

NAHPL Southern Tier Health and Physical Literacy Summit 2023 Tentative Program 12-13-2022

Date	Begin	Council	Title	Summary
2/12/2023	1:00 PM	Dance	Dance in PE? YES!	Don't know how to start promoting dance in your PE program? Learn some dances to take back to school and build your dance skills.
2/12/2023	1:00 PM	Elementary Physical Education	Yearly Plan- Do you Need One? What can be Accomplished in a Year?	Come observe a yearly plan in action during this session. Come observe students complete a yearly plan during this session. This activity session will allow everyone to get up and move with fun fitness activities, daily routines, and different units OR you can sit back and observe how students are motivated to participate in all activities while demonstrating physical literacy. You will leave this session with a ton of ideas to incorporate when you get back to your campus.
2/12/2023	1:00 PM	Health Promotion	Stressful Times Make for Busy Public Parks	As the globe has navigated the last twenty-four months of a global pandemic our public parks have seen a significant increase in usage. This is not an isolated trend, historically society has looked to our public spaces to connect, renew, and most importantly disconnect from the issues at hand. The escape to renew and connect with others in our public spaces is a coping mechanism used by many. Why is this important and what does it mean for those overseeing these spaces?
2/12/2023	1:00 PM	Sport and Physical Activity	Influence of an Education Program on One Grassroots Youth Soccer Coach	The study was of a progressive soccer coach educator program (CEP) and the effectiveness on one grassroots soccer coach using occupational socialization theory as a guide. The coach was observed during games, practices and in the CEP. Data were collected through observation, interviews, document analysis and two systematic observation instruments. The key finding was that the CEP had little influence on the coaches' beliefs and pedagogies, although they enjoyed the indirect pedagogies employed during the CEP.
2/12/2023	2:00 PM	Elementary Physical Education	How Did Australian Sticks Develop Into Pin Ball?!	Come learn Australian Sticks and then learn the newest versions as the game evolved into Pin Ball. You'll leave wanting to help every game you play evolve into the last 2023 version.
2/12/2023	2:00 PM	Health Promotion	Equity, Diversity, and Inclusion: A Discussion	Equity, diversity, and inclusion are hot topic words that seem to be interwoven throughout our communities and institutions, but what do they mean? This session will lead participants in a guided discussion regarding what these words mean to each individual, in local communities, and beyond.
2/12/2023	3:00 PM	Dance	Dunham & The West African Dance Experience	This movement session will begin by examining West African dance forms and how they transformed through the diasporic dance technique of Katherine Dunham. We will discuss how she utilized her technique, choreography, and performance to speak out against social injustices she encountered. The Dunham Technique is powerfully infused to train one to overcome obstacles in life both physically and emotionally.
2/12/2023	3:00 PM	Elementary Physical Education	Moving with Oldies	Movement activities for the older generations....exercise doesn't have to hurt or take forever. Participants will be actively moving to prevent injury, move for activity and just have fun exercising.
2/12/2023	3:00 PM	Health Education	Inclusive Health Resources for Adults Aging with and Aging into Disability	The session will describe inclusive resources offered by NCHPAD addressing topics affecting the aging population's quality of life. According to the American Community Survey, 35% of people age 65 and older have some type of disability, and by age 85 two thirds of Americans report functional limitations that qualify them as having a disability. The health status of people with disabilities (PWD) is a significant public health concern because PWD experience greater incidence of poor health due to societal barriers impeding access and inclusion.
2/12/2023	3:00 PM	Research	When Everything is Connected, Everything Matters: Student Connections That Count	Throughout our lives, connection is critical. For students moving through a myriad of courses (and what feels like unlimited options for degrees), meaningful connection to a discipline is paramount to success. This session explores the research on student connection and its relationship to health literacy, using a health equity lens. Attendees will examine two models which embed dedicated time for student connection into undergraduate courses. Participants will create a plan for incorporating student connection into their own coursework.
2/12/2023	3:00 PM	Sport and Physical Activity	Stoolball - The Original Baseball and Softball	Introducing the inclusive and engaging sport of Stoolball. Stoolball dates back to at least the 15th century, originating in my home county, Sussex, in southern England. It claims to be the

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				ancestor of cricket, baseball, softball, and rounders. Find out how this mixed gender sport can be played with repurposed equipment and add a southern English game to your repertoire.
