



OAHPERD 2023  
STATE CONVENTION

## CONVENTION SESSION GUIDE

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# WEDNESDAY 11/29

### REGISTRATION OPEN

**Session Date/Time:** 11/29/2023 6:00:00 PM - 11/29/2023 8:00:00 PM

**Location:** Convention Registration Area

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### CONVENTION KICK-OFF WELCOME SOCIAL

**Session Date/Time:** 11/29/2023 7:30:00 PM - 11/29/2023 10:00:00 PM

**Location:** Marakesh Market

**Session Description:** Come socialize with your friends and peers at Marakesh Market! Appetizers and cash bar provided.

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# THURSDAY 11/30

### REGISTRATION OPEN

**Session Date/Time:** 11/30/2023 8:00:00 AM - 11/30/2023 5:00:00 PM

**Location:** Convention Registration Area

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### EXHIBIT HALL OPEN

**Session Date/Time:** 11/30/2023 8:00:00 AM - 11/30/2023 4:30:00 PM

**Location:** Exhibit Hall

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### POSTER PRESENTATION: THE IMPACT OF BURNOUT SYMPTOMS ON ADAPTED PHYSICAL EDUCATION SPECIALISTS' TEACHING EXPERIENCES

**Presenter(s):** *Mariah Clay, The Ohio State University*

**Session Date/Time:** 11/30/2023 9:00:00 AM - 12/1/2023 1:00:00 PM

**Location:** Exhibit Hall

**Session Description:** Adapted physical education (APE) specialists play a critical role in promoting physical activity and education for students with disabilities. However, the demanding roles and responsibilities of the profession can place APE specialists at risk of experiencing burnout symptoms, which can significantly impact or influence their teaching experiences. Findings from a literature review found that APE specialists have experienced excessive caseloads (Obsrunskova & Kelly, 2009), poor work conditions (Kudláček et al., 2008), and job dissatisfaction and stress (Wilson et al., 2020). However, several weaknesses appeared through the literature review, such as burnout research pertained to general classroom teachers (Guestems-Carnicer et al., 2019) and how literature findings grouped APE specialists with non-core subject teachers (Richards et al., 2018). Therefore, the purpose of this study was to explore how burnout symptoms (perceived high and low levels) influence adapted physical education (APE) specialists' teaching experiences. A descriptive-qualitative study was used and situated in the role socialization theory. The participants were seven APE specialists employed in the Columbus City School District in Central Ohio. A quantitative component was used to measure the APE specialists' experiences of burnout symptoms while

teaching. The data collection instruments used in this study included: fieldnotes generated during nonparticipant observations from lessons, three semi-structured interviews with each APE specialist, and a demographic questionnaire. Lastly, triangulation, member checking, memoing, and peer debriefing were used to establish trustworthiness with a thematic analysis approach for the data analysis (Braun & Clarke, 2006). In conclusion, there was of critical importance to address burnout symptoms that influenced APE specialists' teaching experiences because these specialists ultimately enhance and improve the quality of PE for students with disabilities.

**Division/Interest Area 1:** Adapted PE

**Division/Interest Area 2:** Physical Education

**Age Group:** Any/All Ages

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## POSTER PRESENTATION: PRE-SERVICE TEACHERS' VOICES ABOUT LEARNING THROUGH A PRACTICE-BASED TEACHER EDUCATION APPROACH

**Presenter(s):** *Insook Kim, Kent State University*

*Idowu Adekabi, Kent State University*

**Session Date/Time:** 11/30/2023 9:00:00 AM - 12/1/2023 1:00:00 PM

**Location:** Exhibit Hall

**Session Description:** Practice-based teacher education (PBTE) is a movement designed to align the education of pre-service teachers (PSTs) with the task demands of teaching (Brownell, Ross, Colon, & McCallum, 2005). PBTE asks teacher educators to engage in processes that provide legitimate and authentic experiences to pre-service teachers. Teaching rehearsals and repeated teaching are two common pedagogies used in PBTE. Teaching rehearsals for specific lessons, content, and contexts involve peer teaching and provide experience for the PST as a teacher and as an observational learner in the role of a student. PSTs can reflect on and make sense of their experiences during the teaching rehearsals. Repeated teaching of the same lesson allows PSTs to understand the nuances of lessons and change their lesson based on past teaching experiences, reflection, and in-the-moment decision-making or adaptation. The central focus of PBTE is considering transferable knowledge and skills that PSTs must acquire in their teacher training. In this presentation, we will share the qualitative study results that explored PSTs' perspectives and experiences learning through these essential PBTE pedagogies in their physical education teacher education program.

**Division/Interest Area 1:** Higher Education

**Division/Interest Area 2:** Physical Education

**Age Group:** Adult

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## KEYNOTE AND ALL-MEMBER MEETING

**Session Date/Time:** 11/30/2023 9:00:00 AM - 11/30/2023 10:30:00 AM

**Location:** Zambezi Ballroom

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## COMING OUT STARS: AN EMBODIED LGBTQ+ EXPERIENCE

**Presenter(s):** *Sam Meyerhoff, Ohio State University*

**Session Date/Time:** 11/30/2023 10:45:00 AM - 11/30/2023 11:30:00 AM

**Location:** Orange

**Session Description:** The activity and brave space 'Coming Out Stars' is an embodied experience centering the lives, experiences, and realities people in the LGBTQ+ community face during their coming out process. Participants will enter into a brave space to engage in understanding one of the many life experiences of potential students, athletes, and colleagues within the physical education, sport, and recreation fields.

**Division/Interest Area 1:** Sport & Exercise Science

**Division/Interest Area 2:** Physical Education

**Age Group:** Any/All Ages

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## UNIFIED SPORTS -THE NEXT STEP IN ADAPTIVE PE!

**Presenter(s):** *Ty-Ann Gray, Woodridge Local School District*  
*Theresa Novak, Woodridge Local School District*

**Session Date/Time:** 11/30/2023 10:45:00 AM - 11/30/2023 11:30:00 AM

**Location:** Kalahari Salons E&F

**Session Description:** Unified Sports -The next step in Adaptive PE! What is it? How does it work? What are the opportunities for all members of your district? During this session participants will learn how Woodridge has structured the district's Unified programs, and Unified PE at the high school level. The group will explore the opportunities available at the middle school and elementary levels for Unified programs, and discuss the possibilities, logistics and class management. Currently the role of high school aged students with multiple disabilities resides in the words "needs help." The vision and goal of this program is to facilitate the expansion of those roles reserved for students with multiple disabilities. Unified PE promotes student partnerships with special education (athletes) and general education (partner athletes) to see value in everybody's membership through team activities/sports. So, how do we shift the idea that students with multiple disabilities always "needs help", and can only be on the sidelines as honorary members of teams, to members that are equal to that of their peers? The idea shifts by creating an inclusive program where special education and general education both have equal membership in their class and earn the same high school graduation credit. Come join us, and don't miss your opportunity to shift from integration to inclusion!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Adapted PE

**Age Group:** K - 12

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## FIVE FOR LIFE: MOVEMENT FOR THE BODY AND BRAIN

**Presenter(s):** *Sean Mignano, School Health Corporation*

**Session Date/Time:** 11/30/2023 10:45:00 AM - 11/30/2023 11:30:00 AM

**Location:** Kilimanjaro Suite 2

**Session Description:** Cardio Kid, Max, Maddy, Flexy, and B.C., otherwise known as the FAB 5® helps students understand how to live a healthy lifestyle. Find out how they can encourage your students to maintain or improve their fitness levels in each of the five components of fitness through fun physical activities.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## CLASSROOM ACTIVITIES TO HELP BUILD RELATIONSHIPS THE FIRST WEEK OF SCHOOL

**Presenter(s):** *Brigid Radigan, Olmsted Falls City Schools*

**Session Date/Time:** 11/30/2023 10:45:00 AM - 11/30/2023 11:30:00 AM

**Location:** Kalahari Salon A

**Session Description:** Establishing positive relationships and building rapport with your students during the first week of school can help set the tone for your semester or year. In this presentation, you will receive ready to go activity ideas that you can use to help you and your students get off on the right foot. These are currently used in a high school setting but can be adapted to middle school or elementary school as well.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## IMMERSIVE CLASSROOM USING AI

**Presenter(s):** *Alex Myers, Marietta City Schools*

**Session Date/Time:** 11/30/2023 10:45:00 AM - 11/30/2023 11:30:00 AM

**Location:** Kalahari Salon D

**Session Description:** Looking at the advancements of AI today, how can we use it to create a more immersive classroom experience? We will look at the tools currently available and how they can be used to create a fun and interactive experience for the students in your classroom with minimal effort by the instructor.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:**

**Age Group:** Any/All Ages

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## OUTDOOR ADVENTURES FOR ELEMENTARY STUDENTS!

