



NAHPL SUMMIT

TUESDAY, MARCH 7, 2023

PRELIMINARY SCHEDULE — SUBJECT TO CHANGE

7:45-8:45 a.m. Courageous
Retirees Meet and Greet

7:45 a.m. - 4:00 p.m. Newport
**International Alliance of
Health, Physical Education, Dance and Sport Conference**

Keynote Speaker: Dr. Bonnie Edmondson
Professor Emerita in School Health
Education at Southern Connecticut State
University

8:30 a.m. - 9:00 a.m. Salon II and III
Inaugural Opening Festivities

9:00-10:00 a.m. Salon II and Salon III
GENERAL SESSION

Keynote Speaker: Christine Brennan



Christine Brennan is an award-winning national sports columnist for USA Today, a commentator for CNN, ABC News, PBS NewsHour and NPR, a best-selling author and a nationally-known speaker. Named one of the country's top 10 sports columnists three times by the Associated Press Sports Editors, she has covered the last 20 Olympic Games, summer and winter.

In March 2020, Brennan was named the winner of the prestigious Red Smith Award, presented annually to a person who has made "major contributions to sports journalism."

Brennan was the first woman sports writer at The Miami Herald in 1981 and the first woman to cover Washington's NFL team as a staff writer at The Washington Post in 1985. She was the first president of the Association for Women in Sports Media (AWSM) and started a scholarship-internship program that has supported more than 175 female students over the past two decades.

Brennan is the author of seven books. Her 2006 sports memoir, *Best Seat in the House*, is the only father-daughter memoir written by a sports journalist. Her 1996 national best-seller, *Inside Edge*, was named one of the top 100 sports books of all-time by Sports Illustrated.

She is a leading voice on some of the most controversial and important issues in sports. Her USA Today column in April 2002 on Augusta National Golf Club triggered the

national debate on the club's lack of female members. In December 2002, Sports Illustrated's Golf Plus section named her one of golf's 12 heroes of the year. In August 2012, Brennan broke the news that Augusta National was admitting its first two women members. She also broke the story of the pairs figure skating scandal at the 2002 Salt Lake City Olympics and the Russian judging scandal at the 2014 Sochi Games.

Brennan earned undergraduate and master's degrees in journalism from Northwestern University. She is a member of the Ohio Women's Hall of Fame, Northwestern's Medill School of Journalism Hall of Achievement, Northwestern's Athletic Hall of Fame and the Washington, D.C. Sports Hall of Fame. She has received honorary degrees from Tiffin (Ohio) University and the University of Toledo. She is a member of Northwestern's Board of Trustees and a national trustee at the University of Toledo.

Among Brennan's honors, she was named the 1993 Capital Press Women's "Woman of Achievement;" named the University of North Carolina's 2002 Reed Sarratt Distinguished Lecturer; won the U.S. Sports Academy's Ronald Reagan Award in 2002; won the Jake Wade Award from the College Sports Information Directors of America in 2003; won AWSM's Pioneer Award in 2004 and Service Award in 2016; was named Woman of the Year by WISE (Women in Sports and Events) in 2005; received the inaugural Women's Sports Foundation Billie Award for journalism in 2006; won Chi Omega's 2006 Woman of Achievement Award; won the 2006 Northwestern University Alumnae Award; won Northwestern University's Alumni Service Award in 2007; received Yale University's Kiphuth Medal in 2013 and was named the 2013 Ralph McGill Lecturer at the University of Georgia.

Both the NCAA and the Women's Sports Foundation honored her in celebrations for the 40th anniversary of Title IX in 2012.

10:00 a.m.-4:00 p.m. **Exhibits Open**

10:30-11:30 a.m. Salon I
PL-43 Physical Literacy

A Practical Tool Kit for Teaching Dance!
PreK-12 School Dance Activity

A Practical Tool Kit for Dance in PE! provides a scaffolded, comprehensive, and fun way to incorporate dance into a PhysEd curriculum. This session starts with learning a short movement sequence, after which participants are shown how teachers can extend this lesson to match students skills and grade levels. At the end of the session, attendees receive a unit plan incorporating PE and dance standards, assessment materials, video lesson samples, and a music playlist. Participants receive a unit plan with assessments after the session,

including a filmed version of the dance with all variations. Given unit aligns with CCLS, NCAS, and several PE state standards. Participants will move for the majority of this session.

Presenter: Pascal Rekoert

Central Connecticut State University and Teachers College, Columbia University

10:30-11:30 a.m.

Salon IV

PL-37 Physical Literacy

"OPEN" Your Lessons with Engaging Instant Activities!

PreK-12 School, Grades PreK-5 Physical Activity/Physical Education, Grades 6-12 Physical Activity/Physical Education Activity

Physical educators know and understand the need to get students actively engaged as soon as they enter the PE classroom. In this session, attendees will experience the very best instant activities that OPEN has to offer, including "Toss 3", "High 5 Bank Account", "Super Chicken", "Rocky Rock-Paper-Scissors", "Turkey Tag" and more!

Presenter: Rob Pohlner

OPEN National Trainer/Physical Education Teacher at Forest Lakes Elementary School (Harford County Public Schools-MD)

10:30-11:30 a.m.

Columbia

PL-12 Physical Literacy

Inspire, Include, Innovate: Crowdsourcing to Create a Unified Culture at School

PreK-12 School, Advocacy, Adapted Physical Activity/Physical Education, Equity, Diversity, Inclusion, Grades 6-12 Physical Activity/Physical Education

It takes a school-wide effort to create an inclusive culture. This starts with using PBIS appropriately, being explicit with SEL, & understanding how to support the PCI Goals of your building. This session will use crowdsourcing to dive into obstacles teachers will face as they strive to change the culture at their school. Participants will work together to brainstorm ways they could deal with different situations as they arise. Participants will leave with resources they can use to promote inclusion at their school.

Presenter: Jenn Vedder

Health & PE Specialist at Charlotte-Mecklenburg Schools

10:30-11:30 a.m.

Courageous

HL-66 Health Literacy

So you are retired! Now what?

(Other, Retirees)

This session will be an open discussion with the audience that will focus on the retirement process of educators from contemplation through their total retirement years. Discussion will include the process of retirement, continued involvement opportunities, taking the worry out of retirement, and healthy mental, emotional and physical choices.

Presenter: Jim Hinerman

Eastern Kentucky University, Retired

10:30-11:30 a.m.

Enterprise

PL-32 Physical Literacy

Beyond Managing Behavior

(Higher education, PreK-12 School, Grades PreK-5 Physical Activity/Physical Education, Grades 6-12 Physical Activity/Physical Education, New Professionals (in the profession 5 years or less))

Are you tired of behavioral issues in your class? Do you want to spend more time teaching, and less time correcting? Is there something better than behavior management systems? In this presentation we will examine how you can help students learn strategies for developing self management and positive social skills. See how utilizing calm corners, teaching self regulation skills, exploring conflict resolution strategies; and more; will give students the skills they need to thrive.