2/12/2023	4:00 PM	Elementary Physical Education	Starting with the Basics of Early Learning	Do you know students who fidget, wiggle, have a difficult time concentrating or get upset easily? Find out how early learning fitness activities can help increase student engagement and prepare them for learning. Through intentional and purposeful motor-sensory activities, teachers can help students self-regulate, focus and positively interact with others.
2/12/2023	4:00 PM	Health Education	Developing and Disseminating Accurate, Accessible, and Actionable Health & Safety Information	The National Action Plan to Improve Health Literacy seeks to engage organizations, professionals, , communities, individuals, and families in a linked, multi-sector effort to improve health literacy. The plan is based on two core principles: (1) All people have the right to health information that helps them make informed decisions, (2) Health services should be delivered in ways that improve health, longevity, and quality of life. This session examines the seven goals believed to improve health literacy and strategies for achieving them.
2/12/2023	4:00 PM	Middle/High School Physical Education	How do I Advocate for my Physical Education Program and Develop Partnerships?	In this session, participants will learn the definition of advocacy, the different types of advocacy, the steps to advocating (why, what, who, how, and when), and how to develop partnerships. Participants will learn the importance of forming partnerships that align to the program goals. Then, we will provide action steps on how to develop partnerships as well. Finally, participants will begin to plan on how they will advocate for their program each year.
2/12/2023	4:00 PM	Sport and Physical Activity	Inclusive Physical Education Through Modern Outlook of Sport in Physical Education - Martial Dance	In this session, I would like to introduce dance/martial art, including capoeira and animal flow, to increase knowledge and skills for teachers to understand that PE does not have only to include sport but also individual and paired activities. Those two activities shape a whole child through social, emotional, cognitive, and physical skills. The objective here is to be more inclusive, so PE will not be gender-related education.
2/13/2023	10:00 AM	Adapted Physical Education	STEM Resources for Physical Education/Physical Activity Programs	Did you know that STEM resources can be used to create switches and other equipment that can be used in your physical education program? These resources can help you add to your equipment closet and provide opportunities for students with disabilities without spending any extra money.
2/13/2023	10:00 AM	Dance	Folk Dance Fun	Fun folk dances will be presented from different countries which can be taught to elementary students and older. Most of the dances are fun, vigorous, and easy to learn.
2/13/2023	10:00 AM	Elementary Physical Education	Brain Pump	Learn great games, activities, and exercises that pump up the brain! Brain Pump is a research based program that enhances SEL, attention, and cognitive skills in addition to being vigorous and great for balance and coordination. A physical therapist co-developed this program that develops the vestibular system, proprioception, ability to cross midline, core strength, and visual perception.
2/13/2023	10:00 AM	Future Professionals	Teacher Recruitment and Retention	Given the recent decline of pre-service teachers enrolling in teacher preparation programs around the US, it is imperative that universities and teacher educators find ways to recruit and retain quality teachers. This session will review the steps that one university took to increase the number of pre-service teachers and education majors within the following domains: student organizations, partnerships with local high schools, collaborations with state offices, and hosting a state conference for future teachers.
2/13/2023	10:00 AM	K-12 Physical Education	Instant Activities and Fitness Games for All	This session will provide free resources for K 12 physical education teachers and candidates. Participants will review and participate in instant activities and fitness games that help teachers get students moving quickly, while also providing meaningful learning tasks designed to work toward grade level outcomes.
2/13/2023	10:00 AM	Research	Community College Students Perception of Physical Literacy During a Wellness and Activity Class	The results and findings from physical literacy research in a wellness and activity course at a community college. The course used a physical literacy focused curriculum for the lecture and laboratory portions of the class.
2/13/2023	10:00 AM	Sport and Physical Activity	Understanding the Opioid Crisis and its Impact on School and Sport Safety	Opioid-involved overdoses and deaths in the US are up among all gender identifications, races, and ages due to COVID-19. Educators, coaches, athletic trainers, and athletic administrators MUST be knowledgeable and proficient in recognizing and emergent management of an overdose situation, prevention strategies, alternative therapies, and comprehensive

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				management strategies to ensure positive outcomes. This session will use an evidence-based approach to identify, treat (first aid), and prevent opioid misuse and abuse in school and sports.
