONSIBILITY (TPSR) MODEL HELP STUDENTS AND TEACHERS?

Presenters: *Doug Ellison, Jen Walton-Fisette*

It is imperative for schools to provide a safe and productive learning environment to the students they serve, but that may be difficult in today's society where trauma is widespread. Teachers need to be informed about trauma, how to identify students who have experienced it, and how to offer support. The purpose of this presentation is to provide physical education teachers an overview of trauma and the practical steps for implementing Trauma-Informed Practices (TIPs) within the daily program format of the Teaching Personal and Social Responsibility (TPSR) model. The TPSR model is specifically designed to help children learn to be responsible for their own and other's well-being. It provides opportunities to implement best practices that may potentially increase the resilience capacity of students dealing with trauma.

PHYSICAL EDUCATION ADULT DEVELOPMENT

KILIMANJARO SUITE 4 | TRANSFORM YOUR INDOOR SPACE INTO AN OUTDOOR ADVENTURE

Presenters: *Julie Kenny*

Bringing the outdoors inside can be a challenge. This session will give you the basics in creating a "rock climbing" themed obstacle course to challenge your students as a team/ or individual (adaptations will be included for each obstacle presented). Do you have climbing ropes? Great! Let's teach the students how to prusik climb with ropes and a harness. Many more obstacles/stations will be presented to you.

PHYSICAL EDUCATION ADAPTED PE

KILIMANJARO SUITE 3 | WANNA BE A BALLER, SHOT CALLER?

Presenters: *Daniel Tennesen*

Basketball is one of the leading ways physical education teachers use to engage and drive student learning, and OPEN has provided all K-12 physical education teachers FREE standards based basketball resources. Regardless of your experience level, if you are looking to take your students' basketball skills and knowledge to the next level, this dynamic session is for you.

PHYSICAL EDUCATION ADULT DEVELOPMENT

ORANGE | BRINGING OUT WHAT'S HIDING IN YOU: A SCHOLAR AND A TEACHING EXPERT

Presenters:

Physical education and health education teachers often fail to recognize they are scholars and teaching experts in our schools. In this interactive session, participants' hidden skills as scholars and experts in the teaching of physical education and health education will be brought to the forefront. Information on the characteristics of scholars, teachers designing curriculum, conducting research, interpreting and utilizing data collected will be highlighted. Methods of developing teaching expertise will be also presented. Audience participation will be included as undergraduate PEHE majors share their growth as potential scholars through the completion of various methods courses with groups of the audience. In-service health and physical education teachers will be sharing with audience members their growth as scholars and the development of their teaching expertise in classrooms over the years.

PHYSICAL EDUCATION HEALTH

KALAHARI SALON C | HAVE YOU THOUGHT ABOUT YOUTH & GAMBLING? YOU SHOULD!

Presenters: *Shemane Marsh, Stacey Frohnepfel-Hasson*

With a focus toward health issues that encompass the whole child, this session will introduce the topic of gambling and how youth may be affected. Gambling has become highly visible in Ohio and continues to grow in accessibility to all ages. The session will provide a brief overview of Ohio's recent data on youth and young adult gambling and will explain the potential impacts of gambling on youth and families. Short summaries will be provided on evidence-based and promising programs in educating youth about gambling and gaming and its realities.

HEALTH SCHOOL HEALTH

KALAHARI SALON H | DEVELOPING THE WHOLE CHILD: A SYSTEMS APPROACH TO HEALTHY SCHOOLS

Presenters: *Kevin Lorson, Mary Kay Irwin, Colleen Saxen-Quinlan, Yoko Miura*

Ohio continues to expand the focus on student wellness and health initiatives to support the whole child. The HOPES in Schools and the Student Wellness and Supports (SWS) Framework connects strategic planning with components of school health and service delivery models. The SWS Framework applies a systems-thinking approach to the WSCC model to integrate health and education to identify challenges, opportunities and catalysts to build a system of supports for student success. The presentation will connect the

current state-level student wellness initiatives with the role health and physical education teachers to build healthy schools that support the whole child.

HEALTH

KALAHARI SALONS G | OUTRAGEOUS TEACHING TECHNIQUES...EMOTIONAL HEALTH EDUCATION

Presenters: *Deborah Tackmann*

With each new generation comes new challenges. Bullying, peer pressure, suicide prevention – the list goes on. According to the National Institute of Mental Health approximately 20% of teens between the ages of 13-18 have or will have a mental illness. As a parent or educator, we may be unsure how to help equip ourselves or our teen with the knowledge and skills needed for emotional and mental wellness. Using dice, ribbons, bubbles, yarn and a plethora of other modalities, these cutting edge and evidence based activities presented in this workshop are kid tested and approved. Join in the fun as you engage in dynamic techniques geared to show you how to effectively teach interpersonal communication skills, as well as understand methods that are essential at addressing tough sensitive issues like bullying and suicide prevention. This authentic and powerful workshop demonstrates standards-based, hands on activities and lessons will not disappoint. Participants will walk away with activities they can use to discuss mental and social health concerns with youth.

SCHOOL HEALTH HEALTH

INDIGO BAY | THE AEROBIC ZONE

Presenters: *Dr. Brian Rider, Dr. Annie Machamer, OU Secondary Methods Teacher Candidates*

This session aims to engage participants in a variety of aerobic fitness activities that are age and developmentally appropriate for secondary school settings. Participants will experience fun, active and inclusive sessions aimed to benefit the aerobic fitness levels of 6th-12th grade students. Lead in partnership with Ohio University Teacher Candidates.

ADULT DEVELOPMENT PHYSICAL EDUCATION

EDUCATIONAL SESSION 4 | 2:15 PM – 3:00 PM

KALAHARI SALON H | FUEL UP TO PLAY 60 - SCHOOL SUCCESS STORIES

Presenters: *Jan Diamond, Maureen Anderson, Meredith Ervin, Monique Stewart, Josette Folk*

Here from teachers across Ohio who are increasing their schools' fun-factors, boosting academics and improving their student's health through the FREE tools, resources, and super-cool activities of Fuel Up to Play 60.

www.fueluptoplay60.com

SCHOOL HEALTH SCHOOL HEALTH

KALAHARI SALONS E & F | THE THE DOVE SELF-ESTEEM PROJECT - HELPING STUDENTS BOOST THEIR SELF-ESTEEM AND REALIZE THEIR FULL POTENTIAL

Presenters: *Britnee Nwokeji*

The Dove Self-Esteem Project (DSEP) is a global initiative created to ensure the next generation of youth develops a positive relationship with the way they look.

