

Thursday, November 7, 2019 - Convention Program

Color Codes: PE – Blue Dance – Purple Health – Red Sports/Leisure – Green General – Yellow

101 Be A Possibilitarian

Thursday **9:00 AM - 10:45 AM** **Premier I**

The power of ENERGY is amazing. We make a powerful impact on health, well-being, and intellect, through our programs. Come prepared to participate, engage, have fun and share. Be prepared to leave with at least two "ideas for action."

Presenter(s): Keynote Speaker, Dr. JoAnne Owens-Nauslar
Division: All Divisions
Section(s): All Sections

102 How To Sneak in Dance To Your P.E. Classes.

Thursday **11:00 AM - 11:50 AM** **Premier I**

Some kids love music but hate a dance lesson or unit. This is a sneaky way to get all your kids dancing. I will show you how to get your kids moving by using games or activities you are already using. You will learn how to teach dance "breaks" or dance "moments". This will also teach you how encourage and include freestyle dancing.

Objective: How to add dance to most fitness activities in a simple and easy way for any teacher, even if they are a non-dancer.
Presenter(s): Jessica Keltner, Evangeline Elementary
Division: Dance
Section(s): Dance, Elementary Physical Education, Middle School Physical Education

103 Dance for Parkinson's Disease

Thursday **12:00 PM - 12:50 PM** **Premier I**

Participants will participate in a Dance for PD class modeled after the Mark Morris Dance Group design. Difficulties of Parkinson's patients will be discussed, as well as some techniques and exercises that provide a fruitful and engaging experience.

Objective: Attendees will learn something of Parkinson's Disease and its challenges. They will come to understand what an ideal match dance class is for the Parkinson's patients.
Objective: Attendees will have a better understanding of the role dance can play in PD treatment, and the importance of exercise to a PD patient
Presenter(s): Susan Perlis, Louisiana State University Dept of Theatre
Division: Dance
Section(s): Adapted Physical Education, Dance, Exercise Science, Health

104 Behind the Scenes of Step!

Thursday **1:00 PM - 1:50 PM** **Premier I**

Stepping is a form of dance where participants utilize their full body as an instrument to create rhythm and sound. Stepping draws from many other areas such as gymnastics, break and tap dancing, African dance, etc. Groups can use props to aid in their dance and can change the desired beat to meet the needs of all skill levels. Please join for this culturally relevant session!

Objective: The participant's will demonstrate the basic skills to perform a step routine.
Objective: The participant's will learn basic history of stepping and why it is culturally relevant for the classroom.
Presenter(s): Shillow Victoria, Zeta Phi Beta Sorority, Inc., Rho Epsilon Chapter
Division: Dance
Section(s): Dance, Elementary Physical Education, Middle School Physical Education, High School Physical Education

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105 Dance Business Meeting

Thursday 1:55 PM - 2:20 PM Premier I

Attend your area of interest's business meeting to familiarize yourself with specifics of your division as well as nominate and elect chairpersons for the upcoming year.

Objective: To nominate and vote on division chairpersons.

Presenter(s): K-Lynn McKey, Dance Division Vice President

Division: Dance

106 Strolling: Not Your Average Line Dance

Thursday 2:30 PM - 3:20 PM Premier I

Strolling is a synchronized dance executed in a line with high energy movements that was made popular by black and Latino Greek organizations in the 1920s. It originated from African tribal dances performed as rituals. The dance routine serves as a culture of its own, conducted among several multicultural Greek organizations, most commonly to hip-hop and R&B genres.

Objective: Participants will understand the cultural and historical significance of strolling.

Objective: Participants will perform a stroll with LSU Greek members.

Presenter(s): Victoria Shillow, Zeta Phi Beta Sorority, Inc., Rho Epsilon chapter

Division: Dance

Section(s): Dance, Elementary Physical Education, Middle School Physical Education, High School Physical Education

107 Fitness A to Z - Simple and Satisfying

Thursday 3:30 PM - 4:20 PM Premier I

Fitness A to Z, "Simple and Satisfying"

Objective: Improve coordination, agility, balance, flexibility & memory through simple to complex line dances. This session will include a demo of line dances along with modifications that accommodate everyone!