2/13/2023	11:00 AM	Dance	Circle Up and Everyone Dance: Social, Physical, and Mental Activity	Circle Dancing or Big Circle Square Dancing supports social interaction, physical, and mental applications needed by students after the pandemic. Basic square dance figures executed with a variety of locomotor movements will be taught within the circle formation fostering togetherness and inclusion with everyone supporting and contributing equally. Also, to be addressed will be elements that affect movement in general space such as body awareness, direction, use of space, etc. A bonus will be learning how to create and call circle dances.
2/13/2023	11:00 AM	Health Education	National Health Education Standards Update	SHAPE America launched the National Health Education Standards (NHES) Task Force in fall 2021 to revisit and revise the current PreK-12 standards and performance indicators. Join current task force members for an update and inside look at the process.
2/13/2023	11:00 AM	Middle/High School Physical Education	2 FITT - 2 QUIT: Secondary Physical Education that Works	2-F-2-Q personalizes the experience of all learners in the gym by providing a variety of choice activities from OPEN PhysEd as well as other open source resources. A 2-F-2-Q classroom is student-run and teacher facilitated. There are numerous workouts provided for students to deepen their fitness knowledge, attitudes towards fitness, and motor skill development. The 2-F-2-Q classroom is aligned with the Profile of a Graduate and supports the social and emotional learning needs of the students
2/13/2023	11:00 AM	Research	COVID-19 Perceptions, Attitudes, and Decisions of College Students: Influence of Age, Sex, and Race	This session will provide data from an ongoing multi-university study of student and faculty perceptions of and experiences during the COVID-19 pandemic. In the study reported here, surveys were completed by over 2500 students attending 5 universities in FL, LA, MO, NC, and VA. Results will be presented relative to COVID-19 infection rates and symptoms, perceived susceptibility and severity, engagement in preventive behaviors, and decisions regarding vaccination. We will also explore how responses varied as a function of age, sex, and race.
2/13/2023	11:00 AM	Retirees	Still Movin' and Groovin'	This session will teach the attendees the rules for bocce and provide the opportunity to practice the skills. We will then explain how we will host a bocce tournament in an additional session.
2/13/2023	11:00 AM	Sport and Physical Activity	Muscle Cramps in Sports and Exercise (What is really going on)	Exercise Associated Muscle Cramps (EAMC) are isolated, involuntary muscle spasms that occur commonly in sport such as football. In high school settings second half cramping can not only strip a team of depth while the player is being attended to, but also the Athletic Trainer that has to attend. We will discuss the latest in the etiology of cramping and what can be done to minimize its impact on athletics.
2/13/2023	11:00 AM	Sport and Physical Activity	Fundamentals of Teaching the Olympic Lifts	This session will breakdown the teachable components of the Olympic Lifts. The primary focus will be on the clean and jerk since it is a more widely used lift and its transferability into sport performance is widely accepted. In addition to teaching the lift, there will be attention paid to teaching cues, common mistakes and how to easily fix them, and correct and safe programming ideas.
2/13/2023	12:00 PM	Adapted Physical Education	Adapted Physical Education Best Practices	In this session, we will enable physical educators to be successful in the implementation of adapted physical education. We will equip educators with the knowledge, skills, and strategies needed to ensure all students succeed in their physical education classroom.
2/13/2023	12:00 PM	Elementary Physical Education	Be Here to be SQUARE!	Learn how easy it is to teach square dance to lower elementary up to adults. This will be a great cross curriculum unit from your PE class to music rhythm understanding to Pioneer Days (1847) in American History.
2/13/2023	12:00 PM	Elementary Physical Education	Engaging Physical Educators in Assessing Fitness with Physical Literacy in Mind	Fitnessgram has been the gold standard to assess fitness in grades 3-12 for many. Some states require this assessment to be given and reported to the state. It is the belief of many physical educators that this assessment package doesn't necessarily use fitness tests that support physical literacy. Several assessment tools will be introduced that are successful with all ages. These tools will aid physical educators in assessing fitness more effectively and develop all aspects of physical literacy. Try them out in this session.

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2/13/2023	12:00 PM	Future Professionals	Mentoring Future Professionals: A Mechanism for Professional Networking	The benefits of mentorship are numerous. Building a professional network, particularly, is one benefit critical to the success of the future professional. The purpose of this session is to provide participants the opportunity to collaborate with and network among professionals through a modified activity of "speed dating".
