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-11:00 AM

You Heard Right…. Free Curriculum OPEN to ALL!
Attend this session ready to be actively engaged in activities aligned with SHAPE America’s National Standards & Grade-Level Outcomes. Discover fun and easy resources to promote high quality physical education utilizing a free curriculum resource (OPENphysed.org). OPEN lessons incorporate content language, depth of knowledge questioning, and strategies for academic rigor.
Presenter: US Games Trainer
Room: NUC Ballroom B

9:00 AM-12:00 PM

Development of Self-Efficacy through Sport-Specific Training
In an effort to reduce rising global healthcare cost this presentation looks at using sport-specific training to develop self-efficacy, which will lead to higher physical activity levels.
Presenter: Jason West, The University of Tulsa
Room: NUC 300

9:00 AM-11:00 PM

Incorporating Ability Awareness Activities Into Class
The information provided in this session will help to educate and improve the perceptions of General Physical Education teachers and students about different disabilities and eliminate some of the negative stereotypes, misconceptions and misunderstandings about people with disabilities through ABILITY awareness activities.
Presenters: Lauren Loucks, UCO, UCO Physical Education Majors and Amy Townsend, Emporia State University
Room: NUC Ballroom A
9:00 AM-11:00 AM
Successful Interviewing Skills For Your Toolbox: Putting Your Best Self-Forward and Getting the Job
Interviews can be nerve-wracking enough, from making sure your body language doesn’t put off the interviewer to rehearsing common questions, there’s a lot of preparation to do. Join this panel of experts and get a JUMP on the competition.
Presenters: Kevin Fink and Panelists
Room: NUC Room 301

11:00 AM-12:00 PM
Integrating STEM to Create a Balance of Active Learning
Moving to the alphabet will integrate the mind and body by combining movement with STEM content and questioning. Innovative ideas that can be implemented immediately!
Presenter: Sandy Slade, Skillastics, Corona CA
Room: Ballroom C

11:00 AM-12:00 PM
Essentials of Sport Stacking with Speed Stacks!
This session features lesson from the NEW Speed Stacks Sport Stacking Instructor Guide. Learn sport stacking basics and teaching techniques. Receive FREE instruction materials.
Presenter: TBD
Room: NUC Ballroom A

11:00 AM-12:00 PM
Policy and Elevated Standards for Concussion: What’s New?
Keeping up with the rapidly changing world of concussion law, school policies, and best practices for concussion management can be overwhelming. This presentation provides participants with essential information regarding legal responsibilities, professional position statements, the updated Oklahoma concussion law, and real world examples as well as general risk management techniques. Participants will be able to assist school administrators in implementing appropriate policies that comply with Oklahoma law while gaining a thorough understanding of their responsibilities to students.
Presenter: Ron Walker, The University of Tulsa
Room: NUC 301

12:00-12:45
Lunch on Your Own
Food Court and Restaurant are located in the NUC
12:30-12:45
Opening General Session
Join President Susan McLemore to “Ring the Bell” and kickoff a great convention!
Room: Ballroom A

1:00 PM-3:00 PM
Sky Trails and Slides!
Be one of the first 60 to sign up with convention registration to participate in fun activities at the Oklahoma City Riversport on the Oklahoma River!
Facilitators: Holly Vonderohe, OKC Boathouse Foundation and Jerel Cowan, UCO
Room: OKC River (Pre-registration Required)

1:00 PM-4:00 PM
OPEN Curriculum Part 2
You Heard Right…. Free Curriculum OPEN to ALL!
Attend this session ready to be actively engaged in activities aligned with SHAPE America’s National Standards & Grade-Level Outcomes. Discover fun and easy resources to promote high quality physical education utilizing a free curriculum resource (OPENphysed.org). OPEN lessons incorporate content language, depth of knowledge questioning, and strategies for academic rigor.
Presenter: US Games OPEN Trainer
Room: NUC Ballroom B

