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## WEDNESDAY, DECEMBER 4

### PRE-CONVENTION SESSION: TENNIS IN PE: NO COURTS REQUIRED

**Presenter(s):** *Greg Boyd, USTA*

**Session Date/Time:** 12/4/2024 10:00:00 AM - 12/4/2024 1:00:00 PM

**Location:** Orange

**Session Description:** This session will show you how to teach tennis with no courts and using limited space and equipment. This interactive session will incorporate games, drills, and other activities for the first time tennis player. This session will also show you how you can get FREE equipment from the USTA.

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### PRE-CONVENTION SESSION: OUTDOORS ADVENTURES FOR ALL STUDENTS

**Presenter(s):** *Scot McClure, Outdoors Tomorrow Foundation*

**Session Date/Time:** 12/4/2024 2:00:00 PM - 12/4/2024 5:00:00 PM

**Location:** Orange

**Session Description:** Collaborate with other physical educators to discover lessons to forever change your students through outdoor adventure activities. Outdoor activities encourage social skill development including patience, collaboration, responsibility, persistence, and personal self-awareness! Learn to work on attention skills through an outdoor adventure hunt, teach self-control, patience and perseverance through a fishing unit, or responsible decision making, respect and collaboration through camping and hiking. Explore best practices for Outdoor Adventure curriculum delivery K - 12! The three hour professional development will focus on angler education, survival skills, camping, hiking and orienteering.

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### PRE-CONVENTION WORKSHOP: PUMP UP YOUR PE PROGRAM!

**Presenter(s):** *Scott Williams, Omnikin*

**Session Date/Time:** 12/4/2024 2:00:00 PM - 12/4/2024 5:00:00 PM

**Location:** Nile

**Session Description:** Join former PE and Dance Teacher of the Year, Scott Williams, for a high-energy workshop packed with his top “physed faves” that will bring excitement and meaning to your PE program! Discover fun fitness activities, spirited dance routines, engaging apps, and cooperative challenges your students will love, along with classroom management tips, authentic assessments, and social-emotional learning strategies your administrators will appreciate. Whether you’re a new teacher or a seasoned pro, you’ll leave this session with fresh ideas and practical tools to inspire your students and transform your program. Get ready to PUMP Up Your PE!

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## THURSDAY, DECEMBER 5

### KEYNOTE: WE HAVE THE POWER!

**Presenter(s):** *Scott Williams*

**Session Date/Time:** 12/5/2024 9:00:00 AM - 12/5/2024 10:30:00 AM

**Location:** Zambezi

**Session Description:** In a time when teachers feel overworked and undervalued, physical education teachers hold a unique gift to uplift their schools! This interactive session will help you rediscover your strengths, share practical strategies to positively impact students, and inspire you with stories from fellow educators. Let’s harness the PowEr of physical education to create meaningful change, strengthen school culture, and lift each other up – because now, more than ever, it’s time to make a difference!

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## CURRENT TOPICS IN SPORT

**Presenter(s):** *Donna Pastore, The Ohio State University*  
*Bobby Dhaliwal, The Ohio State University*  
*Brittani Becher, The Ohio State University*  
*Tianxiang Chen, The Ohio State University*

**Session Date/Time:** 12/5/2024 10:15:00 AM - 12/5/2024 11:00:00 AM

**Location:** Kalahari Salon A

**Session Description:** 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) The Imposter Phenomenon Among Intercollegiate Sport Leaders, (b) Navigating the Relationship Between Colleges and NIL, and (c) Group of 5 Conference Realignments.

**Division/Interest Area 1:** Sport & Exercise Science

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## COACH BEYOND: CALL TO ACTION

**Presenter(s):** *Dawn Anderson-Butcher, LiFEsports at The Ohio State University*  
*Samantha Bates, LiFEsports at The Ohio State University*  
*Kylee Ault-Baker, LiFEsports at The Ohio State University*  
*Emily Nothnagle, LiFEsports at The Ohio State University*

**Session Date/Time:** 12/5/2024 10:45:00 AM - 12/5/2024 11:30:00 AM

**Location:** Kalahari Salons E&F

**Session Description:** Many people are drawn to coaching sport for the opportunity to give back to youth in one's community. The appeal can be particularly strong in the context of interscholastic sports, where coaches historically emerged from the teachers and staff operating within the walls of the school itself. However, concerns exist about how the landscape of school sports is changing, leaving many school coaches feeling unprepared to meet the challenges of this role today (e.g., supporting student-athlete mental health, managing pressure to succeed, social media, etc.). Additionally, the needs of community-based coaches, those who do not work in the school, or those coaching youth in recreational, developmental, competitive, and club sport sectors, are much less understood. This presentation explores the status of school and community sport coaches in Ohio by drawing on recent findings from a state-wide needs assessment and the National Coach Survey, the first-of-its-kind survey in the United States released in 2022. Insights reveal patterns in coaches' backgrounds, feelings of preparedness, perceived impact, stress, satisfaction, and support from administrators. Results will frame an important conversation about supporting school coaches in Ohio that has led to the development of the Coach Beyond initiative and partnerships with entities such as OHSAA, OMHAS, and school districts across Ohio. Participants attending this session will learn about (a) the current status of sport coaching in Ohio and nationally; (b) strategies underway to support coaches through the Coach Beyond initiative; and (c) engage in a conversation and call to action to better support coaches, educators, and youth sport participants in Ohio.

**Division/Interest Area 1:** Coaching Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## COACHING AND ADVENTURE BASED LEARNING: A WINNING COMBINATION!

**Presenter(s):** *Sam Meyerhoff, The Ohio State University*

**Session Date/Time:** 12/5/2024 10:45:00 AM - 12/5/2024 11:30:00 AM

**Location:** Kilimanjaro Suite 3

**Session Description:** Coaching athletes reach beyond knowledge of a sport or discipline, and good coaches know their players and how to motivate them to perform mentally and physically well and to the best of their ability. This presentation will give you the building blocks to be a coach who can foster relationships with your athletes

and between your athletes, a winning combination. Adventure Based Learning (ABL) is a teaching model focusing on building interpersonal skills, intrapersonal skills, emotional regulation, and teamwork through sequenced events that happen to be needed for a successful team. During this session come ready to learn and move as you engage in the Adventure Based Learning model to support your future coaching endeavors!

**Division/Interest Area 1:** Coaching Education

**Division/Interest Area 2:** Physical Education

**Age Group:** Any/All Ages

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## MENTORING STUDENT TEACHERS: BIG CHALLENGE, HUGE IMPACT!

**Presenter(s):** *Kevin Eckert, Kent State University*

**Session Date/Time:** 12/5/2024 10:45:00 AM - 12/5/2024 11:30:00 AM

**Location:** Kalahari Salon A

**Session Description:** Whether it's guiding PETE student's who are doing their early Methods field work, or full-on student teaching, the most important person in their journey as an educator is their mentor teacher. The need for quality mentor teachers is great, and the impact they can have on the future of Physical Education even greater. If you have any interest in being a mentor teacher, or have been one and would like to share your experiences, please join us!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Adult

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## 45 NOODLE ACTIVITIES IN 45 MINUTES

**Presenter(s):** *Brad Kerns, Dorr Elementary, Springfield Local Schools*

*Lauren Wilson, Wilcox Primary School, Twinsburg City Schools*

*Nate Cline, Lakota Elementary, Lakota Local Schools*

**Session Date/Time:** 12/5/2024 10:45:00 AM - 12/5/2024 11:30:00 AM

**Location:** Kilimanjaro Suite 2

**Session Description:** Looking to add some creativity and spice up your PE program? Come and participate in this fast paced session using noodles, one of the most versatile pieces of equipment in Physical Education! Attendees will take away 45 creative ways to use a noodle in the gym with their Physical Education classes and have a chance to win prizes to take with them!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Pre K - 5

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## COMMON ERRORS AND ERROR CORRECTIONS IN TEACHING GOLF SWINGS

**Presenter(s):** *Insook Kim, Kent State University*

*Idowu Adekanbi, Kent State University*

**Session Date/Time:** 12/5/2024 10:45:00 AM - 12/5/2024 11:30:00 AM

**Location:** Indigo Bay

**Session Description:** A teacher's ability to adapt instruction of motor skills is the ability to discriminate between actual and desired performance, which is a central component of skill analysis (Hoffman, 1987; Lounsbery & Coker, 2008). Research over the past decades has consistently shown that preservice teachers cannot often discriminate between actual and desired performance and lack skill analysis competency (Hoffman, 1987; Lounsbery & Coker, 2008; Wilkinson, 1992; Williams & Rink, 2003). This hinders a teacher's ability to adapt instruction to individual students, limiting student learning.

