OKLAHOMA HEALTH HEROES CALL TO ACTION

2014 OAHPERD CONVENTION PROGRAM

October 6-7, 2014

Nigh University Conference Center
University of Central Oklahoma

Monday, October 6, 2014

Registration Opens at 8:00 A.M. in Nigh University Center (NUC) Room 326

Exhibits Open at 9:00 A.M. in NUC Ballroom A

9:00 AM-12:00 PM
Outdoor Initiatives
This session will focus on outdoor initiatives that anyone can use to engage students in cooperative problem solving techniques.
Room: Lake Arcadia Boathouse (Directions are provided at end of program)
Presenters: Jerel Cowan and UCO Outdoor and Community Recreation Students.

9:00 AM-11:30 AM
Kinesthetic K.I.D.S.

Kinesthetic Instructional Differentiation Strategies: Can you change a brain? Can learning and memory capacity increase? Can the brain be primed for improved learning?
Find the answers in this highly energetic, interactive presentation that summarizes the recent brain research that links movement to learning and shows how it translates into classroom practice. It will highlight kinesthetic teaching strategies that align to educational state standards for the classroom. Come learn kid-tested and kid-approved short, quick, fun lessons that build capacity by teaching reading, math, social studies and science kinesthetically.

Objectives:
1. The professionals will gain insight into how Action Based Learning® reinforces cognition based on the brain research that supports the link of movement to learning.
2. The professionals will gain insight into individual strengths and how to fulfill the needs of each child through movement.
3. The professionals will gain insight into how Educational State Standards in literacy, math, science and academics can be facilitated through movement and music.
4. The professionals will gain insight into how movement and Action Based Learning® anchors learning based on the brain research that supports the link of movement to learning.

Presenter: Jean Blaydes, Neurokinesiologist/Consultant, Action Based Learning, Murphy, TX
Room: NUC Ballrooms B&C
9:00 AM-12:00 PM

High Impact Practices for Sport Coaches

The workshop will include topics of interest for those coaching sports in P-12 schools or university programs. The speakers include university coaches, former Olympian and a Heisman Trophy winner.

Room: NUC Room 300

Presenters:

Cheryl Miller, Langston University Women’s Basketball Coach and a former college basketball player and Sport Caster for TNT. She was also head coach and General Manager of the WNBA’s Phoenix Mercury.

Mike Nunley, Athletic Director, Edmond Schools

Kim Quigley, Registered Dietitian, UCO and Jillian McCarty, ECU

10:00 AM-11:30 AM

Revolutionize Your Teaching with Polar GoFit Heart Rate and Fitness Assessment

Experience Polar technology that will display live heart rate for up to 40 users on your iPad. The data is wirelessly transmitted to polargofit.com making it simple to create individual and group reports to share with students and parents. In addition to heart rate, polargofit.com also allows you to track your student’s fitness assessment data.

Room: NUC Room 301

Presenter: Ali Young, Polar

12:00-1:00 Lunch (facilities located on the second floor of the Nigh University Center).

12:00-12:45

UCO Broncho Social/Pizza Bash

Alumni and friends of the UCO Department of Kinesiology and Health Studies are invited to stop by Wantland Hall and enjoy a slice of pizza and to connect or reconnect with friends and colleagues.

Room: Wantland Hall Gymnasium

11:30 AM-12:30 PM

Shannon Miller, Oklahoma’s own and the most decorated gymnast in American history will be available in the Exhibits area for autographs.
1:00-3:30

**Kinesthetic K.I.D.S. Part Two**

Presenter: Jean Blaydes, Neurokinesiologist/Consultant, Action Based Learning, Murphy, TX

Room: NUC Ballrooms B&C

1:00 PM-2:00 PM

**Physical Activity and Healthy Living**

Join America’s most-decorated gymnast and Edmond, OK native, Shannon Miller, for a presentation that will motivate and inspire. Miller, a seven-time Olympic medalist, will highlight how physical activity----

Presenter: Shannon Miller, 1992 & 1996 Olympian and the only female athlete to be inducted into the US Olympic Hall of Fame Twice (2006 and 2008)

Room: NUC Constitution Hall

2:15-3:15

**Interviewing Techniques and Tips**

From writing a resume to checking out the company, to what to wear to an interview, these job interview tips cover all the basics needed to help you land the job you want. There are no second chances to make a great first impression. Questions are encouraged throughout the presentation.