1:00 PM-3:45 PM
Sport Education: A Teaching Model that Never Grows Old
Standards based activities used to show how the SE Model improves class behavior and attendance, make students responsible for their own learning and adds peer, self and teacher assessments to your curriculum.
Presenter: Charla Tedder Krahnke, National, Southern District, and North Carolina High School PE TOY and Presenter for US Games
Room: NUC Ballroom C
1:00 PM- 2:00 PM  
**Creative Basketball Activities**  
Roll up your sleeves- it’s time to work! Sandy Slade will guide you through a basketball handling and dribbling workout. Learning, or for that matter, teaching basketball fundamentals can be very frustrating. By breaking down the drills into small, easy-to-attack segments, Sandy makes it easy to understand. The basketball skills you will learn will be invaluable, helping you in class.  
Presenter:  Sandy Slade, Skillastics  
Room:  NUC Ballroom A

1:00 PM-3:00 PM  
**American Heart Association and the NFL: Back to Sport Program**  
The AHA and NFL are presenting programming to educate youth wellness and basic sport safety to keep kids safe, healthy, and having fun.  
Presenters:  Rachel Hildebrand, ATC and Ron Walker, ATC, The University of Tulsa  
Room:  NUC 301

2:15 PM-4:00 PM  
**Google What?**  
Come find out ways physical educators across the globe are using Google applications to Simplify their teaching.  
Presenter:  Mike Smith, Colorado Department of Education and US Games OPEN Trainer  
Room:  NUC Ballroom A

2:15 PM-3:30 PM  
**Certified Healthy Schools & TSET Healthy School Incentive Grants**  
Learn how your district and school can be Certified Healthy and become eligible for incentive grant funding.  
Presenters:  Sharon Howard, Program Manager for TSET and Diane Brown, OSDH Center for the Advancement of Wellness  
Room:  NUC 300

4:15 PM-6:30 PM  
**OAHPERD Honors and Awards Reception**  
Facilitator:  Susan McLemore, OAHPERD President  
Room:  Nigh University Center 326
Tuesday, October 11

Registration Opens at 7:00 A.M. in Nigh University Center (NUC) Room 326

Exhibits Open at 8:00 A.M.

8:00 AM-8:50 AM
Implementing Formative Assessments in Your Physical Education Program
Standards based activities utilizing physical literacy, fitness activities, sports and games are used to implement assessments into your daily physical education program.
Presenter: Charla Tedder Krahnke, National, Southern District, and North Carolina High School PE TOY and Presenter for US Games
Room: NUC Ballroom B

8:00 AM-8:50 AM
Get Up and Move!
The session will include cardio kick box style warm-ups.
Presenter: Sarah Headrick, Deer Creek Schools
Room: NUC Ballroom C

8:00 AM-8:50 AM
Activity Tracking Devices: Features, Usability, and Accuracy
An overview of popular activity trackers available in today’s marketplace. This presentation will cover a variety of devices, their features, their use, and their accuracy.
Presenter: Michael Smith, UCO
Room: NUC Room 301

8:00 AM-8:50 AM
Introduction to Every Student Succeeds Act (ESSA) for Physical Education and Health Educators
This session will provide participants with more information about the Every Student Succeeds Act (ESSA) and P.E./Health relationships and School Health Index.
Presenter: Sherry Fisher, Oklahoma State Department of Education
Room: NUC Room 304

8:00 AM-8:50 AM
Athletic Development from A-Z
This session will highlight the philosophy of training athletes from development to elite performance status.
Presenter: Jeff Pace, CSCS, Ultimate Performance Complex, Tulsa, OK
Room: NUC 314
8:00 AM-8:50 AM
**Fad Dieting: Fact or Fiction**
This seminar will address current trends in fad dieting. The good, the bad, and the ugly of each fad will be discussed.
Presenter: Kim Davison, UCO
Room: NUC 300

9:00 AM-10:20 AM
**“RING THE BELL” General Session**
Facilitator: Susan McLemore, OAHPERD President
Room: NUC Constitution Hall (Room 200)

10:30 AM-11:20 AM
**OAHPERD Research Poster Presentations**
Stop by and review the various research studies conducted by OAHPERD members. The posters are located in front of the NUC Ballrooms on the 3rd floor.
Facilitator: Bill Cash, Research Council Chair
Room: NUC Ballrooms Hallway