In this presentation, attendees will develop skill analysis competency following four training phases (i.e., observation, diagnosis, prescription, and application) (Knudson, 2013). The critical elements of the golf swing,

common performance errors, and error corrections in each swing element (i.e., address, takeaway/backswing, downswing/impact, and follow-through/finish) will be provided with demonstrations. Sample block plans for teaching golf instruction in 6-12 physical education will be provided as well.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Physical Education

**Age Group:** Adult

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## CROSS-CURRICULAR GAMES FOR ELEMENTARY STUDENTS

**Presenter(s):** *Sidney Long, North Canton City Schools- Primary School*

**Session Date/Time:** 12/5/2024 10:45:00 AM - 12/5/2024 11:30:00 AM

**Location:** Orange

**Session Description:** Cross-curricular teaching is a method that uses multiple disciplines and subject areas during a lesson. This teaching practice can be used in physical education to increase engagement, improve student retention, enhance critical thinking skills and increase student creativity. Combining physical activity with academics can make learning fun! In this session, you will learn about the importance of cross-curricular teaching, how to effectively incorporate other subject areas into your current elementary PE lessons and play interdisciplinary elementary games that can be used in your PE class.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Pre K - 5

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## CREATING AN IMMERSIVE CLASSROOM EXPERIENCE

**Presenter(s):** *Alexander Myers, Marietta City Schools*

**Session Date/Time:** 12/5/2024 10:45:00 AM - 12/5/2024 11:30:00 AM

**Location:** Kalahari Salon B

**Session Description:** In this session, you will be learning about how to use (mostly) free software to create an immersive classroom setting that will greatly increase student buy-in and engagement. We will create a lesson as a group using the tools at our disposal to show how quick and easy it can be to create these environments. Each activity can become fully customizable and you won't need to lose sleep racking your brain or scouring Google to create them for your students.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## DUDE PERFECT LESSONS

**Presenter(s):** *Nick Schussler, Riverside High School*

*Carolyn Deas, Willoughby / Eastlake Schools*

*Jessica Marut, Riverside High School*

*Jill Schar, Riverside High School*

**Session Date/Time:** 12/5/2024 10:45:00 AM - 12/5/2024 11:30:00 AM

**Location:** Kalahari Salon D

**Session Description:** Use Dude Perfect's trick shot antics and mini-game battles to fuel fun-filled lessons. These lessons spur creativity and promote team building in classes of all ages. We will show you how using Dude Perfect's YouTube Channel can help you create lessons that you can take back to your classroom with minimal everyday equipment. Presenters will explain the concepts and then lead session attendees through a fun and competitive mini-game battle as part of the presentation.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Adapted PE

**Age Group:** 6 – 12

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## POSTER DISPLAY: THE IMPACT OF AQUA FITNESS CLASSES ON OLDER ADULT SELF-ESTEEM

**Presenter(s):** *Rachel Zsembik, Bowling Green State University*

*Philip Welch, Bowling Green State University*

**Session Date/Time:** 12/5/2024 10:45:00 AM - 12/6/2024 1:00:00 PM

**Location:** Kilimanjaro Suites 1 & 6

**Session Description:** Regular physical activity helps older adults reduce the risk of many serious health concerns including cardiovascular disease, obesity, osteoporosis, falls, and all-cause mortality. Group fitness classes are a popular way to stay active among the fastest growing age demographic in the U.S. (65+). In addition to mitigating fitness decline, group fitness classes help older adults retain feelings of purpose, provide structure, and enhance feelings of being needed in collective group as well as sense of purpose and self-esteem. Maintaining high self-esteem has been shown to help older adults cope with life changes and remain independent longer. The purpose of this study is to determine how a group fitness class impacts self-esteem among older adults. We used a pre-post survey design to study older adults enrolled in a university-sponsored, 12-week summer aqua fitness class. The pre and post surveys both included 9 demographic items along with the 20-item State Self-Esteem Scale (SSES) measuring three areas of self-esteem: performance, social, and appearance. Participants (n=24) completed the pre-survey in May 2024 and will complete the post-survey at the end of the aqua fitness class in July 2024. Results from the pre-survey showed that most participants were female (87.5%), married (79%), lived with a spouse/partner (75%), and ranged from 55 to 83 years old with an average age of 71. Self-esteem scores ranged from 51 to 95 with an average of 77 on a scale of 20 to 100. At pre-survey, participants scored highest on social self-esteem (29 out of a possible 35) compared to performance self-esteem (28 out of a possible 35) and scored lowest on appearance self-esteem (20 out of a possible 30). Changes in self-esteem scores at post-survey will be presented along with a discussion on how group exercise classes can be designed to positively impact older adult self-esteem.

**Division/Interest Area 1:** Sport & Exercise Science

**Division/Interest Area 2:** Recreation/ Therapeutic Recreation

**Age Group:** Adult

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## MANAGING STRESS AND PRESSURE AS COACHES AND EDUCATORS

**Presenter(s):** *Samantha Bates, LiFEsports at The Ohio State University*

*Dawn Anderson-Butcher, LiFEsports at The Ohio State University*

*Kylee Ault-Baker, LiFEsports at The Ohio State University*

*Emily Nothnagle, LiFEsports at The Ohio State University*

**Session Date/Time:** 12/5/2024 1:30:00 PM - 12/5/2024 2:15:00 PM

**Location:** Orange

**Session Description:** Coach Beyond, in partnership with the Ohio High School Athletic Association, is working to prepare coaches and educators to "coach beyond" the X's and O's of the game. Coach Beyond is a series of coach education sessions, tools, and resources, designed to change the landscape of coaching in Ohio. This training on Managing Stress and Pressure as Coaches and Educators is designed to help coaches and educators recognize useful and detrimental ways to manage the stress that comes with the job. The first learning objective is to examine factors that contribute to the stress and pressure of coaching and teaching. Next, the session uses gamified learning to increase knowledge of physical, emotional, mental, and spiritual strategies that promote wellness, with the goal of identifying practical strategies for attendees to recharge their "batteries." Third, attendees will have increased awareness of the signs and symptoms of burnout, and finally, will create a plan to "A.C.T." to reduce stress and manage pressure as coaches and educators. By further supporting the well-being of

adults working in sport, education, and recreation, we hope that the youth in their care will reap the benefits of a more positive and impactful experience with sport, recreation, and play.

