

MAHPERD 2022 Virtual Convention
March 4-5, 2022

LIVE Sessions in REAL Time

Session Title	What is Health. Moves. Minds
Session Day/Time	Friday, March 4th 3:00pm
Category	Health Education; School Fundraising with SEL
Presenters	Stephanie Jumps; Brandi Pickett
Session Description	Physical Education and Health Educators that want to learn what the health. moves. minds. program is and how to get started to access SEL focused, standards-based Curriculum at no cost and raise funds to benefit your school and as an additional option support a 501(c)(3) charity of your choice.

Session Title	Awesome Quick Instant Activities for All K-12 Students
Session Day/Time	Friday, March 4th 4:00pm
Category	Elementary and Secondary Physical Education
Presenters	Jerry Honeycutt
Session Description	Attendees will participate in high energy, safe, fun, successful warm-up activities that provide physical literacy and promotes social emotional learning. These awesome activities can be used with large classes, in limited space, with little to no equipment and appropriate for all diverse learners. “Are You Ready To Warm-Up With A Purpose?”

Session Title	Osteoporosis knowledge, health communication, and prevention behaviours among college students: Associations and the moderating role of self-efficacy
Session Day/Time	Friday, March 4 6:00pm
Category	Health Education; Research

Presenters	Kaitlyn Armstrong; Allison Ford-Wade; Hannah Allen; Thomas Andre; Peter Grandjean; Sam Cohen-Winans
Session Description	Research has established the links between knowledge and health communication with engaging in healthy behaviors. However, less is known about how they manifest for osteoporosis prevention. The purpose of this study was to assess the relationships between health communication, osteoporosis knowledge, and prevention and the moderating role of self-efficacy. A panel of undergraduate students were invited to complete an online survey. The results suggest knowledge and communication habits are not significant predictors of preventive behaviors.

Session Title	University Students Perceptions of Their Locomotor Skills
Session Day/Time	Saturday, March 5th 8:30am
Category	College/Higher Education
Presenters	Yang Song; Todd Davis
Session Description	Fifty-seven undergraduate students from a southern U.S state participated in a study where researchers utilized the Test of Gross Motor Development (TGMD-2) to test students' locomotor skills (gallop, hop, leap, and slide). Without seeing any demonstrations of the tested skills, the participants were asked to self-rate their competencies and perform the tested skills. Statistics show that both male and female students overestimated their abilities to recall and perform the skills.

Session Title	Corporate Wellness Opportunities for Exercise Professionals
Session Day/Time	Saturday, March 5th 9:30am
Category	Exercise Science
Presenters	Jayme Mayo; JJ Mayo
Session Description	The purpose of this fast paced, interactive session is to teach exercise professionals how to land a job in corporate wellness. This no-fluff

	presentation provides real-world tips from the trenches so that you can stand out in a crowd of applications.
--	---

Session Title	Hiding Fitness: Transferring your Favorite Childhood Games into a Fitness Fun!
Session Day/Time	Saturday, March 5th 10:30am
Category	Elementary and Secondary Physical Education
Presenters	Laura Prior; Ahlaeya Judon; Kewee Owens
Session Description	Join us as we show you how easy it is to transform popular board games into games that incorporate the five components of fitness. This session will demo games transformed into “live” games taught in open spaces or the gym and board games that can be used in smaller spaces and even classrooms! We will challenge you to bring this project to life for your own upper elementary and secondary students!

Session Title	A Charging Station for You, not your Device-Breath.Music.Well-Being
Session Day/Time	Saturday, March 5th 1:00pm
Category	College/Higher Education; Health Education; Faculty/Staff Wellness
Presenters	Igor Iwanek
Session Description	This session explores Rhythmic Breath Control (RBM). Here the mind is renewed by breath & focused by music. RBM is a natural antidepressant, relieves insomnia, focuses the mind and lowers stress & anxiety. A great learning opportunity for teachers who want to help themselves & their students as well as staff members who look for balance and well-being. The session draws on Igor's expertise in yogic meditation, Indian & Western classical music, psycho-acoustics, salsa dancing, hammock lounging & stargazing.