10:30 AM-11:20 AM
**Rowing in the Elementary Schools**
This session will be an interactive session! We will explain the basics of rowing on an indoor machine (erg) and we will discuss the different programs that the Oklahoma City Boathouse has to offer and how it works. We will even do some relays on the ergs!
Presenter: Holly Vonderohe, OKC Boathouse
Room: NUC Ballroom A

10:30 AM-11:20 AM
**What Does a Technology-Integrated Lesson Look Like?**
This active session will have attendees move through a technology-infused lesson from a student’s perspective. This lesson shows what an effective lesson can look like when using technology to increase MVPA, assess students and manage your class. Come to this session to learn strategies to keep students actively engaged, innovative technology being used in the PE setting, and see the latest apps in action. Please bring your mobile device.
Presenter: Courtney Sjoerdsma, Elite Master Trainer, The SPARK Program
Room: NUC Ballroom B

10:30 AM-11:20 AM
**Badminton Bonanza (Large Groups)**
As physical educators, we all want students to be active for a lifetime. Badminton drills, fitness, assessments and activities are used to integrate large numbers into your program.
Presenter: Charla Tedder Krahne, National, Southern District, and North Carolina High School PE TOY and Presenter for US Games
Room: NUC Ballroom C
10:30 AM-11:20 AM  
**OKC Thunder Operations**  
Come and learn more about the organizational structure of the Thunder! Information will be shared on how to get a job in the sports industry. There will also be an opportunity for Q & A.  
Presenter: Mac Maddox, OKC Thunder  
Room: NUC Room 301

10:30 AM-11:20 AM  
**Whole School, Whole Community, Whole Child (WSCC)**  
Health and education affect individuals, society, and the economy and, as such, must work together whenever possible. Schools are a perfect setting for this collaboration. Schools are one of the most efficient systems for reaching children and youth to provide health services and programs, as approximately 95 percent of all U.S. children and youth attend school.  
Presenter: Rachelle Franz, UCO  
Room: NUC Room 314

10:30 AM-11:20 AM  
**Higher Education Meeting**  
**Finding, Preparing, and Writing Successful Grants**  
Does your program or department need additional funds? If so, join your colleagues in an informative session that will provide you with successful grant writing tips and help you sharpen your grantsmanship skills.  
Presenter: Nani Pybus, Ph.D., Certified Research Administrator, OSU  
Room: NUC Room 300

10:30 AM-11:20 AM  
**Building a Let’s Move Active Schools (LMAS) Award Winning Program**  
Let’s Move Active Schools (LMAS) National Award winner will discuss how she and her school have successfully implemented LMAS and how it transformed the culture of their school. She will discuss how to build and maintain a winning program through the Comprehensive Schools Physical Activity Program (CSPAP) framework. Participants will have opportunities to share and discuss thoughts and ideas for creating, building, and promoting LMAS.  
Presenter: Sarah Headrick, Deer Creek Schools and Stephanie Canada-Phillips, UCO  
Room: NUC Room 304
10:30 AM-11:20 AM  
**Keys to Developing a Successful Relationship with a Faculty Mentor**
This session will address how to choose a faculty mentor and nurture that relationship, as well as how to benefit from it.
Presenter: Vanessa Fiaud, West Texas A&M University
Room: NUC Room 320B

10:30 AM-11:20 AM  
**Engagement in Outdoor Activities**
Who are outdoor activities marketed to? This session will look at the marketing trends related to outdoor industry. The session will be based on James Edward Mills book *The Adventure Gap* and the current landscape of who participates in outdoor activities and who is actually being invited to participate.
Presenter: Jerel Cowan, UCO
Room: NUC Room 320C