**Division/Interest Area 1:** Coaching Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## **MENTAL AND EMOTIONAL HEALTH PROMOTION - RECOGNIZE, REACH OUT AND RESOURCES**

**Presenter(s):** *Kevin Lorson, Wright State University*

*Tina Dake, Washington Local Schools*

*Maria Schneider, Brecksville-Broadview Heights Schools*

*Rachel O'Donnell, Kent State University*

**Session Date/Time:** 12/5/2024 1:30:00 PM - 12/5/2024 2:15:00 PM

**Location:** Kalahari Salon B

**Session Description:** This session shares the Behavioral Health Education Lesson Plan Project's mental and emotion health learning outcomes, activities, and assessments. The session engages participants in learning activities to reduce stigma, enhance skills, and apply functional knowledge so students will recognize, reach out and use resources to enhance mental health.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** N/A

**Age Group:** 6 - 12

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## **MEANINGFUL & MOVING WORDS: INCORPORATING LITERACY (READ A-LOUDS) AND LANGUAGE ARTS IN P.E.**

**Presenter(s):** *Angie Ellis, Northwest Primary School (Northwest Local Schools-Canal Fulton)*

*Heather Barbour, Mt. Vernon City Schools*

**Session Date/Time:** 12/5/2024 1:30:00 PM - 12/5/2024 2:15:00 PM

**Location:** Cypress

**Session Description:** Help your students make meaningful connections in content areas across the curriculum! Learn how to incorporate read alouds & other subject areas into your P.E. lessons that can teach students life lessons about dealing w/ emotions, frustrations & disappointments, kindness, discovering the healing power of words, self-compassion, & more.

**Division/Interest Area 1:** Physical Education

**Age Group:** Pre K - 5

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## **INCORPORATING STATE ASSESSMENT PRACTICE INTO YOUR WARM-UPS**

**Presenter(s):** *Traci Grissom, Scottish Corners Elementary*

*Charity Werling, Chapman Elementary School*

**Session Date/Time:** 12/5/2024 1:30:00 PM - 12/5/2024 2:15:00 PM

**Location:** Kilimanjaro Suite 2

**Session Description:** How do you find time for students to practice for the state assessments or just improve skills? Try these new warm-ups! We will show some of our 3-5 warm-ups and k-2 warm-ups. These could easily be changed for middle school and high school. These also tie into our current units of instruction.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Physical Education

**Age Group:** K - 12

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## STEM IN THE GYM

**Presenter(s):** *Lisa Longino, East Cleveland City School District/ Mayfair Elementary School*

**Session Date/Time:** 12/5/2024 1:30:00 PM - 12/5/2024 2:15:00 PM

**Location:** Kilimanjaro Suite 4

**Session Description:** The "STEM in the Gym" aims to integrate physical education with STEM (Science, Technology, Engineering, and Mathematics) education to enhance students' learning experiences and promote holistic development. This innovative initiative leverages the dynamic environment of the gym to teach STEM concepts through engaging, hands-on activities that merge physical exercise with scientific exploration.

The presentation is tailored for K-12 educators and coaches, with a focus on addressing the disconnect between physical education and academic learning by fostering a harmonious learning experience. The interactive classroom setting of the gym will be leveraged for engaging activities that showcase practical applications of STEM principles. For example, educators will gain insights into the physics of motion through activities such as measuring the force and trajectory of tennis shots. Additionally, they will delve into engineering principles by constructing stable structures using gym equipment.

Key objectives include:

- Engaging Learning: Introducing interactive and enjoyable methods to make STEM subjects appealing to students, fostering a long-term interest in these areas.
- Health Improvement: Encouraging physical activity to combat the growing concerns surrounding childhood obesity and sedentary lifestyles.
- Teamwork and Collaboration: Emphasizing group participation in various activities to impart valuable teamwork and communication skills to students.
- Critical Thinking Promotion: Challenging students to problem-solve and think critically about the application of STEM concepts to their physical activities.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Sport & Exercise Science

**Age Group:** K - 12

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## LACROSSE IN PE FOR EVERYBODY

**Presenter(s):** *Sam Meyerhoff, The Ohio State University*

**Session Date/Time:** 12/5/2024 1:30:00 PM - 12/5/2024 2:15:00 PM

**Location:** Kilimanjaro Suite 3

**Session Description:** Lacrosse is a fun and exciting game that can be adapted for physical education classes and applied to all students. In this presentation, I will introduce you to a way of teaching lacrosse that includes elements from the Women's, Men's, and Creator's games to pay tribute to the roots of the game as well as making it accessible to your physical education spaces. Be ready to learn some skills and games to level up your physical education curriculum with Lacrosse for EVERYbody.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Recreation/ Therapeutic Recreation

**Age Group:** Any/All Ages

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## PHYSICAL EDUCATION: RE-EXAMINING OHIO'S STANDARDS FOR LEARNING THROUGH A HIGH-QUALITY LENS

**Presenter(s):** *Randi Meyers, The Ohio Department of Education and Workforce*  
*Helen Pavlick-Buck The Ohio Department of Education and Workforce,*

**Session Date/Time:** 12/5/2024 1:30:00 PM - 12/5/2024 2:15:00 PM

**Location:** Kalahari Saln G

**Session Description:** Randi Myers, Physical Education and Health Education Specialist, and Helen Buck-Pavlick, Fine Arts Specialist, both from The Ohio Department of Education and Workforce, will co-present on Physical Education:

Re-examining Ohio's Standards for Learning through a High-Quality Lens. Participants will engage in crafting their vision of high-quality physical education by diving into the current standards. Participants will be able to identify what high-quality instruction looks like and how that positively impacts their students.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:**

**Age Group:** Any/All Ages

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## FINDING OPPORTUNITIES IN CHALLENGES

**Presenter(s):** *Alexander Myers, Marietta City Schools*

**Session Date/Time:** 12/5/2024 1:30:00 PM - 12/5/2024 2:15:00 PM

**Location:** Kalahari Salon A

**Session Description:** In this session, you will learn a variety of strategies from how to lead in new and exciting ways to unique advancements in incorporating visuals in your classrooms. I will be presenting the various challenges I have faced in my first 10 years of being an educator and what I learned from them simply by reframing them as opportunities for personal/professional growth.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Adapted PE

**Age Group:** Any/All Ages

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## THE "FEELING GOOD" EXPERIENCE IN EXERCISE AND SPORT: A CONTINUED SEARCH FOR ENHANCING PARTICIPATION IN PHYSICAL ACTIVITY

**Presenter(s):** *Bonnie Berger, Bowling Green State University*

*Mary MacCracken, University of Akron*

*Robert Stadulis, Kent State University*

*Adrian Turner, Bowling Green State University*

**Session Date/Time:** 12/5/2024 1:30:00 PM - 12/5/2024 2:15:00 PM

**Location:** Kalahari Salon C

**Session Description:** This presentation focuses on the "feeling good" experience and supports the possibility that a Hedonic Paradigm can be employed to increase participation in physical activity (PA) throughout various stages of one's life. According to the Hedonic Paradigm, people tend to seek pleasure and enjoyment and avoid activities that bring displeasure or pain (ACSM, 2022). The Hedonic Experience, as characterized by "feeling good" when participating in PA, brings participants back for more PA (ACSM 2022; Calado et al., 2022). Bonnie Berger will review an exercise taxonomy that captures parameters of PA to facilitate the Hedonic Experience as evidenced by mood enhancement (Dunon et al., 2023). Based on current research, the audience will be encouraged to accommodate participants' movement preferences and to employ the exercise taxonomy to individualize programs. Mary MacCracken will report on year-long face-to-face classes that focused on lifestyle intervention. One study included 167 youth in three age groups that ranged between 3 and 14 years of age. These groups of underserved participants reported that fun/enjoyment of physical activity was associated with increased levels of PA. Bob Stadulis will expand on the role of PA and self-esteem, examining whether self-esteem and "feeling good" can be too much of a good thing. The relationship of fear, courage and confidence to a healthy self-esteem will be discussed. Adrian Turner will explore the role of interpersonal competition and the influences of winning and losing on the "feeling good" phenomena in young athletes. This is designed to facilitate a paradigm shift that changes a person's response to PA from something that one "should do" toward something that one "wants to do." The session concludes with an opportunity for the audience to share personal findings for maximizing the Hedonic Experience when participating in sport and exercise.