Presenters: Megaera Regan

Retired from the Port Washington School District, Long Island, NY

Betsey Caldwell

MAHPERD (Massachusetts Association for Health, Physical Education, Recreation and Dance)

10:30-11:30 a.m.

Freedom

PL-27 Physical Literacy

Addressing PETE Candidates' Ability to Apply Specialized Content Knowledge

(Higher education, Grades PreK-5 Physical Activity/Physical Education, Higher Education, Grades 6-12 Physical Activity/Physical Education)

PETE programs are required to address all initial certification standards. PETE programs are challenged to provide content knowledge, specifically the specialized knowledge to candidates in alternate routes to certification. The purpose of this session is to (1) review common and specialized content knowledge indicators, (2) discuss the current climate of teaching certification impact on candidates' ability to address physical literacy in PreK-12 students, and (3) share how their PETE programs are addressing specialized content knowledge.

Presenters: Sandra Sims

University of Alabama at Birmingham

Claire Mowling

University of Alabama at Birmingham

10:30-11:30 a.m.

Bristol

PL-78 Physical Literacy

Charting the Course: How do I become a mentor teacher?

So you're thinking about being a mentor teacher? Join us to hear from a panel of recent college graduates, university supervisors and current mentor teachers about what to expect in this role. The audience will be provided ample time to ask questions to the panel as we provide an authentic depiction of what it takes to be an effective mentor teacher in an effort to help prepare student teachers for a career in teaching.

Presenters: Amy Gagnon, Central Connecticut State University

Daniel Swartz

Southern Connecticut State University

Darren Robert
Eastern Connecticut State University

10:30-11:30 a.m. Intrepid

PL-79 Physical Literacy

Trauma - You Can't Punish It Away

This session will look at the needs of children who have experienced Trauma. Participants will look at the Adverse Childhood Experience Test (ACES). We will discuss specific strategies that can be used to help meet these children needs with a proactive rather than reactive approach to helping rather than punishing the often negative behaviors that are a result of the trauma. Trauma impacts the behavior of many of our students. Some of these behaviors are difficult to deal with in class. This session hopes to give you some support for staying positive with these children.

Presenters: **Gene White**, East Stroudsburg University

Carol Ciotto
NAHPL Eastern Seaboard Executive Director

Shawn Ladda, Manhattan College

Ellen Benham, Retired/NAHPL Eastern Seaboard

10:30-11:30 a.m. Middleton

HL-8 Health Literacy

**Middletown Health Literacy
The True Meaning of Equity Diversity and
Inclusion: A Collective Idea**

(Clinic/Hospital, Community, Higher education, PreK-12 School, Research, Advocacy)

Equity, diversity, and inclusion are hot topics 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.

Presenter: **Alex Martinez**

Lakeshore Foundation/NCHPAD/ASAHPERD

K-Lynn McKey
UL Lafayette; LAHPERD

Penny Edwards
Lakeshore Foundation/NCHPAD/ASAHPERD

10:30-11:30 a.m. Portsmouth

**Future Professionals Strand
FP Meet and Greet**

11:30-12:20 p.m. Portsmouth

Pizza Party — Future Professionals Only

11:30-12:20 p.m. On Your Own

**Lunch
See list of restaurants in Program**

12:30-1:30 p.m. Foyer

**Research Poster Session
Professional and Student Research Poster Session**

12:30-1:30 p.m. Salon I

**PL-81 Dance
Dance for All People (DAPpers)
(Activity)**

This session will combine an overview of Dance for All People, and the opportunity to experience Rachel's methodology of making dance accessible to people of all ages, abilities, and identities. She will discuss the evolution of her intergenerational dance program, current research on DAPpers, and its emerging integration into medical education at Brown University's Alpert Medical School. And of course, you'll get to move!!

Presenter: **Rachel Balaban**, Brown University

12:30-1:30 p.m. Salon III

**PL-48 Physical Literacy
Power On to Power Up Instruction and
Engagement in PE
(PreK-12 School)**

In today's digital world, power up your instruction with technology! By utilizing devices and programs, you can meet the needs of all your students. Engaging skill demonstration clips and audio and visual learning supports help all learning styles. Test out a variety of tools, strategies, and take away tips to maximize instruction through technology.

Presenter: **Ashley Jay**, QuaverEd

12:30-1:30 p.m. Salon IV

**PL-65 Physical Literacy
Maximum Participation Small-Sided Invasion
Games
(Other)**

Attendees will have the opportunity to participate in maximum participation small-sided games that could be used in multiple invasion type games such as soccer, lacrosse, floor hockey, basketball, team handball, etc. Modifications based on class size, skill levels, and/or student needs will be discussed during game play. Game descriptions will be provided. In addition, suggestions on ways to assess skills, tactics, and strategies using these games will also be shared.

Presenters: **Halie Hurd**, Plymouth State University

David Holden, Plymouth State University

Lynn Johnson, Plymouth State University

12:30-1:30 p.m. Columbia

**PL-17 Physical Literacy
Exploring Meaningful Characteristics of Virtual
Teacher Professional Development
(Higher education, PreK-12 School, Research)**

This session will present a study that explored the use of virtual professional development (VPD) for physical education teachers and identify meaningful characteristics of effective VPD. With a qualitative case study design, this study developed five themes as findings: (a) it looks like in-person, (b) providing useful resources ahead of time, (c) hands-on experience, (d) the more examples, the better understanding, and (e) that's

what I want. We will provide implications and final thoughts along with the limitations of the current study.

Presenters: **Daekyun Oh**, St. Bonaventure University

Sue Sutherland, The Ohio State University

Jacqueline Goodway, The Ohio State University

Dawn Anderson-Butcher, The Ohio State University

12:30-1:30 p.m. Courageous

PL-72 Physical Literacy

Healthy Moves - Functional Fitness for us!

Healthy Moves program will feature information on how to start a senior exercise program emphasizing functional fitness. The Healthy Moves program can be used in a Wellness Center, Hospital and/or Community setting motivating older persons to stay active at any level of ability. Sitting, standing and some mobility movements will be incorporated. What to do and how to do it will be demonstrated. Audience participation is encouraged. With expertise in Health, Physical Education, and Fitness this program is perfect for one to lead and teach. If retired from your fulltime job, this program is one to use your expertise in health and fitness. Healthy Moves provides a fun experience for leader and participants.

Presenter: **Linda Woods-Huber**, Retired

12:30-1:30 p.m. Enterprise

PL-21 Physical Literacy

Charting the Course with your Student Majors

(Higher education)

Extra-curricular and co-curricular activities in your health and physical educator preparation program can extend the knowledge, values, and experiences of your student majors. Two higher education health and physical educator preparation programs and their respective state association work with student majors to help facilitate learning beyond their college/university curriculum. Consider a four prong approach to student major engagement in your educator preparation program: 1. Fellowship 2. Advocacy 3. Professional Development 4. Service

Presenters: **Dan Grube**, Western Carolina University

Stephanie Little, Meredith College

12:30-1:30 p.m. Freedom

**Leadership Development Conference
By Invitation Only**

12:30-1:30 p.m. Bristol

PL-2 Physical Literacy

Universal Design for Learning in Physical Education

(Higher education, PreK-12 School)

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.

