

Title	Description
Sunday	
Adult and Pediatric First Aid/CPR/AED Recertification	The purpose of this session is to certify and recertify individuals on how to recognize first aid and cardiac emergencies and take action. Participants will learn to give appropriate care for different first aid emergencies and how to perform CPR and use an AED as required.
Human Trafficking 101: What you Need to Know	Human Trafficking is often a hidden crime, which occurs everywhere. This training will help in understanding human trafficking, recognizing the signs and responding thereto.
Situational Awareness	Situational awareness is the ability to identify what's happening around us, be able to assess the situation (and environment) and make decisions of how to respond.
OPEN to Adventure Learning	The OPEN Adventure module offers students an opportunity to connect with their classmates, build trust, and problem solve through a variety of fun and engaging activities. Join this session for engaging activities that will help develop and reinforce responsible behaviors, stretch students beyond their comfort zone and build connections with their classmates that extend beyond physical education.
Navigating the Strength & Conditioning Certification Process	The strength and conditioning field has evolved over the years and the profession is rapidly changing. As such, athletic programs and school system may find a need to seek personnel that have attained industry-standard certifications to serve in strength and conditioning roles. This session will explain the certification process and explore potential changes on the horizon.
WBGT...? Explaining the Role of Wet Bulb Globe Temperature Monitoring to Prevent Heat Injuries in Youth Athletes	Over 10,000 youth athletes suffer heat injuries annually. Wet Bulb Globe Temperature (WBGT) comprehensively measures heat stress, guiding adjustments to prevent heat injuries. However, coaches and educators may find WBGT guidelines confusing or frustrating. This presentation will discuss WBGT and offer recommendations for safely conducting youth activities within WBGT guidelines.
The Fountain of Youth? Practical Applications for Resistance Training	This session will discuss the latest evidence-based approaches to resistance training to improve health and performance across a life-span.
What's Going on in Higher Education Today?	We will discuss current issues and hot topics in Higher Education today.
5Cs: The Cornerstone of Elementary PE	Looking for inspiration and new energy in your classes? Learn how the building blocks of Control, Communication, Consistency, Creativity and Challenge will transform your classroom. Join us for new ideas for classroom management, activities that seamlessly incorporate state standards and techniques that will help you rediscover the passion that brought you to PE in the first place!
Future Professional Leadership Development Workshop	This leadership workshop is designed for future professionals. The workshop is from 1:00-6:00.
Monday	
Making your Health Education Class Inclusive	This session will introduce participants to simple ways they can adapt their lessons to be more inclusive of students with disabilities in their health education class. We will review lessons learned from the field, why this is important and leave with the knowledge and skills to provide an experience for all students who walk through your doors.
Spotlight on Sports Journals and Google Scholar: Tools for Teachers	Academic Journals didn't disappear when you graduated! Learn about what journals are currently popular amongst United States Sports Academy patrons and learn how to use Google Scholar to stay in-the-know about your field.
Blueprint for Passing edTPA from Successful Teacher Candidates	The certification examination edTPA is a high stakes assessment that is an essential hurdle for preservice teachers. While many colleges may allow preservice teachers to graduate with a degree, they still must

	pass edTPA to obtain teaching credentials and teach in Alabama. This presentation will provide insight from preservice teachers who have successfully passed edTPA, followed by an interactive Q&A.
Introducing the New National Physical Education Standards	This session will introduce the 2024 National Physical Education Standards PreK-12. We will discuss the changes from the national standards used in the Alabama COS to the new standards that will likely impact the next COS.
Exercise Science for the Whole Student Body!	How do you present the latest findings in exercise, nutrition, hypertension, stress management , and more, to the genera student body? Faulkner University has a mandatory, freshman level class called Lifetime Fitness that includes labs and lectures. This session will describe this class and how to initiate and maintain it.
Administrator Session: Building Strong Foundations: Quality PE for Every Student	Building Strong Foundations: Quality PE for Every Student focuses on developing essential physical and foundational wellness skills through high-quality physical education. This session explores best practices, innovative strategies, and inclusive approaches to ensure every student benefits from a well-rounded, engaging, and effective PE curriculum, fostering lifelong health and wellness.