2/13/2023	12:00 PM	Health Promotion	The Health Transition Alliance Program: Lessons Learned Supervising Student Health Coaches	This session will describe the Health Transitional Alliance (HTA) Coaching Program, a partnership between North Oaks Hospital and Southeastern Louisiana University. Following training, student interns work one-on-one with patients with chronic illnesses such as congestive heart failure, diabetes, and COPD to help them better self-manage their illnesses. Discussion will include the role of the health coach, recommended coursework, and lessons learned from 10 years of supervising students interning with HTA program.
2/13/2023	12:00 PM	Sport and Physical Activity	Increasing Physical Activity Through Walking/Running Programs at Your School	In this session we will discuss ways to plan, organize and implement a walk to school program and/or a running club at your school.
2/13/2023	1:00 PM	Dance	Nobody Puts Baby in the Corner	In every major dance movie, the highly skilled and well-trained dancer breaks free of tradition and busts a move. This session looks at a dance class format that is designed to support student agency in creative choreography and a wide variety of dance skills; an activist approach to dance instruction. While adhering to dance standards of learning, we can create opportunities for students to develop their own style and improve dance efficacy. Participants will be asked to share past success and create a framework of success-based experiences.
2/13/2023	1:00 PM	Elementary Physical Education	Promoting Health and Wellness in Elementary Schools	Healthy Schools Oklahoma (HSOK) works with 60 elementary schools in the state of Oklahoma to promote health and wellness. HSOK will share information including Tower Gardens, Action Based Learning, Painted Playscapes, HSOK Health Education Curriculum and its growing YouTube platform. These programs help schools reach the whole child as well as increasing physical activity during the school day. This session is for schools who want to learn about the programs we offer and how to access free resources.
2/13/2023	1:00 PM	Future Professionals	Advocacy: A Professional Responsibility to Teach in PETE Programs	This session will identify advocacy training ideas and projects used by faculty for developing the needed advocacy skills in future professionals.
2/13/2023	1:00 PM	Health Education	Understanding Your Whole-Body for Wellness	This session is an interactive workshop designed to engage the audience to think differently about their health and wellbeing. We will educate on the basics of what it takes to have a healthy body, good nutrition, physical activity and rest. Lifestyle behaviors dictate how we approach improving our wellness. We will provide simple wellness experiences and tools throughout the session to allow the audience to feel into their whole body for better wellness themselves.
2/13/2023	1:00 PM	Middle/High School Physical Education	It's all About Winning	Sportspersonship and competition is fundamental to the physical education experience (Pennington, 2019). However, competition can create an environment that does little to promote student success. With small chances, educators can modify their classroom environment to promote healthy and desirable competitive values. This practical session aims to provide approaches and resources to foster a competitive climate built around teamwork and cooperation.
2/13/2023	1:00 PM	Sport and Physical Activity	Adventure Based Learning Activities for All Educators	Come learn about the philosophy of adventure based learning and why it works for all age groups. Participate in tried and true challenges which are easy to implement, yet incredibly impactful for the participants.
2/13/2023	2:00 PM	Adapted Physical Education	Eye-Tracking Technology to Explore the Visual Attention Patterns of Children with ASD	Come and explore the innovative world of eye-tracking technology! The purpose of this presentation is to (1) provide a brief overview of eye-tracking technology, (2) examine the current literature on the visual attention patterns of children with ASD, and (3) discuss future research to support the motor skill development of children with ASD. A mobile screen-based eye-tracker will be available for attendees to explore.
2/13/2023	2:00 PM	Dance	Using Cues with Sport Skill Steps and Patterns to Increase Physical and Dance Literacy	This session will provide instructions of steps, rhythmical sport and dance patterns to increase activity in Physical Education and Dance. Participants will practice skills and cueing patterns, and sport skills to learn more terminology and mastery of techniques. We will use positive

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				message songs and current language trends to practice cueing or calling steps. Participants will leave with a vocabulary of steps and dance phrasing to enhance cueing strategies.