Presenters: **Penny Edwards**, Lakeshore/NCHPAD

Alex Martinez, Lakeshore/NCHPAD

Sherri Huff, Birmingham City Schools

Jonathan Thompson, ALSDE

12:30-1:30 p.m. Intrepid

PL-40 Physical Literacy

Physical Literacy: A confounding concept

(Higher education, PreK-12 School, Research)

Physical literacy has pervaded physical education and kinesiology recently. How does the level of abstraction affect the adoption of a PL-focused curriculum? What are the potential benefits, impediments, and challenges of adopting a physical literacy-focused paradigm? The “why?” Compare and contrast several physical literacy definitions. Review the four attributes associated with physical literacy based on the IPLA definition. Physical literacy is an antecedent to physical activity participation (Edwards et al., 2017; Sum et al., 2018). I will share information from my dissertation, UNCG class of 2022.

Presenter: **David Wiederrecht**

Lone Star College- University Park

12:30-1:30 p.m. Portsmouth

PL-54 Physical Literacy

PEK - A Future Professional Organization for the Student Who L.E.A.R.N.S.!

(Higher education)

This session is specifically designed to engage with future professionals. Information in this session will be related to professional development, networking, and growth as a physical activity professional within kinesiology-related fields. Specific information will be included as it relates to networking and professional development opportunities that exist within the Phi Epsilon Kappa Fraternity.

Presenters: **David Lorenzi**, Indiana University of Pennsylvania

Deb Berkey, Midland Regional Executive Director

1:40-2:40 p.m. Salon I

PL-49 Physical Literacy

West African Dance and Culture

(Community, Higher education, PreK-12 School)

Abdou brings his drum and his energy to everyone in the room. He will demonstrate the moves and then teach them. Abdou breaks the dances down into ‘steps’ that are easily learned by all ages and abilities including for students in wheelchairs or with limited motion. The students become comfortable with dancing and can perform the whole dance. Abdou also teaches African dance for Soccer players’ agility training. Traditional dances performed by a Senegalese artist - what could be better for the curriculum? Abdou Sarr is a dancer from Senegal, West Africa who came to the US in 2000. He is extraordinary, dynamic and very engaging. He speaks English fluently. Abdou is a highly charismatic young man. He is very responsible and an excellent role model for our US youth on Africa, Senegalese culture, Muslim religion and the arts.

Presenter: **Abdou Sarr**, Arts Are Essential, Inc.

1:40-2:40 p.m. Salon II

PL-35 Physical Literacy

Games that are a Holiday HIT!

(PreK-12 School)

Tick tick tick . . . how many more minutes until it's time for a much-needed holiday break? Students are misbehaving, teachers are tired and it's hard to stay motivated to teach a quality lesson. This session is all about cross curricular holiday activities that will keep your students engaged. Thanksgiving, winter, Mardi Gras, St. Patrick's Day, you name it we got it!

Presenters: **Kerri Lee**, Zachary Elementary School

Megan Lee, Tanglewood Elementary School

1:40-2:40 p.m. Salon III

PL-30 Physical Literacy

Standards-Based Instruction and Assessment in PreK-12 Physical Education

(PreK-12 School)

This session will provide information on the five SHAPE America K-12 PE National Standards and grade-level outcomes (GLOs) that guide PE curriculum. Participants will learn how to use GLOs to design developmentally appropriate curriculum and instruction, including tasks and assessments. GLOs will be broken-down and an explanation of how to use them will be presented. Information about how to appropriately assess the GLOs will be provided through participation in tasks/activities and discussion.

Presenters: **Cathy Abel-Berei**

Southern Connecticut State University

Daniel Swartz

Southern Connecticut State University

1:40-2:40 p.m. Columbia

HL-11 Health Literacy

Repurposing Health and Physical Education for 21st Century Learners

(Community, PreK-12 School)

To meet students where they are, we must deliver health and physical education instruction that not only supports the development of 21st Century Skills, but gives learners opportunities to engage with their community, understand and feel the importance of healthy living, and build communities of inclusive practices to develop every learner. This presentation will dive into ways we can repurpose our mission as health and physical educators to provide authentic, relevant, and purposeful learning experiences at the secondary level.

Presenter: **Jenn Vedder**, Charlotte-Mecklenburg Schools

1:40-2:40 p.m. Enterprise

PL-62 Physical Literacy

CALM the CHAOS with Easy to Implement Class Management Strategies

(PreK-12 School)

You can have the best lesson but without class management you won't be able to teach, and students will struggle to learn.

Class management is the key to any successful lesson. However, teaching outside or in a gym, often with extra-large classes, presents unique and challenging teaching environments. This presentation is packed with tried-and-true class management tips and recommendations in addition many specific for large groups on the playground and in the gym. The presentation is mostly lecture however I will get participants up to do some activities as well.

Presenter: **Carrie Flint**, Musical PE Plus

1:40-2:40 p.m. Freedom

Leadership Development Conference

By Invitation Only

1:40-2:40 p.m. Bristol

HL-61 Health Literacy

Translating research into practice: Lessons from Covid-19 data analysis

(Community, Higher education, Research)

Over the last three years Covid-19 has created a lot of opportunities for public health professionals to analyze health data in real time. Epidemiological measures had to be translated into layman's terms to communicate with law makers, mass media, and general public. This presentation will use a case study from Southeast Texas Covid-19 data analytics and lessons learned from disseminating data over the last three years.

Presenters: **Praphul Joshi**, Sam Houston State University

1:40-2:40 p.m. Intrepid

PL-19 Physical Literacy

Building Stronger Policies in US Schools: A Grassroots National Approach

(PreK-12 School, Advocacy)

A team of advocates has begun a project that will produce physical education and physical activity (PA) policy implementation data in all 50 US states. We are also establishing a network of Policy Champions in each state and are seeking university faculty members, K-12 educators, and other physical literacy supporters to join us! Attend this session to learn about the data available in your home state and how you can get involved in this grassroots project to advocate for increased access to physical education and PA in your state.

Presenters: **Ben Kern**, University of Wyoming

Dr. Wesley J. Wilson, University of Utah

Dr. Kelly Simonton, University of Wyoming

Dr. Hans van der Mars, Arizona State

Tristan Wallhead, University of Wyoming

David S. Woo, University of Utah

2:50-3:50 p.m. Boardroom

EDI Committee

2:50-3:50 p.m. Salon I

PL-73 Dance

Dance and Somatics: Creative Embodied Approaches for Transformative Learning

An experiential movement-based workshop that offers participants tools to connect sensation, emotion, thought and action. Explores how to use those interconnections to build effective physical literacy. A combination of dance improvisation and somatic practices will be explored to build adaptive competencies that improve motor function and efficiency, enhance internal states of awareness, openness and curiosity, as well as build emotional and social intelligence.

