

**Saturday – December 7, 2024**

**7:00 am – 11:30 am**

**Exhibit Hall Foyer**

**Registration Desk Open**

**8:00 am – 10:15 am**

**(2 hours of CPE)**

**College & Physical Education Divisions**

**Sport Management and Sports Sections (2-hour session)**

**Vine Room II**

**Presentation:** Concussion Training (UIL) – 2-Hour Course – *Dr. Paul Fikes*

**Description:** Concussion management best practices. Includes information about evaluation, prevention, symptoms, risks, and long-term effects. Complies with 2-year concussion training required by UIL.

**Activity:** Lecture

**8:00 am – 9:00 am**

**Physical Education Division**

**Elementary Physical Education Section**

**Moody Ballroom I**

**Presentation:** Come Play with CCISD! – *Pam Straker, Tim Miller, and Susan Rizzo*

**Description:** Join Clear Creek ISD for fun-filled games and activities for all elementary grade levels to keep your students moving and having fun!

**Activity:** Audience Participation

**Physical Education Division**

**Adapted Physical Education Section**

**Salon E**

**Presentation:** Tools of the Trade: Less is More – *Melody Caza, Sonia Hidalgo, and Evelyn Tidwell, 2023 TAHPERD Adapted Physical Education Teacher of the Year*

**Description:** Participants will collect tools for student success... Have bag, will travel. Come build your toolbox through participation in activities designed to maximize student engagement, minimize equipment needed, establish routine, and provide modifications. Participants will see the overall effect of student success. Wrap up will include ah-ha moments, questions and examples shared by everyone. Teachers on the move welcome!

**Activity:** Audience Participation/Lecture

**Dance, Physical Education & General Divisions**

**Dance Cultural, Social & Wellness Forms, Middle & High School Physical Education, Elementary Physical Education, and Diversity Sections**

**Salons FG**

**Presentation:** Regional Folk Dances from El Estado de Yucatan – *Zelma Mata and Santa Molina*

**Description:** Yucatan is in the northern part of the Yucatan Peninsula in Mexico. The music and dance of the Jarana date back at least two centuries. Its dances are a mix of indigenous and Spanish influences dance in festivals called vaqueria. The typical dress is a beautiful white satin or a huipil adorned with large embroidered colorful flowers with a long white skirt also adorned with a second tier of flowers. Men wear a white guayabera and pants with a white Panama hat and a red scarf or

paliacate. Dances from this state are very elegant and graceful yet lively. In this session, dances will be taught that can easily be adapted and taught in a folk dance class or added to a physical education dance curriculum. This is a demonstration and audience participation presentation. Instruction will include a short warm-up with basic footwork or zapateados followed by dance instruction.

**Activity:** Audience Participation

### **Physical Education Division**

#### **Middle & High School Physical Education Section**

##### **Salon H**

**Presentation:** Let's Talk: Creating Evidence-Based Assessment – *Austin Yaeger*

**Description:** This program will allow teachers to have an open discussion, collaboration session to talk about how to implement evidence-based assessments. How do you assess physical and cognitive growth? What ideas do you have to incorporate those types of assessments? Let's talk about it.

**Activity:** Audience Participation/Lecture

### **College & Physical Education Divisions**

#### **Professional Preparation, Sport Management, Sports, and Adapted Physical Education Sections**

##### **Vine Room I**

**Presentation:** Baseball Education Day: Applied Learning Experience Collaboration –

*Dr. Christina Villalon, Dr. Sharon Bowers, Rachel Elms, Amy McKay, Chad Agor, Joshua Fussell, Kyndal Gladson, and Myles Ward*

**Description:** Presenters will share information regarding Baseball Education Day, a collaboration between the Athletics Department and School of Kinesiology at Tarleton State University and Chamberlin Elementary in Stephenville, Texas. Details include purpose and benefits for university and second grade students, sample activities, and considerations for planning and facilitation.

**Activity:** Lecture

### **Physical Education & General Divisions**

#### **Elementary, Middle & High School Physical Education and K-12 Administrators Sections**

##### **Ivy Room**

**Presentation:** Fitnessgram Software: Tips for Data Entry and Using Reports to Enhance Your PE Program – *Dr. Kelly Featherston and Dr. Sharon Rice*

**Description:** Do you struggle with the Fitnessgram software? Let's discuss updates to the software and share data entry tips. Step-by-step instructions will be included for generating student level, grade, and whole school summary reports. Come ready to learn and share how you can use the Fitnessgram software to advocate for your PE program.