11:30 AM-12:20 PM  
**You Heard Right…. Free Curriculum OPEN to ALL!**
Attend this session ready to be actively engaged in activities aligned with SHAPE America’s National Standards & Grade-Level Outcomes. Discover fun and easy resources to promote high quality physical education utilizing a free curriculum resource (OPENphylesd.org). OPEN lessons incorporate content language, depth of knowledge questioning, and strategies for academic rigor.
Presenter: Mike Smith, Colorado Teacher Trainer, US Games OPEN Trainer
Room: NUC Ballroom A

11:30 AM-12:20 PM  
**Gone Wild for Jump Rope for Heart**
Come learn from veteran JRFH coordinators about best-practices for your Jump Rope For Heart event. We have both large and small districts represented. AHA will share some exciting new lesson plan ideas as well. Come win a door prize!!
Presenters: Suzanne Cyrus, Jenks Schools; Susan Lalman, Morrison Schools, and Aaron Harbin, AHA
Room: NUC Constitution Hall or Heritage Room
11:30 AM-12:20 PM  
**ACTION! Team Games with MVPA Assessment**  
Action packed, class oriented, teacher friendly games and activities. Along with our MVPA Assessment products. If you want to learn new activities, be active and have fun, this session is the one for you!  
Presenter: Adam Gill, Gopher Sport  
Room: NUC Ballroom B

11:30 AM-12:20 PM  
**Out of the Box and Onto the Court**  
The session is a strategic overview of how to implement Tactical Games Approach into your sports curriculum, promote understanding of sports or teach the basics of tactile games.  
Presenters: Samantha Beams, The University of Tulsa and Trish Pruitt, Tulsa Public Schools  
Room: NUC Ballroom C

11:30 AM-12:20 PM  
**Putnam City Action Based Learning/Kinesthetic Classroom Update…. Data Included!**  
This presentation will briefly explain what we are doing in Putnam City with our ABL labs. We will share our data results from year one and our plans for year two.  
Presenters: Jason Hasty and Erin Frizzell, Putnam City Schools  
Room: NUC Room 314

11:30 AM-12:20 PM  
**Grant Writing 101**  
Need additional funds for your Physical Education/Health programs? If so join us to go over the basics of grant writing.  
Presenter: Lacey Padgett, Principal of Deer Creek Elementary Schools  
Room: NUC 300

11:30 AM-12:20 PM  
**Tulsa Oilers and Sport Operations**  
The Tulsa Oilers are a professional ice hockey team based in Tulsa which plays in the ECHL.  
Presenters: Ryan Christy and Shawn Watring, Tulsa Oilers  
Room: NUC 301
11:30 AM-12:20 PM

**Bridging the Technology Gap between Professional and Amateur Sports**
The presenter will share a review of market research on the unique challenges of applying wearable technology and sports analytical tools in youth athletes.
Presenter: Akil Bacchus, Flexplayer Sports, LLC
Room: NUC Room 304

11:30 AM-12:20 PM

**Girls on the Run and Heart and Sole**
Girls on the Run is a physical activity-based positive youth development program designed to enhance girls’ social, psychological, and physical competencies to successfully navigate life.
Presenter: Leslie Littlejohn, Girls on the Run of Oklahoma County
Room: NUC Room 320B

11:30 AM-12:20 PM

**Best Practices for Plyometric Training with Female Athletes**
Participants will learn best practices regarding why and when plyometric training should be incorporated into training the female athlete.
Presenters: Ashley LaGasse and Tim Baghurst, OSU
Room: NUC Room 320B

11:30 AM-12:20 PM

**Let’s Move Active Schools**
Let’s Move Active Schools is a whole school solution to incorporate 60 minutes of physical activity a day for every school child. This session will provide an introduction to LMAS and an opportunity to sign up for its incredible benefits.
Presenter: Stephanie Canada Phillips, UCO
Room: NUC Room 312

12:30 PM-1:20 PM

**JRFH/HFH Luncheon (Invitation Only)**
If you hosted a JRFH or HFH event and registered for the luncheon on the registration form, join us for lunch and celebration. We will recognize top award winners, share ideas, eat, and give door prizes! This is our opportunity to Thank You for your help in saving lives!
Facilitator: Susan Lalman, OAHPERD Jump Rope For Heart Coordinator
Room: Heritage Room
12:00 PM-1:20 PM
**OAHPERD Past-Presidents’ Luncheon (Invitation Only)**
Facilitator: Jan Drummond, OAHPERD Past-President
Room: NUC Room 423