**Presenter(s):** *Scot McClure, Outdoors Tomorrow Foundation*

**Session Date/Time:** 11/30/2023 10:45:00 AM - 11/30/2023 11:30:00 AM

**Location:** Kilimanjaro Suite 5

**Session Description:** Did you get interested in a specific activity when you were in elementary school that you still love today? You can do the same for your students! Introduce your K-5th grade students to valuable lifelong outdoor activities. Learn how to include hiking, camping, orienteering, fishing, archery, survival skill, paddling and wildlife conservation into your yearly units. Come and learn simple and easy lessons that will make a huge impact on your students and help you meet the outdoor components for outdoor skills/pursuits.

Who's hungry? What do we eat on a camping trip? How do we cook it? What do we use?

Where do we store it? How do we make a campfire safely? All these questions and more are answered through games and activities for classes big and small!

How many students have never caught a fish? Give them the opportunity to learn the basics of casting & fishing right at school. See how excited your students are when they catch a backyard bass in the gym or on the lawn of your school.

Come and check out new activities to enhance your already GREAT PE program!

**Division/Interest Area 1:** Adult Development & Learning

**Division/Interest Area 2:** Recreation/ Therapeutic Recreation

**Age Group:** Pre K - 5

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## SENDING A MESSAGE: ADVOCACY FOR HEALTH EDUCATION, PHYSICAL EDUCATION, AND THE WHOLE CHILD

**Presenter(s):** *Kevin Lorson, Wright State University*

**Session Date/Time:** 11/30/2023 10:45:00 AM - 11/30/2023 11:30:00 AM

**Location:** Kalahari Salon C

**Session Description:** This presentation highlights national, state, and local advocacy efforts to promote health, physical literacy, and the whole child. Advocacy includes navigating the legislative process; joining forces with stakeholders to develop legislation or articulate a coordinated response to legislation negatively impacting teachers and students; and constructing resources to support implementation of laws/requirements. We will also discuss local advocacy activities that support quality health education and physical education as well as alignment with the Ohio Whole Child Framework.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** Physical Education  
**Age Group:** Any/All Ages

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## **TEE UP THE BALL: TEACHING FUNDAMENTAL GOLF SKILLS IN SCHOOL PHYSICAL EDUCATION**

**Presenter(s):** *Insook Kim, Kent State University*  
*Doug Ellison, Kent State University*  
*Idowu Adekanbi, Kent State University*

**Session Date/Time:** 11/30/2023 10:45:00 AM - 11/30/2023 11:30:00 AM  
**Location:** Kilimanjaro Suite 3

**Session Description:** Golf is one of the popular recreational sports played and enjoyed by many people in the United States, so schools have started to include it in their physical education curriculum. However, pre-service and in-service teachers need to be well-trained to develop strong content knowledge for teaching fundamental golf skills and play rules in schools due to a lack of teaching resources that fit into the school settings. We will present teaching resources for enhancing pre-service and in-service physical education teachers' common content knowledge for performing and teaching golf games and skills in school physical education using a developed content knowledge packet that includes facility and equipment lists, the game rules, etiquette and safety rules, and the critical elements of swing techniques.

**Division/Interest Area 1:** Physical Education  
**Division/Interest Area 2:** N/A  
**Age Group:** 6 - 12

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## **MAXIMIZING THE FEELING GOOD EXPERIENCE IN EXERCISE AND SPORT: KEY CONSIDERATIONS FOR LIFETIME PARTICIPATION**

**Presenter(s):** *Bonnie Berger, Bowling Green State University*  
*Adrian Turner, Bowling Green State University*  
*Robert Stadulis, Kent State University*  
*Mary Jo MacCracken, University of Akron*

**Session Date/Time:** 11/30/2023 10:45:00 AM - 11/30/2023 11:30:00 AM  
**Location:** Kalahari Salon G

**Session Description:** Feeling good when exercising and participating in sport activities brings the participants back for more. Thus, the feeling good experience facilitates participation in exercise and sport on a frequent basis and throughout one's lifetime. Many participants return to exercise and sport in search of mood alteration, improved performance, self-esteem, and inclusion for all interested participants. Bonnie Berger will present exercise and sport characteristics that facilitate desirable changes in mood and the feeling good sensation. These characteristics include exercise intensity, duration, and frequency as well as the intensity of competition and changes in breathing patterns. Adrian Turner will explore the role of interpersonal competition and the influence of winning and losing, as well as quality of performance on the feeling good phenomena in young athletes. Bob Stadulis will focus on the role of physical activity in improving participants' self-esteem. By improving self-esteem, participants will have more confidence and will experience feeling good about their movement skills. Finally, Mary Jo MacCracken will share the latest research on reducing excuses for exercise (Excusercising) which will help students overcome excuses and will enable them to engage in habitual, enjoyable exercise. This session concludes with an opportunity for members of the audience to share personal examples of maximizing the feeling good sensations when participating in exercise and sport.

**Division/Interest Area 1:** Sport & Exercise Science  
**Division/Interest Area 2:** Higher Education  
**Age Group:** Any/All Ages

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## ACTIVITIES FOR ALL

**Presenter(s):** *Carli Alfriend, Dublin City Schools*  
*Jessica McClintock, Dublin City Schools*  
*Jenny Oakes, Southwestern City Schools*

**Session Date/Time:** 11/30/2023 10:45:00 AM - 11/30/2023 11:30:00 AM

**Location:** Cypress

**Session Description:** Are you looking for engaging and innovative activities that every PE student will love? This active session will highlight cooperative and Sport Education activities that students(and you) will enjoy.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## THE TEAM GAME PLAN FOR SECONDARY PHYSICAL EDUCATION

**Presenter(s):** *Gary Lemke, Interactive*

**Session Date/Time:** 11/30/2023 10:45:00 AM - 11/30/2023 11:30:00 AM

**Location:** Kalahari Salon H

**Session Description:** Attend this session for new lessons, new assessments, new tools, and new technology you can start using tomorrow. Taking a TEAM (Technology, Evaluation, Academics, Movement) approach is an easy and effective way to implement a meaningful PE curriculum. This is lesson planning with less planning. Enrich physical literacy - the knowledge, confidence, and skills - leading to a lifetime of healthful physical activity.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** 6 - 12

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## AWARDS CEREMONY & LUNCH

**Session Date/Time:** 11/30/2023 11:30:00 AM - 11/30/2023 1:15:00 PM

**Location:** Zambezi Ballroom

**Session Description:** Professionals will be presented with awards during the 2023 awards luncheon. Pre-registration for lunch was required at time of registration (no lunches will be provided to onsite registrants).

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## HEALTH ACTIVITIES ON A DOLLAR TREE BUDGET

**Presenter(s):** *Julie Kenny, Chardon Middle School*  
*Mary Pat Martin, Chardon Middle School*  
*Kayla O'Brien, Chardon Middle School*

**Session Date/Time:** 11/30/2023 1:30:00 PM - 11/30/2023 2:15:00 PM

**Location:** Kalahari Salon H

**Session Description:** Come join us for some classroom Health activities on a budget! Do you need activities for the Digestive/ Nervous System, alcohol on the brain, spread of communicable diseases or even a social activity? We hope you can join us to get your students up and moving.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## PE TALK

**Presenter(s):** *Alex Myers, Marietta City Schools*

**Session Date/Time:** 11/30/2023 1:30:00 PM - 11/30/2023 2:15:00 PM

**Location:** Kalahari Salon D

**Session Description:** Get the opportunity to learn from each other! With a presentation of topics, we look to the attendees to guide the conversation and we learn from the experiences of our colleagues! This is your opportunity to speak about solutions you have found that may help others, as well as ask burning questions you may not have had answered from other presentations. Think of it as a focused "unconference" or state-wide TBT. Let's just talk and spread our knowledge!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:**

**Age Group:** Any/All Ages

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## ADVENTURE BASED LEARNING AND SOCIAL EMOTIONAL LEARNING: WHY, HOW, AND ACTIVITIES!