**Division/Interest Area 1:** Sport & Exercise Science

**Division/Interest Area 2:** Higher Education

**Age Group:** Adult



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## STRS OHIO: WHAT YOU NEED TO KNOW

**Presenter(s):** *Tamla Cole, State Teachers Retirement System of Ohio (STRS Ohio)*

**Session Date/Time:** 12/5/2024 2:30:00 PM - 12/5/2024 3:15:00 PM

**Location:** Kalahari Salon G

**Session Description:** The time to learn about your STRS Ohio benefits is now! A representative will cover service retirement eligibility, benefit payment options, and health care considerations as well as provide an update on current STRS Ohio events. Participants will also have an opportunity to ask questions during the session.

**Division/Interest Area 1:** Adult Development & Learning

**Division/Interest Area 2:** N/A

**Age Group:** Adult

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## MENTORING IN PHYSICAL EDUCATION & SPORT: THE COACH-MENTOR BLUEPRINT

**Presenter(s):** *Channon Barnes, Central Ohio Youth Sports Collaborative*

**Session Date/Time:** 12/5/2024 2:30:00 PM - 12/5/2024 3:15:00 PM

**Location:** Kalahari Salons E&F

**Session Description:** Coach-Mentor Blueprint Training provides teachers and coaches with a mentoring framework for working with youth in physical activity and sport settings. Participants will leave with a step-by-step approach to create lasting, positive connections, and to positively impact the physical, social, and emotional health of the youth they serve. The workshop will include activities, skill development, and resources for integrating best practices in youth mentoring into your work with young people- particularly those from underserved communities.

**Division/Interest Area 1:** Coaching Education

**Division/Interest Area 2:** Physical Education

**Age Group:** Any/All Ages

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## CLASSROOM ACTIVITIES TO ENHANCE SKILLS IN HEALTH EDUCATION

**Presenter(s):** *Tina Dake, Whitmer High School*

*Heather Noland, Whitmer High School*

*Karen Campbell, Washington Junior High*

**Session Date/Time:** 12/5/2024 2:30:00 PM - 12/5/2024 3:15:00 PM

**Location:** Kalahari Salon A

**Session Description:** Participants will learn a variety of health education activities to enhance student skill development for grades 6-12. The classroom activities align with the National Health Education Standards and the process for developing the skills students need to adopt and maintain healthy behaviors.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** N/A

**Age Group:** 6 - 12

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## 30 RAPID FIRE HEALTH TEACHING TIPS

**Presenter(s):** *Maria Schneider, Brecksville-Broadview Heights Middle School*

*Dayna Daltorio, Brecksville-Broadview Heights Middle School*

**Session Date/Time:** 12/5/2024 2:30:00 PM - 12/5/2024 3:15:00 PM

**Location:** Kalahari Salon B

**Session Description:** In this session, we'll cover 30 simple and effective health teaching tips to improve communication, engagement, and understanding with diverse audiences. Each tip is easy to use and helps make

complex health information clear. By the end, you'll have practical strategies you can apply right away in your health education.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** Physical Education

**Age Group:** 12-Jun

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## GOING UP!

**Presenter(s):** *Amy Belles, Copley-Fairlawn City Schools*

**Session Date/Time:** 12/5/2024 2:30:00 PM - 12/5/2024 3:15:00 PM

**Location:** Indigo Bay

**Session Description:** Going Up!

Elevate your Physical Education program with these 45 tips in 45 minutes. In this session, we will present 45 appropriate practices you can implement in your physical education classroom relating to skill-based physical education, social-emotional learning, curriculum and assessment, technology, instructional strategies, modifications/adaptions, and teaching beyond teaching. You will leave this session with actionable strategies to implement immediately in your classroom. Join us for some great PE chat!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Adapted PE

**Age Group:** Pre K - 5

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## LARGE GROUP GAMES

**Presenter(s):** *Paul Demchak, Gahanna Middle School West*

*Katherine Boggs, Gahanna Middle School West*

**Session Date/Time:** 12/5/2024 2:30:00 PM - 12/5/2024 3:15:00 PM

**Location:** Kilimanjaro Suite 4

**Session Description:** Looking for fun new games? How about a fun new twist to some of the old favorites? Come join us as we introduce fun new games that can be used for every class size, such as Fortnite, Avengers Endgame, Super Mario and much more.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Physical Education

**Age Group:** Any/All Ages

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## GAMES THAT ARE FUN FOR EVERYONE!

**Presenter(s):** *LaTrice Shields, Warner Girls Leadership Academy/ Cleveland Metropolitan School District*

**Session Date/Time:** 12/5/2024 2:30:00 PM - 12/5/2024 3:15:00 PM

**Location:** Kilimanjaro Suite 3

**Session Description:** In this session, you will learn about games that empower students to make their own active decisions and can also help them gain valuable experience, skills, and confidence to lead them on a path to their future. Participating in different games, team challenges, warm-ups, and a range of activities, helps students learn cooperation, teamwork, leadership skills, and time management. Games also spark students to discover their hidden talents, interact with different people, and develop essential problem-solving skills. Furthermore, games develop discipline, confidence, strength, and energy. Come see the fun with your own eyes!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## OUTDOOR ADVENTURES - BECAUSE YOU AND YOUR STUDENTS ARE WORTH IT!

**Presenter(s):** *Scot McClure, Director of Education*

**Session Date/Time:** 12/5/2024 2:30:00 PM - 12/5/2024 3:15:00 PM

**Location:** Orange

**Session Description:** Our mission is to get students K - 12 outdoors and improve the health and well-being of all participants. Participating in outdoor adventures can be a life-changing experience for your students and is appropriate for any grade level. Delve into research around outdoors adventures and discover the many benefits for your students, teachers, school, and community. Explore how Outdoors Tomorrow Foundation can help you start your adventure, and plan to participate in your own ADVENTURE activities during the session!

**Division/Interest Area 1:** Recreation/ Therapeutic Recreation

**Division/Interest Area 2:** Physical Education

**Age Group:** Any/All Ages

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## THE CHARACTER PLAYBOOK - YOUR NO-COST KEY TO HEALTHY SCHOOL RELATIONSHIPS.

**Presenter(s):** *Kristin Pierce, EVERFI*

**Session Date/Time:** 12/5/2024 2:30:00 PM - 12/5/2024 3:15:00 PM

**Location:** Kalahari Salon C

**Session Description:** "No one wants to be my friend."

"If I told someone, it would only get worse."

"I'm scared to be alone... scared for what's waiting for me around every corner."

"I can't stand up for myself."

These are the stories of kids that were bullied. One in five students have experienced this in school. Generously sponsored by the NFL and supported locally by the Browns and Bengals, EVERFI's Character Playbook program has helped more than two million students. Join us to learn about bringing Character Playbook (and other Character Education, Mental Health, and Substance Education/Prevention resources) to your school at NO COST. Attendees will receive information on EVERFI's library of no-cost resources, gain access to the educator platform, and learn how to get ongoing (and FREE) support, training, and workshops for both students and educators on best practices.

**Division/Interest Area 1:** Student

**Division/Interest Area 2:** Health

**Age Group:** 6 - 12

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## TRANSFORM YOUR GYM INTO AN IMMERSIVE AND CAPTIVATING LEARNING ENVIRONMENT

**Presenter(s):** *Gary Allen, Lü Interactive Playground / Oregon City Schools*

**Session Date/Time:** 12/5/2024 3:45:00 PM - 12/5/2024 4:30:00 PM

**Location:** Kilimanjaro Suite 5

**Session Description:** Technology can also be part of the physical education class! In this workshop, participants will discover the educational potential of Lü, an interactive technological tool designed for school gyms. They will be able to see how this technology and its many applications (utilities and games) can assist the physical education teacher in his or her various tasks, and thus contribute to enhancing the students' experience in the physical education class. Several examples of original activities involving Lü and physical education curriculum standards will be presented to participants, who will be able to see the wide range of possibilities offered by this system. There will also be an opportunity to discover the Lü Community, a platform for creating and sharing online content. This platform makes it possible to customize the content of certain Lü applications to make them even more relevant to students and their learning needs in physical education. Finally, participants will be able to see

how Lü can also be a key ally for various extracurricular activities that enhance school life. Are you ready for the future of physical education ?