Pre-Recorded Sessions

Physical Education

Session Title	Creating Ambidextrous Kids
Category	Elementary and Secondary Physical Education
Presenters	Spencer Aiken; Tiffany Avelar
Session Description	Using hand eye coordination and kinesthetic awareness drills, we will help develop the unique ability to use both hands equally which helps with many lifelong skills and daily activities.

Session Title	Mobility for Better Body Control and Skill Development
Category	Elementary and Secondary Physical Education
Presenters	Spencer Aiken; Tiffany Avelar
Session Description	Learning to control our movement through drills designed to aid in kinesthetic awareness will teach kids the ability to move better and with more developed motor skills.

Session Title	Connection Craze
Category	Secondary Physical Education; Adventure Education and Team Building
Presenters	Mark Friedrich
Session Description	This SEL based team building presentation quickly highlights activities & resources that are responsible for building connection amongst students in any learning environment. Participants will learn some favorite SEL activities that truly built connection, energized, and kept students engaged during during the Global Pandemic. Learn how connection is key and how connection before content can transform \our classroom and become a CRAZE.

Session Title	Rainy Day and Small Space Physical Education Learning Activities
----------------------	---

Category	Elementary Physical Education
Presenters	Kristen Morgan
Session Description	Have you ever been kicked out your gym for picture day? Is it raining outside and you don't even have a gym? Are you stuck inside a classroom? This session will cover learning activities that can be completed in small spaces with limited equipment. Activities will address all three domains of learning and are fun!

Session Title	Physical Education Teachers' Experiences with and Perceptions of Body Image in the School Setting
Category	Elementary Physical Education
Presenters	Natallie Noel; Alicia Stapp
Session Description	During this session, the presenter will share a qualitative study she conducted that explored physical education teachers' experiences with body image and their perceptions of addressing and/or teaching body image in the classroom. The themes that emerged from teacher interviews will be shared alongside a discussion of how the current body of research on this topic coupled with findings from this study might inform future research on body image.

Session Title	So you want us to journal?
Category	Elementary and Secondary Physical Education; College/Higher Education
Presenters	Richard Jowers; Ahlaeya Judon; Kewee Owens; Morgan Owens
Session Description	In this presentation the authors will outline and explore the importance of journaling within the realm of Health and Physical education. The authors will give real life experiences with journaling at the K-12 level, as preservice teachers and from the lens of a higher educational professional. The authors will give directions on how to incorporate journaling as a best practice.

Session Title	PUSH it! Creating a school-wide community of Physical, Uplifting School Health
Category	Physical Education; Health Education
Presenters	Laura Prior

Session Description	Following the CSPAP framework, this session will identify a variety of ways to create a culture of health and wellness throughout the school community. PUSH is a program that began in a single school with a small idea that quickly turned into a big reality spanning across the district and surrounding cities. PUSH challenges physical educators to become the champion of physical activity and engaging with stakeholders to ensure 60 minutes of physical activity is achieved within the school day.
---------------------	--

Adapted Physical Education

Session Title	How to get everyone moving in physical education
Category	Adapted Physical Education/Special Populations
Presenters	Penny Edwards; Alex Martinez
Session Description	This presentation will introduce participants to easy ways to adapt equipment they have to include students with disabilities in their lessons daily and how to use universal design for learning to expand opportunities.

Session Title	Online Training and Resources to Support Physical Educators Teaching Students with Disabilities
Category	Adapted Physical Education; Special Populations
Presenters	Joann Judge
Session Description	This session will explore the Adapted Physical Education National Standards (APENS) website and help guide current and future physical educators to become Nationally Certified Adapted Physical Educators (CAPE). Additional online training and resources will also be provided.