2/13/2023	2:00 PM	Elementary Physical Education	What the Drum Rewind!	Cardio drumming is a rhythmic set of physical exercises with drumsticks, balls and buckets. This workout involves lots of cardio, music and fun. This session will show you new ideas incorporate into your old routines and/or expensive ways to add cardio drumming into your program. Either way, you and your students will and ROCKING OUT and having a BALL!
2/13/2023	2:00 PM	Health Education	Leadership: Handling Stress	Leadership can be stressful. What is stress? What are common signs of stress? How to deal with the stress of leadership.
2/13/2023	2:00 PM	K-12 Physical Education	Health Literacy, Physical Literacy in the K-12 Population	HEAL® engages K-12 students in an evidenced based curriculum founded upon the dimensions of health and physical literacy. What matters most when considering health and physical literacy of the K-12 populations? It is imperative that students learn the how/why of developing a healthy physically active lifestyle. HEAL content/resources focus on what it means to be healthy, the relationship between what we eat and health, the impact of physical activity on health, what a lifestyle demonstrating health literacy and physical literacy looks like.
2/13/2023	2:00 PM	Middle/High School Physical Education	WSSC= MVPA (SEL + PA)	Addressing the needs of a whole child during physical education requires a delicate balance among physical, cognitive and social emotional content. Come and participate in a mini-innovative circuit fitness class featuring personal goal setting, data collection and use of moderate to vigorous physical activity to measure SEL, aerobic capacity and F.I.T.T.-ness knowledge.
2/13/2023	2:00 PM	New Professionals (in the profession 5 years or less)	PSI: Fitness Pedagogy and Development for Students	A personalized system of instruction model for teaching is perfect for fitness units. Using functional fitness as a foundation, teachers can create multiple progressive lesson plans for each movement allowing students to select performance levels at their own pace. Students choice guides exercise intensity while peer evaluations elicit enhanced student to student relationships, increasing the value of fitness performance. Participants will create and perform small fitness routines during this session.
2/13/2023	2:00 PM	Retirees	Retiree Geocaching Excursion	Calling all Retirees, near Retirees, and fellow Geocaching enthusiasts. Come join us as Jiji Jonas leads us in a Geocaching Excursion that will include interesting local check points. Meet at the Summit registration desk.
2/13/2023	3:00 PM	Elementary Physical Education	Gaining Self-confidence and Leadership Qualities Through Large Group Physical Activities!	This session will provide fun ways to build self-confidence and improve leadership qualities while stressing the importance of health, fitness, and academics, through large group physical activities. Leave with instant activities you can tweak with a twist to help inspire and motivate your students!
2/13/2023	3:00 PM	Elementary Physical Education	Nutrition Education the HEAL Way	The HEAL United Program is evidence-based and designed to address relevant age-appropriate needs that support overall health and academic performance. This comprehensive year-long curriculum is taught in physical education classes and promotes good nutrition, physical activity/exercise, sleep, self-worth and respect for others. The HEAL game system provides opportunities for elementary students to learn nutrition concepts while being physically active. Join us and learn some great nutrition games/activities that your students will love.
2/13/2023	3:00 PM	Higher Education	Enhancing Health and Physical Literacy Through Service Learning in Kinesiology	Service-learning is an excellent fit in Kinesiology where students are required to know and be able to perform a variety of skills with various populations. The challenge for many educators is in providing value and transitioning to a more hands-on type learning environment without compromising student learning outcomes. Three case studies related to health and physical literacy will be presented, as well as strategies for navigating service-learning in a post-pandemic world.
2/13/2023	3:00 PM	Middle/High School Physical Education	Health and Physical Education Inside and Outside of School Building	The presentation will discuss practical tips for wellness champions to improve health and wellness throughout the school and community. Health and Physical Education can be an excellent tool to promote health and physical literacy inside and outside the school building. Participants of this presentation will understand why school and community enrollment are vital when increasing physical and health literacy.

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2/13/2023	3:00 PM	New Professionals (in the profession 5 years or less)	New and Future Professionals Mini-Comps	Come participate in mini- competitions between other new and future professionals to network, have fun, and share some competitive, but friendly spirit. All are welcome to this session, however it is geared to new and future professionals as it is the third session in a new/future professional track.