Get FAST and FURIOUS with Omnikin!	Join in this fast-paced, action-packed 60 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! These activities and products will solidify the gym as the place to be in your school. Come join Team Omnikin today and blow your students away!
Hack your Walk with Nordic Walking!	Nordic walking is a full-body, low-impact aerobic workout, burning up to 46% more calories than regular walking. It's also a fun social activity that gets you outdoors. Evolving from cross-country skiing, it's great for active agers, joint issues, and chronic conditions. This session will familiarize you with Nordic walking poles and techniques.
Game On: Innovative Games that Boost PE Fun and Fitness	This session will present simple and energetic games that can be played by groups of all sizes to promote fitness and increase enjoyment of physical activity in school. Participants will have the opportunity to learn games that have been successfully put into practice and require limited equipment.
Me Me Me Meeeeeee!	It's all about ME! This will be an open discussion of "why" we need to commit to "self-care". From juggling coaching and teaching to becoming an empty nester, we are loaded with a variety of seasons. There will be a presentation of the variety of ways to take care of ourselves physically, emotionally, and socially. What's a session without door prizes!!
My Compass: Navigating Leadership with Intention	This session will provide personalized roadmaps to help measure and guide decisions both now and, in the future, ensuring you stay on the path to your desired destination. Gain practical tools and strategies to transition from an "auto-pilot" mindset to one of intentional, mindful leadership.
Looking Good on Paper and in Person - Resume Writing and Interviewing Tips for Future Professionals	This session will help Future Professionals feel confident and land that first job with a highly professional resume and confident approach to interviewing in person. Sample resumes will be provided along with hypothetical interview scenarios to help Future Professionals prepare for any situation or question in the interview process.
Introducing the HEAL High School Curriculum	This session will offer an overview of the HEAL High School Curriculum. Everyone teaching in a high school is welcome to join us as we discuss how HEAL High School Curriculum can fit into your program.
Enhancing Outdoor Recreation Participation in Alabama	Outdoor recreation is gaining increasing recognition as a key factor in determining the future of public health and economic vitality in Alabama. This session will examine where we are in meeting public needs and key efforts that are underway to enhance our outdoor recreation offerings. We will also explore tools you can use to advocate for development and to inspire public participation.

Under (arterial) Pressure: Blood Pressure and Heart Health	Blood pressure is complicated, but understanding the basics can be critical for healthy aging. This presentation will help attendees better understand what blood pressure is and why blood pressure management is important for your health.
Wellness by the Glass	Discover the incredible benefits of dairy for families and its vital role in the Dietary Guidelines for Americans. The presenter will explore how dairy contributes to student health and wellness, providing valuable insights for parents, educators, and health professionals alike. Learn where to find essential resources from The Dairy Alliance to support your understanding of dairy's impact on nutrition.
Holiday Activities with OPEN Phys Ed!	Join OPEN Phys Ed and participate in winter, pumpkin patch, and gratitude activities to keep your seasonal games fun and new!
AIM 4 PIE...Literacy on the Move	AIM 4 PIE -letters printed on balls- a PE reading manipulative (Title I funds). Students, working in teams, use high energy movement to quickly find letters to build words then practice a skill with the ball. The perfect balance between academic content, skill development and physical movement. Cross-curricular excellence that students love!
Organize, Motivate & Engage Kids to Move, Learn, and Love It!	Are you tired of trying to find a physical activity resource that motivates large groups of kids? This super fun session will show you how to transform attitudes about physical activity while Developing Social Skills Through Movement and Academic Integration! Leave this training with more confidence in motivating all kids!
ASAPERD General Session	Featuring State Assistant Superintendent Melissa Shields
It's Complicated: A Cannabis Peer Education Program	In substance use prevention, Addiction Prevention Coalition knows that the messenger is just as important as the message. By empowering young people to be leaders, they have the ability to gain a deeper understanding of information, and the lesson is better received by their peers. This session will highlight the benefits of peer education and describe the details of the It's Complicated program, including evaluation techniques.