Room: NUC Rom 301

Presenters: Tia Bennett, NSU; Trey Cone and Jerel Cowan, UCO; and, Vicki Hatton, SWOSU

3:30-4:30

**Physical Education Town Hall Meeting**

Join your colleagues for a discussion of current issues and strategies related to standards and assessment in Physical Education in the P-12 grades.

Facilitator: Stephanie Canada-Phillips and Suzanne Cyrus

Room: NUC Room 300
3:30-4:45

**Mindful Movement in the Digital Age: Body Awareness as Pedagogy**

Higher Education Meeting

College students live amid constant digital distraction, and there are ramifications for learning. Mindful movement pedagogy pays cognitive, social, psychological, and well-being benefits. Walk your talk as OAHPERD educators by helping students improve their lives via movement that enriches mind, body, and GPA while outfitting them for more life success.

Room: NUC Room 301

Presenter: Jeff King, Executive Director of UCO’s Center for Excellence in Transformative Teaching & Learning.

5:00 PM-6:30 PM

**OAHPERD Honors and Awards Reception**

Facilitator: Stephanie Canada-Phillips, OAHPERD President

Room: Nigh University Center 326

6:30 PM

**Social for Mark Giese, OAHPERD Executive Director**

Join us as we say “Thank You” to Mark for serving as our Executive Director. Mark will resign from his position on November 14, 204. Cash Bar will be available.

Room: Nigh University Center 326
Tuesday, October 7

Registration Opens at 8:00 A.M. in Nigh University Center (NUC) Room 326

Exhibits Open at 8:00 A.M. in NUC Ballroom A

8:00 AM-8:50 AM

Assessing the Basketball Dribble through the RETRY-REFINE-REBUILD Motor Learning Principle

Audience will experience the RETRY-REFINE-REBUILD motor learning principle using the basketball dribble. Faulty mechanics in the skill will be taken through these motor learning skills.

Room: NUC Ballroom B

Presenters: Danielle Chrzanowski and Vanessa Fiaud, West Texas A&M University

8:00 AM-8:50 AM

Move into Learning

Learn new engaged cardio warm-ups transitioning from the basic style warm-ups. Learn how it has improved class participation, behavior, and total atmosphere of the class. You do not have to be an expert at dancing.

Room: NUC Ballroom C

Presenters: Stephanie McCrary, Yukon Schools and Sara Headrick, Deer Creek Schools

8:00 AM-8:50 AM

Geocaching: Outdoor Treasure Hunt

This session will explore the use of the Geocaching App and GPS navigation tool to promote outdoor physical activity. Participants in the session will be expected to go outdoors and find hidden treasure using Geocaching.

Room: NUC Room 314

Presenters: Marki Payne, Stephanie Boss, Angelica Lopez, and Tahnee Whigham, Cameron University
8:00 AM-8:50 AM

**Understanding the Leadership Equation (PE= Praise and Enthusiasm)**

Someone once said, “To be a great leader, you must possess the ability to both look down the road and around the corner as well!” Becoming and remaining a viable physical education leader is a journey often filled with much hard work, luck, and opportunity. Discover if you have what it takes to be the next generation of Physical Education Leaders!

Room: NUC Room 301

Presenter: Artie Kamiya, President of Great Activities Publishing Company and Founder of the National Physical Education Institute.

8:00 AM-8:50 AM

**Creative and Fun Ideas for Improving Balance of Older Adults**

The presenters will explain why balance training is important. Additionally, presenters will demonstrate and discuss creative methods to improve balance in older adults.

Room: NUC Room 300

Presenters: Antonio Ross, Michelle Miller, and Melissa Powers, UCO

8:00 AM-8:50AM

**Global Perspective on Physical Education**

The presenter will share her experiences and perspective on teaching Health and Physical Education at an International School representing over 20 countries on the small island of Mauritius, Africa.

Room: NUC Room 304

Presenter: Krista Fagala, UCO

9:00 AM-10:20 AM

**Oklahoma Health Heroes Call to Action**

**OAHPERD General Session**

Facilitator: Stephanie Canada-Phillips, OAHPERD President

Room: NUC Constitution Hall (Room 200)
10:30 AM- Noon

**OAHPERD Research Poster Presentations**

Stop by and review the various research studies conducted by OAHPERD members during the previous year.

Facilitator: Kay Daigle

Room: Front of the NUC Ballrooms on 3rd floor

10:30 AM-11:20 AM

**Teaching More than Just Games**

ABC 123 I Love PE! Learn games and activities that get your students up and moving that incorporate math, language art skills, and much more.