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** K - 12

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## AUSTRALIAN RULES FOOTBALL IN SCHOOL PHYSICAL EDUCATION AND SPORT PROGRAMS

**Presenter(s):** *Garry Bowyer, Miami University Ohio*

**Session Date/Time:** 12/5/2024 3:45:00 PM - 12/5/2024 4:30:00 PM

**Location:** Kilimanjaro Suite 4

**Session Description:** Australian Rules Football is an invasion game that can be included in school Physical Education and recreation/sport camp settings. The presentation will provide rules, skill progressions and tactics needed to play the game. A number of lead up games will be presented that can be used by instructors to modify the game and create a developmentally appropriate instruction for different ages. Attendees will have the opportunity to participate in activities presented.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Sport & Exercise Science

**Age Group:** Any/All Ages

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## STANDARD 1A: A MOVEMENT SEQUENCE SHOWCASE

**Presenter(s):** *Kevin Lorson, Wright State University*

*Shelby Woelman, Wright State University*

*Maddie Baker, Wright State University*

*Jack Wehe, Wright State University*

**Session Date/Time:** 12/5/2024 3:45:00 PM - 12/5/2024 4:30:00 PM

**Location:** Cypress

**Session Description:** Standard 1A offers students and teachers an opportunity to showcase student learning of skills and movement sequences across locomotor skills, dance, jump rope, fitness and other specialized locomotor skills. Wright State students will highlight strategies, tools, and opportunities transfer learning across Standard 1 Benchmark A and the other benchmarks.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Student

**Age Group:** Any/All Ages

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## OPEN UP TO ADVENTURE

**Presenter(s):** *Valerie Nagy, Mentor Public Schools, OPEN*

**Session Date/Time:** 12/5/2024 3:45:00 PM - 12/5/2024 4:30:00 PM

**Location:** Kilimanjaro Suite 3

**Session Description:** Establishing a sense of community within physical education classrooms is essential to developing students that are open to trying new activities and experiences. The OPEN Adventure module offers students an opportunity to connect with their classmates, build trust, and problem solve through a variety of fun and engaging activities. The activities can be grouped together as shown in the block plan for an Adventure Learning unit or can be utilized individually as an instant activity for any lesson.

The activities within this module develop and reinforce responsible behaviors, while sometimes stretching students beyond their comfort zone. All participants are given the opportunity to contribute to small and large

group activities through social engagement and building connections with their classmates that extend beyond physical education.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## THE POSSIBILITIES OF PARKOUR!

**Presenter(s):** *Lauren Wilson, Twinsburg City Schools/Wilcox Primary School*

**Session Date/Time:** 12/5/2024 3:45:00 PM - 12/5/2024 4:30:00 PM

**Location:** Kilimanjaro Suite 2

**Session Description:** Come join me to learn the exciting growing sport of Parkour and the benefits of incorporating it into your curriculum. Parkour offers students an innovative way to engage with fitness, problem-solve, and empowers student choice. Parkour encourages students to overcome fears and take calculated risks, boosting self-confidence and resilience. The inclusive nature of parkour allows students of all skill levels and body types to participate. Parkour encompasses efficient movement around obstacles through running, jumping, landing and climbing. These skills allow students to understand their bodies, be creative and safe. This can all be done safely without needing a spotter! Be ready to actively participate and learn the Possibilities of Parkour!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## OUTDOOR ADVENTURES - BECAUSE YOU AND YOUR STUDENTS ARE WORTH IT!

**Presenter(s):** *Scot McClure, Outdoors Tomorrow Foundation*

**Session Date/Time:** 12/5/2024 3:45:00 PM - 12/5/2024 4:30:00 PM

**Location:** Orange

**Session Description:** Our mission is to get students K - 12 outdoors and improve the health and well-being of all participants. Participating in outdoor adventures can be a life-changing experience for your students and is appropriate for any grade level. Delve into research around outdoors adventures and discover the many benefits for your students, teachers, school, and community. Explore how Outdoors Tomorrow Foundation can help you start your adventure, and plan to participate in your own ADVENTURE activities during the session! Rejuvenate your love for adventure education.

**Division/Interest Area 1:** Recreation/ Therapeutic Recreation

**Division/Interest Area 2:** Physical Education

**Age Group:** K - 12

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## UNIFIED STRENGTH & CONDITIONING: THE BUILDING BLOCKS FOR DISTRICT WIDE TRAINING

**Presenter(s):** *Travis Lombardozi, Brunswick City Schools & NHSSCA*

**Session Date/Time:** 12/5/2024 3:45:00 PM - 12/5/2024 4:30:00 PM

**Location:** Kalahari Salon G

**Session Description:** High school strength and conditioning takes on a million different forms. Many schools only open the weight room before and after school. Other schools have Physical Education classes dedicated to S+C but sports coaches merely hope the course offerings can fit their athletes' schedule. Most schools hope for some form of a unified strength and conditioning program. What I mean by that is the Physical Education and Athletic Departments unified together in a collective school-wide strength and conditioning initiative. It is no simple task, but as a Physical Education Teacher and Strength and Conditioning Coach at Brunswick High School, where we have a unified strength and conditioning program, I know it can be done. There are a million ways to approach the

building process of a unified program, but in this presentation, I will discuss a variety of ways to get you going in the right direction. I start with a student-centered approach to then help make a case for other stakeholders to start investing.

**Division/Interest Area 1:** Sport & Exercise Science

**Division/Interest Area 2:** Physical Education

**Age Group:** K - 12

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## HOW TO ADAPT PE

**Presenter(s):** *Carolyn Deas, Willoughby-Eastlake City Schools*

**Session Date/Time:** 12/5/2024 4:45:00 PM - 12/5/2024 5:05:00 PM

**Location:** Kalahari Salon C

**Session Description:** Learn small ways to make a big difference in your APE classroom. With little or no budget, find out how you can make sports and fitness accessible to your students including equipment modifications, IEP goal ideas, and ways to connect with parents.

**Division/Interest Area 1:** Adapted PE

**Division/Interest Area 2:** Adapted PE

**Age Group:** Any/All Ages

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## STUDENT ENGAGEMENT STRATEGIES WHILE TEACHING ELEMENTARY HEALTH EDUCATION

**Presenter(s):** *Kate Henry, CATCH Global Foundation*

**Session Date/Time:** 12/5/2024 4:45:00 PM - 12/5/2024 5:05:00 PM

**Location:** Kalahari Salon A

**Session Description:** Healthy students are better learners. There is a clear correlation between positive health behaviors and academic outcomes. This is why elementary health education is crucial, it gives students a good foundation for their academic career. Health is a universal topic and a lifelong journey. By taking the journey together, students build trust and deepen relationships with one another and the trusted adults in their lives. Health Ed Journeys is CATCH Global Foundation's comprehensive K-8 health education curriculum. Covering national and state-level health standards, Health Ed Journeys expands upon CATCH's classic evidence-based health program, which is backed by over 120 peer-reviewed scientific articles.

Participants will experience a sample of the student activities included in the 36 lessons for each grade band.

Participants will also learn how to access CATCH's platform and how to access free resources.