Objective: Move, groove and learn line dances taught by Sensational Seniors and LSU Kinesiology students!

Presenter(s): Theresa Townsend, Dr. Leo S. Butler Community Center; Lisa Johnson, Ph.D, Louisiana State University; Sensational Seniors, Dr. Leo S. Butler Community Center

Division: Dance

Section(s): Coaching, Dance, Elementary Physical Education, Fitness, Middle School Physical Education, High School Physical Education

108 Closed

Thursday 4:30 PM - 5:20 PM Premier I

109 Bowler's Ed/Yes Grant

Thursday 8:00 AM - 8:50 AM Premier II

The Bowler's Ed In-School Bowling program is operated by the International Bowling Campus Youth Development Team. Bowler's Ed is a FREE physical education program designed to introduce students K-8 to the lifetime sport of bowling and offers a lifetime activity for students! The YES effort is open to anyone interested in becoming involved in youth bowling and need equipment for their schools.

Objective: Our objective is to promote a lifelong enjoyment of bowling, community health and fitness programs, maintain the value of sportsmanship, character development, and leadership skills, for youth.

Presenter(s): Luis Benavides, Holiday Lanes; Cheryl LaCour, Holiday Lanes; Melanie Moore, Holiday Lanes

Division: Physical Education

Section(s): Elementary Physical Education, Middle School Physical Education

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110 Basketball Diaries

Thursday 11:00 AM - 11:50 AM Premier II

This session is designed to teach you some tips and tricks for your basketball dribbling needs. This session will demonstrate different activities that you can do with your students from technology integration, games, and demonstrations. In between these activities, learn about the path that I took through my career. You will learn about some of the highs and lows in my career.

Objective: Share my path from wanting to quit to being recognized as a national teacher of the year.

Objective: Provide different ways to work on basketball dribbling skills in your class.

Presenter(s): Matthew Bassett, San Jose Charter Academy

Division: Physical Education

Section(s): Elementary Physical Education, Future Professionals, Middle School Physical Education

111 Games Even The Big Kids Will Like - Part 2

Thursday 12:00 PM - 12:50 PM Premier II

Two years ago, I presented games even the big kids would like. I have more! These are games, that as the title states, even the big kids will like. These games range from instant activities to day lessons. These are fun "one timers" that can be adapted to reach the needs of all ages in physical education.

Objective: Instant Activities, One time lessons, fun go to games for rainy days.

Presenter(s): Michael Giles, St. Luke's Episcopal School, Baton Rouge. 2016 LAHPERD Middle School Physical Education Teacher of the Year

Division: Physical Education

Section(s): Elementary Physical Education, Middle School Physical Education

112 Developing Movement Fundamentals and Alternative Assessment Options

Thursday 1:00 PM - 1:50 PM Premier II

Our presentation emphasizes the importance of developing proper movement fundamentals at the proper stage of student development and the role alternative assessments play in meeting SLT's. Attendees will participate in movement drills and assessment options in this interactive program.

Objective: Attendees will learn how to develop proper movement fundamentals, understand the importance of age appropriate activities, and learn how to assess postural movements

Presenter(s): Matt Peale, Movement Academy; Doug Ellis, Movement Academy

Division: Physical Education

Section(s): Elementary Physical Education, Middle School Physical Education, High School Physical Education

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113 PE & APE Business Meeting

Thursday 1:55 PM - 2:20 PM Premier II

Attend your area of interest's business meeting to familiarize yourself with specifics of your division as well as nominate and elect chairpersons for the upcoming year.

Objective: To nominate and vote on division chairpersons.

Presenter(s): Christina Courtney, Physical Education Division Vice President

Division: Physical Education

114 APE - Early Childhood Special Education Fun Day

Thursday 2:30 PM - 3:20 PM Premier II

Come see what the APE teachers in Bossier Parish provide for the ECSE classes for a fun day since they are too young for Special Olympics!

