

Cindy O'Brien  
V.P. Elect Physical Education



Cindy O'Brien is an elementary school physical education teacher in Hueytown, Alabama. Her educational preparation includes BS and MS degrees in Physical Education from the University of Montevallo, Montevallo, Alabama.

In the Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD), Cindy is the current Past President and served on the ASAHPERD Board of Directors in various capacities including the Physical Education Division for 20+ years. In 2018 she was named the ASAHPERD Elementary Teacher of the Year, and in 2023 was awarded the ASAHPERD Honor Award.

Regionally and nationally, Cindy is a member of the Physical Education Council of the National Academy of Health and Physical Literacy, Southern Tier (NAHPL). She was President of the American Alliance for HPERD (SHAPE America) Student Action Council.

Research and presentations at the state and regionals levels include *Teaching to the Heart*, *Infusing SEL Strategies into Physical Education*, and *Teaching SEL in Physical Education*. Most recently Cindy presented *Ideas on Physical Education from Beginning to End with Little or No Equipment* at the 2023 NAHPL Southern Tier Summit.

Honors and recognitions during her 42-year teaching career, include the City of Hueytown Teacher of Excellence Award; Hueytown Elementary, Second Mile Teacher in 1995, 2001, 2008, 2011, and 2015. In 2022, Cindy was named Hueytown Intermediate School Teacher of the Year.

Cindy's public service and significant contributions to other organizations include Hueytown Chamber of Commerce, Hueytown Citizen's Academy, Kids Heart Challenge, American Heart Association, HEAL United, and taught in the Head Smart Program, Univ. Alabama Birmingham