Room: NUC Ballroom B

Presenters: Donna Murray and Rebecca Lewis, Broken Arrow Schools

10:30 AM-11:20 AM

**Common Core and You: Making Connections**

This session will examine the Common Core State Standards Initiative and S.T.E.M. through the eyes of a physical educator. You’ll experience fun activities that optimize learning and make administrators smile; then leave with free lesson plans and authentic assessment tools you’ll want to use with your students tomorrow.

Room: NUC Ballroom C

Presenter: Courtney Sjoerdsma, SPARK PE

10:30 AM-11:20 AM

**Developing a Resume for the Job Search**

Three types of resumes will be presented as well as to how to develop a resume. Recreation careers will be highlighted though resume basics will still apply.

Room: WAH 04 Computer Lab

Presenter: Kevin Fink, Oklahoma State University
Double Goal Coaching: Winning On and Off the Field
Learn how a Double Goal Coach strives to win on both the scoreboard and teaching their players skills that will last a lifetime.
Room: NUC Room 300
Presenter: Jim Bonfiglio, Casady School in Oklahoma City

1Touch Self-Defense for People Who Are Visually Impaired/Blind
1Touch self-defense program addresses the specific needs of the blind and visually impaired. This session will give the audience a brief introduction to the program.
Room: NUC Room 320B
Presenter: Tera Webb, Oklahoma School for the Blind

7 Steps to Design a Plyometric Program
Seven how-to-steps for proper program design of plyometric exercise for any level of client/athlete in order to enhance activity performance and reduce non-contact injuries.
Room: NUC Room 304
Presenter: Jason West, University of Tulsa

Professional Sports Management
The presenter will discuss the impact of the Thunder Basketball Team on OKC and the state of Oklahoma.
Room: NUC Room 301
Presenter: Mac Maddox, OKC Thunder Basketball Team
10:30-11:20 AM

**Evaluation of Run2B: A Youth Running Club**

This session will provide an overview of a four-week running club program developed specifically to enhance participant self-concept as well as spring and endurance speed. The project was funded by an OAHPERD grant.

Room: NUC Room 312

Presenters: Tim Baghurst, Tyler Tapps, Chris Jayne, and David Bacher, OSU

10:30 AM-11:20 AM

**Carrots and Making it Stick: Incentives for Creating Healthier Schools**

The Healthy Schools Incentive Grants promote wellness by offering grants to school districts and individual schools that adopt health-promoting policies that encourage students and staff to eat better, move more, and be tobacco free.

Room: NUC Room 314

Presenter: Sharon Howard, Program Manager for the TSET Healthy Schools Incentive Grants

11:30 AM-12:20 PM

**PE Games for the Brain**

PE Games for the Brain will include activities that will incorporate literacy and math into the gymnasium. All games are focused on elevating the student’s heart while increasing knowledge in these two subjects. Be prepared to break a sweat, test your skills, and have fun during this interactive presentation.

Room: Activity

Presenters: Teddy Harbaugh, Charley Daniel, Courtney Clymer, and Mike Carter, Tulsa Health Department’s It’s All About Kids Program

11:30 AM-12:20 PM

**Challenging the Status Quo: Just Playing Games Has Got to Go!**

This activity session will assist elementary physical education teachers to create a stronger focus on skill development versus providing moderate-to-vigorous physical activities alone. During the past 20-25 years, the wide-spread acceptance of popular physical education curricula has tipped the scales towards “playing games” versus the real focus of physical education: teaching skills. Find out why our nation’s “daily game diet” is something every PE teacher needs to worry about!

Room: Activity

Presenter: Artie Kamiya, President of Great Activities Publishing Company and Founder of the National Physical Education Institute.
UCO’s Institute for Coordinated School Health (ICS) - Assisting in the Implementation of the Merged Coordinated School Health and the Whole Child Initiative

This session introduces the Whole School, Whole Community, Whole Child model. This new model addresses the health, well-being, and academic growth of students.

Room: NUC 314
Presenters: Sara Cole and Rachelle Franz

Water Safety Instruction: Private or Community Swim Instruction Differences

No description

Room: NUC Room 312
Presenter: Terry Shannon, Oral Roberts University

Biomechanics Assignments for the Millennials

The presenter will introduce interactive assignments that target the millennials and addresses Biomechanical concepts such as linear kinematics, angular kinematics, etc.