Presenter: **Heather Dougherty**

Montgomery County Community College

2:50-3:50 p.m. Salon II

PL-6 Physical Literacy

Research based lesson design to measure Moderate to Vigorous Physical Activity

(Higher education, PreK-12 School, Research)

Developing the whole child, and social emotional learning are two top components of today's public education. The utilization of heart rate monitors allow for a student centered approach that focuses on objective measures to codify a students effort and engagement in the physical education space. The Heart Tech Plus system is the most advanced data platform for physical education that has ever been created. Coupling the power of the secure dedicated online web portal with the accuracy and advancements in the wearable sensory technology 4.0. Attendee's may be active and interacting with the wearable technology.

Presenters: **Chris Mekelburg**, Rockville Centre UFSd

Rich Butterworth, Heart Tech Plus LLC

2:50-3:50 p.m. Columbia

PL-70 Physical Literacy

The What? Why? And How? Of Program Review 2.0

Program review can be an overwhelming task that can intimidate faculty and institutions. Join us to learn how program review can be a pivotal means of communication and accountability that provides valuable insight to your university leadership and faculty on program performance. The recommendations can serve as a key input mechanism for strategic planning and decision-making. Come see how the Academy can assist your institution during the review process.

Presenters: **Karen Smail**, College of Charleston

NAHPL Program Review Committee:

- Ellen Benham**
- Carol Ciotto**
- Tiffany Edgar**
- Jodie Leiss**
- Stephanie Little**
- Carol Manning**
- Katherine Pebworth**

3:00-4:30 p.m. Courageous

RETIREE SOCIAL

2:50-3:50 p.m. Enterprise

PL-25 Physical Literacy

Books and Biceps: Building our Brains and Bodies in Physical Education

(Higher education, PreK-12 School)

Physical education and literacy are at the beginning of developing a cohesive relationship. This relationship will include teaching the whole child because they will be challenged academically, physically, and emotionally while engaging with literature and becoming physically literate. Becoming physically literate will promote lifelong physical activity while promoting the student to become more comfortable with moving their bodies. This will help them make connections to literacy while being active.

Presenters: **Jacklyn Spaccaforno**, East Stroudsburg University

Jennifer Spaccaforno, Miller Place School District

2:50-3:50 p.m. Freedom

**Leadership Development Conference
By Invitation Only**

2:50-3:50 p.m. Bristol

HL-56 Health Literacy

Leadership and Handling Stress

(Community, Higher education, PreK-12 School)

Leadership and Life can be stressful. What is stress? What are common signs of stress? How to help deal with stress in yourself and others.

Presenter: **Katherine Pebworth**, Lincoln Memorial University

2:50-3:50 p.m. Intrepid

PL-3 Physical Literacy

STEM Resources for Physical Education/Physical Activity Programs

(Community, Higher education, PreK-12 School)

Did you know that STEM resources can be used to create switches and other equipment that can be used in your physical literacy programs? Come learn how utilizing the STEM resources in your community and schools can have an impact on activity levels within your program. This session will introduce you to resources and creative ways to increase and maximize opportunities to work together with local STEM programs to enhance what you are doing within your schools and communities. Did you know that STEM resources can be used to create switches and other equipment that can be used in your physical literacy programs? Come learn how utilizing the STEM resources in your community and schools can have an impact on activity levels within your program. This session will introduce you to resources and creative ways to increase and maximize opportunities to work together with local STEM programs to enhance what you are doing within your schools and communities. Did you know that STEM resources can be used to create switches and other equipment that can be used in your physical literacy programs? Come learn how utilizing

the STEM resources in your community and schools can have an impact on activity levels within your program. This session will introduce you to resources and creative ways to increase and maximize opportunities to work together with local STEM programs to enhance what you are doing within your schools and communities.

Presenters: **Penny Edwards**, Lakeshore/NCHPAD

Alex Martinez, Lakeshore/NCHPAD

April Chamberlain, Trussville City Schools

Sherri Huff, Birmingham City Schools

Jonathan Thompson, ALSDE

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4:30 p.m.

Evening Event – All are Invited

Ports of Call

Meet in Marriott Lobby



NAHPL SUMMIT

WEDNESDAY, MARCH 8, 2023

7:30-8:15 a.m.

PL-76

Morning Movement with Brianna and Chloe

Brianna and Chloe will lead this sunrise session with a series of morning stretches and creative dance movement and activities. This uplifting class will wake up your mind and body and you will feel energized for the rest of the day.

Presenters: **Brianna Albanese**, Kinsella Magnet School

Chloe Tranter, Central Connecticut State University

Foyer

through interactive opportunities to use the information in their contexts.”

Dr. William Potts-Datema has served in education and public health for 40 years, including service from local to international levels. He has held several national leadership positions in the United States including Chief of the Program Development and Services Branch of the Centers for Disease Control and Prevention (CDC) Division of Adolescent and School Health, Director of Partnerships for Children’s Health at the Harvard T.H. Chan School of Public Health in Boston, Massachusetts, and Executive Director of the Society of State Leaders of Health and Physical Education in Washington, D.C.

Dr. Potts-Datema is an adjunct professor in the School Health Education graduate program of Southern Connecticut State University. He also consults for government agencies and national non-profit organizations and is the United States representative for the UNESCO Chair for Global Health and Education.

He serves as President of the Foundation for the Advancement of Health Education, Secretary-Treasurer of the National Parent-Teacher Association (PTA), Treasurer of the Society for Public Health Education, and Vice-Chair of the Missouri State University Alumni Association. He is also a board member of the CATCH Global Foundation, Georgia PTA, National Commission for Health Education Credentialing, and RMC Health. He previously served on the global boards of ASCD and the International Union for Health Promotion and Education; the national boards of the American Association for Health Education (AAHE), American School Health Association (ASHA), and National PTA; and as chair of the national board and a founding board member of Action for Healthy Kids.

He holds a Doctor of Public Health degree from the University of Georgia, and Master of Science and Bachelor of Science in Education degrees from Missouri State University. Dr. Potts-Datema has presented in 48 U.S. states and 12 other nations, and he has authored and contributed to numerous publications. He is a fellow of ASHA and AAHE and a member of Delta Omega national public health honorary society and Eta Sigma Gamma national health education honorary society.

7:30-8:15

Southern Tier Region

Boardroom

7:30-8:15

Eastern Seaboard Region Meeting

Enterprise

7:30-8:15

Midland Region Meeting

Jamestown

7:30-8:15

West Coast Region Meeting

Middletown

8:00-4:00 p.m.

Exhibits Open

7:45-8:45 a.m.

Retirees Committee Meeting Open Day for Touring

Courageous

8:20-9:00 a.m.

GENERAL SESSION and CHARTER MEMBERSHIP PINNING CEREMONY

Salon II and Salon III

9:00-10:00 a.m.

Keynote Speaker: Dr. William Potts-Datema

Topic: Strengthening Health Literacy for Students and Professionals



Health literacy is continually increasing in importance as populations deal with misinformation and disinformation. Students in school need health literacy knowledge and skills to live healthy, happy, and productive lives as adults. Dr. Potts-Datema will discuss initiatives designed to assist students in developing the knowledge and skills necessary for young people to thrive. Participants will be guided

10:30-11:30 a.m.