CATCH Global Foundation is an international nonprofit organization guided by its mission to empower school communities to cultivate Whole Child wellness, including physical activity throughout the school day, as a lever for student success and social equity. For over 30 years, CATCH has developed, tested, refined, and continually evolved its evidence-based whole child wellness programs to meet the needs of schools and communities everywhere.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** Health

**Age Group:** Any/All Ages

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## STUDENTS SIPPING STARBUCKS....AND SPENDING...AND SPENDING

**Presenter(s):** *Brigid Radigan, Olmsted Falls City School District*

**Session Date/Time:** 12/5/2024 4:45:00 PM - 12:00:00 AM

**Location:** Kalahari Salon H

**Session Description:** Do your students come to class with a Starbucks drink in hand every day? Have you ever thought about how they can afford these expensive beverages? What about the exorbitant amount of sugar in each drink? Due to this brand's popularity, I created a unit dedicated to helping our students create healthier, less

expensive alternatives without compromising flavor. Come and hear all about it (and try a sample for yourself!) Limited samples will be available.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:**

**Age Group:** 9 - 12

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## CARDIO DRUMMING FOR BEGINNERS

**Presenter(s):** *Katy Boggs, Gahanna Middle School West*

**Session Date/Time:** 12/5/2024 4:45:00 PM - 12/5/2024 5:05:00 PM

**Location:** Kilimanjaro Suite 4

**Session Description:** Don't miss out on this exciting opportunity to experience cardio drumming! Whether you're looking to introduce a new form of exercise to your physical education curriculum or simply want to have fun with students, Cardio Drumming is the perfect choice. Get ready to drum, move to a beat, and move our way through cardio drumming for beginners!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Adapted PE

**Age Group:** 6 - 8

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## FRIDAY, DECEMBER 6

### COMING OUT STARS: A BRAVE SPACE AND EMBODIED LGBTQ+ EXPERIENCE

**Presenter(s):** *Sam Meyerhoff, The Ohio State University*

**Session Date/Time:** 12/6/2024 8:45:00 AM - 12/6/2024 9:30:00 AM

**Location:** Cypress

**Session Description:** 'Coming Out Stars' is an embodied brave space experience centering the lives, experiences, and realities people in the LGBTQ+ community face during their coming out process. Participants use their lives and experiences to ground their physical star where they write connections to people and various communities. During the experience the realities of people in the LGBTQ+ community are applied to the participants and their 'stars'. After the activity participants will engage in a discussion to build understanding and what we can do to include our students and athletes as Physical Education Teachers, Coaches, and people who work with a diverse population. Come and participate in a brave space experience, learn, and grow!

**Division/Interest Area 1:** Coaching Education

**Division/Interest Area 2:** Physical Education

**Age Group:** Any/All Ages

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### TEACHING SUBSTANCE USE PREVENTION IN MIDDLE AND HIGH SCHOOL: RECOGNIZE, REACH OUT, AND RESOURCES

**Presenter(s):** *Kevin Lorson, Wright State University*

*Tina Dake, Washington Local Schools*

*Maria Schneider, Brecksville-Broadview Heights Schools*

*Rachel O'Donnell, Kent State University*

**Session Date/Time:** 12/6/2024 8:45:00 AM - 12/6/2024 9:30:00 AM

**Location:** Kalahari Salon B

**Session Description:** This session shares the Behavioral Health Education Lesson Plan Project's substance use prevention learning outcomes, activities, and assessments. The session engages participants in learning activities

to reduce stigma, enhance skills, and apply functional knowledge so students will recognize, reach out and use resources to prevent substance use and enhance health

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** N/A

**Age Group:** 6 - 12

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## **PUTT FOR ONE, AND PUTT FOR ALL**

**Presenter(s):** *Nate Cline, Lakota Elementary School, Lakota Local Schools  
Brad Kerns, Dorr Elementary, Springfield Local Schools  
Kent Hamilton, Middlebranch/Avondale Elementary, Plain Local Schools*

**Session Date/Time:** 12/6/2024 8:45:00 AM - 12/6/2024 9:30:00 AM

**Location:** Kilimanjaro Suite 2

**Session Description:** While we may not be Jack, Tom, or Gary, come start your OAHPERD experience with some Phys.Ed. putting MASTERS, as we show you how to bring a Putt-Putt course to life at your school. Let US OPEN our toolboxes to show you everything from the early phases with no golf equipment, to the OLD COURSEs we used to use, to the new courses we have today. Bring your questions and creativity, and experience a Pretty Great Atmosphere and CHAMPIONSHIP presentation!!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## **ACTION TEAM GAMES**

**Presenter(s):** *Adam Herbst, Gopher Sport*

**Session Date/Time:** 12/6/2024 8:45:00 AM - 12/6/2024 9:30:00 AM

**Location:** Kilimanjaro Suite 3

**Session Description:** Join us for an action-packed workshop featuring team games! We won't just be playing games though; you'll also learn classroom management and skill development strategies that you can take home and implement in your program. Get ready to sweat, learn and have fun!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Student

**Age Group:** K - 12

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## **ERROR ANALYSIS TRAINING FOR BADMINTON SKILLS**

**Presenter(s):** *Insook Kim, Kent State University  
Idowu Adekanbi, Kent State University*

**Session Date/Time:** 12/6/2024 8:45:00 AM - 12/6/2024 9:30:00 AM

**Location:** Kalahari Salon A

**Session Description:** The ability of the teacher to detect errors is a critical component of content knowledge to improve students' performance. Despite the importance of error detection in physical education, a lack of learning opportunities has been provided for both pre-service and in-service teachers. In this presentation, attendees will have a chance to develop performance error analysis abilities of the two selected badminton skills (i.e., understand clear and overhead clear) using the developed error analysis training videos. Each video module encompasses one correct skill video clip and 10 error video clips. Attendees are allowed to watch each video clip multiple times, played with slow and real-time speeds. For the correct skill video clip, a list of the critical elements of the skills is provided. For the error videos, possible errors and error corrections are provided. At the end of the presentation, the attendees' error analysis abilities will be examined using the developing error analysis testing video.

**Division/Interest Area 1:** Physical Education



**Division/Interest Area 2:** N/A

**Age Group:** Adult

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## MAXIMIZING STUDENT INVOLVEMENT

**Presenter(s):** *Ryan Macy, OPEN/US Games*

**Session Date/Time:** 12/6/2024 8:45:00 AM - 12/6/2024 9:30:00 AM

**Location:** Indigo Bay

**Session Description:** Come explore a wide variety of activities designed to help your students close the physical literacy gaps many are currently experiencing. I will also share tips, tricks, and strategies to help you maximize time on task while reducing wait time in order to increase success for all students. While this session is designed primarily for elementary grades, the activities can be modified for all grades K-12.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:**

**Age Group:** Any/All Ages

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## ENERGIZE YOUR MORNINGS: IMPLEMENTING THE 100 MILE CLUB WALKING PROGRAM FOR ENHANCED LEARNING

**Presenter(s):** *Alex Schmidt, Van Wert Elementary School  
Gage Chiles, Van Wert Elementary School*

**Session Date/Time:** 12/6/2024 8:45:00 AM - 12/6/2024 9:30:00 AM

**Location:** Kalahari Salon D

**Session Description:** Join us for an invigorating session at the OASPERD convention as we delve into the transformative power of morning movement routines, focusing on the renowned 100 Mile Club Walking Program. In this 45-minute session, we will illuminate the profound impact of physical activity on brain function and academic performance, emphasizing the importance of integrating movement into the school day. Participants will gain invaluable insights into the initiation and execution of a morning walking program, tailored to suit the unique needs of their school community. From setting goals to fostering participant engagement, we will provide practical strategies for establishing and sustaining a successful program. Central to our discussion will be the implementation of effective tracking mechanisms for monitoring student progress and incentivizing participation. Attendees will learn how to accurately track laps and utilize innovative tools such as the EZscan scanning program to streamline the process. Moreover, we will unveil strategies for fundraising to support program initiatives and reward student achievements. Through real-life examples and interactive exercises, participants will discover creative approaches to securing funds and distributing awards, fostering a culture of recognition and motivation within their school environment. Ultimately, this session offers a comprehensive guide for educators seeking to harness the benefits of morning movement programs to enhance student well-being and academic success. By incorporating the principles outlined in this session, attendees will be equipped to ignite a culture of physical activity and vitality in their schools, paving the way for a brighter future for all learners.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Pre K - 5

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## ADAPTED PE ROUNDTABLE

**Presenter(s):** *Carolyn Deas, Willoughby-Eastlake City Schools*

**Session Date/Time:** 12/6/2024 10:15:00 AM - 12/6/2024 11:00:00 AM

**Location:** Kilimanjaro Suite 5

**Session Description:** An Adapted PE Roundtable will give teachers that have students with exceptionalities a time to get together and discuss ways that they adapt their class and share tips and tricks for handling IEPs, ETRs, and multiple disabilities in one classroom. With so many of us on our own little island at our schools, having a tribe of people that you can talk to will be a benefit to many.