**Activity:** Lecture

### **Health & College Divisions**

#### **Community Health Education, Health Promotion, and Lifetime Wellness Sections**

##### **Exhibit Hall A1**

**Presentation:** Loneliness and Creative Ways to Combat It – *Dr. Lon Seiger and Dr. Collin Webster*

**Description:** According to the US Surgeon General Report (2023), loneliness is one of the top public health issues in our country. This session will cover all aspects of loneliness including strategies for schools, families, and community organizations to help manage it. Using their own phones, participants will have the opportunity to complete an online survey to assess where they stand on a loneliness scale. Participants will also be invited to engage in a fun teambuilding program to feel connected and respected!

**Activity:** Audience Participation/Lecture

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

**Sports, Middle & High School Physical Education, Lifetime Wellness, and Leisure Activities & Sports Sections**

**Exhibit Hall A2**

**Presentation:** Pickleball 101: An Introduction to America's New Favorite Addiction – *Dr. Casi Helbig*

**Description:** America's favorite new addiction is pickleball. From state to state, it has taken over the unused tennis courts and pickleball venues are popping up everywhere. You don't want to be left behind. This program will be an introduction to the rules, scoring and basic shots that will give you the confidence to step on the court with those pickleball junkies. Pickleball is the ultimate lifetime sport that can be enjoyed from ages 5 to 95 and will improve your overall agility, body awareness, cardiovascular endurance, reaction time, mood, and social network.

**Activity:** Audience Participation

**Physical Education Division**

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

**Exhibit Hall A3**

**Presentation:** Hula Hut Mania – *Kashif Aleem*

**Description:** Have you ever wanted to learn how to build hula huts? Come out to this session and learn some great cooperative activities with hula huts and fun games to go along with it.

**Activity:** Audience Participation

**Physical Education Division**

**Middle & High School Physical Education and Sports Sections**

**Floral Hall A**

**Presentation:** Safe and Effective Resistance Training in Secondary Physical Education – *Jonathon Arrow*

**Description:** Educators will learn inclusive strategies for introducing safe and effective resistance training to secondary students of all backgrounds. Educators will explore age-appropriate exercises, safety protocols, and motivational techniques, which will aid them in fostering a positive fitness experience for everyone within their classrooms.

**Activity:** Audience Participation/Lecture

**Physical Education & Dance Divisions**

**Elementary, Middle & High School Physical Education, and Dance Cultural, Social & Wellness Forms Sections**

**Floral Hall B**

**Presentation:** Ysleta ISD, the Best from the West! – *Adrian Stevens, Maria Armendariz, Fernando Arriaga, Kevin McCormick, Juan Sanchez, and Ina Pinales*

**Description:** From ice breakers to team builders, tag games to dances, or even ways to include core subjects into your PE activities, come and learn a variety of games and activities with Ysleta ISD!

**Activity:** Audience Participation

**9:15 am – 10:15 am**

**Exhibitor Showcase**

**OPEN/US Games/BSN Sports**

**Moody Ballroom I**

**Presentation:** The Rhythm is Going to Fit You – *LaDonda Porter*

**Description:** Does the word DANCE strike fear into your head. Do you feel as if you have two left feet? This session is a great, non-intimidating way to engage all learners into enjoying dance and rhythm.

Activities from lummi sticks to basketballs will surely leave your students sweaty and with smiles on their faces.

**Activity:** Audience Participation

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

#### **Lifetime Wellness, Sports, Health Promotion, and Assessment & Evaluation Sections**

##### **Salon E**

**Presentation:** Neuro-myofascial Tool and Techniques – *Gene Power*

**Description:** Lecture and hands-on participation in the use of various neuro-myofascial tools. Proper employment of these modalities and techniques in the pre-exercise preparation phase of a workout will help to ensure greater functionality of movement and enhance training outcomes.

**Activity:** Audience Participation/Lecture

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

#### **Dance Pedagogy, Dance Cultural, Social & Wellness Forms, and Middle & High Physical Education Sections**

##### **Salons FG**

**Presentation:** Warm Up for Dance Technique – *Claire Augustine Hixson*

**Description:** This workshop will give you a choreographed warm up that you can bring back to your classroom. This warmup includes cross training exercises that target specific dance technique needs, including balance, turns, and jumps.

**Activity:** Audience Participation

### **Health & Physical Education Divisions**

#### **Health Instructional Program, Elementary and Middle & High School Physical Education Sections**

##### **Salon H**

**Presentation:** Let's Get Creative! Engagement in the K-8 Health Classroom! – *Kabriel Lynn*

**Description:** Educators will be challenged to use every day items found around the classroom to create more engaging Health lessons for their students. From popsicle sticks and jump ropes, to rulers and paper basketballs, educators will put on their creative hats and get their students learning about Health Education in fun ways! Suitable for K-5 and 6-8 classroom settings.