PL-52 Physical Literacy

Movement for People with Parkinson’s

(Clinic/Hospital, Community, Higher education, Research)

Salon I

This lecture/demonstration will cover the basic symptomatology of Parkinson’s Disease, including a brief overview of the scientific literature on why exercise and dance is beneficial for people with PD. We will cover safety, modifications/considerations, tips and strategies as well as centering joy in the classroom. The activity portion of this class provides par-

ticipants with kinesthetic movement options focusing on the adapted nature of dance/exercise for people with PD. I will reference the Mark Morris Dance for Parkinson's program as a model.

Presenter: Gregory Youdan, Lehman College

10:30-11:30 a.m. Salon IV

PL-38 Physical Literacy
Less Is More!
(PreK-12 School)

Experience the best of the best from OPEN's "Limited Equipment" module! These standards-based activities can be used with little to no equipment by Physical Education teachers from grades K-12. Attendees will actively experience "Robotics Lab", "Chariot Race", "Cone Flip Treasure Grab" and more!

Presenter: Rob Pohlner
 OPEN National Trainer/Physical Education Teacher, Forest Lakes Elementary School, Harford County Public Schools, MD

10:30-11:30 a.m. Columbia

HL-15 Health Literacy
If You Build It, They Will Learn
(PreK-12 School)

This presentation is for secondary Health and Physical Education teachers looking to increase student engagement and build positive classroom communities. This presentation focuses on the importance of involving students in the learning process and how to effectively navigate the 8 Principles of Deeper Learning to support a positive classroom community. The presenter will share proven strategies for cultivating an inclusive environment to improve student engagement, enhance academic performance, and develop Social-Emotional competencies.

Presenter: Jenn Vedder, Charlotte-Mecklenburg Schools

10:30-11:30 a.m. Courageous

Retirees Committee Meeting / Open Day for Touring

10:30-11:30 a.m. Enterprise

PL-29 Physical Literacy
Integrating Advocacy Skills Throughout a PETE/HETE Program
(Higher education)

This presentation will demonstrate how one PETE/HETE program prepares its students to advocate for physical education and health education by integrating skills and strategies in multiple courses in the PETE/HETE preparation program. The Program Curriculum Map for Advocacy will be shared including strategies and skills. Examples of assignments will be shared. This presentation is appropriate for both Health and Physical Literacy.

Presenter: Lynn Johnson, Plymouth State University

10:30-11:30 a.m. Freedom

PL-4 Physical Literacy
Let's Move Afterschool
(Community, PreK-12 School)

This session will introduce ways to start a quality, fully inclusive Afterschool sports program for children in your schools and/or community. It will also walk you through recruiting coaches, athletes & officials as well as how to get the funding to start. We will also address getting equipment donated.

Presenters: Sherri Huff, Birmingham City Schools

Penny Edwards, Lakeshore/NCHPAD

10:30-11:30 a.m. Bristol

PL-46 Physical Literacy
Effects of Children's Choice of Exercise: Strategies for increasing activity
(Community, Higher education, Research)

Globally, childhood obesity and overweight status continues to be a serious public health concern. As suggested by the CDC (2021), one way to combat overweight and obesity is to engage in 60 minutes of physical activity per day. It is important to note that this can be in any form at any intensity. This session will examine a study that was used to assess the effects of children's choice of exercise on a 2-mile run bout and discuss other methods for increasing children's activity levels as well as those for the general population.

Presenter: Ryan Green, Southeastern Louisiana University
Holly Kihm, Southeastern Louisiana University

10:30-11:30 a.m. Intrepid

PL-60 Physical Literacy
Creating a General Education Course Focused on Health and Physical Literacy
(Higher education)

This presentation will demonstrate how to create a successful HPE general education course about health and physical literacy called "50 Million Strong" to help to recruit students into the field of HPE. Students in a variety of programs throughout the college/university will be exposed to the concepts of health and physical literacy. A faculty member from a state university will outline the process of creating a general education course at their institution. Participants will be encouraged to brainstorm their own ideas.

Presenter: Emily Clapham, University of Rhode Island

10:30-11:30 a.m. Jamestown

Awards Committee

10:30-11:30 a.m. Middletown

Advocacy Committee

10:30-11:30 a.m. Portsmouth

Future Professionals Meet and Greet and Meet the Leaders

.....

11:30-12:20 p.m. Boardroom

Partnership Luncheon
(By Invitation Only)

.....

11:30-12:20 p.m. On Your Own
Lunch
See list of restaurants in Program

12:30-1:30 p.m. Foyer

PL-75 Physical Literacy
Caribbean Dance for Everyone

This energetic activity will introduce the participants to the Calypso Dance of Trinidad and Tobago. A Center Floor Warmup followed by across the floor dance patterns will culminate in a short Calypso Dance. This easy-to-follow dance material will be demonstrated and taught by Stephen Hankey and accompanied by live drummers. Be prepared to have FUN!!!

Presenter: **Stephen Hankey**
 Cental Connecticut State University

12:30-1:30 p.m. Salon III

PL-10 Physical Literacy
Let's Par-Tee: Introductory Golf Activities with Minimal Equipment
(PreK-12 School)

Golf is an amazing lifetime activity, however traditional golf can be expensive and timely. Increased popularity in disc and foot golf have helped expand knowledge of the basic rules and strategies of the game. This session will show that you can teach the game in any setting and with any equipment. Come Par-Tee!

Presenter: **K-Lynn McKey**
 University of Louisiana at Lafayette

12:30-1:30 p.m. Salon IV

PL-64 Physical Literacy
Mindfully Using Music in Physical Education
(PreK-12 School)

Hear the Beat and Move Your Feet. The concept of using music in PE is not a new one; YES! it is motivating! However, mindfully selecting your music can greatly enhance student outcomes for fitness, movement, gross and fine motor skills as well as emotional/social experiences. Participants will be given strategies to deliver content utilizing multiple modes of learning and intelligences of learning, that incorporates music throughout.

Presenter: **Carrie Flint**, Musical PE Plus

12:30-2:00* p.m. Columbia

PL-36 Physical Literacy
Self Care for Educators
(Clinic/Hospital, Community, Higher education, PreK-12 School, Advocacy)

A snapshot of a professional development course we offer in our district for our faculty, staff and students. Participants will be exposed to and practice various self-care techniques. Participants will be able to learn about basic mindful awareness skills (body scan, mindful listening, etc) as well learn about how emotions affect the life of educators. Participants will experience various forms of movement as well as various mindfulness techniques. Dress comfortably and come as you are.

Presenters: **Dr. Adam Diliberto**
 Wellesley High School, Wellesley, MA

Kathleen Brophy, M.Ed.
 Wellesley High School, Wellesley, MA

12:30-1:30 p.m. Courageous

PL-47 Physical Literacy
Teaching Personal Health Literacy and Physical Literacy in the K-12 Population
(PreK-12 School)

It is imperative that students learn the how/why of developing a healthy, physically active lifestyle. HEAL is an evidenced based curriculum founded upon the dimensions of personal health literacy and physical literacy. 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, and what a lifestyle demonstrating health literacy and physical literacy looks like.