An educational program called, "Confident Me!" equips students with the tools to develop body confidence, raise self-esteem and realize their full potential. Today, over 20 million young people have been reached with self-esteem education. DSEP's "Confident Me!" is a 1 & 5 lesson self-esteem program that uses skills-based health education and focuses on challenging unrealistic socio-cultural ideals of appearance, media literacy with respects to these ideals, reducing appearance comparisons and appearance

conversations, while encouraging body activism and positive behavior change. During this presentation, the presenter will provide attendees with an overview of DSEP's 1 & 5 lesson "Confident Me!" program, lead the attendees through activities that are embedded within the lessons, and provide attendees with a FREE copy of the curriculum along with other DSEP materials to take back to their school!

HEALTH STUDENT

KILIMANJARO SUITE 2 | WHAT? ACADEMICS IN P.E. AND P.E. IN ACADEMICS? NO WAY!

Presenters: *Gail Ward*

Would you like the respect of your faculty and administrators? Would you like to have the respect to help your program even more respected? If you answered "yes" to these questions then Brain Power Today will have a one of a kind presentation that will have you motivated and energized to earn the respect of all.

PHYSICAL EDUCATION HIGHER EDUCATOR

KILIMANJARO SUITE 3 | USING CRICKET TO HELP DEVELOP SKILLS AND TACTICS FOR STRIKING AND FIELDING GAMES

Presenters: *Garry Bowyer*

The rules, skills and strategies of playing cricket will be presented and the transfer of these skills to other striking and fielding games will be discussed. Modifications of equipment, rules and strategies for various developmental levels will also be provided. In addition, a number of lead up games will be demonstrated.

PHYSICAL EDUCATION RECREATION

KILIMANJARO SUITE 4 | BRING YOUR PARENTS TO PE WEEK

Presenters: *Kent Hamilton*

Don't miss this opportunity to showcase your quality Physical Education program! Come ready to move and participate in activities that illustrate learning, meaningful practice, and enjoyment! Learn different ways to showcase your program and get parents engaged with your PE program throughout the year. Attendees will leave with resources and ideas to plan and implement this exciting event in their district!

PHYSICAL EDUCATION PHYSICAL EDUCATION

KALAHARI SALON B | YOUTH SPORT CONCUSSION MANAGEMENT

Presenters: *Corinne Daprano, Rachael Rockwell, Cordell Stover*

Concussions remain a growing concern for athletes of all ages, in all types of sports, and recreational activities. First responders for concussions in youth athletes are most often volunteer coaches and parents rather than an athletic trainer. Youth sport coaches and parents who have knowledge of concussions and the management of concussions ensure the best outcome for an injured youth sport athlete. However, concussion knowledge is inconsistent among youth sport coaches and parents. Concussion training is mandated by the State of Ohio for staff members engaged in the supervision or coaching of school sponsored athletics. This training is not required of parents although under Ohio's Return-to-Play law youth sport organizations must provide a Concussion Information Sheet to parents/guardians. Thus, the purpose of this study was to examine levels of concussion knowledge and attitudes for youth sport coaches and parents. Data collection consisted of a mixed method approach utilizing a concussion knowledge and attitudes survey and a qualitative research design. Results of this study will be used to provide recommendations regarding parental/youth sport concussion management education

SPORT SCIENCES HEALTH

KALAHARI SALON D | TEACHING ABOUT GENDER & SEXUAL IDENTITY IN PHYSICAL EDUCATION

Presenters: *Jennifer Walton-Fisette, Sue Sutherland*

Diversity, cultural competency and social justice are terms used in education rather consistently in today's society. In educational systems throughout the United States, the racial and ethnic identities of our K-12 students is changing, where by 2025, the racial identities of students will include 29% Hispanic, 45% White and 15% Black. 18% of school-aged children live in poverty. We have limited knowledge about the numbers of students that are minorities based on their gender and sexual identity. Students who identify as transgender, non-binary, gender queer, gay, lesbian, etc. (i.e., LGBTQ) have also increased, yet, many teachers have limited knowledge or understanding on how to create an inclusive and equitable teaching and learning environment for these students. In this session, our goal is to provide participants with new knowledge and understanding of the different gender and sexual identities along with teaching strategies on how to educate your students about the wide variety of social identities that make each individual who they are.

PHYSICAL EDUCATION HIGHER EDUCATOR

INDIGO BAY | ELEMENTARY EDUCATION WITH A PURPOSE

Presenters: *Darcy Knoll*

Observe classroom management skills, techniques, and activities to utilize in an elementary PE setting. Learn how to maximize use of class time with effective transitions and other strategies to increase student participation and learning time. Complete lessons will be demonstrated and concepts presented will help eliminate behavioral problems, enhance activities, and assist in providing accountability for a quality Elementary Physical Education program. Instructor was SHAPE Michigan's 2017 Elementary PE TOY and has presented at various regional and national conferences.

PHYSICAL EDUCATION HEALTH

KALAHARI SALON C | CHILDREN'S VISION: MORE THAN JUST 20/20

Presenters: *Matt Fink*

This presentation will teach the extremely important role that vision plays in the learning process of children. Attendees will learn tips of what to look for in a child as a warning sign of vision problems. The presentation will also cover all the free resources the Ohio Optometric Association offers. This includes info about free emergency eye kits, sports safety equipment, and vouchers for eye exams and glasses. It also will go over the award winning Realeyes curricula that is available for schools at no charge. This is a program where a local optometrist comes to your class and teaches the kids about the vision health and eyes safety in a fun, age-appropriate presentation. Or the curricula can be led by you with materials provided at the presentation.

HEALTH SPORT SCIENCES

ORANGE | TEACH DANCE...IF I CAN DO IT, YOU CAN TOO!

Presenters: *Betty Kern*

Are you reluctant to teach dance? Do you have a list of reasons why you cannot teach it? I did too! But then I witnessed a 6th grade dance at the new school where I was teaching eight years ago. It was complete craziness and the students did not know how to do one dance! I had to get involved! So began the dance education of our students at Schrop Intermediate School. Not only did they learn ten line dances but also dance etiquette. Attend this session to get inspired to teach dance, learn a few dances, and hear our success story! The annual Valentines Day Dance now includes a forty minute "show" of all of the sixth graders performing ten dances for their parents, teachers and the administration! The adults loved watching the kids perform and best of all, the kids loved performing!

PHYSICAL EDUCATION ADAPTED PE

EDUCATIONAL SESSION 5 | 3:15 PM – 4:00 PM

CYPRESS | ROPENASTICS: ROPE JUMPING IN A NEW DIMENSION

Presenters: *David Fisher*

Learn how to teach your students some cool, new jump rope tricks! Guinness World Record Holder David Fisher, The Rope Warrior, will break down skills step-by-step so that you can show your students the latest jump rope skills. Single rope skills, partner jumping, and double dutch will be covered.