Planning an Elementary Track Meet to Represent your School	Come learn how to organize a district wide track meet that involves over 600 elementary school students representing 6 different schools to compete for the district wide championship during the school day that last less than 3 hours.
Three-Year Analysis of Overweight and Obesity in Central Alabama Children	This session will provide information on the prevalence of overweight and obesity in children and adolescents from Central Alabama over three years. Additionally, discussion will include the association between obesity and the following variables: resting heart rate, systolic and diastolic blood pressure, and blood glucose.
The Motivational Effects of Servant Leadership Coaching	The research on this topic is unique as it was the first academic study regarding the motivational effects of servant leadership coaching. This philosophy has become a topic of discussion throughout the coaching fraternity and begs research upon the transferability of this leadership style to the profession of athletic coaching.
The Physical, Cognitive and Behavioral Benefits of The Walking Classroom	The Walking Classroom is a program of audio podcasts that students listen to while they walk. There is clearly a link between exercise and cognitive function and The Walking Classroom capitalizes on that link. Participants can go for a walk listening to a podcast, plus we will go over program structure and research assessment.
Sitting with Strength: The Importance of Posture	In this presentation, we will learn about the muscles involved, the proper positions recommended, and practice stretches that can be done to improve your posture, especially while sitting to avoid the commonly seen "tech neck."

SURGE Your Female Athletes Upward	Experience SURGE: Strength, Unity, Resilience, Growth, Equity. By playing and participating in sports, girls develop a stronger physical and mental resilience for life. This new free program from BSN SPORTS equips coaches and athletes with the tools, support and resources needed to 'Power Girls Forward.' Participants will discover free coaching resources to help athletes develop confidence, resilience, and positive team connections.
Instant Activities and Limited Equipment with OPEN Phys Ed!	Limited equipment? No problem! Come participate with OPEN Phys Ed and learn new instant activities to get your students up and moving and get creative with limited equipment activities!
Designing Activities to Analyze Students' Language Use and Physical Education Learning	Teacher candidates are required to provide evidence of K-12 students' use of academic language during class. This session will show examples of designing activities to capture evidence of language usage.
ACTION! Team Games	Join us for an action-packed workshop featuring 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!
Healthy Teens, Healthy Futures-Sexual Risk Avoidance Education for Optimal, Holistic Health.	This workshop session will define sexual risk avoidance approach to sex education, and will discuss the basis of SRAE, as well as characteristics and topics included in a good SRAE program. We will explore ways to have creative and positive conversations that lead youth to make good decisions for their optimal health and healthy futures.
Building a Culture of SEL Skills and Foundational Wellness	We will explore the critical role that Social Emotional Learning plays in creating a positive and inclusive school environment. The session will cover the basics of Foundational Wellness and its impact on student health and well-being. You will learn practical strategies to integrate into your physical education and health program.
RRPG in PETE/HETE Programs: Strategies to Promote Recruitment, Retention, Progression and Graduation in Higher Education	The number of education majors in the United States, across all subject areas, has experienced a sharp decline. Fifty years ago, 22% of college students majored in education; today, that number is less than 10%. This session will examine strategies to recruit, retain, and graduate students in PETE/HETE programs.
MYPE-IQ: Invasion & Net Games Assessments for Learning in Middle School Physical Education	This presentation introduces MYPE-IQ, a novel assessment workbook designed for middle school students in physical education. Focused on invasion and net games, it engages students on their own performance journey. The session delves into its development, implementation, and impact on enhancing student engagement and performance in physical education class.
Creating a Winning program from the Ground Up	Discussing and explaining ways to develop a volleyball program from the ground up. The essentials steps and checklist needed to empower the team and program.