**Division/Interest Area 1:** Adapted PE

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## SUPPORTING STUDENT-ATHLETE MENTAL HEALTH

**Presenter(s):** *Samantha Bates, LiFEsports at The Ohio State University*

*Dawn Anderson-Butcher, LiFEsports at The Ohio State University*

*Kylee Ault-Baker, LiFEsports at The Ohio State University*

*Emily Nothnagle, LiFEsports at The Ohio State University*

**Session Date/Time:** 12/6/2024 10:15:00 AM - 12/6/2024 11:00:00 AM

**Location:** Kalahari Salon D

**Session Description:** Coach Beyond, in partnership with the Ohio High School Athletic Association, is working to change the landscape of coach training in Ohio. Coach Beyond is a series of coach education sessions, tools and resources designed to ensure Ohio's coaches and educators are ready to "coach beyond..." This training on Supporting Student-Athlete Mental Health is designed to increase awareness of common signs and symptoms of mental health concerns among student-athletes. Participants attending this training learn practical strategies to integrate into their daily practices and resources to link and refer student-athletes to mental health support in their schools and communities. Our first learning objective is achieved by sharing knowledge on the underlying causes of mental health concerns and the effects of stress and trauma on athletes. Then, through a guided and interactive discussion, participants examine how common signs and symptoms may emerge among the athlete population or young students in schools. Next, presenters share practical techniques that coaches, educators, and school leaders can utilize to support student-athlete mental health at practice, off the field, and during competitions. One technique includes using the "Q.P.R." approach. Q.P.R. stands for question, pause/persuade, and refer. Participants learn to ask open-ended questions, pause to actively listen, and persuade a student-athlete to seek additional support. This session concludes with a conversation about identifying linkage and referral opportunities to mental health clinicians or services in one's school or community. To date, 88% of coaches and educators who have participated in this training reported gaining knowledge, awareness, or skills related to supporting student-athlete mental health. Presenters will also share innovations in online training options available for coaches and educators to dive deeper into content on supporting student-athlete mental health.

**Division/Interest Area 1:** Coaching Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## MENTORING IN PHYSICAL EDUCATION & SPORT: THE COACH-MENTOR BLUEPRINT

**Presenter(s):** *Charnon Barnes, Central Ohio Youth Sports Collaborative*

**Session Date/Time:** 12/6/2024 10:15:00 AM - 12/6/2024 11:00:00 AM

**Location:** Kalahari Salons E&F

**Session Description:** Coach-Mentor Blueprint Training provides teachers and coaches with a mentoring framework for working with youth in physical activity and sport settings. Participants will leave with a step-by-step approach to create lasting, positive connections, and to positively impact the physical, social, and emotional health of the youth they serve. The workshop will include activities, skill development, and resources for integrating best practices in youth mentoring into your work with young people- particularly those from underserved communities.

**Division/Interest Area 1:** Coaching Education

**Division/Interest Area 2:** Physical Education

**Age Group:** Any/All Ages

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## ADDING VALUE TO YOUR HEALTH EDUCATION CLASSROOM: CREATIVE STRATEGIES AND RESOURCES FOR MAKING SKILLS-BASED TEACHING MORE ENGAGING AND MEANINGFUL

**Presenter(s):** *Matt Hagedorn, Tallmadge City Schools*  
*Joel Faulkner, Cuyahoga Falls City Schools*

**Session Date/Time:** 12/6/2024 10:15:00 AM - 12/6/2024 11:00:00 AM

**Location:** Kalahari Salon H

**Session Description:**

This presentation, "Adding Value to Your Health Education Classroom: Creative Strategies and Resources for Making Skills-Based Teaching More Engaging and Meaningful," explores innovative methods to enhance the effectiveness of health education. It focuses on new strategies, websites, and technology to transform traditional instruction into dynamic, skills-based learning experiences that resonate with students. Attendees will discover creative approaches to integrating AI tools that save time, daily Social-Emotional Learning (SEL) strategies, sources of meaningful data tailored to specific student needs, and so much more. The session will highlight interactive activities and digital tools that can be seamlessly integrated into the curriculum. By the end of the presentation, educators will be equipped with actionable insights and practical approaches to making health education more engaging, impactful, and relevant for their students.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** N/A

**Age Group:** K - 12

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## THE JUMP ROPE RECIPE: INGREDIENTS TO A SUCCESSFUL UNIT!

**Presenter(s):** *Nick Woodard, Learnin' the Ropes*

**Session Date/Time:** 12/6/2024 10:15:00 AM - 12/6/2024 11:00:00 AM

**Location:** Kilimanjaro Suite 3

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

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## STRS OHIO: WHAT YOU NEED TO KNOW

**Presenter(s):** *Tamla Cole, State Teachers Retirement System of Ohio (STRS Ohio)*

**Session Date/Time:** 12/6/2024 11:15:00 AM - 12/6/2024 12:00:00 PM

**Location:** Kalahari Salon G

**Session Description:** The time to learn about your STRS Ohio benefits is now! A representative will cover service retirement eligibility, benefit payment options, and health care considerations as well as provide an update on current STRS Ohio events. Participants will also have an opportunity to ask questions during the session.

**Division/Interest Area 1:** Adult Development & Learning

**Division/Interest Area 2:** N/A

**Age Group:** Adult

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## P.E GPT HOW TO USE A.I TO HACK YOUR CLASS

**Presenter(s):** *nick howard, Strongsville city schools*

**Session Date/Time:** 12/6/2024 11:15:00 AM - 12/6/2024 12:00:00 PM

**Location:** Kalahari Salon B

**Session Description:** Have you ever sat in front of your screen last minute trying to come up with a new lesson idea or how you can expand on a current one? Maybe you want to apply for a grant or have to send out a school-wide email but you're not the best writer. Have you heard of A.I. platforms such as ChatGPT and are curious about them? This is where you need to be! I will show you how to include those platforms in your class and help you hack your way into a new way of thinking that will not only enhance your Class but do it with the ease of just typing!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## ENGAGING STUDENTS WITH LIMITED EQUIPMENT

**Presenter(s):** *Ryan Macy, OPEN/US Games*

**Session Date/Time:** 12/6/2024 11:15:00 AM - 12/6/2024 12:00:00 PM

**Location:** Indigo Bay

**Session Description:** Come join the interactive session exploring limited Equipment activities. This is a great informational session for new and veteran teachers. This session will introduce you to a wide range of activities that only need limited equipment that can be found in any gym. Many of these activities can also be used in the classroom for brain energizers or for a structured recess.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:**

**Age Group:** Any/All Ages

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## EXPAND OUTDOOR EDUCATION - INTO THE WILD - BUGS, BIRDS, PREDATORS, OH MY!