Presenters: **Donna Dunaway**, HEAL

Donna Hester, ASAPERD
Ginger Aaron-Brush, Pelham Oaks Elementary
Sandra Sims, University of Alabama-Birmingham

12:30-1:30 p.m. Enterprise

HL-22 Health Literacy
Incorporating Health Literacy Through Inter Professional Education in Higher Ed
(Higher education)

The College of Nursing and Health Sciences (CNHS) is focused on incorporating Interprofessional Education (IPE) at the college, department, and course levels. The IPE initiative incorporates Health Literacy and diversity/inclusion education through the following components: a Living Learning Community; Study Abroad; IPE courses; and Clinical integration. These four components are strategically used to support student success (retention, progression, and graduation) as well as foster intentional Health Literacy education in CNHS for all majors.

Presenters: **Charity Bryan**, Southeastern Louisiana University

Lindsay Domiano, Southeastern Louisiana University

Ann Carruth, Southeastern Louisiana University

12:30-1:30 p.m. Freedom

HL-58 Health Literacy
Adapted Health Education Introduction
(PreK-12 School)

An introduction to what Adapted Health Education is, and how Health Educators can not just modify lesson for the students who are multiple grade levels below their actual grade, but also how to advocate for their needs in life. Educators will look at different ways to modify lessons, development of curriculum, and more as we work towards making more age appropriate looking materials to help these students.

Presenters: **Melissa Longo**, CA Boces - RISE Academy

12:30-1:30 p.m. Intrepid

HL-68 Health Literacy
Undergraduate Viewpoint of a Minority Poverty Simulation

(Clinic/Hospital, Community, Advocacy)

During the fall semester of 2022 at the University of the Incarnate Word, a simulation was held to allow the students of the allied health professions to experience firsthand what poverty being of many different minority groups. These students went on tasked with the objective of getting through the month with the bills paid along with any of the financial hardship that may come one's way. Overall, the purpose of this proposal is to discuss the viewpoint the students had once completing the minority poverty simulation.

Presenters: Edward Cantu Jr.

Health Educators Organization of the University of the Incarnate Word

Briana Rivera

Health Educators Organization of University of the Incarnate Word

Madison Floyd

Health Educators Organization of University of the Incarnate Word

Marisa Hernandez

Health Educators Organization of University of the Incarnate Word

Presenters: Kerri Lee, Zachary Elementary School

K-Lynn McKey, University of Louisiana at Lafayette

1:40-2:40 p.m. Courageous

PL-23 Physical Literacy
Metacognitive Strategies to Improve Teacher Candidates Academic Language Use
(Higher education)

EdTPA requires academic language integration into each instructional task. This requirement continues to elicit confusion among teacher candidates. One strategy for eliminating the disconnect is to use metacognitive strategies. The purpose of this session is to (1) introduce metacognition and accompanying strategies, (2) discuss academic language successes and struggles for teacher candidates, and (3) design metacognitive activities that target academic language use.

Presenter: Claire Mowling

University of Alabama at Birmingham

Sandra Sims

University of Alabama at Birmingham

1:40-2:40 p.m. Enterprise

PL-63 Physical Literacy
The New 20 Meter Submax Cardio Test
(Higher education, PreK-12 School, Research)

I am introducing The Submaximal 20 Meter Cardio Test, that includes all students wearing a heart rate sensor before, during the sub max 20 meter test, and during recovery time. Students will stop their test when their heart rate is at 190 to 200. They will then cool down and also lay down for a full recovery. Heart rates are recorded throughout and will be sent to student, teacher, and parents. Teachers will teach with students looking at their own printouts the next day. Test is repeated in the spring, with heart rate printouts compared. No Video of 4th grade students doing the 20 Meter Submaximal Test, will be shown. Every facet will be shown with real students. The printouts of these students will be shown, including the first ever seen heart rate printout of a student with excellent cardio fitness. No one has ever seen a cardio printout of a 20 meter test.

Presenter: Beth Kirkpatrick, Heart Zones Inc.

1:40-2:40 p.m. Freedom

PL-33 Physical Literacy
Advocating for Children: Training for Teachers and Staff
(Advocacy)

As professionals, teachers and staff are the most critical advocates for the education of children. They have first-hand knowledge of what students need, what resources the school needs, and be able to communicate those needs to administration and policy makers. Understanding the process at the local and state levels is essential to encourage their participation. From my 38 years of experience at the state and legislative process, I will be sharing strategies and key elements on how to become an advocate for children.

Presenter: Fely Curva, NAHPL Advocacy Committee Co-Chair

1:40-2:40 p.m. Boardroom

Nominations Committee Meeting

1:40-2:40 p.m. Salon II

PL-39 Physical Literacy
Move and Groove with OPEN's Rhythm Fit!
(PreK-12 School)

Participants will be moving and grooving featuring songs from Hip Hop Public Health. Teachers will experience rhythm-based routines created by OPEN at different levels of difficulty with a variety of equipment. Activities will use social and emotional learning to create a positive environment, while sharing strategies to keep learning fun. Teachers will experience how personal enjoyment, social engagement, and appreciation for all movement forms will allow Rhythm Fit to create an inclusive learning environment for all.

Presenter: Nichole Wilder

OPEN (Online Physical Education Network)

1:40-2:40 p.m. Salon IV

PL-34 Physical Literacy
Quality Physical Education for CHEAP, for RAIN, for EVERYTHING
(PreK-12 School)

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.

1:40-2:40 p.m. Bristol

HL-51 Health Literacy
**Culture-Based Differentiated Instruction:
 A Guide to Teaching Health Education**
*(Community, Higher education, PreK-12 School,
 Advocacy)*

Designed to support health educators working within the diverse, modern classroom, Culture-Based Differentiated Instruction: A Guide to Teaching Health Education provides readers with a strategic framework that helps them learn about and better understand their students on a cultural level. This teaching methodology equips the educator with the skills to effectively plan, instruct, and assess while designing multiple pathways to success.

Presenter: Michael Mucedola, Longwood University

1:40-2:40 p.m. Intrepid

PL-71 Physical Literacy
**Participation: A Winning Formula for Parents and
 Their Children**

The purpose of our presentation is to share the results of a qualitative study that investigated the impact of adaptive sport participation by children on parental stress and coping skills and discuss our findings about the positive benefits of children participating in the adaptive sport classes. A second purpose is to share resources and ideas about how we can increase the opportunities for children and adolescents to participate in adaptive sport, fitness, and recreation activities in and outside of the school environment. Unfortunately, many parents who have a child with a disability have higher levels of stress and experience challenges coping with the responsibilities of raising a child with a disability. Parents often feel overwhelmed, helpless, and frustrated, which over time can have a negative effect on their psychosocial well-being (Higgins et. al., 2005; Tehee, et al., 2008). For example, parents often experience increased stress due to the challenges balancing work and family life, financial concerns, and attending to the needs of all the children in their family (Jivanjee & Simpson, 2001). Researchers also have found that many children with disabilities are not provided with enough opportunities to participate in movement, sport, and fitness experiences which can have a negative impact on their physical and emotional development (Rimmer & Roland, 2007). The results of the focus group discussions generated three themes: 1) social connections for the parents, 2) community for children, and 3) self-empowerment. Many participants felt that while their children were participating in the sport classes, they were able to connect with the other parents, which provided a sense of social support. Furthermore, the participants shared that their children had opportunities to make new friends and participate in developmentally appropriate activities.