Objective: Ideas to set up a fun day for early childhood special need classes.

Presenter(s): Allison Mayfield, Bossier Parish Schools; Kelly Moseley, Bossier Parish Schools

Division: Physical Education

Section(s): Adapted Physical Education

115 HIIT Fitness Education: A University and School Partnership

Thursday 3:30 PM - 4:20 PM Premier II

High intensity interval training (HIIT) has become a popular exercise modality in adult and adolescents to promote physical activity and fitness. This presentation will provide an outline of a HIIT fitness education unit, engage audience in HIIT activity stations, and share useful implementation tips in PE. Researchers and PE teachers will share thoughts about this university/school partnership.

Objective: Audience will learn how to infuse an evidence-based HIIT fitness education unit into their PE programs, and be invited to join a LSU participation research network to bridge practice with research.

Objective: Sample lesson plans will be shared at the session. Audience will leave with new teaching ideas, lessons, and strategies to meet national standards, as shared by LSU researchers and PE teachers.

Presenter(s): Emily Domingue, Brusly Middle School; Chris Cummings, Brusly Middle School; Yang Liu, Louisiana State University; Senlin Chen, Louisiana State University

Division: Physical Education

Section(s): Health, Middle School Physical Education

116 Future Professionals - Super Star Competition

Thursday 4:30 PM - 5:20 PM Premier II

Presenter(s): Dari Johnson

Division: General

Section(s): Future Professionals

117 Open

Thursday 5:30 PM - 6:20 PM Premier II

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118 Pickle Ball for All

Thursday 8:00 AM - 8:50 AM Premier III

Pickle Ball is one of the fastest growing senior sports in America but isn't just for seniors. Pickle Ball is great for improving coordination, balance, agility and stability. It helps develop mental skills like focus, memory, and social skills too. This fast-paced sport is halfway between tennis and ping-pong, it will get your heart rate up and make you feel like a kid in a candy store!

Objective: Attendees will gain understanding of equipment, basic rules, beginner strategy, the physical benefits, the mental and social benefits of playing Pickle Ball, some may even get the chance to play!

Presenter(s): Meredith Atterbery, Paula G. Manship YMCA

Division: Sport and Leisure

Section(s): Coaching, Elementary Physical Education, Fitness, Health, Middle School Physical Education, High School Physical Education, Wellness

119 Experience Speed Stacks – Skillastics: A Group Activity!

Thursday 11:00 AM - 11:50 AM Premier III

Activity session showcasing physical activities from the video-based Sport Stacking with Speed Stacks Instructor Guide featuring NEW activities from our comprehensive curriculum for 2018! This session will also feature our NEW Speed Stacks-Skillastics activities! Experience the excitement, fun and movement these activities offer every student regardless of ability

Objective: Participants will gain knowledge of Sport Stacking and how to incorporate the sport year round.

Objective: Participants will experience how Sport Stacking encourages students to set goals and establish personal records and reinforces perseverance and practice as the way to improve those records.

Presenter(s): Matt Burk, Speed Stacks

Division: Sport and Leisure

Section(s): Fitness

120 Math and Movement: Reinforcing Math While Teaching Physical Education

Thursday 12:00 PM - 12:50 PM Premier III

Are you being asked to incorporate more math into your Physical Education Curriculum? Come learn how to teach physical education skills and improve math skills all at the same time! Learn several techniques for warm-ups, activities and closure that will work on P.E. skills, but also allow students to have intentional and vigorous math practice!

Objective: To provide an overview of and rationale for why PE teachers should consider including physical activities that boost math ability in elementary aged children.

Objective: To demonstrate activities which teach PE skills, but that also reinforce math skills.

Presenter(s): Marcia Wade, Math and Movement; Suzy Koontz, Math and Movement

Division: Physical Education

Section(s): Elementary Physical Education, Future Professionals, Middle School Physical Education

121 Beginning Kayak Fishing Tips

Thursday 1:00 PM - 1:50 PM Premier III

Don't have a boat? Are you interested in trying kayak fishing? This session will give you tips and tricks to get started without spending thousands for store bought equipment. Ready to get started? Come to our session.