12:30-1:20
**You Heard Right…. Free Curriculum OPEN to ALL!**
Attend this session ready to be actively engaged in activities aligned with SHAPE America’s National Standards & Grade-Level Outcomes. Discover fun and easy resources to promote high quality physical education utilizing a free curriculum resource (OPENphysed.org). OPEN lessons incorporate content language, depth of knowledge questioning, and strategies for academic rigor.
Presenter: Mike Smith, Colorado Teacher Trainer, US Games OPEN Trainer
Room: NUC Ballroom A

12:30 PM-1:20 PM
**Three T’s to Fun-based Gymnastics- Tumbling, Teamwork, & Technique**
The presenter will teach various tumbling drills, different teamwork games and diverse techniques such as basic skills needed for gymnastics.
Presenters: Kelsey Moreshead and Vanessa Fiaud, West Texas A&M University
Room: NUC Ballroom B

12:30 PM-1:20 PM
**Energize the Body and Brain with Speed Stacks!**
Review stacking skills and experience a variety of brain energizing and body movement activities using Speed Stacks. Receive **FREE** sport stacking instructional materials.
Presenter: TBA, Speed Stacks
Room: NUC Ballroom C

12:30 PM-1:20 PM
**Recreation for Special Populations**
Providing recreation opportunities for our special populations is not an easy task. Cameron University has developed a successful program for our community. Learn all about it.
Presenters: Marki Payne and Stephanie Boss, Cameron University
Room: NUC 314
12:30 PM-1:20 PM
**Tulsa Drillers and Sport Operations**
The Tulsa Drillers are a minor league baseball team based in Tulsa. The team plays in the Texas League and is the Double-A affiliate of the Los Angeles Dodgers.
Presenter: Wesley Lander, Tulsa Drillers
Room: NUC 301

12:30 PM-12:0 PM
**Cocky, Confident, or Competitive: The Ego-Oriented Female Athlete**
Understanding the psychological and social determinants of the ego-oriented female athlete as it relates to casual attribution theory: developing team behavior for success.
Presenters: Charlotte Stith and Tim Baghurst, OSU
Room: NUC Room 300

12:30 PM-1:20 PM
**Labyrinth**
Join your peers for an informative and peaceful labyrinth walk.
Presenter: Melissa Powers, UCO
Room: NUC 314

1:30 PM-2:20 PM
**Time to Crush Candy with Health & Nutrition**
Join us for some fun and innovative activities that will focus on health & nutrition lessons you can take back to your students immediately.
Presenter: Erin Frizzell, 2015 OAHPERD Health Educator of the Year and Putnam City Schools
Room: NUC Ballroom A

1:30 PM-2:20 PM
**Creative Basketball Activities**
Roll up your sleeves- it’s time to work! Sandy Slade will guide you through a basketball handling and dribbling workout. Learning, or for that matter, teaching basketball fundamentals can be very frustrating. By breaking down the drills into small, easy-to-attack segments, Sandy makes it easy to understand. The basketball skills you will learn will be invaluable, helping you in class.
Presenter: Sandy Slade, Skillastics
Room: NUC Ballroom B
1:30 PM-2:20 PM  
**Making the Best of a Tough Situation**

What’s tough? Addressing standards with class sixes bigger than your budget! Don’t give up and resort to large group games where only the fit and skilled stay active. Make the most of what equipment you DO have and keep all students engaged in MVPA with plenty of opportunities to participate and practice skills. This active session is perfect for teachers with large classes and limited equipment. You will leave with several new activities, instructional and management strategies as well as equipment recommendations to not only cope with large groups, but to help them thrive.

Presenter: Courtney Sjoerdsma, Elite Master Trainer, The SPARK Program  
Room: NUC Ballroom C

1:30 PM-2:20 PM  
**Movement and Marzano**

Learn “I CAN” statements, goals and scales and various ways teachers can incorporate activity and movement in the classroom in addition to incorporating all of the Marzano methods into a PE classroom.