Session Title	Activities During a Chaotic Time
Category	Elementary Physical Education
Presenters	Janet McMaster
Session Description	Easy and fun activities! Easy warm-ups to fun activities with little equipment or items that can be made quickly and easy

Physical Activity

Session Title	Belly Breathing and Yoga Trees for All
Category	Yoga and Mindfulness
Presenters	Tess Johnson
Session Description	<p>During this session, participants will learn how to make yoga and mindfulness accessible to all students and themselves by participating in an interactive experience. We want to make sure we build a container of trust and a sense of safety in order for all students to receive the benefit of these practices. We will share information about how trauma shows up in the body, mind and how to avoid causing triggers in your classroom.</p> <p>The participants will leave our session with knowledge and tools of how to create a safe environment for all students to benefit from mindfulness and yoga.</p>

Session Title	An Introduction to Pickleball
Category	Physical Activity; Recreation; PE
Presenters	Hope Tolley: USA Pickleball
Session Description	

College/Higher Education and Research

Session Title	Preservice Teachers during the COVID19 Pandemic: Concerns, Preventive Behaviors and Career Intent
Category	Research
Presenters	Edward Hebert; Sabrina Hickey
Session Description	<p>The COVID-19 pandemic brought about significant changes for college students, teacher education programs, and K-12 schools. This session describes a study comparing COVID-related concerns, engagement in preventive behaviors, and the impact of the pandemic on career intent of preservice teachers and college students pursuing other career paths. Results highlight how preservice teachers have responded differently than non-education majors, which may impact teacher education programs.</p>

Session Title	Diversity, Equity, and Inclusion in Sport, Recreation, and Outdoor Environments
----------------------	--

Category	College/Higher Education; Research; Diversity, Equity, Inclusion
Presenters	Todd Davis; Cassandra Atley
Session Description	Diversity Equity and Inclusion (DEI) in sport, recreation, and outdoor environments all look different. There are intersectionalities among all aspects of our field, but the narrative and biases are different. This session will allow for a space of discovery and action as we look at challenges to fostering diverse, equitable, and inclusive spaces and places in the sport, recreation, and outdoor industry through collaboration and accepting dialogue. Participants will review DEI terms and language, develop tangible action steps, techniques, and tools to implement in their own organization moving the needle of social and organizational justice forward while deepening their understanding of DEI practice.

Session Title	Food Insecurity's Impact on Coping Strategies: A Comparison of Family and College Perception
Category	Research
Presenters	Nora Halama; Laurel Lambert; Olena Ciftci
Session Description	Food insecurity's relation to food-related coping strategies continues to be a poorly addressed concern, especially so among those transitioning from adolescence to young adulthood. The purpose of this study is to investigate the impact of food insecurity on coping strategies among students during both high school and college. A survey was sent to freshmen students living on campus at 3 universities. At the time of presentation, researchers will reveal findings.

Session Title	The Impact of Badminton Shuttle Time Starter Lessons in College Adapted Physical Activity Class
Category	Adapted Physical Education/Special Populations; College/Higher Education; Research
Presenters	JJ Chen; YJ Ryuh
Session Description	This project evaluated the impact of Shuttle Time Starter Lessons on health and wellness in adults with intellectual disabilities (ID). The exercise group, who practiced for 50 min each session and twice a week for 10 lessons with peers, while the control group maintained a regular life schedule. The improvement in physical, motor, and mental functioning were evident in the exercise group. School teachers and

	coaches may adapt Shuttle Time lessons to improve health and wellness in students with ID. In addition, the inclusive environment can motivate their participation.
--	---

Sport, Recreation and Outdoor Education

Session Title	Outdoor Recreation Programming Ideas
Category	Sport, Recreation and Outdoor Education
Presenters	Darcie Crew; Barbara Medlock
Session Description	Jackson County, MS in partnership with the MS Gulf Coast National Heritage Area is bringing outdoor recreation businesses into the limelight with the Gulf Coast Outpost Program. Jackson County has also begun offering a variety of outdoor recreation opportunities from day hikes to a video competition and environmental education events. The session will showcase the programs, their successes and challenges to date.