All ages and abilities are welcome! We will start with some basic fundamentals, and work our way up to tricks like: "Houdini," a "180 Degree JEDI turn" and "The Pretzel." Non-Jumping tricks will be mixed in with jumping tricks and modifications will be shown for special needs students.

A spectacular routine by THE ROPE WARRIOR will conclude the session.

About the presenter: David Fisher, THE ROPE WARRIOR has set three world records in rope jumping. He has performed for Boris Yeltsin in Russia, and for Presidents Clinton and Bush at their inaugurations. David has made over 100 National Television Appearances including: The Today Show, Ripley's Believe it or Not! Good Morning America and America's Got Talent!

This is one session that you will not want to SKIP!

PHYSICAL EDUCATION ADAPTED PE

KALAHARI SALONS E & F | CATCH MY BREATH - FREE YOUTH E-CIGARETTE AND JUUL PREVENTION PROGRAM

Presenters: *Abby Rose, Duncan Van Dusen*

In 2018, the number of youth using E-cigarettes increased by 78% for high school students and 48% for middle school students. CATCH My Breath was developed as a rapid response to this ongoing epidemic by The University of Texas Health Science Center at Houston (UT Health) School of Public Health. This session will describe the rise of E-cigarettes as a public health crisis for our youth and provide participants with information about CATCH My Breath, the best-practice, youth E-cigarette and JUUL prevention program which delivers up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of E-cigarettes, including JUUL devices. CATCH My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards. And best of all, It's FREE!!

HEALTH SCHOOL HEALTH

KILIMANJARO SUITE 2 | MOST VALUABLE PROGRAM AVAILABLE: MAXIMIZING THE USE OF MVPA IN PHYSICAL EDUCATION WITH THE HEART ZONES SYSTEM

Presenters: *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.

PHYSICAL EDUCATION HIGHER EDUCATOR

KALAHARI SALON B | MANAGING MUSCLE AND JOINT PAIN WITHOUT DRUGS

Presenters: *Kitty Consolo*

Managing Muscle/Jt pain without Drugs

As the opiates crisis continues, helping coaches and athletes manage muscle/jt pain without drugs would help prevent future addicts and casualties. Also use of opiates merely blocks pain but does not promote healing. This presentation will educate coaches and athletes on use of proven physical therapy modalities such as appropriate use of ice, heat, tens units and trigger point release equipment to prevent and or manage muscle/jt pain. Use of supplement that have been proven by scientific research to be beneficial in reducing muscle/jt pain such as D3, fish oil and magnesium glycinate will be included. Proper warm up, cool down as well as the importance of sleep in pain management will also be discussed. The presenter is an elite senior runner who has used the above modalities and has not taken any pain meds for muscle/jt pain since 1999

SPORT SCIENCES SCHOOL HEALTH

KALAHARI SALON A | SEL IN PE - EDUCATING THE WHOLE STUDENT

Presenters: *Anna Ziccardi, Angie Ellis*

Many of our students come to us with anxiety, inability to cope and a lack of resilience to day to day struggles. Today more than ever it is important to not only teach our students how to develop physically and what being active looks like, but we also need to emphasize the social, emotional, and mental learning that takes place on our classes. As PE teachers we need create lessons that cover all 4 domains, but we must now take time to articulate to our students when it is happening. Our students should gain a better understanding of not only the physical learning, but social, emotional, and mental learning that is taking place. We are in this profession because each of us is passionate about developing students skills and knowledge of being physically active no matter the age or ability level. Let's remind ourselves that our subject as the ability to creates a natural and safe learning environment to aid our students learning in ways that are striped from them due to the current society we live in. A quality PE class can make a positive impact on our students physical well-being, but it can make even a bigger impact on developing our students social emotional well-being too!

PHYSICAL EDUCATION HIGHER EDUCATOR

KALAHARI SALON D | TUNING IT UP IN PHYSICAL EDUCATION- TOGETHER PHYSICAL EDUCATION AND GENERAL MUSIC CAN MAKE BEAUTIFUL MUSIC AND MOVEMENT!

Presenters: *Kathy Casper, Holly Walton*

General music and physical education share many objectives and standards. It makes perfect harmony to combine both fields of study. Participants will experience activities that utilize both disciplines. Commonalities include gross motor and locomotor skills, pathways, levels, force, rhythm, steady beat, and shared terminology. Join us as we demonstrate how activities taught together can create a more meaningful and engaging learning experience for teachers and students alike!

PHYSICAL EDUCATION STUDENT

KILIMANJARO SUITE 3 | PROMOTING, DEFENDING AND MAINTAINING PE IN ELEMENTARY SCHOOLS: STUDENTS ADVOCATING THE BGSU WAY!

Presenters: *Geoff Meek, BGSU PEHE Elementary Methods students, Becky Summersett, Antonia Dzakula-Meek*

The Initial Physical Education Teacher Education (2017) Standards include Standard 6c: Describe strategies, including the use of technology, for the promotion and advocacy of physical education and expanded physical activity opportunities. This aligns to the K-12 National Standards for PE, especially Standards 3: E1 and 5: E2-4. This presentation explores the ways in which Elementary Methods students have strategized the promotion and advocacy of PE during their methods experiences in local K-5 schools. This includes surveys of physical activity participation, community awareness, PE audit, initiation and counseling, PE homework, transitions from school to the community, winter indoor options, and using technology with a community resource guide.

PHYSICAL EDUCATION STUDENT

KALAHARI SALON C | WEIGHT TRAINING SPORT FITNESS

Presenters: *Michael 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. Students must have ½ credit of Physical Education, for graduation.

Prerequisite to this class is CoEd Physical Education. This class can fill an elective credit and also may be repeated throughout the high school years

PHYSICAL EDUCATION ADULT DEVELOPMENT

ORANGE | ATHLETES: OFF-SEASON, PRE-SEASON, AND IN-SEASON CONDITIONING AND NUTRITION

Presenters: *John Thomas, Lavender Josh Goss*

This session is for anyone who coaches student athletes. It will address issues related to off-season, pre-season and in-season conditioning and nutritional habits that inhibit athletic performance. A sound conditioning and nutritional programs will be shared and expressed which are especially needed with all the bad information and infomercials out there that parents and athletes believe to be true. There will be lots of information shared and discussed. Please come and join in the learning discussion

PHYSICAL EDUCATION SPORT SCIENCES

INDIGO BAY | GET 'EM UP AND GOING IN HEALTH

Presenters: *Brittany Deas*

Students spend enough time during the day sitting and getting information, but how would your classroom management and behavior change if you let the students get up and move? In this session, we will be learning different projects and classroom management pieces that help students be up and engaged in a lesson. You will see lesson and project examples to help you get started. Infusing technology is also an important aspect, so please bring your device!