**Presenter(s):** *Sam Meyerhoff, Ohio State University*

*Sue Sutherland, Ohio State University*

*Ohio State Undergraduate Students, Ohio State University*

**Session Date/Time:** 11/30/2023 1:30:00 PM - 11/30/2023 2:15:00 PM

**Location:** Kilimanjaro Suite 3

**Session Description:** Social Emotional Learning has been a recent focus for educators. While Adventure Based Learning is a well known but underutilized teaching model. Adventure Based Learning (ABL) is flexible and adaptable for different environments, settings, and abilities in physical education. With ABL, physical educators facilitate students through five stages; getting to know each other, communication, cooperation, trust, and problem solving to build interpersonal and intrapersonal skills. Social Emotional Learning's five components; self-awareness, self-management, social awareness, relationship skills, and responsible decision-making are infused throughout ABL activities and experiences. The combination of sequenced activities and debrief discussions provide an enriching experience to students. Come and learn how ABL and SEL can enhance and broaden your physical education classes.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Sport & Exercise Science

**Age Group:** Any/All Ages

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## REDUCING STIGMA & PROMOTING STRENGTH IN HEALTH EDUCATION

**Presenter(s):** *Kevin Lorson, Wright State University*

*Tina Dake, Washington Local Schools*

**Session Date/Time:** 11/30/2023 1:30:00 PM - 11/30/2023 2:30:00 PM

**Location:** Kalahari Salon A

**Session Description:** Stigma is a negative stereotype of mental illness and substance use disorder that occurs when someone is seen in a negative way because of his, her or their behavioral health condition. This session will highlight how we can reduce stigma in our health education curriculum. The session will give examples of lessons and learning activities to shape our vocabulary, actions, and curriculum. Reducing stigma can create hope and help our students, families, and people we care about reach out and seek resources, support, and treatment for behavioral health conditions.

**Division/Interest Area 1:** Health



**Division/Interest Area 2:** N/A  
**Age Group:** K - 12

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## KEY INDICATORS TO MINIMIZE INJURY AND ILLNESS IN DISTANCE RUNNERS

**Presenter(s):** *Kitty Consolo, Ohio University Zanesville*

**Session Date/Time:** 11/30/2023 1:30:00 PM - 11/30/2023 2:15:00 PM

**Location:** Kalahari Salon C

**Session Description:** Key Indicators to Minimize Injury and Illness in Distance Runners

By Kitty A Consolo, PhD

Ohio University Zanesville

The purpose of this presentation is to educate both coaches and distance runners on recognizing key indicators that can help minimize injury and illness in distance runners. Being able to train distance runners without incurring injury and experiencing illness can be a daunting task, given individual differences and the wear and tear of distance running on the body. Runners that are new to distance running are especially vulnerable to injury and illness due to their lack of experience and training. By being aware of specific indicators, distance runners and their coaches can better achieve a proper balance between training and straining and thereby have a greater chance of staying healthy and being successful.

Through science-based research and 48 years of competing in distance running (currently top senior runner), the presenter will provide guidelines for recognizing early warning signs and implementing practices to minimize the occurrence of injury and illness. Three key main indicators are pain, tightness, and fatigue both during and after running. A scale will be provided for each of these indicators as well as subtle indices so both runners and coaches know when to stop running, ease up and what actions to take. Methods to measure and monitor other indicators that can affect pain, tightness, and fatigue such as hydration status, heat illness and hyponatremia as well as use of resting heart rate to utilize signs of over training will be provided as well.

**Division/Interest Area 1:** Sport & Exercise Science

**Division/Interest Area 2:** Health

**Age Group:** College

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## STRS OHIO

**Presenter(s):** *Tamla Cole, State Teachers Retirement System of Ohio (STRS Ohio)*

**Session Date/Time:** 11/30/2023 1:30:00 PM - 11/30/2023 2:15:00 PM

**Location:** Kalahari Salon G

**Session Description:** An STRS Ohio representative will provide benefit information (e.g., eligibility, health care) for middle to late career educators as well as a retirement system update.

**Division/Interest Area 1:** Adult Development & Learning

**Division/Interest Area 2:** N/A

**Age Group:** Adult

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## ALL I EVER NEEDED TO KNOW I LEARNED IN PE (PART 1 OF 2)

**Presenter(s):** *Kathy Casper, Copley Fairlawn City Schools*

**Session Date/Time:** 11/30/2023 1:30:00 PM - 11/30/2023 2:15:00 PM

**Location:** Orange

**Session Description:** It's time to pay it forward and share ideas, instant activities, procedures, resources, and teaching strategies I have learned in 30 years of teaching elementary physical education. All that I have learned throughout my years of teaching, I have learned from other amazing physical education teachers, some in our local community, and many in our online community.



**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Physical Education

**Age Group:** Pre K - 5

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## IMPROVING MENTAL STRATEGIES FOR ATHLETIC PERFORMANCE

**Presenter(s):** *Kylee Ault-Baker, LiFEsports at The Ohio State University*  
*Dawn Anderson-Butcher, LiFEsports at The Ohio State University*

**Session Date/Time:** 11/30/2023 1:30:00 PM - 11/30/2023 2:15:00 PM

**Location:** Kilimanjaro Suite 4

**Session Description:** Coach Beyond, in partnership with the Ohio High School Athletic Association, is working to change the landscape of coach training in Ohio. Coach Beyond is a series of coach education sessions, tools and resources designed to ensure Ohio's coaches and educators are ready to "coach beyond..." This training on Improving Mental Strategies for Athletic Performance is designed to help coaches and educators recognize the impact of performance anxiety on athletic performance and learn strategies that prepare students and athletes for peak performance. Participants attending this training will engage in an interactive activity to reflect on the impact of performance anxiety and discuss strategies to mitigate risks and promote resilience. In addition, presenters will share behavioral, cognitive, and environmental strategies shown to enhance athletic performance. A myriad of videos from renowned coaches and sport leaders are utilized to allow for learning and reflection during this training. Participants in attendance will: (a) Recognize the impact of performance anxiety and stress on athletic performance; (b) Gain knowledge of factors that contribute to elevated anxiety; (c) Explore behavioral, cognitive, and environmental strategies that enhance athletic performance; and, (d) Discuss ways to implement mental strategies into routines, games, and practices.

**Division/Interest Area 1:** Sport & Exercise Science

**Division/Interest Area 2:** Health

**Age Group:** Any/All Ages

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## TENNIS FOR ALL, NO COURTS NEEDED

**Presenter(s):** *Greg Boyd, USTA/Midwest Section*  
*Jim Amick, USTA/Midwest*

**Session Date/Time:** 11/30/2023 1:30:00 PM - 11/30/2023 2:15:00 PM

**Location:** Kilimanjaro Suite 5

**Session Description:** We will show you how to teach tennis to all ages using limited space. We use fun games and activities to engage everyone.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Recreation/ Therapeutic Recreation

**Age Group:** K - 12

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## A DIFFERENT WAY TO PLAY

**Presenter(s):** *Melissa Dreisbach, The University of Akron*  
*Lara Roketenetz, The University of Akron*  
*Joe Trego, The University of Akron*  
*Dan Heideman, Akron Public School*  
*Dale Landenberger, Akron Public School*

**Session Date/Time:** 11/30/2023 1:30:00 PM - 11/30/2023 2:15:00 PM

**Location:** Kalahari Salons E&F

**Session Description:** Finding ways to create community collaborations in higher education can be a challenge. Finding connections for the special needs population for enrichment can be a challenge as well. The University of Akron and Akron Public Schools Adapted Physical Education division found a way to pull resources and offer a collaboration that was equally beneficial for all parties involved.