Objective: The attendee will leave this presentation with information and tips to begin kayak fishing.

Presenter(s): Karen Simpson, Westwood Elementary/Calcasieu Parish; Karen Inzenga Phillips, Retired

Division: Sport and Leisure

Section(s): Coaching, Fitness, Health, Middle School Physical Education, High School Physical Education, Wellness

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122 Sports & Leisure Business Meeting

Thursday 1:55 PM - 2:20 PM Premier III

Attend your area of interest's business meeting to familiarize yourself with specifics of your division as well as nominate and elect chairpersons for the upcoming year.

Objective: To nominate and vote on division chairpersons.

Presenter(s): Chaston LaCaze, Sport and Leisure Division Vice President

Division: Sport and Leisure

123 Advanced Kayaking Tips and Techniques

Thursday 2:30 PM - 3:20 PM Premier III

Advanced techniques will be given not only for catching fish but how to setup your kayak to get the most out of your time on the water. Tips will be given on how to begin to narrow down your search for fish before even entering the kayak along with how to hone in your skills once on the water.

Objective: By the end of the session attendees will learn advanced tips on how to setup any kayak of their choice allowing them to spend more time on the water comfortably and most important safely.

Objective: By the end of the session attendees are also expected to understand advanced skills required for finding fish in a kayak and getting the most out of their time spent on the water.

Presenter(s): Ethan Crook, Calcasieu Parish School Board - Sulphur 9th Grade

Division: Sport and Leisure

Section(s): Wellness

124 LDWF Presents How to Bring Archery and Fishing into Your Classroom

Thursday 3:30 PM - 4:20 PM Premier III

The Louisiana Department of Wildlife and Fisheries will demonstrate two different activities that you can teach in your classroom. Try out archery and backyard bass for yourself to see just how much your students will enjoy them. Both archery and fishing are life-long sports that anyone can do. Be the teacher to introduce them to something new that they'll enjoy for the rest of their lives!

Objective: Attendees will learn about two programs that LDWF offers for teachers to join.

Presenter(s): Alayna McGarry, LDWF; Chad Moore, LDWF; John Sturgis, LDWF

Division: Sport and Leisure

Section(s): Elementary Physical Education, Middle School Physical Education, High School Physical Education

125 Generation Pound

Thursday 4:30 PM - 5:20 PM Premier III

GENERATION POUND® is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. By combining exercise and interactive activities, kids will learn new ways to explore movement, embrace their creativity and ultimately build strength, confidence and self-awareness. Attendees will participate in a Generation Pound demo and activity.

Objective: Attendees will leave with a knowledge of Generation Pound's mission to integrate fitness with self esteem building activities, and with information about how to become certified in Generation Pound.

Presenter(s): Annie Vidrine, Bayou Chicot Elementary School

Division: Dance

Section(s): Fitness

126 OPEN Thursday 5:30 PM - 6:20 PM Premier III

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127 Exhibitors' Booths

Thursday

11:00 AM - 5:00 PM

Cypress 1 & 2

Thursday - Exhibits open immediately after conclusion of General Session Closes at 5:00 PM. Friday Exhibits open 8:00 AM closes at 12 Noon.

128 Easy Steps to Setting Up a Comprehensive School Physical Activity Program

Thursday

8:00 AM - 8:50 AM

Mississippi/Delta Queen

In our session, we will introduce new/experienced teachers to "just what is "A Comprehensive School Physical Activity Program", how to implement in your school, as well as physical activities to use in your program and share with classroom teachers. Additional resources and ideas for the new physical education teachers will be provided.

Objective: Attendees will leave the session with tools to implement a CSPAP at their school.