Presenter: Sarah Headrick, Deer Creek Schools  
Room: NUC 301

1:30 PM-2:20 PM  
**Super Heroes for Health: Innovative Health Lessons for the Classroom and Beyond: The Battle Continues**

These Super Hero presenters will share unique health lessons and activities that can be used in the health classroom, physical education setting, and beyond.

Presenters: Rachelle Franz and UO Physical Education majors  
Room: NUC Room 301

1:30 PM-2:20 PM  
**Coaching in a Third World Country: A Student Perspective**

OSU students and leader will present and answer questions about their experiences operating a sports camp in Haiti.

Presenters: Timothy Baghurst and OSU Students  
Room: NUC Room 314
1:30 PM-2:20PM
New Policy Implications and Information for USDA Local School Wellness Policy
As of July 2016, new policy guidelines for USDA Wellness Policies were implemented. This session will provide participants with an overview of the new changes in policy.
Presenter: Sherry Fisher, OK State Department of Education
Room: NUC Room 320B

1:30 PM-2:20PM
Moving and Learning
This presentation will include a panel of teachers and administrators from Schools for Healthy Lifestyles schools that implemented Action Based Learning. There will be a brief overview of the Schools for Healthy Lifestyles program and how the implementation of 29 Action Based Learning labs was carried out. The panel will share success stories of how Action Based Learning, both in the lab and in the classroom, has transformed their schools in just one year. We will also give several examples of action based learning in the classroom.
Presenters: Lindsi Lemons and Dana Chambers, Schools for Healthy Lifestyles and Panel members
Room: NUC Room 304

1:30 PM-2:20PM
Health Education for Secondary Schools
This presentation will outline a Health and Wellness curriculum begin utilized at the middle level with tips for implementation.
Presenter: Becky Leath, OKCPS
Room: NUC Room 300

2:30 PM-3:20 PM
Outdoor Games/Activities
This session will focus on allowing participants to participate in a variety of activities that were originally designed for challenge courses or the outdoors but can be adapted for the classroom or afterschool program. Information will be shared on how to create some of the activities for a minimal cost.
Presenters: Jerel Cowan, UCO
Room: NUC A

2:30 PM-3:20 PM
Exciting Introductory Activities for PE Teachers
The start of a lesson is important in ensuring a successful experience for students and teachers!
Presenters: Todd Farmer and Desmond Delk, Langston University
Room: NUC Ballroom C
2:30 PM-3:20 PM

**Put Me in Coach, I’m Ready to Play**
This session is a strategic overview of how to utilize Restorative Justice Model to promote personal responsibility in the classroom and on the playing field. Restorative practice can create a cooperative learning environment where students are able to self-regulate their own behavior and learning on and off the playing field.
Presenters: Samantha Beams, The University of Tulsa and Trish Pruitt, LTI Coordinator, Tulsa Public Schools
Room: NUC Ballroom B

2:30 PM-3:20 PM

**To Become Elite, Should Young Athletes Specialize?**
If an Athlete desires to rise to an elite level in sport, is specializing into the sport at a young ages necessary for success?
Presenters: Jamie Clark and Tim Baghurst, OSU
Room: NUC Room 301

2:30 PM-3:20PM

**Introduction to Oklahoma Academic Standards for Physical Education and Health**
This session will provide participants and interactive introduction to the new Oklahoma Academic Standards for Physical Education and Health
Presenter: Sherry Fisher, OK State Department of Health
Room: NUC Room 320B

2:30 PM-3:20 PM

**An Adapted Vision and Physical Education**
This session will provide you with more information about Adapted Physical Education including constructing lessons for students, classroom management, and reaching individual and group goals.
Presenter: Laney Hamilton, Georgia Public Schools
Room: NUC Room 312

2:30 PM-3:20 PM

**Nutrition 101**
The session will cover the basics of proper nutrition and sport performance.
Presenter: Jillian McCarty, EDU
Room: NUC Room 300