



CONVENTION PROGRAM DETAILS

101ST ANNUAL CONVENTION • DECEMBER 4-7

MOODY GARDENS HOTEL & CONVENTION CENTER • GALVESTON, TEXAS

All education programming will be held at the Moody Gardens Hotel & Convention Center unless otherwise specified. One clock hour equals one CPE hour. Programs longer than one clock hour are designated next to the program description.

SATURDAY

DECEMBER 7, 2024

7:00 AM – 11:30 AM

Registration Desk Open

Exhibit Hall Foyer

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, So-
nia Hidalgo, and Evelyn Tidwell,
2023 TAHPERD Adapted Physical
Education Teacher of the Year

Description: Participants will col-
lect 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 rou-
tine, 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 Pen-
insula 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, danc-
es will be taught that can easily
be adapted and taught in a folk
dance class or added to a physical
education dance curriculum. This

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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, Dr. Sharon Carano and Dr. Sharon Rice, 2023 TAPERD College Physical Education Teacher

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



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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

MIDDLE & HIGH SCHOOL
PHYSICAL EDUCATION SECTION
Exhibit Hall A3

Presentation: The Warm Up Sets the Tone – David Salles

Description: In this hands on session you will learn how to leverage the warm up to reduce down time, assess skills and movement patterns, and increase participation. Included are modifications for fundamental movements to allow for all students to be successful.

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

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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



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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 and Dr. Sharon Carano

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

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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 Kilough, 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



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ALL ATTENDEES

All Attendees

Ivy Room

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

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

Activity: Audience Participation/ Lecture

PHYSICAL EDUCATION & DANCE DIVISIONS

EARLY CHILDHOOD, ELEMENTARY, MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION, AND DANCE CULTURAL, SOCIAL & WELLNESS FORMS SECTIONS

Exhibit Hall A1

Presentation: Go Texan Day Dances (Repeated) – David Vaughn, 2023 TAPERD Elementary Physical Education Teacher of the Year

Description: Go Texan Day Dances are a great way to showcase your PE class and have fun learning and teaching new moves. Learn some great dances to bring back to your Elementary and Middle school PE classes. The main focus will be on classic circle dances to fast paced line

dances. Everything you will need to put on the Best Go Texan Day performance for your school!

Activity: Audience Participation

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 TAPERD 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