The University of Akron's School of Exercise and Nutrition Sciences (SENS) and School of Biology's Field Station (UAFS) collaborated to create a community outreach with the students from the Adapted Physical Education classes at Akron Public Schools (APS). In the first outreach, APS students took part in a unique experience hosted at the UAFS for various activities that helped to formulate a positive understanding for nature, art, and physical activity. The purpose of this collaboration was to introduce the APS students to environmental education using physical activities and art. Students learned about nature and science concepts using nature hikes, unique physical activities, interactive story book trails, socializing and art projects. Many of the experiences were physical in nature but also included the senses, creativity, and critical thinking skills.

The second outreach took the form as an "UnClass" university course. The purpose of this course was to introduce UA students to the special needs' population from APS. UA Students worked in small groups to create physical activities for their special need "Friends" to participate. The various activities were used as a vehicle to interact and learn from each other.

The overall objective for both outreaches was to benefit physically, socially, and emotionally. Not only did the students learn how to accommodate and be comfortable with this population, but they also began to appreciate the differences and similarities they possessed.

**Division/Interest Area 1:** Adapted PE

**Division/Interest Area 2:** Higher Education

**Age Group:** Any/All Ages

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## **SEL STRATEGIES - THE MARY POPPINS BAG OF TRICKS**

**Presenter(s):** *Heather Lee, Effective Leadership Academy*

**Session Date/Time:** 11/30/2023 2:30:00 PM - 11/30/2023 3:15:00 PM

**Location:** Kalahari Salons E&F

**Session Description:** SEL strategies - The Mary Poppins Bag of Tricks

- The how to of SEL
- Learn 5 new tips, tricks and techniques you can use today for you and your students
- Relax and have some fun!

During these overwhelming, uncertain times our students need social-emotional support more now than ever. In this 45-minute fast paced workshop, educators will be provided with fun ideas, activities, and games to help with resilience, effective communication, problem solving, self-management and building strong relationships.

Take away essential tools for success that will be quick and easy to implement in your classroom tomorrow.

All delivered with an English accent - join us.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** Adult Development & Learning

**Age Group:** Any/All Ages

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## **BRAINBALL - CLOSING THE MATH AND LITERACY GAP WITH MOVEMENT**

**Presenter(s):** *Sean Mignano, School Health Corporation*

**Session Date/Time:** 11/30/2023 2:30:00 PM - 11/30/2023 3:15:00 PM

**Location:** Kilimanjaro Suite 5

**Session Description:** Learn how BRAINball® connects movement with cross-curricular learning through active play. Without compromising physical activity time, BRAINball® is shown to improve students growth scores in literacy and math. Find out how to get students to think on their feet and work as a team to solve physical and cognitive challenges.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A  
**Age Group:** Any/All Ages

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## 5 THINGS YOU CAN DO TO SUPPORT YOUR LGBTQ+ STUDENTS

**Presenter(s):** *Sharon Stevens, Cleveland Metropolitan School District*

**Session Date/Time:** 11/30/2023 2:30:00 PM - 11/30/2023 3:15:00 PM

**Location:** Kalahari Salon A

**Session Description:** While some LGBTQ+ youth experience supportive, welcoming school environments where they are physically and emotionally safe; results from the 2021 GLSEN National School Climate Survey determined that "schools are hostile places for LGBTQ+ students"; and that homophobic, negative remarks from teachers and staff are on the rise. As educators, it is important to provide a welcoming classroom environment for all students. In this session, we will learn five achievable actions to create safe learning environments that affirm and support LGBTQ+ students.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Health

**Age Group:** Any/All Ages

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## ALL I EVER NEEDED TO KNOW I LEARNED IN PE (PART 2 OF 2)

**Presenter(s):** *Kathy Casper, Copley Fairlawn City Schools*

**Session Date/Time:** 11/30/2023 2:30:00 PM - 11/30/2023 3:15:00 PM

**Location:** Orange

**Session Description:** Part two - It's time to pay it forward and share ideas, instant activities, procedures, resources, and teaching strategies I have learned in 30 years of teaching elementary physical education. All that I have learned throughout my years of teaching, I have learned from other amazing physical education teachers, some in our local community, and many in our online community.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Physical Education

**Age Group:** Pre K - 5

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## CREATING AND INCLUDING AN AUSTRALIAN RULES FOOTBALL UNIT INTO PHYSICAL EDUCATION CURRICULUM

**Presenter(s):** *Garry Bowyer, Miami University Ohio*

**Session Date/Time:** 11/30/2023 2:30:00 PM - 11/30/2023 3:15:00 PM

**Location:** Kilimanjaro Suite 3

**Session Description:** Australian Rules Football is a game that can be easily incorporated into a Physical Education program. This presentation will provide attendees with an understanding of the rules and strategies of play. In addition, the skills required to play the game will be demonstrated and attendees will have the opportunity to participate. Several lead up games will be provided and a developmentally appropriate sequence for learning skills will be given.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** K – 12

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## SUPPORTING STUDENT-ATHLETE MENTAL HEALTH

**Presenter(s):** *Samantha Bates, LiFEsports at The Ohio State University*  
*Sydney Mack, LiFEsports at The Ohio State University*  
*Dawn Anderson-Butcher, LiFEsports at The Ohio State University*

**Session Date/Time:** 11/30/2023 2:30:00 PM - 11/30/2023 3:15:00 PM

**Location:** Cypress

**Session Description:** Coach Beyond, in partnership with the Ohio High School Athletic Association, is working to change the landscape of coach training in Ohio. Coach Beyond is a series of coach education sessions, tools and resources designed to ensure Ohio's coaches are ready to "coach beyond..." This training on Supporting Student-Athlete Mental Health is designed to increase awareness of common signs and symptoms of mental health concerns among student-athletes. In addition, participants attending this training learn practical strategies to integrate into their daily practices and resources to link and refer student-athletes to mental health support in their schools and communities. Our first learning objective is achieved by sharing knowledge on the underlying causes of mental health concerns and the effects of stress and trauma on athletes. Then, through a guided and interactive discussion, participants examine how common signs and symptoms may emerge among the athlete population or young students in schools. Next, presenters share practical techniques that coaches, educators, and school leaders can utilize to support student-athlete mental health at practice, off the field, and during competitions. One technique includes using the "Q.P.R." approach. Q.P.R. stands for question, pause/persuade, and refer. Participants learn to ask open-ended questions, pause to actively listen, and persuade a student-athlete to seek additional support. This session concludes with a conversation about identifying linkage and referral opportunities to mental health clinicians or services in one's school or community. To date, 88% of coaches who have participated in this training reported gaining knowledge, awareness, or skills related to supporting student-athlete mental health.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** Adult Development & Learning

**Age Group:** K - 12

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## CAREER PLANNING FOR RECREATION AND NON-PROFITS: REAL WORLD EXPERIENCE CONNECTING YOU TO CAREER SUCCESS

**Presenter(s):** *Aaron Tripp, The University of Akron*

**Session Date/Time:** 11/30/2023 2:30:00 PM - 11/30/2023 3:15:00 PM

**Location:** Kalahari Salon D

**Session Description:** Power point presentation with information on my own person experience as a recreation/non-profit professional that gained experience in the business world (specifically insurance) and now provides career advising.

