



## 2024 National Summit

April 7-10 | Baton Rouge, LA

*(Note: This is a preliminary schedule of sessions)*

### **Monday (4/8/24)**

- 11:00am-12:45pm Off Site Tour of Pennington Biomedical Research Center
- 1:00pm-1:50pm Integrating Adapted Sports into Physical Education
- 1:00pm-1:50pm TikTok and Instagram: How "Influencers" are influencing health information
- 1:00pm-1:50pm Up your Game: How to Use Metacognitive Strategies to Develop Meaningful Assessments for Student Learning
- 1:00pm-1:50pm Fitness Testing: Is it needed?
- 1:00pm-3:50pm American Red Cross First Aid/ CPR/ AED Training
- 1:00pm-3:50pm Quick Games for Fun & Fitness!
- 1:00pm-3:50pm Do You Know You?: Utilizing True Colors to Discover Who You Are
- 2:00pm-2:50pm Adapted Health Activities to Teach Nutrition, Screen time, and Physical Activity
- 2:00pm-2:50pm Improving Health and Physical Literacy Through Dance
- 2:00pm-2:50pm Why Exercise Fundamentals Are Still Best: Navigating the Confusion
- 3:00pm-3:50pm The 3 M's: Mental Health, Mindset, and Mindfulness
- 3:00pm-3:50pm Utilizing Tower Gardens to Grow Nutrition Literacy and Hands-On Learning
- 3:00pm-3:50pm Hosting Adapted Sports Demo
- 3:00pm-3:50pm The Cardiovascular Fitness Effect of Zone 2 Training Among High School Soccer Athletes

### **Tuesday (4/9/24)**

- 10:10am-11:00am Creating Dances-Strategies that Work for Young and Older of Any Ability
- 10:10am-11:00am HEAL United: Station Sensation
- 10:10am-11:00am A Conversation About Collaboration: Working Together to Enhance Health Literacy

- 10:10am-11:00am A New Approach to Curricular Development
- 10:10am-11:00am Improving PETE Programs: Insight from One University's Pursuit to Improve Undergraduate Coursework
- 10:10am-11:00am It's Okay to Not Be Okay: Translating Mental Health Knowledge to Effect Change
- 10:10am-11:00am An Introduction to the Phi Epsilon Kappa Fraternity
- 10:10am-11:00am Games and More Games - Experience Speed Stacks!
- 11:00am-12:45pm Off Site Tour of LSU athletic facilities
- 11:10am-12:00pm Get Kids Excited About Learning When Incorporating Academics with Fun Fitness Activities!
- 11:10am-12:00pm Cooperative Learning Task Structures: Strategies for Interpersonal Learning and Accountability
- 11:10am-12:00pm Dance: The Perfect Activity to Practice Social-Emotional Learning Objectives
- 11:10am-12:00pm Evaluating Diets: Is There a Good Choice?
- 11:10am-12:00pm Health Literacy and Inter-Professional Education in a Living Learning Community
- 11:10am-12:00pm Birding for All Ages
- 11:10am-12:00pm Secondary PE: Classroom Plans that Make Students Fans!
- 11:10am-12:00pm Reversing the Effects of the Unintended Consequences of Title IX Legislation
- 12:10pm-1:00pm Health and Movement: A Dynamic Duo
- 12:10pm-1:00pm Dancing Together: Creole Rhythms and Unity in Diversity
- 12:10pm-1:00pm YOGA For Seniors/Retirees or Individuals Who Have Not Been Active Recently
- 12:10pm-1:00pm Occupational Wellness & Experiential Learning
- 12:10pm-1:00pm The Need and Process of Developing Inclusive Recreation Activities for Children with Disabilities in Rural Areas
- 12:10pm-1:00pm Building Character Through Movement: SEL Skills in Elementary Physical Education
- 1:10pm-2:00pm Trauma - You Can't Punish It Away
- 1:10pm-2:00pm Pre-K and Primary Physical Education: Brain Pump for Young Children
- 1:10pm-2:00pm Geocaching for All Ages
- 1:10pm-2:00pm Cardio Drumming with a fun flavor!
- 1:10pm-2:00pm Creating Exciting Skills Based Standards lessons in Health Education Using Tech Tools
- 1:10pm-2:00pm Providing SEL Skills for K-12 Students
- 1:10pm-2:00pm Understanding Equity, Diversity, and Inclusion: What is your Bias?
- 1:10pm-2:00pm Sport Management Education Literacy - Curriculum inclusion
- 2:10pm-3:00pm Teacher Perception and Priorities on Personal and Workplace Health and Wellness