**Activity:** Audience Participation

### **Physical Education & College Divisions**

#### **Elementary, Middle & High School Physical Education, and Professional Preparation Sections**

##### **Vine Room I**

**Presentation:** Interview Tips for All! Calling All College Students and PE Professionals! – *Michael Hertlein and Erik Woods*

**Description:** This session will focus on interview preparations. Participants will be armed with main questions asked during interviews, resume formatting, and research tips for school districts you're looking to join.

**Activity:** Lecture

### **Physical Education Division**

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

##### **Ivy Room**

**Presentation:** Physical Activity Breaks in the Classroom...Say What?!? – *Rosa "Andie" Vasquez*

**Description:** Come and learn about the benefits of implementing physical activity breaks in the classroom! Limited space?...No equipment?...No problem!

**Activity:** Audience Participation/Lecture

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

#### **Leisure Activities & Sports, Health Instructional Program, Elementary Physical Education, and Middle & High School Physical Education Sections**

##### **Exhibit Hall A1**

**Presentation:** Mindful Movement and Yoga – *Felicia Ceaser-White, Nora Ryan, Lisa Schneider, Cara Grossman, and Francina Hollingsworth*

**Description:** Participants will strengthen their capacity to TEACH yoga, wellness, and social-emotional learning in a Trauma-informed, Equitable, Accessible, Community-based, and Healing centered way through Breathe For Change's TEACH Method. Key Points: 1. Gain tools to teach using a trauma-informed lens. 2. Learn to embody equity-centered social-emotional learning competencies. 3. Learn to understand, support, and teach students of diverse backgrounds and abilities. 4. Learn to strengthen relationships and build community. 5. Learn to facilitate wellness and educational experiences.

**Activity:** Audience Participation

### **Physical Education Division**

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

##### **Exhibit Hall A2**

**Presentation:** The Goose Games – *Kristin Reyes, Joel Kunz, Bruce Cortez, and Sherry Young*

**Description:** Large group games that can be pulled out of your PE toolbox at any time to engage all students.

**Activity:** Audience Participation

### **Physical Education & College Divisions**

#### **Middle & High School Physical Education, Sports, and Student Sections**

##### **Exhibit Hall A3**

**Presentation:** Orb Ball the Game, Lesson Ideas and Demonstration – *Dr. Sharon Carano, Alyssa Bates, Morgan Foster, Zeb Fulmer, and Ashton Guevara*

**Description:** Inspired by the thrill of ultimate frisbee and field by a desire to push the boundaries of traditional sport, undergraduate students from Texas Wesleyan University will present game lesson ideas for the game of Orb Ball. With the orb ball's propeller-powered design, they have developed an innovative way to experience the fun of competition.

**Activity:** Audience Participation

### **Physical Education Division**

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

##### **Floral Hall A**

**Presentation:** Learn to Teach a Fun & Innovating Flag Football Lesson Plan – *Brian Saba*

**Description:** Former NFL & College Strength & Conditioning Coach turned Elementary PE Teacher helps transform your PE Program with a variety of fun and engaging Flag Football activities for all ages to help you create a dynamic and innovative Flag Football unit. Students absolutely love this and giving them this opportunity to improve their confidence and skills is a great feeling seeing the positive impact it can have and its FUN!

**Activity:** Audience Participation

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

### **Elementary Physical Education Section**

#### **Floral Hall B**

**Presentation:** Happier Hour Lifetime Games and Strategies for PE and Self Lead Recess –  
*Dr. Erica Armijo and Justine Farmer*

**Description:** Does your PE and recess program have little to no structure or have very little physical activity? Does your school struggle with recess? We will showcase easy activities that require little to no equipment plus are easy to transition from PE to recess. We will identify lifetime social games that can be played indoors or outdoors. A strong PE foundation sets up a safe, organized and inclusive recess. Discuss ways to empower student led recess through lifetime activities that have the ability to have several options besides the norm.

**Activity:** Audience Participation

**10:30 am – 11:30 am**

## **Physical Education & General Divisions**

### **Elementary, Middle & High School Physical Education and K-12 Administrators Sections**

#### **Salon E**

**Presentation:** Fitnessgram Assessment: Protocol Refresh and Best Practices – *Dr. Kelly Featherston*

**Description:** Fitnessgram is a requirement in Texas. Let's talk about protocol, best practices as a formative assessment, and how to infuse fitness education into your daily lessons to benefit all. Come ready to learn and share positive strategies.