A Multifactorial Approach to Improving Cognitive Ability and Esports Performance in Collegiate Esports Athletes	Professional video game competitions are known as electronic sports (Esports). Esports athletes pursue multiple avenues to improve performance. Recent evidence suggests that a combination of exercise, sleep, self-perception, and habitual drug use influence competition results. This presentation aims to deliver a holistic approach to performance improvement in the Esport athlete.
HEAL for Middle School	This presentation will give an overview of the middle school HEAL program.
Ultimate Ball! Invasion of TGfU	Teaching Games for Understanding (TGfU) through invasion games can help teach strategies, tactics, skills through conditioned game play to engage and motivate students to enhance their learning and understanding. This student-centered model can help students have autonomy for their learning and promotes teachers to use a range of teaching styles.
Juggling in PE	Juggling can be a great addition to your PE program. Juggling is for everyone! Even your best athletes might struggle to figure it or it might give students who don't enjoy physical activity an opportunity to shine! Regardless, I'd love to show you how I integrate juggling in my program!

BRAINball®: Closing the Math and Literacy Gap with Movement	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.
The Truth about Vaping and How to Support Our Students	Vaping prevalence among Alabama middle and high school students has seen an increase in recent years. It's important we understand the truth about the health harms of vaping and the deceptive marketing campaign targeting our youth. We each have a role to play in the lives of our students as we seek to learn how to best convey these truths and offer our support in prevention and quitting based on individual needs.
Administrators Session: Enhancing Physical Education with Equipment and Technology	The session will introduce administrators to adapted equipment and different types of technology that will enhance their physical education programs and help them be more inclusive of all students.
Future Professionals-Meeting with the ASHPERD President	Jaime Giangrosso's theme is EMPOWER OUR FUTURE and she knows future professionals are the future. This session targets future professionals but is open to others who work with future professionals.
Adaptive Strength and Conditioning for Athletes	Explore and understand the challenges of programming for athletes with temporary and permanent impairments. Learn how to adapt and integrate movement patterns, training intensities, and equipment for high performance programming.
Beginning Kinesiology 101	High School PE Teachers!!! Curriculum and Lessons Plans that have helped me become a better High School PE Teacher!
Tennis: No Courts, No Equipment? No Problem!	This interactive session will provide ways to transform any space into areas where students can experience the life-long activity of TENNIS! Experience fun activities from the USTA's Net Generation Schools' Curriculum, co-written by SHAPE America. Learn how to acquire the curriculum and equipment at NO COST and NO Strings Attached!
Order on the Court!	This standards-based activity session will address a variety of learning outcomes including skill-specific volleyball lead up games, teamwork/cooperation, and ways to develop leadership. You will leave with free resources available to impact your classroom immediately. This session will cover activities for elementary and secondary grade levels.
Awards Celebration	Join us in congratulating the 2024 ASHPERD Award recipients as they are recognized for their accomplishments. Then attend the 'all conference social' for food, fun, and an opportunity to donate to a worthy cause through the Silent Auction.
Tuesday	
2023-2033 Alabama Physical Activity and Nutrition Plan (ALPAN)	The Alabama Physical Activity and Nutrition Plan (ALPAN) was developed to employ evidence based physical activity and nutrition strategies to improve health using collaborative and consistent approaches. Join us as we explore strategies to ensure every person has the necessary tools to achieve optimal health.
Decoding Wearables: What Do Wearable Scores Mean?	This presentation will unpack recovery scores that wearables provide their users. We will equip you to better understand how heart rate, heart rate variability, and sleep are used to create recovery scores and how to best interpret your data and make informed decisions.
Do You Have a Duty?	The is presentation will examine the duties that coaches have to their players.
Ready, Set, Run (or Walk) - Get Moving Before School	Want to get your students moving in the mornings before school? Learn how to easily implement a before school running/walking club and how it benefits students physically, mentally, socially and academically.

Addressing CASEL Core Competencies and Skills: From the Future Professional Perspective	Future professionals will share their view of how to develop social and emotional learning skills in physical education classes. We will discuss the connection of the CASEL Core Competencies with Physical Education COS indicators.