**Presenter(s):** *Scot McClure, Outdoors Tomorrow Foundation*

**Session Date/Time:** 12/6/2024 11:15:00 AM - 12/6/2024 12:00:00 PM

**Location:** Kilimanjaro Suite 3

**Session Description:** Students will learn cooperation, collaboration and problem-solving skills all while learning about wildlife, flora fauna, bugs, insects, leaves, predators, prey, habitat. Surprise your students with great activities they can enjoy while outside. Be surprised this fall when your students report to class with new stories from all the new outdoor activities you taught them. Engage in activities for K-12th grade.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Recreation/ Therapeutic Recreation

**Age Group:** K - 12

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## STUDENT LEADERSHIP EXCELLENCE WITH ACTION LEARNING

**Presenter(s):** *Craig Filipkowski, Action Learning Solutions*

**Session Date/Time:** 12/6/2024 11:15:00 AM - 12/6/2024 12:00:00 PM

**Location:** Kalahari Salon D

**Session Description:** We will begin with a presentation of some of the findings presented in the book, The Anxious Generation, by Dr. Jonathan Heidt as well as the recent report from the US Surgeon General on the Epidemic of Loneliness in The US. Highlighted will be a rise in anxiousness, depression, and a transition from the play-based

childhood (pre smart phone) to a phone-based childhood. Of all ages, we are so tied to the technology placed in our hands, we are neglecting some of the fundamental connections that make us human.

I'll propose a framework for problem solving that can provide students and/or professional colleagues with a way to connect with their peers on a human level. This process is referred to as Action Learning and allows peers to provide and receive help from others through this simple process. Essentially, someone presents a problem or challenge in which a team helps them to clarify or reframe. After uncovering the root issue, there is team effort to help develop action steps toward solving this challenge. In addition to prompting and holding participants accountable for action, equal emphasis is placed on learning within the team. Thus, leadership skills are identified, practiced, and discussed as part of this process. This leads to learning at the individual, team, and organizational levels for all participants. Action Learning has foundational support through educational theory, psychology, and leadership/management theory. There is opportunity to accomplish standards in both Health Education and Social Emotional Standards.

**Division/Interest Area 1:** Student

**Division/Interest Area 2:** Health

**Age Group:** 6 - 12

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## SEX, DRUGS, & DEAD CELEBRITIES

**Presenter(s):** *Tavis Glassman, The University of Toledo*  
*Aubrey Whewell, Eastern Michigan University*

**Session Date/Time:** 12/6/2024 12:15:00 PM - 12/6/2024 1:00:00 PM

**Location:** Kalahari Salon H

**Session Description:** This presentation utilizes popular culture references to motivate students to learn about the dangers associated with substance abuse, namely fatal overdoses. A variety of teaching tips regarding substance abuse pedagogy will be shared. Participants will examine strategies on how to create and evaluate drug education lessons. The presentation will also highlight tips for embedding social norms theory into the curriculum.

**Division/Interest Area 1:** Higher Education

**Division/Interest Area 2:** Health

**Age Group:** College

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## MID-EVIL BOOM BALL

**Presenter(s):** *Kyle Bentley, Gahanna Jefferson Public Schools - Lincoln Elementary*  
*Mollie Stifler, Gahanna Jefferson Public Schools - Goshen Lane Elementary*

**Session Date/Time:** 12/6/2024 12:15:00 PM - 12/6/2024 1:00:00 PM

**Location:** Kilimanjaro Suite 3

**Session Description:** Mid-Evil Boom Ball is a combination of three student favorite games (Castle Ball, Boom City and Prison Ball) combined into one, high activity game that focuses on accurate throwing, catching, teamwork, strategy and most of all fun.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** K - 12

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## WAIT A MINUTE, I'M TEACHING ONLINE H/PE ?

**Presenter(s):** *Ginger Frye, Olentangy Local Schools (Olentangy Orange high School)*

**Session Date/Time:** 12/6/2024 12:15:00 PM - 12/6/2024 1:00:00 PM

**Location:** Kalahari Salon B

**Session Description:**

If you are new to teaching online H/PE or looking for tips to make your online course more efficient and rigorous, this is the session for you. Teaching online H/PE is different from other subjects taught in an online format. We will

discuss tips and strategies on organization, grading, communication, style, as well as, how to implement fitness testing, CPR, exams, and collecting Highly Qualified Student Data. There will be dedicated time for questions to address your current needs to be successful teaching H/PE online!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Health

**Age Group:** 9 - 12

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## **S.T.R.E.A.M.ING INTO PHYSICAL EDUCATION**

**Presenter(s):** *Kara Hicks, J. E. Prass Elementary - Kettering City Schools*  
*Beth Callinan, Beavertown Elementary - Kettering City Schools*

**Session Date/Time:** 12/6/2024 12:15:00 PM - 12/6/2024 1:00:00 PM

**Location:** Kilimanjaro Suite 4

**Session Description:** Trying to add STREAM (Science, Technology, Reading, Engineering, Art, and Math) into your physical education classes?

Come and explore some activities and tips that will help incorporate STREAM into your lessons. We will explore physical activities that practice phonemic awareness, letter/number recognition, addition, My Plate, and science/engineering. These activities will allow your students to practice their reading, writing, math, science, creativity and physical education skills.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Pre K - 5

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## **CLIMB ON!**

**Presenter(s):** *Samantha Jameyson, Arrowhead Primary School/Copley Fairlawn City Schools*

**Session Date/Time:** 12/6/2024 12:15:00 PM - 12/6/2024 1:00:00 PM

**Location:** Kalahari Salon A

**Session Description:** Hitting a "wall"? Learn why rock climbing is a great addition to any PE program. Discover how climbing builds physical, social, and emotional skills. Be introduced to a variety of dynamic climbing wall activities for all ages. From safety procedures, obstacles and challenges, and adaptations and modifications to include all learners. No rock wall? No problem! Let's explore ways to get funded, community engagement, or think outside the box to make it happen.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Adapted PE

**Age Group:** Pre K - 5

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## **FUNDING/GRANT OPPORTUNITIES TO ENHANCE YOUR PE PROGRAM**

**Presenter(s):** *Aaron Krieger, Brunswick City Schools*

**Session Date/Time:** 12/6/2024 12:15:00 PM - 12/6/2024 1:00:00 PM

**Location:** Kalahari Salon G

**Session Description:** Do you find it difficult to get equipment for your PE program due to funding? I will share equipment grants I have obtained in the past few years. I will also share funding ideas that have worked to build a budget for our PE program.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Physical Education

**Age Group:** Any/All Ages

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## WIN IN A MIN

**Presenter(s):** *Valerie Nagy, Mentor Public Schools, OPEN*

**Session Date/Time:** 12/6/2024 12:15:00 PM - 12/6/2024 1:00:00 PM

**Location:** Kilimanjaro Suite 2

**Session Description:** Growth mindset is developed through experience, struggle, failure, and triumph. Minute to Win challenges are designed to be a safe place for students to experience and understand this journey. This module is written for intermediate grade levels and can also be used at the middle school level. This short module offers students fun team-based activities that will help them set a baseline performance and then actively engage to grow and improve. In addition, journal pages accompany each of the 4 suggested lessons, offering students an opportunity to reflect on the lessons learned and internalize their own mindset journey.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## ACTION LEARNING SESSION

**Presenter(s):** *Craig Filipkowski, Action Learning Solutions*

**Session Date/Time:** 12/6/2024 12:15:00 PM - 12/6/2024 1:00:00 PM

**Location:** Kalahari Salon D

**Session Description:** The purpose of this session is to carry out an Action Learning Session within a fishbowl. One participant will present a challenge/problem in less than two minutes. This meeting is structured to allow peers to provide and receive help from others. Leadership skills are identified, practiced, and discussed as part of this process. This leads to learning at the individual, team, and organizational levels for all participants. Action Learning has foundational support through educational theory, psychology, and leadership/management theory. There is opportunity to accomplish standards in both Health Education and Social Emotional Standards. This session will be abbreviated due to the 45 min time limit, but we will move through the major components of the Action Learning Session, and have a brief discussion afterwards.

**Division/Interest Area 1:** Student

**Division/Interest Area 2:** Health

**Age Group:** 6 - 12