**Division/Interest Area 1:** Adult Development & Learning

**Division/Interest Area 2:** Higher Education

**Age Group:** College

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## ICE CREAM SOCIAL WITH EXHIBITORS

**Session Date/Time:** 11/30/2023 3:15:00 PM - 11/30/2023 3:45:00 PM

**Location:** Exhibit Hall

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## PROVIDING SEL USING THE SPORT EDUCATION MODEL

**Presenter(s):** *Heather Barbour, Mt. Vernon City School District/Twin Oak and Columbia Elementary Schools*

**Session Date/Time:** 11/30/2023 3:45:00 PM - 11/30/2023 4:30:00 PM

**Location:** Kalahari Salons E&F

**Session Description:** Social and Emotional Learning can be highlighted through many areas of physical education using many different techniques. In this presentation, I will be showing how all students can be included and empowered through the Sport Education model. This model can be applied for students 3rd grade-12th grade. Expect more participation from your students as you give them praise and power in PE!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Pre K - 5

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## **GETTIN GIFFY WITH IT.**

**Presenter(s):** *Amy Belles, Copley-Fairlawn City Schools*

**Session Date/Time:** 11/30/2023 3:45:00 PM - 11/30/2023 4:30:00 PM

**Location:** Kilimanjaro Suite 2

**Session Description:** Gettin GIFFY with it.

What is a GIF, and how can we use them in the Physical Education classroom to invigorate instruction? GIFs can help clarify complex skills, be a great tool for visual or adapted learners, and be fun and creative. And can be used in Physical Education! We will learn how to find a GIF, create and use a GIF, make our own GIFs, and even turn ourselves into these visually animated snippets.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Adapted PE

**Age Group:** K - 12

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## **GROWING PAINS: TRANSITIONING FROM COLLEGE TO THE PROFESSIONAL WORK PLACE**

**Presenter(s):** *Karli Scaffide, Aurora City Schools*

**Session Date/Time:** 11/30/2023 3:45:00 PM - 11/30/2023 4:30:00 PM

**Location:** Kalahari Salon D

**Session Description:** Starting your career as a professional can be difficult & intimidating. As the "newbie" twice in my career, I have found success in my promotion and advocacy for physical education. Join me during this session to hear about and participate in conversation and activities for a successful start to your professional career!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** College

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## **STRATEGIES FOR DESIGNING SUBSTANCE ABUSE PREVENTION MESSAGES**

**Presenter(s):** *Tavis Glassman, The University of Toledo*  
*Aubrey Whewell, The University of Toledo*

**Session Date/Time:** 11/30/2023 3:45:00 PM - 11/30/2023 4:30:00 PM

**Location:** Kalahari Salon A

**Session Description:** Looking for cost-effective strategies to address substance abuse at your school? Come to this session and learn how to design evidence-based prevention messages and how to assess them. Messages addressing opiate use, cannabis, drunkorexia, drug and alcohol interactions, and others will be shown. Suggestions for recruiting research participants and how to utilize students to help design messages will be explored. Formative, process, and summative evaluation strategies are discussed in a user-friendly manner. Within the presentation, a discussion on how to prioritize audiences and design inclusive messages will be examined. Do's and

don'ts associated with health communication will be presented. This session is geared toward researchers, practitioners, teachers, and students!

Learning objectives for this presentation include:

- o Analyze previously implemented messages
- o Discuss how to use students.
- o Describe how to determine if a message is effective.

**Division/Interest Area 1:** Higher Education

**Division/Interest Area 2:** Health

**Age Group:** College

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## ACTIVE PLAY WITH PE AND MATH

**Presenter(s):** *Shawn Bates, Kent City Schools*

**Session Date/Time:** 11/30/2023 3:45:00 PM - 11/30/2023 4:30:00 PM

**Location:** Cypress

**Session Description:** Come join the 2022 OAHPERD Elementary PE Teacher of the year in an integrated session and participate in multiple ways to easily weave the Ohio PE and math standards into your lessons. All of the activities are geared towards the k-2 grade band but can be modified to work with a variety of grades as well as many different skills and units.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:**

**Age Group:** Pre K – 5

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## GET FAST AND FURIOUS WITH OMNIKIN!

**Presenter(s):** *Sue Zeanah, Omnikin*

**Session Date/Time:** 11/30/2023 3:45:00 PM - 11/30/2023 4:30:00 PM

**Location:** Kilimanjaro Suite 3

**Session Description:** Join in this fast-paced, action-packed 45 minutes of FUN that will leave your students begging for more! With everything from intense fitness games to hilarious partner tag activities to the ultimate cooperative team sport of Kin-Ball, this session will have it all! Omnikin's wide range of products are crowd pleasers by themselves, but these activities will solidify that the gym is the place to be in your school. So what are you waiting for?!? Come join Team Omnikin today and blow your students away!

**Division/Interest Area 1:** Physical Education

**Age Group:** K - 12

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## THE GREAT OUTDOORS IS FOR ALL STUDENTS!

**Presenter(s):** *Scot McClure, Outdoors Tomorrow Foundation*

**Session Date/Time:** 11/30/2023 3:45:00 PM - 11/30/2023 4:30:00 PM

**Location:** Kilimanjaro Suite 5

**Session Description:** Outdoor education is available for all secondary schools as an in and/or after school program. Outdoor skills are taught in regular school settings. The great outdoors provides complete inclusion, diversity and equitable learning for all students regardless of age, sex, ethnicity, ability/needs or social economic status. Outdoor units include: NASP, fishing, survival skills, camping, biking, wildlife, orienteering, birding, snowshoeing and much more. Participate in outdoor skill for all students.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Recreation/ Therapeutic Recreation

**Age Group:** 6 - 12

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## ENHANCING HEALTHY BEHAVIORS THROUGH THE BEHAVIORAL HELPS PROJECT

**Presenter(s):** *Kevin Lorson, Wright State University*  
*Tina Dake, Washington Local Schools*  
*Judy Jagger-Mescher, Wright State University*  
*Maria Schneider, Brecksville-Broadview Heights Schools*  
*Ashley McWain*

**Session Date/Time:** 11/30/2023 3:45:00 PM - 11/30/2023 4:30:00 PM

**Location:** Indigo Bay

**Session Description:** The Behavioral Health Education Lesson Plans (HELPS) project provides K-12 mental health and substance use prevention lessons plans and professional development modules to support teachers to implement skills-based health education lessons to enhance students' health literacy. The session will use examples from mental health and substance use prevention lessons to highlight learning outcomes, instructional activities, and assessments to enhance students' knowledge and skills. The presentation also highlights opportunities for health education teachers to operate within the Ohio Whole Child Framework to develop healthy behaviors, build healthy environments and access health services within whole school, whole community, and whole child approach to promote school health, wellness and student success.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** Higher Education

**Age Group:** Any/All Ages

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## PAST PRESIDENT & LIFETIME MEMBER SOCIAL

**Session Date/Time:** 11/30/2023 4:30:00 PM - 11/30/2023 5:30:00 PM

**Location:** Mangrove

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## PEER MENTORS MAKE A DIFFERENCE

**Presenter(s):** *Wray Jean Connor, Loveland High School*

**Session Date/Time:** 11/30/2023 4:45:00 PM - 11/30/2023 5:05:00 PM

**Location:** Kalahari Salon D

**Session Description:** This session will feature the peer mentor program developed by the 2022 Adapted PE Teacher of the Year. Featuring the integration of peer mentors into the adapted and regular physical education programs that help to establish an inclusive environment. Learn how peer mentoring has shaped an adapted physical education program that has been established in grades 5-12. Targeted topics: integration-where to begin, social inclusion, modeling skills, and success stories for mentors-career pathways. Shared files will be available with copy access to google documents through a QR Code.

**Division/Interest Area 1:** Adapted PE

**Division/Interest Area 2:** Physical Education

**Age Group:** Any/All Ages

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## GRADING TOOL AND OTHER EASY TO IMPLEMENT CLASSROOM TIPS

**Presenter(s):** *Jenni Huelkamp, Piqua City Schools, Springcreek Primary School*

**Session Date/Time:** 11/30/2023 4:45:00 PM - 11/30/2023 5:05:00 PM

**Location:** Kalahari Salon H

**Session Description:** Using the ODE Grade Bands and Google Sheets, I have created an effective and efficient system to track student learning, input report card grades, and support the work of our PT, OT and classroom



teachers. This file will be shared with other teachers to use and modify so you can meet your specific classroom needs.

I am also excited to share some of my Classroom Management tips and tricks that work such as our Regulation Station, classroom incentives, fastest class challenges, and how our Specials Team works together to bring amazing events and programming to our school.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** K - 12

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## 7-12 PHYSICAL EDUCATION

**Presenter(s):** *Michael Siders, Madison Plains High School*

**Session Date/Time:** 11/30/2023 4:45:00 PM - 11/30/2023 5:05:00 PM

**Location:** Kilimanjaro Suite 2

**Session Description:** Learning a Dynamic Warm Up by using the stretch band.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Physical Education

**Age Group:** 6 – 12

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## TRIVIA BOWL!

