

**Saturday – December 2, 2023**

**7:00 am – 11:30 am**

**Concourse**

**Registration Desk Open**

**8:00 am – 9:00 am**

**Health Division**

**Health Professional Education Section**

**Room 102**

**Presentation:** Best Practices for Teaching Reproductive and Sexual Health – *Stephanie Hebert, Pat Werner, Kelli Page, and Kari Hazard*

**Description:** This session will introduce effective strategies for teaching the reproductive and sexual health content of the Texas Essential Knowledge and Skills (TEKS) for Health.

**Activity:** Audience Participation/Lecture

**General Division**

**Assessment & Evaluation Section**

**Room 103 A**

**Presentation:** There Can be Only One! What is Physical Literacy? – *Dr. David Wiederrecht*

**Description:** Physical literacy lacks consensus for a definition worldwide. What causes the differences, and can agreement be achieved? Where does agreement exist?

**Activity:** Lecture

**College, Health & Recreation Divisions**

**Lifetime Wellness and Water Sports Sections**

**Room 103 B**

**Presentation:** Aqua Jog – Fluid Running: What's the Difference? – *Judy Bloomquist*

**Description:** Case study using college activity swim class participated in aqua jog to compare benefits of aqua jog vs fluid running claims.

**Activity:** Lecture

**Physical Education Division**

**Middle & High School Physical Education Section**

**Ballroom A**

**Presentation:** Got Middle School/High School PE? Explore the Possibilities with Large Group Games with 100+ Students – *Dr. Erica Armijo, Justine Farmer, and Miguel Saldana*

**Description:** GOT Middle/High school Kids? Got PE? Why yes we do! Our awesome secondary PE teachers will show you fun high MVPA games and strategies for all group sizes to include those 100+ classes. Games, classroom management tips and tricks. Team teaching at its best.

**Activity:** Audience Participation

**Physical Education Division**

**Middle & High School Physical Education Section**

**Ballroom C**

**Presentation:** Keeping it Real with Secondary PE – *Jasmin Torres and Crystal Day*

**Description:** This session is designed to equip secondary physical education teachers by way of developing fitness plans, engaging in team building and leadership skills and providing lifesaving skills and strategies.

**Activity:** Audience Participation

### **Dance & Physical Education Divisions**

#### **Dance Pedagogy Section**

##### **Room 200**

**Presentation:** Creative Movement and PE – *Kaysie Brown and Amanda McCorkle*

**Description:** Participants will experience Creative Movement activities in relation to PE.

**Activity:** Audience Participation

### **College, Physical Education & Health Divisions**

#### **Lifetime Wellness Section**

##### **Room 201**

**Presentation:** Incorporating Neurodevelopmental Activities into Your Pre-Exercise Preparation – *Gene Power*

**Description:** Lecture and active participation activities to focus on using movement patterns based on the Neurodevelopmental Sequence to better prepare for high intensity training sessions.

**Activity:** Audience Participation/Lecture

### **Physical Education Division**

#### **Elementary Physical Education Section**

##### **Room 202**

**Presentation:** Let's Get Married!!! Taking Small Group Station Games and Whole Class Games Together – *Robert Acree, Rick Bruce, and Joshua McMurray*

**Description:** This presentation will give some examples on how station games can be whole class games and how whole class games can be station games.

**Activity:** Audience Participation

### **Physical Education Division**

#### **Elementary Physical Education Section**

##### **Room 203**

**Presentation:** Everything is BIGGER in Texas, Including Class Sizes! – *Kelli Smith, Gia McClain, and Chase Wilson*

**Description:** Join Prosper ISD PE teachers for fun and engaging activities geared for large groups!

**Activity:** Audience Participation

### **Physical Education Division**

#### **Elementary, Middle & High School Physical Education Sections**

##### **Room 204 A**

**Presentation:** Help Build Stronger School- and State-Level Physical Education Policies for Texas – *Dr. José Santiago and Dr. Kent Griffin*

**Description:** A national surveillance initiative is underway to track PE policy implementation. Session attendees will learn about this project and are encouraged to participate.

**Activity:** Audience Participation/Lecture

**Physical Education Division  
Elementary Physical Education Section  
Room 204 B**

**Presentation:** Teaching Tips to Save Your Career! – *Erik Woods and Mike Hertlein*

**Description:** In this session, you will learn tips and techniques for better classroom management, procedures, and how to handle any circumstance that drives you crazy in the classroom.