Presenter(s): Jiji Jonas, Well Ahead Grant; Carolyn Mills, Well Ahead Grant

Division: Physical Education

Section(s): Elementary Physical Education, Fitness, Future Professionals, Middle School Physical Education, High School Physical Education, Wellness

129 Awesome PE

Thursday

11:00 AM - 11:50 AM

Mississippi/Delta Queen

Are you an already certified PE teacher? Have you happened to notice an APE class at your school? Could you be an APE teacher? Would you want to? Or maybe someone you know comes to mind? Two different backgrounds; one a retired APE teacher, one just starting out will share why and how they chose APE.

Objective: The scope of what an APE teacher does, self-reflection for interested PE teachers.

Objective: How, what, where goes into adding on to PE certification. Cost, classes, when they're offered. Alt Cert information, too!

Presenter(s): Megan Mast, Tangi Academy; Valerie Altazin, Retired

Division: Physical Education

Section(s): Adapted Physical Education, Elementary Physical Education, Middle School Physical Education, Secondary Physical Education, Future Professionals

130 APE - Too Fit to Quit

Thursday

12:00 PM - 12:50 PM

Mississippi/Delta Queen

The presentation will include a motor lab consisting of specific exercises that engage APE students in weight training activities, balance and coordination.

Objective: Attendees will increase their knowledge of helping students participate in a structured fitness program that includes sensory and fitness stations.

Presenter(s): Paula Rivers, DeSoto Parish; Kelly Young, DeSoto Parish; Wendy Hartley, DeSoto Parish

Division: Physical Education

Section(s): Adapted Physical Education

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131 Assessments in an Active Classroom - Technology

Thursday 1:00 PM - 1:50 PM Mississippi/Delta Queen

Assessments provides teachers the opportunities to see the needs of their students and guide instructions. Assessments can also provide insight into what we do inside our profession. This session is designed to demonstrate different ways to assess students in physical education. We will demonstrate traditional paper/pencil assessments but also demonstrate some digital versions too.

Objective: Demonstrate the need for assessments

Objective: Demonstrate different ways you can assess the students in your classroom.

Presenter(s): Matthew Bassett, San Jose Charter Academy

Division: Physical Education

Section(s): Adapted Physical Education, Elementary Physical Education, Middle School Physical Education, High School Physical Education

132 LAHPERD Grant Recipients

Thursday 2:30 PM - 3:20 PM Mississippi/Delta Queen

You will learn how easy it is to write and receive the LAHPERD grant. We will discuss the needs of our classroom and what we purchased with the grant money. You can participate in the various games and activities we use in our elementary physical education classroom. Our games and activities are based on limited space, limited time, and limited equipment.

Objective: You will learn games based on limited space, limited time, and limited equipment.

Presenter(s): Amanda Peck, Port Barre Elementary; Casey Lanclos, Port Barre Elementary; Seth Lundquist

Division: Physical Education

Section(s): Elementary Physical Education

133 BREC on the Geaux: Mobile Recreation Program

Thursday 3:30 PM - 4:20 PM Mississippi/Delta Queen

BREC on the Geaux is a traveling recreation program designed to combat obesity and promote physical activity and movement by providing recreational activities in East Baton Rouge Parish. The purpose is to provide, fun, positive and structured physical recreation programming for all ages.

Objective: Attendees to learn the how's, what's, why's about BREC on the Geaux.

Objective: Attendees to understand the importance of the mobile recreation program.

Presenter(s): Antoinetta Payne, BREC; McKinley Williams, Jr., BREC

Division: General

Section(s): Fitness, Health, Wellness

134 Cardio Drumming

Thursday 4:30 PM - 5:20 PM Mississippi/Delta Queen

Presentation will focus on cardio drumming routines and activities. We will also discuss how to incorporate stability balls into other fitness units in PE.

Objective: Attendees will leave with the knowledge of how to incorporate cardio drumming activities into their lessons, other ways stability balls can be used in PE and how to apply for LAHPERD Grants.