HEALTH ADULT DEVELOPMENT

ZAMBEZI | PAST-PRESIDENTS & LIFETIME MEMBERS SOCIAL (INVITATION ONLY)

ZAMBEZI | ANNUAL AWARDS CEREMONY & RECEPTION

MANGROVE | EXECUTIVE COMMITTEE MEETING

MANGROVE | TRANSITIONAL BOARD MEETING (OUTGOING AND INCOMING BOARDS)

ZAMBEZI | ALL-CONVENTION SOCIAL - TRIVIA AND CASINO NIGHT!

FRIDAY, DECEMBER 6

POSTER PRESENTATIONS | 8:30 AM – 4:00 PM

KILIMANJARO SUITE 1 | POSTER PRESENTATION: RECOMMENDATIONS FOR TEACHING HEALTH EDUCATION SKILLS IN HIGH SCHOOL

Presenters: *Aubrey Whewell*

Schools play an important role in improving students' health and social outcomes, as well as promoting academic success. Health education curricula needs to assist students in developing essential health skills necessary to adopt, practice, and maintain healthy behaviors. However, given the constraints on instructional time, health education teachers are forced to make decisions regarding what content areas to focus on as well as what skills to teach within those content areas as there is not enough time to teach all

content areas and all skills. An expert elicitation design was utilized including representatives from the original and updated National Health Education Standards as well as individuals representing the HECAT content area and HECAT general contributors. Respondents identified, for each health education content area, the skills/skill priorities they believed to most likely impact health behavior outcomes in the 9th-12th grades.

HEALTH ADULT DEVELOPMENT

KILIMANJARO SUITE 1 | POSTER PRESENTATION: AN ANALYSIS OF THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND MENTAL TOUCHNESS OF COLLEGIATE ESPORTS VARSITY ATHLETES

Presenters: *John Roncone, Alan Kornspan, Eric Hayden, Michael Fay*

Recently, scholars have begun to investigate the mental skills necessary for optimal performance in Esports. (Banyai, Griffiths, Király, & Demetrovics, 2018). However, little is known about how physical activity levels are related to the mental toughness of Esports collegiate athletes. Therefore, the purpose of this study was to analyze the relationship between physical activity and mental toughness of Esports athletes. Thirty-four Esports collegiate varsity athletes completed three separate questionnaires, including the Sport Mental Toughness Questionnaire (SMTQ), the International Physical Activity Questionnaire (IPAQ), and a demographic questionnaire. Results from the SMTQ revealed varsity collegiate Esports athletes scored an average of 43.74, indicating a high level of mental toughness. In addition, scores on the IPAQ showed that 97% (n = 33) of the athletes reported between at least two days and a maximum of seven days per week of vigorous physical activity. Further, results revealed a significant relationship between the amount of moderate level of hours of physical activity per day and mental toughness, ($r = .697, p < .01$). Implications for practice are provided.

SPORT SCIENCES HIGHER EDUCATOR

KILIMANJARO SUITE 1 | POSTER PRESENTATION: AN ANALYSIS OF THE EFFECTS OF VISUAL SUPPORT ON THE MOTOR SKILL LEARNING OF CHILDREN WITH DEVELOPMENTAL DISABILITIES

Presenters: *Sean Cai, Alan Kornspan, Jacob Coldren, Seunghum Lee, Mei Yang, Qin Wan*

In recent years, adapted physical education scholars have begun to examine various teaching strategies when providing motor skill instruction to children with developmental disabilities. Thus, the purpose of the present study was to analyze the effects of utilizing visual supports on the motor skill performance and accuracy of children with developmental disabilities. Participants were 19 k-12 students (10 girls, 9 boys) ages 8 to 14 years old from six public schools within a large urban school district in the Midwest. Participants completed four instructional sessions in a one-to-one instructional setting. The instructor taught participants the kinesthetic motor skill using visual supports. After being taught a series of four increasingly complex motor skills with visual supports, participant's motor skill performance was evaluated. Results of a t-test were significantly different for boys and girls ($p < .05$) on picture sequence accuracy. Results will be discussed in relation to developing practical instructional strategies when teaching physical education to children with developmental disabilities.

ADAPTED PE PHYSICAL EDUCATION

KILIMANJARO SUITE 1 | POSTER PRESENTATION: GOT ASL?

Presenters: *Angie Layman*

Got ASL ?

Come and learn basic PE terminology, Health related vocabulary, and even how to introduce yourself all in American Sign Language. Participants will be able to ask questions for ASL signs related to their classes.

Bring your hands not your voices!

ADULT DEVELOPMENT HIGHER EDUCATOR

KALAHARI SALONS E & F | CASTLEBALL

Presenters: *Carrie Geis*

"Castleball" is a new activity that I have been teaching to grades K-6 and beyond. It builds upon the foundation of creativity the sense of teamwork. The idea is that a small group will build a structure out of hula hoops and defend it while other teams are doing the same thing. Teams will have objects to throw at the other castles to try and knock them down. The concepts of STEAM are involved in this game as well as cooperation, aim, throwing, catching, timing, and strategy. STEAM is an educational approach to learning that uses Science, Technology, Engineering, the Arts and Mathematics as access points for guiding student inquiry, dialogue, and critical thinking. The end results are students who take thoughtful risks, engage in experiential learning, persist in problem-solving, embrace collaboration, and work through the creative process. I would love the opportunity to share this exciting activity with other Physical Educators, Recreation Specialists, and Coaches etc.

PHYSICAL EDUCATION RECREATION

CYPRESS | LONG JUMP GAMES STUDENTS LOVE!

Presenters: *Jon Perry*

5 Long Jump Rope Games that I used as a PE teacher and now a youth sports club trainer. These five games can be played at recess and in PE class. Used at the Elementary level but my former students even play them at the middle and high school!

Syllabus on request.

Presented for two years and over 75 PE teachers attended. Rave reviews.

PHYSICAL EDUCATION ADULT DEVELOPMENT

KALAHARI SALON D | WHAT NINJA BELT ARE YOU? INCORPORATING LEVELS INTO A JUMP ROPE LADDER AND USING IPADS FOR JUMP ROPE VISUALS

Presenters: *Christine Brinkman*

This presentation will show jump rope stations that use station cards for directions and QR Codes using iPads as a visual demonstration. The stations are from ThePhysicalEducator.com by Joey Feith. Once students learn the different jumps from the stations they can try to climb up the jump rope ladder. If students make it up the jump rope ladder their picture gets on the wall outside the gym. After getting their picture on the wall they can move up to new levels by receiving different color ninja belts.