- 2:10pm-3:00pm Homemade Equipment for Physical Literacy Fun!
- 2:10pm-3:00pm Urban Line Dance for Fun and Fitness
- 2:10pm-3:00pm Surviving vs. Thriving: Infusing the Wellness Wheel into Curriculum
- 2:10pm-3:00pm Mindfulness in Physical Education & Activity
- 2:10pm-3:00pm Fitness Pedagogy - Is Teaching Strength & Conditioning Art or Science - or Both?
- 3:10pm-4:00pm Integrating a Meditation App into MIT Physical Education and Wellness Courses and DAPER Programming
- 3:10pm-4:00pm The Power of Outdoor, Unstructured Play on Health Benefits in Children
- 3:10pm-4:00pm Athletes as Employees and Worksite Wellness: Benefits of Including a Focus of Health in All Employee Settings
- 3:10pm-4:00pm Access to Physical Education in US Schools: A Policy Implementation Analysis
- 3:10pm-4:00pm Back to the Basics! Physical Education Teaching Strategies MADE Easy!
- 3:10pm-4:00pm Using Virtual Reality Gaming in PE
- 3:10pm-4:00pm Teaching Children to be Water Safety Champions (Part I)
- 4:10pm-5:00pm Teaching Children to be Water Safety Champions (Part II)
- 4:10pm-5:00pm Active Learning: Using Movement to Expand Children's Vocabularies & Communication Skills
- 4:10pm-5:00pm NAS Direct Connect: Networking with Past, Present and Future Professionals
- 4:10pm-5:00pm Southern Tier- Future Professionals LDC Alumni meeting
- 4:10pm-5:00pm Creating Student Centered Physical Education Programs
- 4:10pm-5:00pm Developing Rigor in Physical Education
- 4:10pm-5:00pm Adventures as a School Administrator
- 4:10pm-5:00pm To PETE or Not to PETE: That is the Question.

### **Wednesday (4/10/24)**

- 10:10am-11:00am Instant Activities for Building Relationships
- 10:10am-11:00am ABC, 1,2,3, Building Blocks of P.E.
- 10:10am-11:00am Discovering Crelata: Bringing Dance into Your Classroom through our Dance Education Platform
- 10:10am-11:00am Kayaks, Dreams, and Cardboard: An Interdisciplinary Approach to Healthy Behaviors through Experiential Learning
- 10:10am-11:00am Assessing Game Play in Physical Education
- 10:10am-11:00am Curriculum beyond "The Gym": Creating a Curriculum that Deserves Respect
- 11:10am-12:00pm Double Unders, Double Dutch and Such
- 11:10am-12:00pm ACTION! Team Games to Boost Engagement

- 11:10am-12:00pm Making Swing Dance Accessible
- 11:10am-12:00pm Our Changing Language/ The Use of "Slang" Across Campuses
- 11:10am-12:00pm Stress and Some Tips for Being Mindful
- 11:10am-12:00pm Tips and Tactics for Landing a Job!
- 12:10pm-1:00pm MOVEMENT SPEAKS: A Dance Program for Adults of all Ages
- 12:10pm-1:00pm Cross Curricular Physical Activities
- 12:10pm-1:00pm Variables Influencing Muscular Strength in Elementary Children
- 12:10pm-1:00pm Advocate: Who Me?
- 12:10pm-1:00pm There Can be Only One! What is physical literacy?
- 12:10pm-1:00pm Top Ten Instructional Faux Pas
- 1:10pm-2:00pm Things I Wish I Knew in My First 5 Years
- 1:10pm-2:00pm Mix It Up with Fun Dance Mixers
- 1:10pm-2:00pm Empowering Educators through Adventure: A Journey of Learning and Growth
- 1:10pm-2:00pm Building Skills-based Health Education with the Future in Mind
- 1:10pm-2:00pm Don't Ache About the edTPA Retake: Identification of Modifications
- 1:10pm-2:00pm The Right Start Summer Program: The NYSP Reboot
- 2:10pm-3:00pm Tag, You're IT!
- 2:10pm-3:00pm Purposeful Physical Activity for Early Learners
- 2:10pm-3:00pm Alternative Resistance Training: Medicine Ball, Kettle Bell, and Body Weight Exercises
- 2:10pm-3:00pm Help! What's the Number to 911?!
- 2:10pm-3:00pm Advocacy Priorities in the Challenging Time
- 2:10pm-3:00pm The Power of a Hybrid Model Approach: Physical & Health Literacy for the Future
- 3:10pm-4:00pm Navigating the Assistant Professor Role: What a Balancing Act!
- 3:10pm-4:00pm Physical Literacy Takes a Village
- 3:10pm-4:00pm Designing Effective and Efficient Internship Policies, Procedures, and Assessments
- 3:10pm-4:00pm Navigating Multiple Paths to Physical Education Preparation: Creating Physical Literacy Advocates
- 3:10pm-4:00pm The Need for More "College" Literacy in Support of Overall Health Improvement: Insights from GEAR UP Alabama Project



**National Academy  
of Health and Physical Literacy**