Presenter(s): Nathalie Doucet, Church Point Elementary

Division: Physical Education

Section(s): Elementary Physical Education

135 OPEN Thursday 5:30 PM - 6:20 PM Mississippi/Delta Queen

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136 A Coordinated Approach to Youth Tobacco Prevention and Cessation Efforts

Thursday 8:00 AM - 8:50 AM Riverboat

In LA, the use of e-cigarettes among youth and young adults is rising rapidly. E-cigarettes contain nicotine, which is highly addictive and can harm teens' developing brains. There are new educational materials for youth and innovative strategies for accessing quit services. Well-Ahead is working to connect school health educators with resources to help prevent youth from engaging in tobacco use.

Objective: Learn about current K-12 school policy for tobacco, emerging new tobacco products on the market, the tobacco industry's tactics and targeting strategies.

Objective: Learn about free and accessible youth prevention resources.

Presenter(s): Porsha Vallo, Well-Ahead Louisiana, Bureau of Chronic Disease and Health Promotion; Taylor Reine, Well-Ahead Louisiana, Bureau of Chronic Disease and Health Promotion

Division: Health

Section(s): Health

137 Baton Roots Urban Farm

Thursday 11:00 AM - 11:50 AM Riverboat

In this presentation teachers will learn about Baton Roots, a new urban farm developed in Baton Rouge. Program coordinator, Mitchell Provensal will discuss what led to the development of the farm and what he and his colleagues hope to achieve building from its creation. He will also discuss ways for teachers to adapt the idea to create their own school based farms and how to get students engaged.

Objective: Teachers will leave the presentation with knowledge about the organizational and developmental aspects of the new Baton Roots urban farm.

Objective: Teachers will leave the presentation with knowledge about simple farming techniques that can be used in schools and how to engage students in the farming process.

Presenter(s): Mitchell Provensal, The Walls Project; Angela Simonton, Health Division Vice President

Division: Health

Section(s): Health, Wellness

138 Nutrition Education with the EFNEP Program

Thursday 12:00 PM - 12:50 PM Riverboat

This program will highlight the Expanded Food and Nutrition Education Program (EFNEP) and the work that is being done in schools to provide nutrition education focused on enhancing and reinforcing classroom curriculum. The ENFEP program teaches the USDA's MyPlate with the use of interactive games, activities, food-tastings, and research based information.

Objective: Understanding of EFNEP (Expanded Food and Nutrition Education Program) and how nutrition education programs can work to combat obesity and create a healthier environment in schools.

Presenter(s): Claire Zak, LSU AgCenter; Sharman Charles, LSU AgCenter

Division: Health

Section(s): Health, Wellness

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139 Utilizing SEL, Trauma Informed Practices, and Mindfulness in the Classroom

Thursday **1:00 PM - 1:50 PM** **Riverboat**

Children who have experienced trauma have changes to brain structure, often respond to transitions and changes in routines with exaggerated responses, thus resulting in higher rates of removals and reduction of academic engagement time. Different strategies are necessary in order to reach children who have experienced trauma: SEL strategies, trauma-informed practices, and mindfulness.

Objective: Participants will become familiar with effective social emotional strategies, trauma-informed approaches, and mindfulness that can be applied in the classroom.

Objective: Participants will be able to apply knowledge learned in order to reduce individual student outbursts and increase academic engagement time.

Presenter(s): Barzanna White, Caddo Parish Schools, Centenary College, and LSUS; Michael Hicks, Centenary College of Louisiana; Sharon Little, Centenary College of Louisiana

Division: Health

Section(s): Wellness

140 Health Business Meeting

Thursday **1:55 PM - 2:20 PM** **Riverboat**

Attend your area of interest's business meeting to familiarize yourself with specifics of your division as well as nominate and elect chairpersons for the upcoming year.

Objective: To nominate and vote on division chairpersons.

Presenter(s): Angela Simonton, Health Division Vice President

Division: Health

141 How Getting Involved in the Cafeteria Encourages Healthy Choices

Thursday **2:30 PM - 3:20 PM** **Riverboat**

This session will bring together evidence from the fields of economics, marketing, and psychology into the school cafeteria. Attendees will learn ways to design lunchroom environments that help children choose healthier options. The interactive workshop will provide attendees with low-cost, sustainable ways to improve child eating behaviors.