PHYSICAL EDUCATION PHYSICAL EDUCATION

KALAHARI SALON A | PLICKERS FOR ASSESSMENT IN P.E. AND HEALTH

Presenters: *Allison Hinkle*

Plickers are a way to quickly assess or survey students of any age in physical education and health. Most schools want every class to incorporate technology into their lessons and this is an easy way to do this.

How it works--The teacher asks a multiple choice question. Students rotate their plicker to have their answer located on the top and hold their plicker still or place it on a white board (if there's a magnet on the back of it). There is a free plickers app that teachers put on their iPad or phone and they scan the student's answers.

I would explain plickers with a short powerpoint, then bring my plickers set and let attendees practice using them.

PHYSICAL EDUCATION HEALTH

KALAHARI SALON B | PRACTICE-BASED TEACHER EDUCATION FOR PHYSICAL EDUCATION TEACHER EDUCATION

Presenters: *Kyuil Cho*

The practice-based teacher education movement is a contemporary teacher education reform that addresses longstanding challenges in teacher education that can be defined in terms of the relevance of the teacher education curriculum in preparing preservice teachers to teach in P-12 schools. The practice-based teacher education movement is a reform initiative that physical education teacher educators should be engaged. In this paper we discuss why practice-based teacher education movement is occurring, what it is and activities that physical education teacher educators can engage in to make their teaching more focused and their preservice teachers better prepared for teaching physical education in P-12 schools.

PHYSICAL EDUCATION HIGHER EDUCATOR

EDUCATIONAL SESSION 2 | 9:00 AM – 9:45 AM

KILIMANJARO SUITE 2 | HEART ZONES NETWORK CLINIC: UPDATES, ADVANCED TRAINING AND IMPLEMENTATION STRATEGIES

Presenters: *Deb Berkey*

Designed for the current users of the Heart Zones System, this workshop is designed to expand, improve and share the uses of the Heart Zones System. Updates to the Heart Zones App, program improvements and user strategies will be presented. Participants are strongly encouraged to bring their iPads, bridges, and a few monitors. This is a hands-on opportunity to learn and share experiences focused on system implementation, student assessment, teacher and program evaluation.

PHYSICAL EDUCATION HIGHER EDUCATOR

KILIMANJARO SUITE 4 | AS GOOD AS IT GRIDS

Presenters: *Daniel Tennesen*

The Grid System is an incredibly effective activity setup that maximizes movement, time on task, skill development, and success for all that is underutilized by many physical education teachers. It can easily be implemented for grades K-12. In this high energy session, you will experience the impact this methodology can offer your program as well as taking home several activities you can use immediately. This is not one to miss.

PHYSICAL EDUCATION PHYSICAL EDUCATION

KALAHARI SALON G | ADAPTED PHYSICAL EDUCATION & SPORT: RELEVANT RESEARCH, DEMONSTRATION, AND EXPERIENTIAL LEARNING TO ENHANCE THE QUALITY OF LIFE FOR INDIVIDUALS WITH DISABILITIES

Presenters: *John Roncone, Alan Kornspan, Sean Cai, Warren Craig*

The purpose of this presentation is to discuss how technological advances can be utilized in a college setting adapted physical education course and in an adapted sport program within a community environment. In addition, this presentation will share a living testimony of the positive impact adapted sport participation has had in one's life. The first presenter will overview the relevant research/literature supporting the incorporation of adapted sport technological training aids when teaching and coaching individuals with disabilities. The second presenter will provide a discussion and demonstration of new technological equipment, which can be utilized in teaching and coaching in adapted sport. The third presenter will detail an established community partnership that enhances student engagement through experiential learning. The last presenter will share their experience as an adapted sport athlete and the impact sport has had in helping him to achieve his own personal health and wellness goals. Finally, the panel will provide the audience with the opportunity to ask questions about information within the presentation.

SPORT SCIENCES PHYSICAL EDUCATION

KALAHARI SALON A | GRANT ME THE MONEY!

Presenters: *Kevin Eckert*

There is literally millions of dollars available in grants for PE teachers. This session looks to focus on what's out there, how to find them, and writing tips. Will also touch on other means of financially supporting one's PE program. A great opportunity for PE teachers who've written and won grants to share their thoughts and ideas on how they financially supplement their PE program.

PHYSICAL EDUCATION PHYSICAL EDUCATION

KALAHARI SALON D | IS GRADUATE SCHOOL FOR YOU? SOME CONSIDERATIONS AND THOUGHTS TO PONDER

Presenters: *Meggan Hartzog, Obidiah Atkinson, Kelsi Krill, Adrian Turner, Bonnie Berger, Mary Jo MacCracken*

If the thought of going to graduate school is enticing, then this session is for you. The presenters include graduate students and faculty who share their experiences and insights about graduate work. Key issues include program selection, geographical location, and funding. Current graduate students, in various stages of completing their master's and doctoral studies at three universities, will present important questions for discussion. In addition, faculty members from diverse graduate programs will provide insights about academic and practical issues to facilitate personal decision-making. The first graduate student presenter, Meggan Hartzog, will discuss the challenges in coordinating dual responsibilities of university teaching and graduate study. The second presenter, Obidiah Atkinson, will explore his academic journey, moving from an undergraduate degree, into a master's program and subsequent choice to undertake doctoral study in Physical Education. The third presenter, Kelsi Krill, will examine the challenges of serving as a public school physical educator while undertaking graduate work on a part-time basis. Three faculty members also will serve as program discussants.

HIGHER EDUCATOR SPORT SCIENCES

CYPRESS | FEELING STRESSED THESE DAYS?

Presenters: *Ty-Ann Gray, Julie Kenny, Wendy Whaley*

If you answered "YES", then yoga might help you unwind! Yoga is designed to work your breathing, concentration, flexibility, and posture. Come ready to participate and just bring yourself.

PHYSICAL EDUCATION HEALTH

KALAHARI SALONS E & F | HEALTH EDUCATION MODEL CURRICULUM: MENTAL & EMOTIONAL HEALTH (MEH) CONTENT ELABORATION

Presenters: *Melissa Smith*

What an exciting year for Ohio! Our Health Education Model Curriculum was published in August to provide guidance to districts and schools on their curriculum adoption. This session will provide an overview of the K-12 Mental & Emotional (MEH) standards and learning outcomes. The content elaboration authors of this module will highlight the functional knowledge and essential skills within each of the 4 grade bands (K-2, 3-5, 6-8 and 9-12). Examples of instructional strategies will be provided for each grade band, with particular emphasis on interdisciplinary connections at the elementary level. Participants will also engage in example instructional strategies for each grade band.