**Session Date/Time:** 11/30/2023 7:00:00 PM - 11/30/2023 8:00:00 PM

**Location:** Zambezi Ballroom

**Session Description:** Sign up your team at the registration desk for trivia bowl! Have fun and win prizes!

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## CONVENTION SOCIAL & CASINO NIGHT

**Session Date/Time:** 11/30/2023 8:00:00 PM - 11/30/2023 11:00:00 PM

**Location:** Zambezi Ballroom

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# FRIDAY

## CONTINENTAL BREAKFAST

**Session Date/Time:** 12/1/2023 7:30:00 AM - 12/1/2023 9:00:00 AM

**Location:** Exhibit Hall

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## REGISTRATION OPEN

**Session Date/Time:** 12/1/2023 7:30:00 AM - 12/1/2023 1:00:00 PM

**Location:** Convention Registration Area

**Session Description:**

**Division/Interest Area 1:**

**Division/Interest Area 2:**

**Age Group:**

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## EXHIBIT HALL OPEN

**Session Date/Time:** 12/1/2023 7:30:00 AM - 12/1/2023 1:00:00 PM

**Location:** Exhibit Hall

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## FOSTERING A POSITIVE TEAM ENVIRONMENT

**Presenter(s):** *Sydney Mack, LiFEsports at The Ohio State University*  
*Samantha Bates, LiFEsports at The Ohio State University*  
*Dawn Anderson-Butcher, LiFEsports at The Ohio State University*

**Session Date/Time:** 12/1/2023 8:45:00 AM - 12/1/2023 9:30:00 AM

**Location:** Cypress

**Session Description:** Coach Beyond, in partnership with the Ohio High School Athletic Association, is working to change the landscape of coach training in Ohio. Coach Beyond is a series of coach education sessions, tools, and resources designed to ensure Ohio's coaches and educators are ready to "coach beyond..." This training on Fostering a Positive Team Environment is designed to help coaches and educators understand factors that influence team dynamics and enhance their ability to build trust and promote belonging among team members. Participants attending this training will learn strategies to build trust and then engage in a gamified and discussion-based activity focused on fostering positive team dynamics. Coaches and educators will leave having engaged in peer discussion about effective strategies that enhance relationships among student-athletes and improve the coach-athlete relationship. This discussion takes place while coaches and educators play the game of "T.R.I.-ing" (i.e., Trust, Relationship-building, and Inclusion). In the game, participants reflect on coach behaviors and sport events that establish or erode trust, relationships, or a team's inclusive culture. By answering questions and reflecting on their behaviors and events, coaches and educators progress through the game, and a player wins by "T.R.I.-ing" their best to cultivate a positive youth sport environment. The game of "T-R-I-Ing" aims to allow participants to (a) Recognize behaviors that support the holistic health and development of student-athletes; (b) Explore common strategies that build trust and foster belonging among team members; (c) Understand factors that influence team culture and trust throughout an athletic season; and (d) Reflect and share strategies that coaches and educators can use to foster a positive team culture.

**Division/Interest Area 1:** Sport & Exercise Science

**Division/Interest Area 2:** Adult Development & Learning

**Age Group:** Any/All Ages

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## ELEMENTARY FIELD DAY IDEAS

**Presenter(s):** *Kathy Casper, Copley Fairlawn City Schools*

**Session Date/Time:** 12/1/2023 8:45:00 AM - 12/1/2023 9:30:00 AM

**Location:** Indigo Bay

**Session Description:** Field Day is a celebration! A celebration of all that we have learned in physical education, a celebration of summer and the end of the school year, and a celebration of friendships. Often we get struggle to think of new games and activities for our field day. I will share games and a philosophy that has been successful for our school. Water games, cooperative games, alternative activities, and even a game using a leaf blower!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Physical Education

**Age Group:** Pre K - 5

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## STRS OHIO

**Presenter(s):** *Tamla Cole, State Teachers Retirement System of Ohio (STRS Ohio)*

**Session Date/Time:** 12/1/2023 8:45:00 AM - 12/1/2023 9:30:00 AM

**Location:** Kalahari Salon G

**Session Description:** An STRS Ohio representative will provide benefit information (e.g., eligibility, health care) for middle to late career educators as well as a retirement system update.

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## THE ART OF MINDFULNESS - PUT YOUR OWN OXYGEN MASK ON FIRST!

**Presenter(s):** *Heather Lee, Effective Leadership Academy*

**Session Date/Time:** 12/1/2023 8:45:00 AM - 12/1/2023 9:30:00 AM

**Location:** Kalahari Salon D

**Session Description:** Are you mindful or is your mind full?

Come and take a deep breath with us.

You will learn about the science behind the art of mindfulness and then be led through mindfulness activities which you can use personally today and in your classroom tomorrow.

You know you deserve it!

Put your own oxygen mask on first!

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** Adult Development & Learning

**Age Group:** Any/All Ages

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## THE LAST HEALTH EDUCATION CURRICULUM YOU'LL EVER NEED

**Presenter(s):** *Gary Lemke, Interactive*

**Session Date/Time:** 12/1/2023 8:45:00 AM - 12/1/2023 9:30:00 AM

**Location:** Kalahari Salon A

**Session Description:** Attend this session for new lessons, new assessments, new tools, and new technology you can start using tomorrow. Discover a proven approach for an easy pivot to skills-based health education. The LAST (Lessons, Assessments, Skills, Thoughts) approach seamlessly integrates standards, healthy behavior outcomes, and personal health skills. This is lesson planning with less planning from the first to the last day of your course.

**Division/Interest Area 1:** Higher Education

**Division/Interest Area 2:** N/A

**Age Group:** 6 - 12

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## THE GREATEST SPORT YOU'VE NEVER HEARD OF: HOW TO TEACH OLYMPIC TEAM HANDBALL

**Presenter(s):** *Joe Williams, The American Handball Company*

**Session Date/Time:** 12/1/2023 8:45:00 AM - 12/1/2023 9:30:00 AM

**Location:** Kilimanjaro Suite 2

**Session Description:** Team Handball is one of the most popular Olympic sports in the world. In the United States, however, it is one of 3 Olympic sports that Team USA has never won an Olympic medal in. Many physical education teachers across the country already have this AWESOME sport as part of their curriculum, and, during this presentation, will have the opportunity to learn from a former member of Team USA on how to improve their team handball lessons.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Sport & Exercise Science

**Age Group:** Any/All Ages

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## OMNIKIN: HAVE A BALL WITH ACTION-PACKED FUN FOR ALL!

**Presenter(s):** *Sue Zeanah, Omnikin*

**Session Date/Time:** 12/1/2023 8:45:00 AM - 12/1/2023 9:30:00 AM

**Location:** Kilimanjaro Suite 4

**Session Description:** Need cooperative and community-building activities that include fitness and skill development? Omnikin has you covered! This exhilarating session will feature highlights of our lightweight and non-threatening dynamic 14"-48" balls that'll generate excitement in your PE classroom like you've never seen before! Your students will have a BALL!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** K - 12

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## DEMO SLAM SESSION

**Session Date/Time:** 12/1/2023 8:45:00 AM - 12/1/2023 9:30:00 AM

**Location:** Kalahari Salon E& F

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## OAHPERD DIVISION MEETINGS

**Session Date/Time:** 12/1/2023 9:45:00 AM - 12/1/2023 10:15:00 AM

**Location:** Exhibit Hall

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## MAKING THE CONNECTION BETWEEN OUTDOOR ADVENTURES AND STUDENT MENTAL HEALTH

