

*A glimpse of some of the dynamic Health and Physical Literacy sessions
that will be offered at the
2023 Inaugural NAHPL Summit in Newport, Rhode Island!*

- Getting Stronger Everyday
- Undergraduate Viewpoint of a Minority Poverty Simulation
- Healthy Moves - Functional Fitness for us!
- Let's Par-Tee: Introductory Golf Activities with Minimal Equipment
- Standards-Based Instruction and Assessment in pK-12 Physical Education
- Excel and Elevate: Taking your Physical Education to the Next Level
- Quality Physical Education for CHEAP, for RAIN, for EVERYTHING
- Games that are a Holiday HIT!
- Self-Care for Educators
- "OPEN" Your Lessons with Engaging Instant Activities!
- Less Is More!
- Move and Groove with OPEN's Rhythm Fit!
- Let's Move Afterschool
- A Practical Tool Kit for Teaching Dance!
- FUN-Damentals of Self-Defense
- Power On to Power Up Instruction and Engagement in PE
- West African Dance and Culture
- Movement for People with Parkinson's
- MOVEMENT SPEAKS® a dance program for adults of all ages
- Health Behaviors and Best Practices for Children with Autism
- Learning About Games That Teach Physical Literacy
- Research based lesson design to measure Moderate to Vigorous Physical Activity
- MINDFULLY USING MUSIC IN PHYSICAL EDUCATION
- Maximum Participation Small-Sided Invasion Games
- THRIVE: Transforming Homes, Schools, and Communities
- Dance and Somatics: Creative Embodied Approaches for Transformative Learning
- Motivate & Facilitate Healthy Lifestyle Behaviors Using the DESIGN Framework
- Repurposing Health and Physical Education for 21st Century Learners
- If You Build It, They Will Learn
- Incorporating Health Literacy Through Inter Professional Education in Higher Ed
- Tuberculosis in the age of COVID
- Implementing a Tier 1 Mental Health Literacy Approach for Schools & Communities
- Culture-Based Differentiated Instruction: A Guide to Teaching Health Education
- Building Partnerships to Promote Health and Physical Literacy
- Leadership and Handling Stress
- Adapted Health Education Introduction
- Translating research into practice: Lessons from Covid-19 data analysis

- So you are retired! Now what?
- Be the Change You Want to See
- The True Meaning of Equity Diversity and Inclusion: A Collective Idea
- Maximize Your Social Media
- Inspire, Include, Innovate: Crowdsourcing to Create a Unified Culture at School
- Music motivates movement (3M logo)
- Exploring Meaningful Characteristics of Virtual Teacher Professional Development
- Nutrition Education the HEAL Way
- Building Stronger Policies in US Schools: A Grassroots National Approach
- Universal Design for Learning in Physical Education
- Advocacy 101: Asks and you shall receive!
- Charting the Course with your Student Majors
- Metacognitive Strategies to Improve Teacher Candidates Academic Language Use
- Building Community Using Regular Check-ins with Students
- Books and Biceps: Building our Brains and Bodies in Physical Education
- Addressing PETE Candidates Ability to Apply Specialized Content Knowledge
- Integrating Advocacy Skills Throughout a PETE/HETE Program
- STEM Resources for Physical Education/Physical Activity Programs
- Beyond Managing Behavior
- Advocating for Children: Training for Teachers and Staff
- Physical Literacy: A confounding concept
- Choose It...Move It!
- Progressing the Physical Literacy Journey- start with movement
- Effects of Children's Choice of Exercise: Strategies for increasing activity
- Teaching Personal Health Literacy and Physical Literacy in the K-12 Population
- PEK - A Future Professional Organization for the Student Who L.E.A.R.N.S.!
- Creating a General Education Course Focussed on Health and Physical Literacy
- CALM the CHAOS with Easy to Implement Class Management Strategies
- The New 20 Meter Submax Cardio Test
- Supporting People with Intellectual and Developmental Disabilities
- The What? Why? And How? Of Program Review 2.0
- Adaptive Sport Participation: A Winning Formula for Parents and Their Children
- Customized Professional Development and Teaching Social and Emotional Competency
- Substance Use Prevention in Athletics - Essential to keeping our Youth Safe