Session Title	An Examination of the Perceptions of the General Public Regarding the Value of Sport
Category	Sport, Recreation and Outdoor Education
Presenters	Andy Gillentine
Session Description	The expansion of sport programs has prompted the growth and availability of participation opportunities as well as, the demand for individuals to lead these programs. Career opportunities exist in the educational, professional, public, and private sectors. Despite this growth, little investigation of the perceived value of sport offerings has been conducted. This session will examine the perceptions of the general public regarding the perceived value of sport and the potential importance of those findings.

Session Title	Benefits of Partnering with Your Local Recreation Department
Category	Sport, Recreation and Outdoor Education

Presenters	Cole Smith
Session Description	Learn the many benefits and opportunities by partnering with local recreation departments

Dance

Session Title	An Intro to Hip Hop
Category	Dance
Presenters	Chloe Crowley
Session Description	The session is a hip hop lesson for K-12 (more applicable to middle/high school) detailing the components and origins of hip hop dance through movement and isolation techniques. As an overview, this session entails a brief discussion of the history of hip hop dance, an alliteration exercise (using arts-integration) and accumulation of freestyle movement from participants.

Session Title	Introduction to Ballroom Dance, Swing, and Waltz
Category	Dance
Presenters	Mike Spencer; Trish Drake
Session Description	Learn the basics of swing and waltz dancing from national and world champions Mike and Trish. Dancing made easy from professional instructors with over 40 years of experience.

Session Title	“Dance for the Health of It” - A Community-Based Introduction to Social Dance
Category	Dance
Presenters	Michael Forster
Session Description	“Dance for the Health of It” promotes social dance as a accessible approach to advancing physical, mental, cognitive, and social well-being throughout the life cycle. Offering free instructional and practice opportunities for young and old, “Dance” relies on a network of community partnerships in greater Hattiesburg.

	The proposed session will combine an explanation of the project with a version of the introductory dance session provided to community groups of new and non-dancers.
--	---

Health Education

Session Title	Utilizing Technology and a Funds of Knowledge Approach to Promote Family/Community Health
Category	Health Education
Presenters	Alicia Stapp
Session Description	During this session participants will understand the funds of knowledge approach and how it informs programs for health education activities. The presenter will share her work related to funds of knowledge within a community of families in one Mississippi school district to develop health education related videos that support standards-based instruction. Participants will also be given a framework to develop their own funds of knowledge plan to improve family and community health within their schools.

Session Title	Sports Nutrition
Category	Health Education; Nutrition
Presenters	Alexa Appelman; Haley Melton
Session Description	

Session Title	You Take Care of Everyone, But Who is Taking Care of You? Self-Care During These Stressful Times
Category	Health Education
Presenters	Alicia Stapp; Tess Johnson; Kenya Wolff
Session Description	As teachers we seek to improve the well-being of students in our classrooms on a daily basis, while sometimes foregoing a focus on our own wellness. Therefore, this session is all about how to mindfully center ourselves as teachers in order to intentionally focus on our own well-being while also being fully present for our students. Presenters will share ample examples of strategies, techniques, and methods for self-care along with mindful ways to incorporate aspects of wellness into your daily life and the classroom. Come breathe with us and focus on YOU!

Athletics

Session Title	Leadership in Athletics
Category	Athletics
Presenters	Britnee Smith
Session Description	During this presentation we will define leadership and discuss what leadership looks like to each individual. We will also identify influential leaders across multiple sports and discuss why they are seen as leaders- or some of the greatest of all time to coach/ play their sport. We will look at different philosophies and discuss the different characteristics each are drawn to and the relationships that are built as a result.

Session Title	
Category	
Presenters	
Session Description	