**Presenter(s):** *Scot McClure, Outdoors Tomorrow Foundation*

**Session Date/Time:** 12/1/2023 10:15:00 AM - 12/1/2023 11:00:00 AM

**Location:** Kalahari Salons E&F

**Session Description:** Our mission is to get more students outdoors and to improve the health and well-being of all participants. Teaching outdoor adventure activities can be a life-changing experience for your students and is appropriate for any grade level. Delve into the research around outdoors adventures and discover the many benefits for your students, teachers, school, and community. Explore how Outdoors Tomorrow Foundation can help you start your adventure, and plan to participate in some of your own ADVENTURE activities during the session! We will share resources and information on Outdoor Adventure teaching best practices, sample lessons, and how to initiate or expand your own Outdoor Adventure Program.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Recreation/ Therapeutic Recreation

**Age Group:** K - 12

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## SUPPORTING LIFELONG FITNESS

**Presenter(s):** *Peggy Mills, Valemee*  
*Linsday Gantzer, Valemee*

**Session Date/Time:** 12/1/2023 10:15:00 AM - 12/1/2023 11:00:00 AM

**Location:** Kalahari Salon D

**Session Description:**

One of a kind program: Valemee Fitness offers you an inclusive program for PE/APE classes; teaches students to be independent and take ownership in exercising, is structured and hands you exercises complete with adaptations to make fitness work for ALL levels, sets students up for success in pursuing fitness for life and uses peers and support staff to help make it work. Please see OSU VALID research study- it works!  
<https://alumnimagazine.osu.edu/story/study-helps-adults-IDD>

**Division/Interest Area 1:** Adapted PE

**Division/Interest Area 2:** Adult Development & Learning

**Age Group:** Any/All Ages

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## ACTION! TEAM GAMES

**Presenter(s):** *Adam Herbst, Gopher*

**Session Date/Time:** 12/1/2023 10:15:00 AM - 12/1/2023 11:00:00 AM

**Location:** Kilimanjaro Suite 3

**Session Description:** Join Us For An Action-Packed Workshop Featuring Gopher's ACTION! Team Games! We Won't Just Be Playing Games Though; You'll Also Learn Classroom Management And Skill Development Strategies That You Can Take Home And Implement In Your Program. Get Ready To Sweat, Learn And Have Fun!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## "FUN-DAMENTALLY" FIT WITH OPEN PHYS ED! - ELEMENTARY: GRADES K-5

**Presenter(s):** *Margaret Robelee, OPEN - Online Physical Education Network*

**Session Date/Time:** 12/1/2023 10:15:00 AM - 12/1/2023 11:00:00 AM

**Location:** Kilimanjaro Suite 4

**Session Description:** Fitness can be FUN! Join us to explore and learn about the fantastic fitness activities and free resources for students in grades K-5 from OPEN Phys Ed! Participants will learn how to maximize activity time, teach fitness concepts, add academic language, and assess using a variety of modules such as Plug and Play Fitness, Fitness Knowledge, Yoga and Mindfulness and more. Come ready to move and learn together during this action-packed session!

During this session, participants will be introduced to activity plans and resources from OPEN to support the incorporation of fitness into Elementary Physical Education programs. The OPEN website will be shared, along with academic language cards, assessment tools and other resources necessary for implementation. Participants will be encouraged to actively participate in lessons from various OPEN modules that highlight physical fitness.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Pre K - 5

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## PE AND OUR LITTLEST LEARNERS

**Presenter(s):** *Stacey Slackford-Barnes, Aurora City Schools*  
*Lauren Wilson, Twinsburg City Schools*

**Session Date/Time:** 12/1/2023 10:15:00 AM - 12/1/2023 11:00:00 AM

**Location:** Kilimanjaro Suite 2

**Session Description:** Calling all elementary physical education teachers... do you struggle managing and teaching our littlest learners (Preschool; PreK; Kindergarten) in PE? Please join us for a hands-on session which will focus on management strategies, basic PE curriculum ideas, along with fun and interactive activities and games for our little learners. We will also demonstrate how to construct and use a visual schedule. A visual schedule helps children anticipate changes and reduces anxiety by showing them what activities are planned for PE.

Furthermore, visual schedules foster independence by allowing students to know what will take place next in PE. We will share lesson ideas that have been successful in our PE classes, along with ideas on how to adapt lessons for IEP students. We would LOVE for you to bring some ideas of your own to share with others as well. If you teach our littlest learners, you won't want to miss this!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Pre K - 5

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## DID YOU KNOW? TRENDS & ISSUES IN HEALTH EDUCATION & PHYSICAL EDUCATION

**Presenter(s):** *Kevin Lorson, Wright State University*

**Session Date/Time:** 12/1/2023 10:15:00 AM - 12/1/2023 11:00:00 AM

**Location:** Kalahari Salon A

**Session Description:** This session will analyze survey and school health data that captures the current context, issues, and status of health education and physical education in Ohio. The session examines student health needs and experiences using the YRBS, OHYES, and Ohio Healthy Students Profile. The CDC School Health Profile Survey data and the Ohio Health Education & Physical Education Survey provides an opportunity to analyze the curriculum, professional development, Ohio Whole Child Framework initiatives, and stakeholder support for health and physical education. The session concludes with examining the ODE Teacher Workforce study to determine next steps for health education and physical education teacher education.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** Physical Education

**Age Group:** Any/All Ages

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## #THATSNOTLOVE: HELP YOUR STUDENTS SPOT SIGNS OF UNHEALTHY RELATIONSHIPS

**Presenter(s):** *Maria Schneider, BBHCSD*

**Session Date/Time:** 12/1/2023 11:15:00 AM - 12/1/2023 12:00:00 PM

**Location:** Kalahari Salons E&F

**Session Description:** The presentation will aim to empower participants with valuable insights to aid teenagers in recognizing the signs of unhealthy relationships. Through interactive discussions and engaging activities, attendees will gain an understanding of the key indicators of toxic relationships, be it romantic or platonic. By the end of the session, attendees will feel equipped with the knowledge and tools necessary to empower teenagers to develop healthy relationships. Participants will be ready to implement engaging lesson plans that encourage open conversations about relationships and promote the importance of mutual respect, communication, and boundaries among young individuals.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** N/A

**Age Group:** 6 - 12

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## COUNTRY P.E. FOR COUNTRY KIDS; HOW TO TEACH CULTURALLY RELEVANT PHYSICAL EDUCATION IN RURAL COMMUNITIES

**Presenter(s):** *Thomas Wilson, Jr., The Ohio State University*

**Session Date/Time:** 12/1/2023 11:15:00 AM - 12/1/2023 12:00:00 PM

**Location:** Kalahari Salon D

**Session Description:** The purpose of this practical session is to inform in-service and pre-service teachers about the importance of implementing culturally relevant pedagogy in rural physical education settings and to teach culturally relevant physical education activities that can be implemented in elementary physical education classes located in rural communities. After attending this session, participants will know the following: (a) what is culturally relevant pedagogy, (b) why culturally relevant pedagogy in physical education classes is beneficial for students in rural communities, and (c) three culturally relevant activities to implement in a rural elementary-aged physical education programs.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Student  
**Age Group:** Any/All Ages

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## **BACK TO THE BASICS WITH CLASSROOM MANAGEMENT**

**Presenter(s):** *LaTrice Shields, Cleveland Metropolitan School District*

**Session Date/Time:** 12/1/2023 11:15:00 AM - 12/1/2023 12:00:00 PM

**Location:** Kilimanjaro Suite 2

**Session Description:** More than ever before you must approach your teaching with new ideas and continued enthusiasm about some of your old strategies. What happens on the first days of school can be a strong indicator of your success for the year, what happens in the first minutes of your class can indicate your success for the rest of the class period. To be effective, it requires a well-planned and well-organized learning environment. The strategies you use to implement your program are based on your philosophy, your objectives, and the children you teach. In this session the activities I will present will provide you with effective, challenging and enjoyable learning opportunities while teaching important components and principles of classroom management strategies.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** K - 12

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## **WORKING AT A HEALTH ENHANCING LEVEL**

**Presenter(s):** *Bev Brown, IHT Interactive Health Technologies*

**Session Date/Time:** 12/1/2023 11:15:00 AM - 12/1/2023 12:00:00 PM

**Location:** Kilimanjaro Suite 4

**Session Description:** This session will use the IHT heart rate monitors to demonstrate how students and teachers know if they are working at a health enhancing level. Then we will look at the reports that are an option to send to students and/or parents. Demonstrating activities that will help student will take what happened in class to deep understandings for healthy living. This will be a combination of movement and powerpoint.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Higher Education