Soul Line Dance	"Soul" line dancing originated centuries ago but for the past several years has surged in popularity. Line dancing is popular with people of all ages for fun and exercise and meets several Physical Education standards. Come learn fun line dances that you and your students will love!
No Resources? No Problem! Games and Activities Designed to Overcome Marginalization in PE.	Learn innovative strategies for teaching physical education with minimal resources. Discover engaging activities and games tailored for elementary and middle school levels, adaptable to limited time, space, and equipment constraints. Enhance your teaching toolkit to deliver quality PE experiences, fostering student participation and skill development.
Game On! Exploring New Games with HEAL United"	Get ready to level up your fun with HEAL United! In this exciting session, we'll dive into a variety of new and innovative HEAL games designed to get your students moving, laughing, and learning together.
Fun and Function: Integrating Nordic Walking to Train for Balance, Movement, Recovery, Strength, Cardio, and Power	Nordic walking evolved from cross-country skiing, using poles to turn walking into a full-body activity with evidence-based positive benefits for walkers. Participants will integrate Nordic walking with balance, movement, recovery, strength, cardio, and power training. This well-rounded programming will enhance physical education classes, fitness programs, and wellness programs.
Tips for Conquering National Board Certification	Becoming an NBCT is a journey of growth and excellence in teaching. Join this session to explore the certification's significance, process, benefits, and challenges.
Building Self-Confident, Active Kids One Lap at a Time	The Marathon Kids FREE program will help you track laps, miles, and active minutes of physical activity! Learn how to use our customizable program and technology to increase student motivation. Marathon Kids uses data and goal setting to foster a team atmosphere, encouraging self-paced movement to accommodate varying abilities and student preferences.
Reimagining College Instruction: Effective Teaching Techniques for Today's Students	Recent events caused massive changes in education and impacted nearly every student in the world. Some changes occurred quickly, and educational systems were forced to adapt without much preparation. As we look to the future, we have an opportunity to reimagine education and rethink what is essential, desirable, and possible.
Small Facility, No Problem; Large Athletic Population, No Sweat	In this presentation we will discuss how to maximize your equipment, space, and time through meticulous programming for a large training population.
The Impact of Physical Activity on Academic Performance - Old Topic? New Focus	The relationship between physical activity and academic performance is positive and well-documented. Engaging in physical activity can have both immediate and long-term benefits for students' academic outcomes. Key points include improved concentration and cognitive function, stress reduction and mental health, physical fitness and brain health, and social and emotional benefits.
How Do Angiotensin-Converting Enzyme (ACE) Inhibitors and a Cardiovascular Exercise Routine Help in Lowering Blood Pressure?	In adults under 50 years of age with an elevated systolic blood pressure of 130, would an ACE inhibitor and a cardiovascular exercise routine or an ACE inhibitor alone be more effective in lowering blood pressure and reducing the risk of a cardiovascular event?
To Have a Student Teacher or Not?! That is the Question!	What happens at Bryan Elementary stays at Bryan Elementary...or NOT! Listen to live accounts from 5 student teachers who interned at Bryan Elementary as they share their experiences...what they learned...what they wish they had learned...where they started...where they are now...where they intend to go! Listen as their supervising teacher shares why she advocates for having a student teacher.
AIM 4 PIE...Literacy on the Move	AIM 4 PIE -letters printed on balls- a PE reading manipulative (Title I funds). Students, working in teams, use high energy movement to quickly find letters to build words then practice a skill with the ball. The

	perfect balance between academic content, skill development and physical movement. Cross-curricular excellence that students love!
Dynamic Learning: Engaging Minds Through Movement	This active elementary session is designed to foster an engaging and interactive learning environment for students K-5. Perfect for large class sizes and adaptable to small spaces, the session incorporates movement and teamwork while seamlessly integrating various subjects such as math, reading, science, art, and physical education.
Safe Splash: Teaching Swimming Safety Beyond the Pool	This presentation explores innovative methods for teaching water safety outside of the pool environment. Discover a variety of practical techniques and engaging activities specifically designed to equip learners with essential skills, ensuring safety in and around water. Learn how to implement effective, creative, and non-pool-based strategies to promote water safety.