Presenters: Matthew Martin

Central Connecticut State University

Tan Leng Goh

Central Connecticut State University

1:40-2:40 p.m. Middletown

PL-20 Physical Literacy
Advocacy 101: Asks and you shall receive!
(Advocacy)

Advocacy is defined as any action that speaks in favor of, recommends, argues for a cause, supports or defends, or pleads on behalf of others. Do you need assistance with being your own advocate? If so, this session is for you. This session will help you develop an action plan, strategies, and implementation steps that will ensure you become an effective advocate for your program. Come join us for this interactive session on how to be a fantastic advocate!

Presenters: Sherri Huff, Birmingham City Schools

Jonathan Thompson, ALSDE

2:50-3:50 Boardroom

Strategic Planning Committee

2:50-3:50 p.m. Salon III

PL-31 Physical Literacy
**Excel and Elevate: Taking your Physical
 Education to the Next Level**
(PreK-12 School)

Learn proven strategies, tips, and activities that will positively transform your physical education program. With a focus on social-emotional learning, student assessment plans, and classroom management ideas, participants will walk away with innovative and creative strategies to enhance their instruction and cultivate success for all students. Participants will also learn fun fitness and nutrition activities to easily implement into their curriculum.

Presenter: Ginger Aaron-Brush, Pelham Oaks Elementary

2:50-3:50 p.m. Salon IV

PL-45 Physical Literacy
FUN-Damentals of Self-Defense
(PreK-12 School)

Fun-Damentals of Self- Defense is a series of games developed for physical educators to use in conjunction with teaching some basic self-defense moves. Fun-Damentals incorporates short games, allowing an educator to teach essential self-defense fundamentals in a reasonable amount of time. In addition to teaching skills, the non-threatening scenarios utilized in the games allow the students to apply the learned skills in a way that promotes a deeper understanding of possible situations and the actions to be taken. This is an activity based presentation. Participants will be active and taking part in games that teach self-defense. I use the PL-focused curriculum when teaching my college wellness and physical activity courses to progress students' PL journey. People with progressed physical literacy are more likely to be physically active for life.

Presenter: Damon Leiss, Northwest Missouri State University
Jodie Leiss, Northwest Missouri State University

2:50-3:50 p.m. Columbia

HL-28 Health Literacy
Getting Stronger Everyday
(Community, Higher education, PreK-12 School)

Sister-educators Kathy Brophy and Kelly Brophy will share their personal experiences around themes of addiction, shame, mental health, breast cancer, resilience, hope, love and strength. This session is for you to focus on you. Come as you are, and we hope that you will leave feeling a sense of connection. This session is interactive and we look forward to spending time with you.

Presenters: **Kelly Brophy**, Retired
 Kelly was a double major in Psychology and Elementary Education and received a BS from Trenton State College. She taught Sixth Grade Mathematics for 15 years at Lawrence Intermediate School in Lawrence, NJ. She retired in October of 2012, due to some medical issues. She continues to tutor students in math and does some public speaking on mental health and addiction. Kelly loves spending time with her two daughters and loves the Jersey shore.

Kathleen Brophy, M.Ed.
 Kathy received the 2019 Ruth and Virginia Bigwood Voice for Justice Award from REACH Beyond Domestic Violence. 2015 MAHPERD High School Physical Education Teacher of the Year Award and the 2016 SHAPE Eastern District High School TOY. She is in her 30th year as an educator and is presently a Fitness and Health Teacher at Wellesley High School, Wellesley, MA. She continues to enjoy ballroom dance and is a member of NASSPDA (North American Same-Sex Partner Dance Association)

2:50-3:50 p.m. Courageous

HL-53 Health Literacy
Building Partnerships to Promote Health and Physical Literacy
(Community, PreK-12 School, Other)

This session will explore ways in which the Oklahoma Association for Health, Physical Education, Recreation, and Dance has worked with the Oklahoma State Department of Education to promote health and wellness throughout the state. We will discuss how working together has helped to promote programming and other professional development to a wider audience with a common vision. This partnership has been an invaluable resource for collaboration and advocacy of the promotion of health and physical literacy throughout Oklahoma.

Presenters: **Lauren Loucks**
 University of Central Oklahoma and Oklahoma AHPERD

Shana Classen
 Oklahoma Department of Education

2:50-3:50 p.m. Enterprise

PL-57 Physical Literacy
Health Behaviors and Best Practices for Children with Autism
(PreK-12 School)

Session will introduce health behaviors (eating behaviors, physical activity, obesity) among children with Autism from data collected at a summer camp. Activities, materials, and best practices found in research to support health behaviors will be reviewed. Attendees will engage in and practice several of the best practices to support health behaviors among children with Autism for an inclusive physical education environment.

Presenters: **Kristen Morgan**, Southeastern Louisiana University
Myia Graves, Southeastern Louisiana University

2:50-3:50 p.m. Freedom

HL-9 Health Literacy
Maximize Your Social Media
(Other)

Social media can benefit any organization, however most are not getting the biggest bang for their buck! This session will explain various platform nuances, strategies, and facts to help individuals and organizations grow their following and create a more efficient social media process.

Presenter: **K-Lynn McKey**, University of Louisiana at Lafayette

2:50-3:50 p.m. Bristol

PL-41 Physical Literacy
Choose It....Move It!
(Community, PreK-12 School)

How can we reach and motivate students that are hesitant to participate in movement? In this session, we will explore two core tenets of student-centered learning: voice and choice. Creating student-centered environments is an equity move that can improve engagement, promote positive behavior, and develop a sense of belonging for ALL students. Incorporating these strategies into your classroom, physical education program, recess or before/after school programs can empower students to enjoy physical activity regardless of the setting.

Presenter: **Sean Brock**, Alliance for a Healthier Generation



NAHPL SUMMIT

THURSDAY, MARCH 9, 2023

7:45-8:45 a.m.

Representative Assembly *All are invited to attend*

Salon II

Presenter: **David Wiederrecht**
Lone Star College-University Park

7:45-8:45 a.m.

PL-69 *Physical Literacy*

THRIVE: Transforming Homes, Schools, and Communities

(Community, Higher education, PreK-12 School)

THRIVE offers individuals with disabilities and families a spectrum of physical activity, wellness, nutrition, and social connection activities to improve their physical and emotional health. Activities are completed with your mentor, family members, friends, or neighbors. Attendees will experience our THRIVE activities and discuss ways to improve access and opportunity for all. We will also share our research findings to date.