**Activity:** Lecture

**9:00 am – 11:00 am**

(2 hours of CPE)

**Recreation Division  
Outdoor Education Section  
Meet at Trinity Park**

**Presentation:** Tour de TAHPERD – Leading a Group Bike Ride – *Bob Sanderson*

**Description:** Bring your bike, helmet and water and join the Tour de TAHPERD ride. Enjoy a 16-mile ride along the Trinity River trail! No experience required other than the ability to ride a bike! Certified Helmet is Required! The ride will begin at Shelter House at Trinity Trails Park entrance located at Stayton Street & 7<sup>th</sup> Street. The ride will take place weather permitting.

**Activity:** Audience Participation

**9:15 am – 11:30 am**

(2 hours of CPE)

**Physical Education & Recreation Divisions (2-hour session)  
Adapted Physical Education and Leisure Activities & Sports Sections  
Room 203**

**Presentation:** Aim High – FUNdamental Special Olympics – Coaching Certification Sessions 1 & 2 – *Barbara Kielaszek and T.J. Hapshie*

**Description:** Special Olympic Coaching Certification in Fundamental Sports.

**Activity:** Audience Participation

**9:15 am – 10:15 am**

**Physical Education & General Divisions  
Elementary Physical Education and Instructional Technology Sections  
Room 102**

**Presentation:** Creating Engaging PE Lessons Using Technology: Part 2 – *Kelli Page, Kari Hazard, Pat Werner, and Stephanie Hebert*

**Description:** Engaging lessons ensure student participation and decreases management issues. This session will walk participants through how to build engaging lessons using Google Slides.

**Activity:** Audience Participation

**General, Physical Education, & Health Divisions  
K-12 Administrators Section**

**Room 103 A**

**Presentation:** TIA – Money for PE/Health Teachers...When Pigs Fly! – *Kellie Sellers and Kenneth Hernandez*

**Description:** TIA – is about Teacher Incentive Allotment. It is about teachers receiving “incentive” for their good works. Come by and hear how this works in the Health & PE world!

**Activity:** Lecture

**College & Physical Education Divisions**

**Professional Preparation and Middle & High School Physical Education Sections**

**Room 103 B**

**Presentation:** Models Based Physical Education – *Dr. Josiah Johnson*

**Description:** Incorporating Teaching Games for Understanding (TGIU), Sport Education and Dynamic Physical Education Models into elementary and middle school physical education will be discussed.

**Activity:** Lecture

**College Division**

**Sport Management Section**

**Room 104**

**Presentation:** The Past 50 Years of Sport Law – *Dr. Paul Fikes*

**Description:** Progression of legal issues affecting sport over the past 50 years with consideration of several major laws, court decisions, and case studies.

**Activity:** Lecture

**Physical Education Division**

**Middle & High School Physical Education Section**

**Ballroom A**

**Presentation:** El Paso ISD's Raise the Bar Fitness Program – *Andreana Harkless, Danny Paniagua, and Lisa Mendez*

**Description:** Raise the Bar Fitness Program demonstrates high-intensity interval training focused on strength and conditioning specially developed for secondary students.

**Activity:** Audience Participation

**Physical Education Division**

**Elementary Physical Education Section**

**Ballroom C**

**Presentation:** CCISD Elementary PE Games – *Julian Valdez-Vela, Girts Starks, Gail Alaniz, Nicole Villarreal, Miguel Aceves, Cassandra Garza, and Amy Bull*

**Description:** A group of teachers from Corpus Christi ISD will share some of their favorite PE games.

**Activity:** Audience Participation

**Dance & College Divisions**

**Dance Pedagogy Section**

**Room 200**

**Presentation:** Training the Vestibular System for Balance – *Carisa Armstrong, 2022 TAHPERD Scholar*

**Description:** Participants will learn exercises to strengthen the vestibular system to increase balance in their students.

**Activity:** Audience Participation

**College Division**

**Student Section**

**Room 201**

**Presentation:** Free Tuition, Oh My! Teaching/Graduate Assistantships for Graduate School – *Alan Wright*

**Description:** How to discover graduate/teaching assistantships to pay for graduate school.

**Activity:** Lecture

**Physical Education Division**

**Elementary, Middle & High School Physical Education Sections**

**Room 202**

**Presentation:** AIM HIGH with Dominoes, Cards and Poly Spots! – *Anne Daily and Jeff Peters*

**Description:** A variety of SHORT activities for the gym using dominoes, cards, and poly spots.

**Activity:** Audience Participation

**Health Division**

**Community Health Education Section**

**Room 204 A**

**Presentation:** Sneak It In: Get More Super Foods in Your Diet – *Dr. Judy Sandlin, Dr. Michael Sandlin, Rosanne Keathley, and Kathy Cammarata*

**Description:** This program will demonstrate the need for super foods in one's diet and will suggest methods of sneaking the super foods into meals and snacks.