HEALTH HIGHER EDUCATOR

KALAHARI SALON B | INTRODUCTION TO SKILLS BASED HEALTH EDUCATION

Presenters: *Maria Schneider, Dayna Daltorio*

The session will cover the ins and outs of designing and implementing a skills-based approach to health education. Explore the role of unique, performance-based assessments in a skills-based health education classroom and leave with ideas for designing assessments aligned with the NHES. You will leave with strategies and tips that will help you to become a skills-based health educator.

HEALTH SCHOOL HEALTH

INDIGO BAY | THE FIT2 SYSTEM - TEACHING INDEPENDENT FITNESS SKILLS TO THOSE WITH DISABILITIES

Presenters:

ADAPTED PE PHYSICAL EDUCATION

KALAHARI SALON H | **GO DOUGH: SCHOOL WELLNESS FUNDS MADE SIMPLE**

Presenters: *Abby Rose, Duncan Van Dusen*

OAHPERD has teamed up with CATCH Global Foundation to make it simpler for Ohio schools to raise and spend funds to support their wellness efforts. Let's face it, most districts and schools do not provide much if any funding for PE and Wellness activities in schools. Need to replenish your equipment closet, dreaming of installing a climbing wall, want to attend a professional development conference, want to contribute to a health and wellness charity aligned with your school community? "GO Dough" empowers your school to raise funds online and spend those dollars on whatever wellness needs or initiatives you see fit. No limited catalogues of equipment to choose from. No restrictive vendor lists. No red tape. Session participants will learn how to use the GO Dough platform to fund their wellness program budget while helping to support OAHPERD.

SCHOOL HEALTH PHYSICAL EDUCATION

KALAHARI SALON C | **HOW CAN I HELP? HEALTH & PHYSICAL EDUCATION TEACHERS SUPPORTING STUDENT NEEDS**

Presenters: *Kevin Lorson, Leslie Neyland-Brown, Josh Francis*

"How Can I Help?" is a professional development tool to develop awareness in teachers to Recognize, Reach Out, Refer and Recharge to support students. The session helps educators to recognize the signs of trauma or a student who might need additional support. Tips for how to create positive learning environments and build supportive relationships with students to reach out to students with a recognized need. The session will outline a school's referral process and available resources. The presentation will conclude with teacher self-care strategies to balance the increasing demands to support and care for students.

PHYSICAL EDUCATION HEALTH

KILIMANJARO SUITE 3 | **JOIN THE PE MOVEMENT...TELL YOUR PE STORY!**

Presenters: *Betty Kern, Selene Kelley*

Do you ask why the state is allowing activities like Show Choir, Marching Band, Cheerleading and Varsity Sports to take the place of Physical Education? These activities include "physical activity" but not "Physical Literacy." In an age where the children are expected to live shorter life spans than their parents due to poor fitness levels and unhealthy diets, the need is even greater for quality physical education & physical literacy. There is a disconnect between the high quality PE we are offering and what the politicians think we are doing in physical education. The time is now to tell our stories! Stories are powerful. Stories change minds and attitudes. Let's unite to tell our stories about the high quality Physical Education & Physical Literacy that we are teaching in our schools. Attend this session to "Join the PE Movement & to Tell Your PE Story!" We will discuss ways to get our stories out to the public, the media, and the state & national legislators. Think about what you can share with the politicians & the public to gain support for strong Physical Education Programs in all of our schools!

PHYSICAL EDUCATION HIGHER EDUCATOR

EDUCATIONAL SESSION 3 | 10:00 AM – 10:45 AM

KILIMANJARO SUITE 2 | **KIN-BALL: A NON-TRADITIONAL ACTION-PACKED GAME**

Presenters: *Terry Gooding*

The sport of KIN-BALL requires skills and strategies not found in any traditional athletic competition. No physical contact, no intimidation, no interference, no one left out. Every member of the team is involved in the continuous action. Promotes cooperation, speed, agility, aerobic activity, coordination, flexibility, and sportsmanship. The only equipment needed is the official 48" Kin-Ball. Play inside or out. Have a ball!!

PHYSICAL EDUCATION RECREATION

KALAHARI SALON H | UNDERSTANDING YOUR STRS OHIO BENEFIT

Presenters: *John Buch*

For most of you, the benefit you receive from STRS Ohio will be the foundation or comprise the bulk of your retirement income. By understanding the service retirement eligibility requirements, you will be able to track your retirement progress regardless of the retirement plan under which you participate through STRS Ohio.

ADULT DEVELOPMENT ADULT DEVELOPMENT

KALAHARI SALON C | A REVIEW ON THE EVIDENCE OF EARLY SPORT SPECIALIZATION

Presenters: *Obi Atkinson*

Sport specialization is defined as intense, year-round training in a single sport with the exclusion of other sports (Malina, 2010). Youth sport should provide children a positive environment where they can develop in physical, cognitive, and social aspects of the sport in a fun and enjoyable setting. In contrast, Gould, and Carson (2004), provides insight that youth sport has experienced a shift to an ultra-competitive professionalization, which is detrimental to healthy child development. This era of early sport specialization, has emerged in our sport culture with several factors contributing to its rise. To resolve the numerous misconceptions surrounding the requirement of early sport specialization to elite level performance, I will discuss the practice from a motor development, skill acquisition, social psychological, and pedagogical perspective. Further, I will share statements regarding the issue from the viewpoint of our national agencies, organizations, and governing bodies. In addition, a summarization of the evidence on reasons for and against early sport specialization and future recommendations will be provided.

SPORT SCIENCES PHYSICAL EDUCATION

KALAHARI SALON A | PHYSICAL EDUCATION TODAY- WE ARE LUCKY TO HAVE THE BEST JOB OUR SCHOOL!

Presenters: *Kathy Casper*

Teaching physical education is so much more than I ever imagined it would be so many years ago. We have a unique opportunity to create the best environment for our students to feel safe, secure, confident, willing to embrace challenges and learn from failures. Physical education is more than motor skills, more than tactics and strategies, more than standards and assessments, more than fitness. This session will focus on standard four and the social and emotional health of our students. I will share ways to create a classroom environment using growth mindset, brag tags, and leadership skills.

PHYSICAL EDUCATION STUDENT

KILIMANJARO SUITE 4 | NET-WALL GAMES |

Presenters: *Brian Rider, Kelli Dyer*

Looking for standards-based elementary lessons to add to your curriculum? Join us for an active session packed with great content you can add to your physical education program. This session aims to provide fun and engaging activities that maximize participation for PK-5 movers. We will explore tactical problems in volleyball, tennis, roundnet, etc. with creativity to enhance motor learning in the skills required for Net-Wall games.

