

**Health & Physical Literacy Summit 2020**  
**CECH Approved for Entry & Advanced Levels**  
**February 11-14 Hyatt Regency Birmingham, Alabama**  
**Revised 1-13-2020**

**Refer to [www.asahperd.org/hpl-program](http://www.asahperd.org/hpl-program) for hourly schedule**

Hosted by the Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD), a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. The Health & Physical Literacy Summit 2020 is designated for Certified Health Education Specialists (CHES®) and/or Master Certified Health Education Specialists (MCHES®) to receive up to 14 total Category I contact education contact hours. Maximum advanced-level continuing education contact hours available are 9.

CECH registration packets will be available at the HPL Summit Registration desk. A fee of \$20 must be paid up front and can be included with preregistration, onsite registration or paid separately onsite for attendees already preregistered for the Summit.

**February 12, 2020**

**Title**

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|--------------------|---|
| CECH - Advanced    | The Hook Up Culture of the American College Students and the Risky Behavior Involved                                  |
| CECH - Advanced    | The Impact of Social Media on the Mental Health of Generation Z   |
| CECH - Advanced    | Help! Eating Right and Enjoying Life the Baby Steps Way   |
| CECH - Advanced    | Health Literacy: Using Infographics to Effect Students' Achievement and Attitude Towards Helping Behaviors.           |
| CECH - Advanced    | Incorporating Communication-Intensive Components into Your Health Promotion Courses                                   |
| CECH - Advanced    | Strengthening State- and Community-level HPED Programing – What is Needed and Where to Get Resources to Address Needs |
| CECH - Advanced    | Factors Influencing Health and Academic Achievement: The Role of Health Equity and Adverse Childhood Experiences      |
| CECH - Advanced    | CDC Evidence-based Tools and Resources: Take Your Program to the Next Level   |
| CECH - Advanced    | Inclusion of Dance in the Comprehensive Physical Education Standards-based Program                                    |
| CECH - Advanced    | What is the Strength of Your Leadership Capacity  |
| CECH - Entry level | Developing the Whole Child: A Systems Approach to Healthy Schools   |
| CECH - Entry level | Going Beyond the Surface: Promoting Higher Order Thinking Skills  |
| CECH - Entry level | Setting the Stage for Success   |
| CECH - Entry level | Health Behavior Theory in Health Education  |

**February 13, 2020**

**Title**

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|--------------------|---|
| CECH - Advanced    | Standing Strong: Scaffolding Healthy Foundations Through Project Based Learning   |
| CECH - Advanced    | Let's Have Fun in Health Class Today  |
| CECH - Advanced    | Updating your Toolbox! Implementing a Skills-Based Approach in Health Education   |
| CECH - Entry level | Preparing Health Education Students in the Whole School, Whole Community and Whole Child Model: Providing College Experiences that Prepare Health Education Students for the Real World |
| CECH - Entry level | The Importance of Using Health and Physical Literacy to Influence Effective Policy  |
| CECH - Entry level | Linking Literacy to Learning in Health Education  |
| CECH - Entry level | Promoting Telehealth for Individuals with Disabilities Through the MENTOR Program   |
| CECH - Entry level | Social Justice in Health Education  |
| CECH - Entry level | How Can I Help? Role of Health & Physical Education Teachers in the Opioid Crisis   |

**February 14**

**Title**

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|--------------------|---|
| CECH - Advanced    | "Cross the River"                           |
| CECH - Entry level | Skills-Based Health Education for Beginners |