Presenter: **Thomas Moran**

James Madison University, Empowerment Center

7:45-8:45 a.m.

HL-7 *Health Literacy*

Be the Change You Want to See

(Community, Higher education, PreK-12 School, Advocacy)

Are you passionate about enhancing health and physical literacy in your community? Join us for a conversation about advocating for health and physical literacy, mentoring emerging professionals, and becoming more involved with professional organizations. This presentation offers an opportunity to collaborate with other professionals to help you chart your course. How will you be the change you want to see? This will be an interactive, workshop-style presentation where participants are engaged in conversation to identify professional growth opportunities.

Presenters: **Kerry Morgan**, University of Central Oklahoma

Charley Daniel, Tulsa Health Department
Health Educators Organization of University of the Incarnate Word

7:45-8:45 a.m.

PL-42 *Physical Literacy*

Progressing the Physical Literacy Journey - Start With movement

(Higher education, Research, Advocacy)

Everyone is on a physical literacy journey. Movement should be the foundation for building a lifetime of physical activity. Learn about a PL-focused curriculum striving to progress students' PL journey. A PL-focused curriculum used in college wellness and activity course. Results shared from a dissertation. The presenter's movement philosophy and assessments shared.

Courageous

9:00-10:00 a.m.

PL-50 *Physical Literacy*

West African Dance and Culture

(Community, Higher education, PreK-12 School)

Abdou will dance for everyone in the room. He will demonstrate the moves and then teach them. Abdou breaks the dances down into 'steps' that are easily learned by all ages and abilities including for students in wheelchairs or with limited motion. The students become comfortable with dancing and can perform the whole dance. Abdou also teaches African dance for Soccer players' agility training. Traditional dances performed and taught by a Senegalese artist - what could be better for the curriculum? Abdou Sarr is a dancer from Senegal, West Africa who came to the US in 2000. He is extraordinary, dynamic and very engaging. He speaks English fluently. Abdou is a highly charismatic young man. He is very responsible and an excellent role model for our US youth on Africa, Senegalese culture, Muslim religion and the arts.

Presenter: **Abdou Sarr**, Arts Are Essential, Inc.

University of Alabama-Birmingham

Salon I

9:00-10:00 a.m.

PL-59 *Physical Literacy*

Learning About Games That Teach Physical Literacy

(PreK-12 School)

The presenters will present a variety of cooperative, all-inclusive games focus on using movement and reinforcing age/grade appropriate physical literacy, mathematical, language skills, and other content areas. Tracking movement and the level of physical activity are an essential part of the of the games. Participants will be introduced to using movement to teach and reinforce content. Low level through high intense active games with an emphasis towards numbers, words, and physical literacy will be presented. Students currently completing student teaching will be presenting the games and leading this presentation. The games are from a newly published book in 2022.

Presenters: **Emily Clapham**, University of Rhode Island

HPE students, University of Rhode Island

Salon IV

9:00-10:00 a.m.

PL-24 *Physical Literacy*

Building Community Using Regular Check-ins with Students

(Higher education, PreK-12 School)

School belonging may impact students' mental health, which is greatly affected by student-teacher relationships and peer

Courageous

interactions (Allen et al, 2018). To foster a sense of belonging and community in the classroom, teachers can consider regular check-ins. In this session, the presenters will identify the components of belonging and discuss how check-ins provide an opportunity to foster belonging, inclusion, and community. The audience will review various check-in ideas appropriate for the physical education setting. The presenters will provide a variety of check-in examples, including examples with and without technology, anonymous responses, opportunities for students to agree/disagree, and opportunities for students to share examples and participate in discussions. All shared activities will offer ideas for modification for various settings and students. Allen, K. A., Kern, M. L., Vella-Brodrick, D., Waters, L., & Hattie, J. (2018). What schools need to know about belonging: A meta-analysis. *Educational Psychology Review*, 30(1), 1-34. Download: <https://doi.org/10.1007/s10648-016-9389-8>

Presenters: **Stacia Miller**, Midwestern State University

Suzanne Lindt, Midwestern State University

Christina Janise Wickard, Midwestern State University

9:00-10:00 a.m. Freedom

PL-67 Physical Literacy
Supporting People with Intellectual and Developmental Disabilities
(Community, Advocacy)

In this session, you will learn about physical literacy and supporting people with intellectual and developmental disabilities. You will learn about I/DD, using People First language, and adapting existing activities for people with disabilities. This session will cover the Special Olympics organization, and the exciting range of competitive activities for people with disabilities. We will cover other organizations, such as the Best Buddies, and look at example activities to incorporate into existing curricula.

Presenter: **Amelia McKeon**, Circulo Health, Inc.

10:15-11:15 a.m. Salon I

PL-74 Physical Literacy
The Gender-Sexuality Continuum in K-12 Dance Spaces

This lecture-based session describes the study findings of interviews with five male K-12 dance educators working in the New York City school system. Although we live in an era of increased gender equity, education and dance education are still considered gender-asymmetrical occupations. Similarly, the general recognition of dance as a female art form in Western societies results in gender-imbalanced engagement.

Presenter: **Pascal Rekoert**, Central Connecticut State University

10:15-11:15 a.m. Salon IV

PL-18 Physical Literacy
Nutrition Education the HEAL Way
(PreK-12 School)

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.

Presenter: **Ginger Aaron-Brush**, Pelham Oaks Elementary

10:15-11:15 a.m. Courageous

PL-16 Physical Literacy
Music motivates movement (3M logo)
(Community, Higher education, PreK-12 School, Research, Advocacy)

The purpose of this investigation was to determine if listening to music during 1.5 mile runs improves pace time in college students enrolled in a jogging activity class. Eleven students (7 males, 4 females) ages 18-22 were studied to determine if running pace and performance were effected by. Pace was measured with a timed 1.5 mile run on a 400 meter track surface. Over the period of ten trials, seven trials were performed with music and three trials were performed no music. Average pace times were analyzed and compared. Through reviewing the literature on the topic of music's effect on exercise, we discovered that music distracts from fatigue, music improves motor coordination when running in sync with music tempo, and physical activity appears to be more enjoyable with music.

Presenter: **Judy Bloomquist**, Texas A&M University- Kingsville

10:15-11:15 a.m. Enterprise

HL-26 Health Literacy
Tuberculosis in the age of COVID
(Clinic/Hospital, Community, Higher education, Research)

Tuberculosis is a disease that most people think is gone. While we hear about COVID, we don't hear about tuberculosis even though infections are increasing. TB is an airborne disease like COVID. Testing is critical and treatments are available, but take from 6-9 months. In this age of COVID, are we neglecting other deadly diseases like TB? The answer seems to be yes. This session will discuss the disease of tuberculosis, its' treatments, and its' dangers, along with possible responses to this and other infectious disease threats.

Presenter: **Melody Knight**, Texas A&M University-Kingsville

11:30-12:00 p.m. Salon II and Salon III

CLOSING CEREMONY