Maximizing Movement: Strive for Five	Discover how to 'AMP up' your lessons by Adding Movement with a Purpose, by blending fitness and health concepts into your PE program. Engage and educate students on lifelong physical literacy through inclusive warm-ups, exciting activities, and purposeful cool-downs designed to meet multiple objectives simultaneously.
Research Poster Session	Aerobic Fitness Calibration of Kinesiology Majors Effects of Incorporating Dance into Physical Education Prevalence of Injuries in NCAA Division I-III Track and Field
Town Hall Meetings	Meet with your colleagues to discuss current concerns and interests.
Navigating New Frontiers: Understanding Current Drug Trends and Prevention Strategies	Join Addiction Prevention Coalition for an overview of current drug trends, covering the rise of new drugs, shifts in consumption habits, and their societal effects. Understand prevention, treatment advancements, and policy updates to stay ahead of emerging drug challenges.
Alabama Games: Gold Medal Dreams Start Here	Implementing the ways Alabama Games can help improve students' lives and various programs.
Capital City Wanderers-Fun, Fitness and Friendship	This presentation will explain what volksmarching is about and how you can participate in one of the best kept secrets in the fitness world! Join us to find out who we are, what we do and why we enjoy it so much.
Our Playing Field is Expanding: How to Navigate Change 'A Mindset'	In today's rapidly evolving world, professionals in health, physical education, recreation, and dance must adapt to changing landscapes, embrace new opportunities, and foster innovation. This session is designed to equip you with the tools and strategies to thrive in this dynamic environment.
Moving to Your Own Rhythm: Implementing BrainDance in an Elementary Afterschool Program.	This presentation introduces the integration of BrainDance methodology into an afterschool program. It explores how this innovative approach enhances children's cognitive, emotional, and physical development. Through practical insights, the session illuminates the benefits and challenges of incorporating BrainDance into extracurricular activities for holistic child development.
Omnikin: Have a BALL with Action-Packed Fun for All!	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!
Games and More Games - Experience Speed Stacks!	This session will incorporate movement-based Sport Stacking activities and games to get your students mentally fit and physically active through fitness-based learning. Ranging from individual activities and small/large group cooperation, this session is bound to get you moving! Proven results to develop your students' math and reading skills plus eye-hand coordination, self-esteem, SEL integration and many more benefits!

Collaboration for Students with Visual Impairments in PE	Learn how to collaborate with related service providers to achieve the best support for students with visual impairments in PE. We will take a look at some different units and the accommodations that are put in place to ensure successful participation. You will hear perspectives from a vision teacher, adapted PE teacher, and a PT. There will also be time to explore some equipment, participate in activities, and ask questions.
Inclusive Games for Your Classroom	This session will introduce participants to simple and easy ways to provide a more inclusive and/or adapted physical education program at their schools. Adapted Equipment, lessons and games will be introduced during this session.
Developing a Winning Program	Describe and discuss ways to develop and sustain a winning volleyball culture and program .
30 Seconds to Student Engagement!!	TeenPSA.org is a state-funded resource that engages high school students in health-related topics using a 30-second video-based peer-to-peer platform with a unique final exam. ALSDE health standards are addressed in an authentic, student-driven format that can impact the entire student body and community. Lesson plans will be created.
Double Edged Sword: How Physical Education Can Trigger and Heal Childhood Trauma	The gym can be a place of healing and challenge for students who have experienced trauma. In this session, we will learn how trauma and physical education intersect and discover ways to support students navigating these challenges.
The International Student-Athlete Experience in Higher Education	This presentation will discuss the experiences of international student-athletes from both the student and athlete perspective. Challenges and highlights will be included as well as recommendations for faculty and staff for supporting these student-athletes as they navigate the university experience in the United States.