Objective: Attendees will leave with the skills and resources needed to implement the marketing and communication strategies that can increase participation in nutritious school meals.

Presenter(s): Stephanie Jodeir, Well-Ahead Louisiana; Joannie Miller, JFM Consulting, LLC

Division: Health

Section(s): Health, Wellness

142 Drinking Water Improves Your Smile

Thursday **3:30 PM - 4:20 PM** **Riverboat**

Community Water Fluoridation (CWF) known as the single most effective public health measure to prevent tooth decay and to improve oral health for a lifetime. It is one of the 10 great public health achievements of the 20th century. CWF not only improves oral health, but overall health because a child's oral health is central to their overall health.

Objective: Attendees will receive knowledge/benefits of water fluoridation, Louisiana/national data and current fluoridating systems. They will also learn how to become oral health champions!

Presenter(s): MeChaune Butler, MPA, Well-Ahead Louisiana Oral Health Promotion

Division: Health

Section(s): Health, Wellness

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143 LAHPERD Board 101

Thursday 4:30 PM - 5:20 PM Riverboat

The LAHPERD Board of Directors is always looking for people to serve on the board. Vital organizations always need new ideas and people. Come learn what it means to serve: how much time is involved, what you will be doing, and where we need help. A great opportunity for you to expand yourself and your career.

Objective: Attendees will leave with a knowledge of organizational structure and what is necessary in becoming a participating member in the LAHPERD organization.

Presenter(s): Katherine Hill

Division: General

Section(s): Adapted Physical Education, Aquatics, Coaching, Dance, Elementary Physical Education, Exercise Science, Fitness, Future Professionals, Health, Middle School Physical Education, High School Physical Education,

144 OPEN Thursday 5:30 PM - 6:20 PM Riverboat

145 Philanthropy Is (Still) Alive and Well: An Introduction To Grant Writing

Thursday 8:00 AM - 8:50 AM Samuel Clemens/Natchez

While public dollars continue to dwindle, the act of philanthropy is alive and well with no apparent shortage of dollars being donated to charitable organizations. This session is designed to share some basics of the grant writing process. The process, once viewed as laborious, has become much easier with the proliferation of technology and access to numerous electronic databases.

Objective: Attendees will be motivated to engage in grant writing as a means of securing resources for their organization, their community and for Louisiana.

Objective: Attendees will be provided with a list of potential funding sources that should be considered relative to their programs.

Presenter(s): Obadiah Simmons, Jr., Grambling State University

Division: General

Section(s): Fitness, Health, Wellness

146 Strength and Movement Training for Middle School and High School Students

Thursday 11:00 AM - 11:50 AM Samuel Clemens/Natchez

Warm up, strength training (including circuits, weight room) activities for general development of MS and HS students

Objective: Programming of strength and related components

Objective: Programming of warm up and movement routines

Presenter(s): Todd Lane, LSU

Division: Sport and Leisure

Section(s): Coaching, Exercise Science, Fitness

147 Peripheral Vision the Need and Capacity In Strategic Sport Management

Thursday 12:00 PM - 12:50 PM Samuel Clemens/Natchez

How do sport executive leaders perceive the need and capability for peripheral vision? This study assessed executive leaders' perceived need and determination of perceived capability for peripheral vision. Strategic Eye Exam (2005) revealed decision makers in sport organizations do not understand the need for peripheral vision and are not skilled identifying and translating signals from periphery.

Objective: Participants will leave the session with understanding of strategic management and how it can affect decision making.

Presenter(s): Darlene Kluka, ICSSPE

Division: Sport and Leisure

Section(s): Coaching

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148 How Fundraisers Can Support Our Messages to Students Connecting The Dots:

Thursday **1:00 PM - 1:50 PM** **Samuel Clemens/Natchez**

When we teach “healthy choices” but raise funds through candy sales, we send mixed messages to students and convolute priorities. Fundraising with healthy foods and non-food items demonstrates a commitment to promoting healthy behaviors. This session will offer attendees best practices for fundraisers that support the school nutrition environment.