Room: NUC Room 300
Presenter: Vanessa Fiaud, West Texas A&M University

Cultivating a Culture of Wellness to Improve Childhood Health

Research suggests that a healthier school environment can result in greater academic achievement and healthier lives for students, staff and community. The Alliance recognizes that schools are very powerful places to teach young people academic skills they need to succeed, but also healthy life skills. The Alliance launched the Healthy Schools Program in 2007 to provide schools with a comprehensive approach to helping schools create access to healthier foods, increase physical activity opportunities, enhance nutrition and implement school employee wellness programs. This presentation will give a description of our National Organization and discuss the importance of cultivating a culture of wellness in schools across the nation to improve childhood health.

Room: NUC Room 304
Presenter: Michelle Carlton, The Alliance for a Healthier Generation
11:30 AM-12:20 PM

**Exercise: Kids Are Not ‘Little Adults’**

This presentation will identify and discuss kids’ physiological responses to acute exercise and adaptations to chronic training. Existing recommendations/guidelines for exercise prescription will be examined and explored.

Room: NUC Room 320B
Presenter: Darla Fent, UCO

11:30 AM-12:20 PM

**Functional Fitness Evaluation of Older Adults**

Various cardiorespiratory and musculoskeletal fitness tests will be explained and demonstrated to evaluate functional fitness levels of older adults.

Room: NUC Room 320C
Presenter: Ahmet Ozturk, NSU

11:30 AM-12:20 PM

**The Bottom Line of Sports Management**

The program will cover a description of the discipline, brief history, areas of study, levels of degrees, job market, and the future of the profession.

Room: NUC Room 301
Presenter: Bo Pagliasotti, SWOSU

12:20 PM-1:10 PM Lunch

Join your colleagues for lunch in Legends (2nd floor NUC) or Food Court (also located on the 2nd floor)

12:20-1:10 PM

**JRFH/HFH Luncheon (Invitation only)**

A special invitation to our JRFH/HFH Event Coordinators to join Jennifer Jones from the American Heart Association to celebrate another successful year.

Facilitator: Susan Lalman, OAHPERD Jump and Hoop for Heart Coordinator
Room: NUC Room 326
12:20-1:10

Past Presidents’ Luncheon (Invitation only)
Facilitators: Bob Christenson and Donna Cobb
Room: NUC Room TBD

1:15 PM-2:10 PM

Awesome Heart-Healthy Dances!
Are you “dance phobic”? Born with two left feet? Please don’t let a little thing like that stop you from attending and enjoying this fun and upbeat session designed to instantly boost your Dance IQ. Learn a variety of instant cardiokickstarters, No-Fault Zone dances, and other inviting ways to integrate dances into your elementary PE program.
Room: NUC Ballroom B
Presenter: Artie Kamiya, President of Great Activities Publishing Company and Founder of the National Physical Education Institute.

1:15 PM-2:10 PM

Leave-No-Trace Outdoor Practices
This session will address outdoor practices that Physical Educators can use to show how to engage students while teaching about wise use of the outdoors.
Room: NUC Ballroom C
Presenter: Jerel Cowan, UCO and Master Educator Instructor for Leave-No-Trace

1:15 PM-2:10 PM

Pickleball: America’s Fastest Growing Sport, Taking Oklahoma by Storm!
Pickleball is growing through many community programs with over 200,000 people playing and 25,000 locations throughout the USA. OKC alone has over 200 members and 10 locations to play. Teachers and leaders are needed to handle the demand of America’s fastest growing sport, Pickleball.
Room: WAH Gymnasium
Presenters: Vicky Noakes and Sherry Prince, United States Pickleball Association
1:15 PM-2:10 PM

**Super Heroes for Health: Innovative Health Lessons for the Classroom and Beyond**

Each of the Super Heroes for Health will present a unique health lesson or activity that can be used in a health classroom, physical education, and beyond.

Room: NUC Room 314

Presenters: Mary Nix, James Strahorn, Cody Hill, Krista Fagala, and Rachelle Franz, UCO

1:15 PM-2:10 PM

**How to Plan and Conduct a Jump/Hoops for Heart Event**

Experienced Jump and Hoops for Heart coordinators will share best practices around developing an event. This is an interactive session as participants will have ample opportunity to discuss and share their own best practices.

Room: NUC 326

Presenters: Susan Lalman OAHPERD Jump and Hoop For Heart Coordinator, Morrison Public Schools Physical Education Teacher and Denise Douglas, NBTC, Yukon Public Schools Physical Education Teacher

1:15 PM-2:10 PM

**Mad for iPad**

Experience physical education “APP all-stars” and actively learn how to use them in class settings. Leave with free access to a website that reviews/recommends the best PE/Health related APPS.