**Activity:** Audience Participation/Lecture

## **Dance & Physical Education Divisions**

### **Dance Cultural, Social & Wellness Forms and Middle & High School Physical Education Sections**

#### **Salons FG**

**Presentation:** Hip Tightness and Solutions – *Carisa Armstrong*

**Description:** This program will help participants identify the muscles in the hip and evaluate their own tightness in these muscles. Participants will engage in stretching and release techniques to eliminate this tightness.

**Activity:** Audience Participation

## **College Division**

### **College Administrators Section**

#### **Vine Room I**

**Presentation:** STEM Outreach to Youth Female Basketball Student Athletes – *Dr. Jon Gray, Dr. Shannon Jordan, Dr. Jill Killough, and Dr. Alberto Ruiz*

**Description:** Lamar University's Department of Health & Kinesiology has partnered with the Department of Nutrition, Hospitality, & Human Services to provide STEM outreach to youth female basketball athletes at a local high school, Beaumont United. The outreach is funded through the Center For Resiliency at Lamar University. We deliver curricula based on math, exercise science, and nutrition. Athletes receive a review of basic math functions and are introduced to more complex trigonometry and physics-based math through various exercise science examples. The athletes are also taught how to use a scientific calculator which they keep, along with the workbook, once the summer camp is complete. In addition to incorporating math into sport movements, we present various aspects of health and wellbeing. Athletes receive information on proper hydration, the difference between sports drinks and energy drinks, and the signs and symptoms of heat illnesses. In addition, our registered

dietitians teach the athletes how to calculate their daily needs for macronutrients, how to read a food label, and make smart choices when selecting meal options. Beaumont United STAAR scores for math and science have been below standards. Our outreach is designed to increase comprehension in these content areas.

**Activity:** Lecture

### **College & General Divisions**

#### **Sport Management, College Administrators, Professional Preparation, Student, and Diversity Sections**

##### **Vine Room II**

**Presentation:** Equity in Sport: What is the Score? – *Dr. Julie Foster Mata*

**Description:** This presentation will identify policy, statistics, and current trends in sport equity. Research related to sport hiring practices, participation, diversity, and inclusion policies will be discussed. Attendees will leave with updated information on the state of equity in sport today.

**Activity:** Lecture

### **All Attendees**

#### **All Attendees**

##### **Ivy Room**

**Presentation:** Round Table Discussion with TAHPERD ED – *Rachel Naylor, TAHPERD Executive Director*

**Description:** College students and new-to-teaching members – please join the TAHPERD Executive Director, Rachel Naylor, in candid roundtable discussion about TAHPERD's future, how you can get involved, and what you need from your membership with TAHPERD.

**Activity:** Audience Participation/Lecture

### **Physical Education Division**

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

##### **Exhibit Hall A2**

**Presentation:** Up, Up, and Away with Parachute Play – *Tracie Hammond and Grant Kimbrough*

**Description:** This is an active presentation where participants will join us in the fun of Parachute Play. Learn games and activities for students in grades K-5. There will be Sharks and Werewolves and so much more.... come ready to laugh and scream with joy.

**Activity:** Audience Participation

### **Physical Education & College Divisions**

#### **Middle & High School, Elementary Physical Education, and Professional Preparation Sections**

##### **Exhibit Hall A3**

**Presentation:** Activities that Get Secondary Students Moving While You Meet Your T-TESS Goals – *Dr. Sharon Rice, 2023 TAHPERD College Physical Education Teacher, Connor Ellis, Cooper Callaway, and Marco Campos*

**Description:** During this presentation, teachers will learn various strategies to engage secondary students in P.E. activities. They will gain ideas on how to differentiate and assess learning, as well as manage student behavior in the gym.

**Activity:** Audience Participation

### **Recreation & Physical Education Divisions**

#### **Leisure Activities & Sports and Elementary Physical Education Sections**

##### **Floral Hall A**

**Presentation:** KUBB Your Enthusiasm – *Jason Sellers, Amanda Micklos, and Rachel Kaufman*

**Description:** Come learn KUBB! An indoor/outdoor game similar to traditional backyard/tailgate games.

**Activity:** Audience Participation

**Physical Education Division**

**Elementary Physical Education Section**

**Floral Hall B**

**Presentation:** Teaching Games with a Purpose the AISD Way – *Kari Hazard and Kelli Page*

**Description:** Participants will learn engaging games that are skill based. Participants will also understand that Elementary students must have a purpose when playing and will discuss progress towards skill mastery.

**Activity:** Audience Participation