2/13/2023	4:00 PM	Elementary Physical Education	Global Awareness Through Dance	Participants in this session will learn a variety of dances from various cultures to increase global awareness. These dances can be used in physical and health education, social studies, music, or foreign language classes. These teaching techniques emphasize the use of skill-based instruction, which results in increased self-efficacy. This presentation enhances the ability to effectively teach well-designed inter-course curricula, which is imperative for future teachers to increase student learning and behavior change.
2/13/2023	4:00 PM	Sport and Physical Activity	Teaching Beyond Tactics and Technique	Using soccer, this session will help practitioners teach beyond just the technical and tactical side of sports. Learning how to plan sessions to incorporate psychological, physical and social aspects in to your sessions to teach more holistically.
2/13/2023	4:00 PM	Sport and Physical Activity	The Problem of Sport-Related Concussions in High School Athletics.	It is understood that injury is a part of the sports environment. Knowing this risk, millions of school-aged adolescents participate annually. Specific injuries present differently and are rationalized differently by the sports world. What about the ones that happen between the ears or in the head? Research suggests that more than 50% of concussions go unreported annually. Concussions, if left untreated, can result in detrimental short-and long-term health outcomes, including mental health issues, alcoholism, and suicide ideality.
2/14/2023	10:00 AM	Adapted Physical Education	The Adapted PE Toolbox: Teaching Students with ASD	Come and explore an array of evidence-based practices to support students with ASD! The purpose of this presentation is to (1) provide a brief overview of ASD, (2) explore how evidence-based practices can be used in physical education, and (3) provide attendees the opportunity to design and create a visual support to help a student in their physical education class. NOTE: Supplies and materials will be provided for the 'you make it, you take it' visual support activity!
2/14/2023	10:00 AM	Dance	Integrate a Brain Dance and Concept Approach to Strengthen Developmental Movement Patterns for Young Children	The Brain Dance is not a specific dance but based on primary developmental movement patterns that wire the central nervous system and integrates the body and mind. Children are made aware of connective parts as it aligns the body. The Brain Dance is also a good model for building complex exercises. Once movement/dance concepts are integrated into lessons, students discover greater movement possibilities within each pattern. Participants will engage in the basic patterns and concepts in a sample lesson.
2/14/2023	10:00 AM	Elementary Physical Education	Teaching to the Heart: Infusing Social & Emotional Learning Strategies into the Physical Education Classroom	During this unprecedented time, post-covid, physical educators are dealing with more mental health issues, negative behaviors, and a general loss of social skills in students. This session will provide you with practical strategies that can be used in the PE setting. While our main focus should be health and physical literacy we have to address these issues. I will provide you with activities that you can implement immediately to help build relationships with students and create a more positive classroom culture.
2/14/2023	10:00 AM	K-12 Physical Education	Volleying and Striking: We need a Vertical Plan	Vertical alignment helps coordinate teachers across students entire K-12 physical education experience. This activity based session lets participants experience activities that are aligned across the K-12 curriculum with skill development, refinement, and application. Participants will connect the content to a sequential curriculum that highlights developmentally appropriate ways to teach towards learning outcomes without repetitious experiences throughout elementary, middle, and high school.
2/14/2023	10:00 AM	Research	PETE/HETE Recruitment in Higher Education: Strategies to Promote Programs and Recruit/Retain Students	The number of education majors in the United States, across all subject areas, has experienced a sharp decline. Fifty years ago, 22% of college students majored in education compared to 10% today. Sadly, PETE/HETE programs across the country have mirrored similar patterns. The NAHPL Board initiated a Task Force with developing strategies/processes to encourage more

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				students into the PETE/HETE field of study. This session will present survey results and recommended strategies/processes to meet the PETE/HETE program initiatives.
2/14/2023	10:00 AM	Sport and Physical Activity	Advocacy That Works!	Everyone can and should be an advocate! This will cover the what, when, who, where of advocacy. The basics of advocacy on the local and state levels will be discussed including strategies, resources and ideas on how to get your message out.
2/14/2023	11:00 AM	Adapted Physical Education	Sensory Accommodations and Evidenced-Based Practices for Children with Autism	This session will open with lived experiences of teaching physical education and physical literacy to children with autism who exhibit sensory craving and sensory sensitivity. The session will then review ways to accommodate children with autism who crave sensory stimulation and for those who have a sensory sensitivity. We will also review the research on evidenced-based practices that were exhibited to support children and adolescences with autism. Equipment will be shared and participants will be provided an opportunity to practice.