Coaches Wear Multiple Hats	Coaches are often asked to do it all. As such, coaching education programs have evolved to include an interdisciplinary approach. This presentation will demonstrate the importance of understanding elements like sport marketing and sport finance, broadening your career prospects while serving your athletes, organization, and wearing all of your hats.
Empowerment through the HEAL Ambassador and After-School Programs	Join us for a conversation where we explore the HEAL Ambassador Program and the HEAL After-School Program - two dynamic initiatives designed to empower adults and youth to promote wellness within communities.
The Impact of Sodium Bicarbonate on Exercise Endurance and Power	This presentation explores how sodium bicarbonate enhances exercise performance by buffering acid in the muscles. We'll review key research studies and their findings, highlighting the effects on endurance and power. Finally, we'll discuss potential avenues for future research to further understand and optimize its use in sports science.
Leveraging Social Media for Physical Education	Participants will discover the benefits of using platforms like Instagram, Twitter, YouTube, and TikTok to boost student engagement, build community, and share resources. The session includes an in-depth look at each platform's features, practical strategies for integrating social media into PE, and real-world case studies showcasing successful applications.
Keeping the Students Moving	Ways to keep students active in a different way besides running the PACER or laps. The presenter will demonstrate how to incorporate activities learned through other conferences with modifications for any program. Use little or no equipment to play these games in grades K-6. Students love them!
Out of Bounds - Elevating Your Adapted PE to the Next Level	Learn new ways to strength and grow your Adapted PE programs to meet all the individual needs of each student.
Dancing into an Active Life	Dancing into an Active Life is a unit based on dance within Physical Education. It is a week-long unit that entails every type of dance from square to line. Dance can improve students' physical fitness, cognitive



	abilities, and social skills. It was created to allow students to have a creative outlet to express themselves.
Brain Pump- Fun Activities Based on Neuro-Science	The fundamental exercises in the evidence-based Brain Pump Curriculum program are based on neuroscience but incorporated into fun games and activities for both Physical Education and classroom settings. Learn how to implement some of the most popular activities into Physical Education classes and higher education programs, including HPE Elementary courses for classroom teachers.
Dodecahedron Research Project	Join this session to learn about an engaging group research project. The session will cover how to set-up and build a dodecahedron (12-sided object) for a fun way for students to present research.
edTPA: An Open Discussion with Future Professionals	This session will be an open discussion on edTPA. Future professionals, cooperating teachers and higher education faculty are welcome to come to ask questions and discuss ideas to pass edTPA.
Implementing Integrative Neuromuscular Training in Youth Sports	This activity session will introduce integrative neuromuscular training and will present examples of exercises and activities that can be implemented during youth sport training and conditioning. Ideas for adapting the activities for the Physical Education classroom will also be presented.
Teaching to Meet new National Standards (2024) and Alabama State Standards	The Society of Health and Physical Educators (SHAPE) introduced new national (anchor) standards in 2024. The current 2023 Alabama State Course of Study Standards are aligned with the old national standards. This session will address how to teach for the standards and how to align them to meet the needs of each learning domain (e.g., psychomotor, cognitive, affective).
Optimal High School Speed Training	This presentation explores the science, qualities and structure behind optimal speed training for high school athletes. Discover key principles and considerations of speed training, including acceleration, multidirectional and absolute speed. We will discuss practical and applied components to enhance, optimize and yield improved athletic performance in safe and effective manner.
Football Unit for Middle School Focusing on Flickerball	Our middle school program uses a variety of football activities to teach football skills and invasion sport concepts. We begin with Flickerball in 6th grade, then move to NFL flag for 7th and finish with Rookie Rugby with our 8th grade. This session will focus on teaching Flickerball.
Adapted PE: What Inclusion Looks Like	In this session, we will briefly discuss laws on inclusion, what an IEP is and how to implement it in the PE setting, and also some group work to collaborate with other PE professionals.
Coffee Talk: Adapted Physical Education in Alabama	In this session, professionals will be invited to join in a conversation regarding Adapted Physical Education in the state of Alabama. Topics can range from IEP implementation to incorporating students with special needs in the PE setting.