Room: NUC Room 301

Presenter: Courtney Sjoerdsma, SPARK PE

1:15 PM-2:10 PM

**Healthier Life...Healthier You**

It’s time to get real about your health! This presentation will discuss a good prescription for overall health. It’s not about dieting to lose weight. It’s about wellness-eating right and living right to feel good. It’s never too late to make a change!

Room: NUC Room 300

Presenter: Tia Bennett, NSU
1:15 Pm-2:10 PM

**Bringing the Oklahoma River to Schools Across Oklahoma**

The OKC Boathouse Foundation oversees the world class Boathouse District associated youth programs, events, and attractions. OKCBF is launching an innovative free initiative to provide access to the equipment, attractions, and services both in schools and at the river.

Room: NUC Room 320B

Presenter: Mike Knopp, Executive Director of the Oklahoma City Boathouse Foundation

1:15 PM-2:10 PM

**The FitnessGram Initiative**

The presentation will cover Oklahoma’s statewide rollout of FitnessGram with emphasis on how schools can benefit from assessment data collected.

Room: NUC Room 304

Presenter: Bill Cash, Physical Activity Specialist at the OK State Department of Health

1:15 PM-2:10 PM

**New Research in Exercise Science and Debunking Fitness Myths**

A review of recent research findings in the area of Exercise Science; some that cast doubt or contradict commonly held practices in Exercise Science.

Room: NUC Room 320C

Presenter: Michael Reed, SEOSU

1:15 PM-2:10 PM

**Raising an Edible School Garden and Building an Outdoor Classroom**

The session will focus on the importance of school gardening, set-up, and sustainability. It will be followed by a student led discussion and Q and A session.

Room: NUC Room 312

Presenter: Kate Waring-Jones, Putnam City Schools
Anytime…. Anywhere Workout

This convenient workout can be performed anytime, anywhere by anyone who has a desire to get into shape. This workout begins by warm-up with dynamic stretches then transitions to upper and lower body-weight exercises and ends with static stretches for the cool-down process.

Room: NUC Ballroom B
Presenter: T.J. Fleetwood, NSU

Teambuilding Initiatives

These fun teambuilding initiatives get participants moving, thinking, and communicating.

Room: NUC Ballroom C
Presenter: Chad Stangl, Northeastern State University

Differences between Genders on Strength, Recovery, and Endurance-times with Fatigue

This is a presentation about gender differences with strength and endurance time with fatigue.

Room: NUC Room 314
Presenters: Eric Conchola and Ryan Thiele, OSU

“I Tweet Physical Education” and So Should You!

This session will assist K-12 physical education teachers with all of the “keys” for opening the doors of Social Media (i.e., Twitter, Facebook, Google+, Pinterest, etc.) with style and grace. Find out why every PE teacher needs to unlock the power of popular social media platforms as to increase student learning and engagement, greater levels of student-led assessment, and a greater willingness to lead physically healthy lives!

Room: NUC Room 301
Presenter: Artie Kamiya, President of Great Activities Publishing Company and Founder of the National Physical Education Institute.
2:20 PM-3:15 PM

The State of the Union of Fitness Testing
Developing a fitness battery can consist of various components of health or performance. Stop by to learn how to develop a valid and reliable fitness battery based upon the goals of your clients.

Room: NUC Room 300
Presenter: Jason West, University of Tulsa

2:20 PM-3:15 PM

Assessment, Sportfolio, and Literature- Oh My!
Learn how easy it can be to integrate literacy into PE and new ways to be able to show assessment in our classes. Sportfolio’s are great for checking what our students know and showing parents what they’ve learned.

Room: NUC Room 304
Presenters: Sara Headrick, Deer Creek Schools and Stephanie McCrary, Yukon Schools

2:20 PM-3:15 PM

Examining Healthy Eating and Active Living through Community Photo-Mapping
A community in Oklahoma piloted a photo-mapping approach assessing their built environment related to physical activity and healthy eating. Photograph themes were participant created.

Room: NUC Room 320B
Presenter: Kevin Fink and Kristin Zwerneman, OSU

2:20 PM-3:15 PM

Have a Seat… Or Not
Sitting too much can be detrimental to your health. This presentation will discuss the dangers of sitting for long periods in occupational and leisure time.

Room: NUC Room 320C
Presenter: Brett Dickson, UCO