2/14/2023	11:00 AM	Elementary Physical Education	Adventures Through Games	Activities will for students to be challenged as a team or individual in Adventure Based Learning activities. The activities are for small to large group classes and give students opportunity to explore, think and collaborate with peers through active fun.
2/14/2023	11:00 AM	Health Education	Interdisciplinary Education: How to Develop More Purposeful Learning at the Secondary Level	Cross-curricular instruction provides the opportunity for students to widen their lens of understanding and apply skills and strategies they learn in one discipline to another. This presentation will share the benefits of this interdisciplinary approach, and what it takes to develop your own cross-curricular classes at the secondary level. This presentation will serve as a guide for administrators, district leaders, and teachers in their efforts to develop more authentic, purposeful learning experiences for students.
2/14/2023	11:00 AM	Health Education	Improving our Social and Emotion IQ Through the Lens of Trauma	You will receive an experiential education on the effects of trauma in our lives. We will also explore evidence-based methods to utilize those experiences in improving our social and emotional IQ. Our intent is for you to leave this session with awareness of traumas impact on our whole person Body, Mind and Spirit.
2/14/2023	11:00 AM	Middle/High School Physical Education	Building Dance in the Physical Education Program	The intention of this session is to provide activities to infuse dance into a physical education program that may not include a dance component. The activities are designed to build dance efficacy in both the students and teacher, who may not be comfortable teaching dance. They will break down some of the barriers to providing and participating in dance.
2/14/2023	11:00 AM	Retirees	What Next? Transitioning into Retirement	This session will be a panel discussion on a variety of topics that deal with transitioning into "Retirement". A beneficial discussion for "near retirees" and retirees alike. Topics include; Financial Security, Traveling, and Choosing Part Time Jobs
2/14/2023	11:00 AM	Sport and Physical Activity	Promoting Mental Health in Youth Sport and Fitness Settings	In the United States, there exists two widely-available institutions that are uniquely positioned to positively impact mental health youth: Youth Sport and School/Community-based Fitness programming. As such, it is important for coaches, physical educators, and fitness professionals to create environments that intentionally help develop mental health literacy through physical activity. This session will explore key concepts and strategies aimed to help practitioners promote mental health literacy through sport and fitness.
2/14/2023	12:00 PM	Elementary Physical Education	Creative Ways to Build and Promote Team Building and Cooperation in Physical Education Classes	This session will introduce easy activities using tarps, noodles, poly spots and balls, all of which help promote team building, cooperation, and a sense of accomplishment. The activities will bring out the creativity in students and are easy to teach to upper elementary as well as middle and high school students
2/14/2023	12:00 PM	Future Professionals	Future Professional Discussion Group	This is an opportunity for the Future Professionals to gather to meet each other and have a discussion on the issues specific to their needs. Some topics may include, networking, classes, and other topics brought to the meeting.
2/14/2023	12:00 PM	Health Education	Making It Happen: Tips for Wide-Spread Implementation of Skills-Based Health	Although the importance of a skills-based approach to health education has been a discussion for years, implementation has been delayed. Teachers surveyed indicate this can be addressed through effective professional development and resources. Join us to learn how one state's new health education standards created an opportunity to transition to skills-based health. We will explore a sample framework, discuss steps to create resources, and explain a train the trainer approach used to expand expertise and professional development opportunities.

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2/14/2023	12:00 PM	Middle/High School Physical Education	Teaching to Assess the Affective Domain in PE Strategies for PETE	Physical educators should know how to assess more than just the psychomotor domain of learning. This presentation will share ways to include and implement the assessment of the Affective Domain in PETE methods courses and field experiences. Examples of assessments will be provided and discussion is encouraged.
2/14/2023	12:00 PM	Sport and Physical Activity	Applying a Physical Literacy Focused Paradigm for a College Wellness and Activity Course	How to adopt a movement first paradigm for a college wellness and activity course. The paradigm emphasizes biomotor abilities, planes of movement, challenge, and individual success related to confidence, motivation, motor competence, and the knowledge and understanding of the benefits of physical activity participation. The goal is to progress students' PL journey.