PHYSICAL EDUCATION STUDENT

KILIMANJARO SUITE 3 | AN AMERICA NINJA WARRIOR UNIT: PROMOTING MASTERY CLIMATE AND SELF-REGULATED LEARNING

Presenters: *Tracie Voice, Yung-Ju Chen*

The purpose of the presentation is to introduce the content, pedagogy, and community resource use of an America Ninja Warrior unit. The learning activities of the unit were developed based on the obstacle courses in American Ninja Warrior and "Warnky Challenge Wednesday" Michelle posted. The TARGET model was adopted to guide the pedagogy to establish a mastery climate. Goal setting, progress monitoring, and self-reflection were constantly taught to foster self-regulated learners. Michelle Warnky and Noah Buscher, who were both "ninjas" from the Columbus area, served as the adult/peer role models for the students. Participants will

learn how to establish a mastery learning climate and incorporate role models from the community to increase elementary students' motivation in an obstacle unit.

PHYSICAL EDUCATION STUDENT

CYPRESS | DO IT DAILY!

Presenters: *Jacqueline Kelly, Daniel Tennesen*

Secondary PE can be a tough subject for student engagement. This dynamic session will have fun and highly engaging activities designed to get all your students moving while maximizing learning and practice time. We will also be introducing the Polar OH1 heart rate monitors and how we utilize them in our classrooms on a daily basis!

PHYSICAL EDUCATION ADULT DEVELOPMENT

KALAHARI SALON G | IMPLEMENTING WEIGHTLIFTING CLASS AT THE HIGH SCHOOL LEVEL

Presenters: *James Dutched*

This presentation will show how to successfully implement a weightlifting class at the high school level. Presenting will show how to align the curriculum with the physical education standards. The class curriculum, projects, testing results, workout logs, and more will be shown. In addition, student examples of work and buy in to the class will be presented. Class was started and designed by the teacher presenting.

Course Description: The 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, learning different aspects of fitness/weightlifting, learning muscle physiological aspects, and how to properly train anaerobically. This class is devoted to weight lifting, strength and resistance training, aerobic/anaerobic exercises and nutrition planning.

PHYSICAL EDUCATION SPORT SCIENCES

INDIGO BAY | A PRACTICAL APPROACH TO MAXIMIZING ASSESSMENT OPPORTUNITIES IN MINIMAL TIME FRAMES!

Presenters: *Lisa Stevens*

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! Come participate and share ideas.

PHYSICAL EDUCATION PHYSICAL EDUCATION

EDUCATIONAL SESSION 4 | 11:00 AM – 11:45 AM

KALAHARI SALON A | SPORT, EXERCISE, AND THE QUALITY OF LIFE: LIFESPAN CONSIDERATIONS

Presenters: *Bob Stadulis, Adrian Turner, Bonnie Berger, Mary Jo MacCracken*

Sport and exercise can influence participants' quality of life in so many ways such as the enhancement of health, cognitive functioning, personal enjoyment, and vigor. However, not all segments of the population reap these benefits with the same types of sport and exercise programs. Thus, this presentation will explore key approaches to program development to maximize the psychological benefits of physical activity in multiple populations. Bob Stadulis will analyze anxiety and stress management program components and benefits for sport performance and quality of life in youth participants. Adrian Turner will explore coaching strategies for enhancing life skills through sport with a specific focus on sport psychology techniques for "education through the physical." Bonnie Berger will focus on a lifestyle program that emphasizes participation in physical activity by overweight and obese mid-life women. Mary Jo MacCracken will explore key considerations of exercise programming designed for older adults, especially

those with disabilities. The symposium will conclude with a discussion session that encourages members of the audience to share their personal experiences in creating pos

SPORT SCIENCES HIGHER EDUCATOR

KALAHARI SALON D | PE/OTES/STATE TESTING: HOW YOU CAN MEET THE NEEDS OF YOUR TEACHING CAREER IN AN ALL INCLUSIVE MANNER!

Presenters: *Kathleen Busse*

This presentation will include how we as PE educators in a test driven climate, can be successful with meeting the needs of our PE standards, OTES evaluations, and providing multiple examples of how physical education can be a tool to include state standards with PE for a whole child approach to our curriculum!

PHYSICAL EDUCATION HEALTH

KILIMANJARO SUITE 4 | INSTRUCTIONAL TASK PROGRESSIONS FOR TEACHING PICKLE-BALL

Presenters: *Insook Kim, Daekyun Oh, Kyuil Cho*

This presentation will be designed to develop instructional task knowledge, which allows physical education teachers to select and sequence developmentally and principally appropriate instructional tasks for teaching pickle-ball in school physical education lessons. Using the principles of the Play Practice (Lauder, 2001) and Tactical Games (Mitchell, Oslin, & Griffin, 2003) approaches, well-designed instructional tasks for teaching specific pickleball skills and tactics including inter-task and intra-task modifications will be demonstrated and explained throughout the presentation.

PHYSICAL EDUCATION ADULT DEVELOPMENT

KALAHARI SALON B | THE THREE R'S OF HIGHER EDUCATION: RECRUITMENT, RETENTION AND RECONNECTING

Presenters: *Geoff Meek*

The reduction in higher education students, especially in PEHE and closure of PETE and PEHE programs has brought these 3R's of higher education into full focus. This round-table session identifies a number of approaches being implemented at BGSU. These include: finding the one per school; reconnecting with teachers; personalizing preview days; discovery majors; revitalizing the program; interviewing potential applicants; reorganizing advising; YBG, and other top secret options!!

HIGHER EDUCATOR STUDENT

KALAHARI SALON C | ADVOCATE FOR A HEALTHY & PHYSICALLY ACTIVE OHIO

Presenters: *Kevin Lorson, Mary La Vine, Lisa Kirr*

The presentation will address state and local advocacy efforts for health and physical literacy. The session shares strategies, techniques, and resources to achieve local and state-level advocacy goals. Priorities addressed in the presentation include adopting health education standards (SB 121, HB 165), implementing the physical education evaluation, physical education waiver, and aligning efforts to the state's strategic plan focused on the Whole Child. The presenters will share strategies and examples for materials that could support local advocacy efforts.

PHYSICAL EDUCATION HEALTH

KALAHARI SALON G | ORGANIZING & COACHING LARGE GROUP ELEMENTARY AFTER-SCHOOL PHYSICAL ACTIVITY CLUBS

Presenters: *Betty Kern*

Have you been thinking about starting a before or after-school physical activity club to fulfill your 50 Million Strong Pledge but you aren't sure how to get started? Then this session is for you!