**Age Group:** Any/All Ages

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## **HITTING THE STANDARDS CAN BE FUN AND ENGAGING!**

**Presenter(s):** *Shawn Bates, Kent City Schools*

**Session Date/Time:** 12/1/2023 11:15:00 AM - 12/1/2023 12:00:00 PM

**Location:** Kilimanjaro Suite 3

**Session Description:** Come ready to be participate in this fast paced session that will engage you in instant activities, practice tasks and whole class games that can be used to monitor and assess student performance on assessments.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Pre K - 5

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## **ONLINE TOOLS TO SUPPORT OFFLINE HEALTH**

**Presenter(s):** *Kristin Pierce, EVERFI*

**Session Date/Time:** 12/1/2023 11:15:00 AM - 12/1/2023 12:00:00 PM



**Location:** Kalahari Salon A

**Session Description:** Fostering a healthy school environment is a challenge and student needs are growing more diverse every year; from the need to structure a healthy balance of screen time and activity to talking about the dangers of vaping and the need for mental health support. Fortunately, EVERFI is here to help with a wide variety of no-cost resources that can diversify your classroom experience and provide needed instruction and interaction with students at all levels.

Our online programs and lessons provide students with a low-risk environment to learn about addiction and how it can impact their lives physically and socially, while equipping them with concrete skills to advocate for their own health and wellness. Whether you're working to educate students about how to build healthy eating and exercise habits, the dangers of alcohol or prescription drug abuse, or navigating conflict in social situations, EVERFI has a growing library of interactive, online programs to support the health and wellness of your school community. During our session, educators will gain access to our entire catalog of no-cost resources, learn best practices for use with students, and get a sneak peak at what's new for the 23-24 school year.

**Division/Interest Area 1:** Health

**Division/Interest Area 2:** Student

**Age Group:** K – 12

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## **SPORTED MODEL MEETS TACTICAL GAMES APPROACH (GRADES 3-5 VERSION)**

**Presenter(s):** *Samantha Wilson, Suffield Elementary School*

**Session Date/Time:** 12/1/2023 11:15:00 AM - 12/1/2023 12:00:00 PM

**Location:** Cypress

**Session Description:** In this session you will learn how to use the Sport Education Model for grades 3-5. The Tactical Games Approach is used to pace the lesson as a guide and allows differentiation to the max! Come experience how to give your students voice, choice and empowerment through them having leadership in your class.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Pre K - 5

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## **WINNING THE WARM UP**

**Presenter(s):** *James DiBiasio, T3 Performance*  
*Colin Taylor, T3 Performance*

**Session Date/Time:** 12/1/2023 12:15:00 PM - 12/1/2023 1:00:00 PM

**Location:** Kalahari Salons E&F

**Session Description:** A great class starts with a great warm up! Learn about the four pillars of Winning The Warm Up as well as new exciting ways to warm up your physical education class. By winning the warm up you increase student engagement, level the playing field across all ability levels and help create a learning environment.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Sport & Exercise Science

**Age Group:** Any/All Ages

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## **REINDEER GAMES**

**Presenter(s):** *Pat Hetrick, Bowling Green City Schools Conneaut Elementary*  
*Jeremy Koehler, Bowling Green City Schools Conneaut Elementary*

**Session Date/Time:** 12/1/2023 12:15:00 PM - 12/1/2023 1:00:00 PM

**Location:** Kilimanjaro Suite 3

**Session Description:** Various games, activities, competitions to be played during Christmas week at the elementary school level. This is a great way to end the first half of the school year, much like Field Day is to end a school year. The games are easy to learn and fun to play with themes centered around Santa's Reindeer. Games can be played by individual classes or by whole grade levels. Even though the games are simple, there is plenty of competition to make this a worthy event for your school. Games are for all ages and can be adjusted for each grade level. We will show you 6-8 games, provide a to do list and a list of materials needed along with written summaries of each game. Make it what you want or use what we have to offer.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Recreation/ Therapeutic Recreation

**Age Group:** Pre K - 5

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## **SUPERCARGE MOVEMENT LEARNING AND ASSESSMENT WITH THE MIND BODY CONNECTION USED BY PHYSICAL THERAPISTS**

**Presenter(s):** *Caroline Humberston, Playtime Movement*

**Session Date/Time:** 12/1/2023 12:15:00 PM - 12/1/2023 1:00:00 PM

**Location:** Kalahari Salon D

**Session Description:** As a teacher, you have an immense impact on your students' lives. One of the ways you can promote your skills as a teacher is by using quantitative skill assessments. By assessing your students' movement skills systematically, you can identify areas that need improvement and provide targeted teaching to meet their needs. Promoting the mind-body connection by teaching them movements can help your students build strong, healthy bodies, which will serve them well into adulthood.

It is essential to encourage your students to focus on their progress rather than their shortcomings. Providing them with constructive feedback and support can help them develop a sense of mastery and accomplishment. This approach can inspire them to make healthy choices throughout their lives, potentially avoiding future back surgeries and knee replacements.

You don't have to make these assessments and movement learning techniques boring or intimidating. In fact, these techniques have been proven useful in physical therapy clinics promoting mind-body connections. By using proven assessments and movement learning techniques, you can help your students develop a positive attitude towards movement and physical activity through confidence-building tasks. Remember, your students' success is your success!

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** Sport & Exercise Science

**Age Group:** Any/All Ages

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## **CURRENT TOPICS IN SPORT**

**Presenter(s):** *Donna Pastore, Ohio State University*

*Brittani Becher, Ohio State University*

*Ali Talcott, Ohio State University*

*Alina Cioletti, Ohio State University*

*Carter Bulington, Ohio State University*

**Session Date/Time:** 12/1/2023 12:15:00 PM - 12/1/2023 1:00:00 PM

**Location:** Kalahari Salon A

**Session Description:** The purpose of this session is to discuss current issues occurring in sport and identify ways to solve these issues. Topics to be presented: (a) The Latest Trends in NIL, (b) Student Engagement with Campus Recreation, (c) Exploring the Factors that Influence College Students' Participation in Group Fitness, and (d) Finding Social Connectedness in the Student Section.

**Division/Interest Area 1:** Sport & Exercise Science

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages

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## **"FUN-DAMENTALLY" FIT WITH OPEN PHYSED! MIDDLE SCHOOL/HIGH SCHOOL: GRADES 6-12**

**Presenter(s):** *Margaret Robelee, OPEN - Online Physical Education Network*

**Session Date/Time:** 12/1/2023 12:15:00 PM - 12/1/2023 1:00:00 PM

**Location:** Kilimanjaro Suite 4

**Session Description:** Fitness can be FUN! Join us to explore and learn about the fantastic fitness activities and free resources for students in grades 6-12 from OPEN Phys Ed! Participants will learn how to maximize activity time, teach fitness concepts, add academic language, and assess using a variety of modules such as Plug and Play Fitness, Tabata Training, Tools for Teaching Health and Wellness and more. Come ready to move and learn together during this action-packed session!

During this session, participants will be introduced to activity plans and resources from OPEN to support the incorporation of physical fitness into Middle School and High School Physical Education programs. The OPEN website will be shared, along with academic language cards, assessment tools and other resources necessary for implementation. Participants will be encouraged to actively participate in lessons from various OPEN modules that highlight physical fitness.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** 6 - 12

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## **GTW - GAMES THAT WIN!!**

**Presenter(s):** *Sean Mignano, School Health Corporation*

**Session Date/Time:** 12/1/2023 12:15:00 PM - 12/1/2023 1:00:00 PM

**Location:** Indigo Bay

**Session Description:** Standards, objectives and learning targets-Oh my! Through a variety of inclusive games you can meet several grade level objectives at one time. Keep small or large classes moving by instructing fun, innovative activities. Be prepared to move and learn some of the best student-approved PE games of 2023.

**Division/Interest Area 1:** Physical Education

**Division/Interest Area 2:** N/A

**Age Group:** Any/All Ages