2/14/2023	1:00 PM	Elementary Physical Education	Constructing A Positive Social Climate in the Classroom	Emotions, such as conflict, anger, and anxiety, may affect students' personal and social development and are general predictors of behaviors in and out of PE. Creating a positive social climate begins with selecting appropriate instructional strategies and establishing behavioral expectations and includes teaching students how to deal with their emotions in an effective way to reap the full benefits of PE.
2/14/2023	1:00 PM	Health Promotion	Out of the Classroom: Promoting Health Literacy Through Experience	Students too often stay in front of a screen or sit unengaged in the classroom. Video meetings, lectures, and reading can be augmented with practical real-world experiences that bring the student into the world of community health promotion, while supporting local schools, non-profits, and government entities as they make health-related decisions and actions.
2/14/2023	1:00 PM	Higher Education	What is Your DEI IQ and Increasing DEI Literacy	Participants will engage in a variety of interactive games and discussions to increase their DEI IQs. We will explore facts and myths about DEI that all can incorporate to their lessons. We will use Kahoot! and other platforms to create and share DEI strategies.
2/14/2023	1:00 PM	K-12 Physical Education	Meet the Fab 50	Looking for innovative activity-based lessons to help students learn the five components of fitness? Cardio Kid, Max, Maddy, Flexy, and B.C., otherwise known as the FAB 5®, can help students understand how to live a healthy lifestyle. Find out how they can encourage your students to maintain or improve their fitness levels in each of the five components of fitness.
2/14/2023	1:00 PM	Retirees	Young at Heart, Fit for Life	During this session, participants will be active in game settings as a team or individual. Activities will be for movement, teamwork and just plain fun. A review of days of old and future active fitness choices.
2/14/2023	1:00 PM	Sport and Physical Activity	Using a Needs Analysis to Enhance Skill Acquisition	A needs analysis is a scientific framework for evaluating movements and energy requirements for sport participation. The major steps involve the identification and evaluation of movements associated with a sport. In this session, participants will evaluate the movements of a sport using anatomical terms and concepts and align the movements with energy needs and systems for training. Participants will practice strength and conditioning movements that are engaged with sport movements to enhance skill acquisition and performance.
2/14/2023	2:00 PM	Adapted Physical Education	Universal Design for Learning in Physical Education	Laying the Foundation for Universal Design for Learning in Physical Education will provide general information on the core components of UDL. In addition, we will introduce you to resources and a tool that includes recommended strategies to facilitate the implementation of UDL in all physical education settings-no matter what the teaching modality.
2/14/2023	2:00 PM	Elementary Physical Education	Once Upon a Time Using Stories for Movement Education	This session seeks to provide resources and strategies to promote and develop students' physical literacy within elementary PE. Using literature helps to connect SHAPE Standard 1 by incorporating movement and skill themes and enhancing children's creativity. Additionally, this session will provide ways to grow cross-curricular connections and to grow students' collaboration, comprehension and vocabulary skills in a fun and practical session that allows participants to remember what it's like to step inside the pictures in a story.
2/14/2023	2:00 PM	Elementary Physical Education	Back to the Basics: Budget Friendly Activities for Small Spaces	This session will review a variety of activities for small spaces such as classroom activities for rainy days, indoor recess, etc. We will review budget friendly and homemade equipment, as well as "old-school games" with added activity twists.
2/14/2023	2:00 PM	Future Professionals	Checking in: How are PETE Programs Doing with the 2017 Additions to National Standards for Initial Physical Education Teacher Certification?	This presentation will include discussion on the four indicators to the standards and discuss ways to meet these requirements through intentional coursework.

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2/14/2023	2:00 PM	Middle/High School Physical Education	What's the Game Plan for Middle School & High School PE?	Are you stuck on what activities you want to do for the day, week, or year in Middle School and High School PE class? Do you have large class sizes and think most activities cannot be done? Come join this session for great resources, ideas, and participate in the fun!
2/14/2023	2:00 PM	Research	Forced Out: Examining Quality of Life and Symptomology in Female Rugby Players After Multiple Concussions.	One of the biggest challenges in diagnosing and treating a concussion are the varied onset and severity of symptoms. To further complicate matters, when a person experiences multiple concussions their symptoms can linger with worsening, chronic issues that disrupt daily routines including work, relationships and self-care. This study consisted of semi structured, individual interviews focused on female rugby players with a history of multiple concussions.