**Activity:** Audience Participation/Lecture

**Physical Education Division**

**Elementary, Middle & High School Physical Education Sections**

**Room 204 B**

**Presentation:** Tackle the T-TESS, Evaluate YOUR Evidence! – *Kelly Featherston and Tess Bragg*

**Description:** T-TESS is required! Let's come together and learn about what it is. Bring ideas and check this off your list. You WILL leave with new ideas for evidence and your goal for next year!

**Activity:** Audience Participation/Lecture

**10:30 am – 11:30 am**

**Physical Education Division**

**Middle & High School Physical Education Section**

**Room 102**

**Presentation:** Strength Training with Secondary PE Students – *Amy Bull*

**Description:** The presenter will outline some strategies used to incorporate strength training in a weight room safely with secondary level PE students.

**Activity:** Lecture

**Physical Education Division**

**Adapted Physical Education Section**

**Room 103 A**

**Presentation:** From Advocacy to Impact – APE in a Growing District – *Justin McCullick, and Jonai Lloyd, and Abigail Page*

**Description:** The presentation will explain the impact of an APE program on a district and strategies to advocate, develop, and strengthen APE services in a district.

**Activity:** Lecture

**College, General & Dance Divisions**

**Research and Instructional Technology Sections**

**Room 104**

**Presentation:** Movement through Technology: Exergaming and VR – *Stephanie Gonzalez and Ana West*

**Description:** Attendees will learn about two types of technologies that can be implemented in classrooms to promote children's physical activity engagement and improve motor skills.

**Activity:** Lecture

**Physical Education Division**

**Middle & High School Physical Education Section**

**Ballroom A**

**Presentation:** Rock the Bells!! Getting Physical with Sandbells! – *Zenia Hall and Keenanlan Clemmons*

**Description:** Come learn fun ways to teach muscular strength and endurance games and activities to large classes using sand bells and other manipulatives.

**Activity:** Audience Participation

**Physical Education Division**

**Elementary Physical Education Section**

**Ballroom C**

**Presentation:** Field Day Fun in the Sun Ideas – *Francisco Gonzalez, Jeanette Ortiz, Kimberly Wells, Russell Sailer*

**Description:** This session is designed to provide tangible tools for various field day activities for elementary teachers.

**Activity:** Audience Participation

**Dance & Physical Education Divisions**

**Dance Cultural, Social & Wellness Forms Section**

**Room 200**

**Presentation:** Dance Celebration for All: Social, Mental, and Emotional Health – *Gladys Keeton*

**Description:** Basic steps and styling for a variety of non-partner and partner American and Latin social dances to build confidence and enjoyment.

**Activity:** Audience Participation

**Physical Education Division**

**Elementary Physical Education Section**

**Room 201**

**Presentation:** Muscular Strength & Control Testing for Elementary PE: What, Why and Baseline Results – *Kate Webb and Dr. Debbie Rhea*

**Description:** Affordable and time efficient muscular strength and control tests for elementary PE. Results from 274 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> grade students, as well as the implications of muscle strength with life-long fitness/health.

**Activity:** Audience Participation/Lecture

**Physical Education & Dance Divisions**

**Elementary, Middle & High School Physical Education Sections**

**Room 202**

**Presentation:** Creating Active Dynamic Warm-Ups for Physical Education Classes – *Dr. Josiah Johnson*

**Description:** Designing and implementing active dynamic warm-ups with the goal of improving locomotor skills and developing fitness will be discussed.

**Activity:** Audience Participation/Lecture

**Health & General Divisions**

**Community Health Education and Diversity Sections**

**Room 204 A**

**Presentation:** Puzzle Pieces: What Role Do You Play in the WSCC Model? – *Cherrelle Tillis, Nathan Helton, and Kaylea Britton*

**Description:** The Whole School, Whole Community, Whole Child model is comprised of 10 components. Come identify your mission and place to address health and the community.

**Activity:** Lecture

**All Divisions**

**All Attendees**

**Room 204 B**

**Presentation:** How to be Recognized as a TAHPERD Exemplary School – *Tammy Gilstrap and the Exemplary School Committee*

**Description:** To all GREAT TAHPERD Educators! Do you have a totally awesome school that excels in health, wellness, and physical activities that engages your school community? TAHPERD would like to recognize YOU! Please join us as we unveil the new TAHPERD Exemplary School Criteria and show you how you can apply for the opportunity to be recognized!

**Activity:** Audience Participation/Lecture