Learn how to manage and motivate a large club with minimal resources. Take home organizational strategies including building teams, data collection, warm-ups, practice schedules, games, fund raising, community support, etc. Get inspired by Schrop Intermediate School's success stories of clubs up to 200 strong!

PHYSICAL EDUCATION RECREATION

KALAHARI SUITES E & F | INCREASING SKILL COMPETENCIES IN HEALTH EDUCATION: HELPING STUDENTS SHOW WHAT THEY KNOW!

Presenters: *Barbara Burditt*

This session focuses on the essential need to address the National Health Education Skill Standards of analyzing influences, accessing information, communication, decision-making, goal-setting, self-management and advocacy. Moving beyond just acquiring information to demonstration of health skills is our goal for students! Come learn how THE GREAT BODY SHOP, a K-8 comprehensive health education curricular resource provides students with multiple opportunities to practice skills, specific to the standards, and in a variety of situations. Participants will enjoy an interactive session which will overview the 2019-2020 curriculum and engage participants in several skill-based activities.

SCHOOL HEALTH HEALTH

INDIGO BAY | LETS GET LITERATE!

Presenters: *Seth Fieldhouse, Christina Freed*

Marion City Schools focuses on the 4 pillars. Leadership, Learning, Literacy, and Legacy. This year Marion wants us to focus on the literacy pillar. Throughout the year I have been bringing literacy into physical education. I will be discussing activities with other professionals and they will be able to try those activities during the session. I will also give out a handout of the activities and discussing what has worked and what hasn't worked. This will be a very hands-on, informational session.

PHYSICAL EDUCATION HEALTH

EDUCATIONAL SESSIONS 5 | 12:00 PM – 12:45 PM

CYPRESS | ROPENASTICS: ROPE JUMPING IN A NEW DIMENSION

Presenters: *David Fisher*

Learn how to teach your students some cool, new jump rope tricks! Guinness World Record Holder David Fisher, The Rope Warrior, will break down skills step-by-step so that you can show your students the latest jump rope skills. Single rope skills, partner jumping, and double dutch will be covered.

All ages and abilities are welcome! We will start with some basic fundamentals, and work our way up to tricks like: "Houdini," a "180 Degree JEDI turn" and "The Pretzel." Non-Jumping tricks will be mixed in with jumping tricks and modifications will be shown for special needs students.

A spectacular routine by THE ROPE WARRIOR will conclude the session.

About the presenter: David Fisher, THE ROPE WARRIOR has set three world records in rope jumping. He has performed for Boris Yeltsin in Russia, and for Presidents Clinton and Bush at their inaugurations. David has made over 100 National Television Appearances including: The Today Show, Ripley's Believe it or Not! Good Morning America and America's Got Talent!

This is one session that you will not want to SKIP!

PHYSICAL EDUCATION ADULT DEVELOPMENT

KALAHARI SALON A | NAVIGATING COMPLEXITY: A NEW LEADERSHIP LITERACY

Presenters: *Matthew Kutz*

Schools, educators, and students are experiencing an unprecedented pace of change. Everyone must navigate and adapt to constantly changing environments. This reality requires a new understanding of leadership, one that includes flexibility, adaptation, and resilience as core literacies. Too often leadership becomes a passive process based on outdated models or misunderstood experiences. The goal of this presentation is to help participants understand leadership from the perspective of a context-rich and fluid environment, and offers a framework to understand and organize the complexity and speed at which information is processed. Therefore, leadership is an active process requiring intentional integration of 3D Thinking (hindsight, insight, and foresight) and this session provides a conceptual model of leadership to help navigate the fast-paced and complex world of health and fitness education.

ADULT DEVELOPMENT HIGHER EDUCATOR

KALAHARI SALON D | SUCCESS WITH STATIONS

Presenters: *Nathan Cline*

Wish you could teach in small groups? Do you have limited equipment? Have multiple skill and ability levels in your classes? If you answered yes to any of these questions, then teaching in stations could be for you. Allow your students to get multiple repetitions at a variety of skills each class. Plus have the ability to add levels to your stations to challenge all of your students. To top it all off, see how you can add in assessment. Come ready to get all the hands on experience you can handle and become successful with stations!

PHYSICAL EDUCATION PHYSICAL EDUCATION

KALAHARI SALON B | THE DIGITAL APPROACH TO HEALTH AND WELLNESS

Presenters: *Kaitlin Boldt*

Are you prepared to address the mental health and substance abuse topics in your community? In this session, we will explore several evidence-based resources that will equip teens with the knowledge and skills they need to make safe and informed decisions. Educators will leave this session with a comprehensive Mental Wellness and Substance Abuse Prevention unit that is aligned to the National Health Education Standards and includes interactive scenarios and self-guided activities. EVERFI provides free, digital programs that can help teach those important health concepts in an engaging way. This session will highlight EVERFI's FREE digital resources surrounding topics like: healthy lifestyles and nutrition, alcohol education, and prescription drug abuse prevention. Teachers will see how technology can assist in learning these concepts, how to setup free teacher accounts, and how these programs fit within their scope and sequence for health.

HEALTH SCHOOL HEALTH

KILIMANJARO SUITE 3 | GO NINJA, GO NINJA, GO!

Presenters: *Daniel Tennesen*

Ninja Warrior courses are popping up all over the country, and kids everywhere are becoming more and more interested in doing obstacle courses. PE teachers are ideally placed to help foster this enthusiasm, but what about standards? OPEN has developed a FREE curriculum module that is standards based and focuses developing strength, cardio, and agility skills necessary for students to take their ninja training from their school to a local gym and beyond. Come experience how OPEN can help your ninjas earn their warrior status.

PHYSICAL EDUCATION ADULT DEVELOPMENT

KALAHARI SALONS E & F | S.T.A.R. RULES: A SIMPLE PROACTIVE APPROACH TO CLASSROOM MANAGEMENT

Presenters: *Mindy Burgett*

Are you looking for an effective Tier One Positive Behavior Intervention and Support system? Do you need a PBIS system that can easily be implemented in the gym or classroom? Is your school looking for an effective Tier One behavior system that can be used in all school settings, by all students and staff? If you answered yes to any of these questions it's time for you to be a STAR! The S.T.A.R. Rules are a proactive system used establish positive expectations of student behavior. Each letter focuses on a desired behavior and provides the teacher with specific task statements to address the behavior. The S.T.A.R. rules also provide teachers with a

monitoring system allowing you to continuously collect student behavior data. This behavior data can be used to identify at-risk students who may need interventions from a Tier 2 or Tier 3 behavior support team. Come learn the S.T.A.R. rules and take the first steps in creating a positive change in your school's learning environment!

PHYSICAL EDUCATION PHYSICAL EDUCATION