Objective: Attendees will learn the nutrition standards in place for school fundraisers, identify fundraisers that promote a healthy school nutrition environment, and hear real success stories from schools.

Presenter(s): Stephanie Jodeir, Well-Ahead Louisiana

Division: Health

Section(s): Health, Wellness

149 Recognizing and Reducing Bullying: The Road to Good Mental Health

Thursday **2:30 PM - 3:20 PM** **Samuel Clemens/Natchez**

The impact and severity of bullying has increased, especially in regard to social media and how that affects school climate. Recognizing early signs of bullying in schools is necessary to intervene and respond to minor issues before they escalate. Coaching students and teachers how to respond appropriately creates a positive school climate, helps put children on the road to good mental health.

Objective: Participants will be able to recognize the effective steps that must be implemented in order to reduce bullying at their school.

Objective: Participants will become knowledgeable about the correlation among bullying, mental health, and school climate.

Presenter(s): Barzanna White, Caddo Parish Schools, LSUS, and Centenary College of Louisiana

Division: Health

Section(s): Future Professionals, Middle School Physical Education, Wellness

150 Zumba

Thursday **3:30 PM - 4:20 PM** **Samuel Clemens/Natchez**

The class that started the dance-fitness revolution and changed the way we look at a “workout” forever. It’s fun, effective and best of all? Made for everyone!

Objective: Attendees will leave with the ability to have experienced a Zumba class and attest to its fun yet effective benefits & will have the information to pursue more information or licensing of Zumba.

Presenter(s): Lisa Johnson, Fyzical Therapy & Balance Center of Eunice/Studio P3

Division: Dance

Section(s): Dance, Fitness

151 OPEN Thursday 4:30 PM - 5:20 PM Samuel Clemens/Natchez

152 OPEN Thursday 5:30 PM - 6:20 PM Samuel Clemens/Natchez

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153 Common Sense Social Media for Young Adults

Thursday **8:00 AM - 8:50 AM** **Bayou/Levee**

Sharing information and images via social media is a part of daily life for many children and teens. Social media allows kids to communicate with one another, and to document and share what they are doing in real time. It's important for parents to learn about the different technologies children are using to help keep them safe online.

Objective: Parents/Educators will leave with knowledge relative to current social media platforms and the dangers associated with those platforms.

Objective: Parents/Educators will leave with knowledge relative to current social media platforms and the dangers associated with those platforms.

Presenter(s): Katina Semien, Louisiana Children's Trust Fund

Division: General

Section(s): Adapted Physical Education, Elementary PE, Middle PE, High PE, Health, Future Professionals, Wellness

154 Deescalation and Mental Health Issues

Thursday **11:00 AM - 11:50 AM** **Bayou/Levee**

The prevalence of students who have a diagnosed mental health disorder in American schools has risen to more than 20%. Studies have shown that many students display emotional outbursts that frighten both students and adults. Early intervention involves recognizing and engaging the student in a respectful and effective manner to reduce emotional outbursts and dangerous behavior.

Objective: Identify safe guidelines to calm an individual; utilize best practice communication strategies; develop awareness of antecedents influencing inappropriate behavior; & detachment strategies.

Presenter(s): Bridgette Webster, EBR Schools; Simone Shelton, EBR Schools

Division: General

Section(s): Adapted Physical Education, Aquatics, Coaching, Dance, Elementary Physical Education, Exercise Science, Fitness, Future Professionals, Health, Middle School Physical Education, High School Physical Education, Wellness

155 Future Professionals - Gearing Up for Success!

Thursday **12:00 PM - 12:50 PM** **Bayou/Levee**

This session will discuss tips, tricks, and strategies to creating a stress-free work environment. First year teacher? Starting fresh in a new school? Still in college? Need to recharge your work environment? We can all benefit from learning these keys about being a successful teacher in any environment.

Objective: The attendees will learn strategies and tips for setting up a good working and learning environment.

Objective: The attendees will learn how to best use their time to prevent "burning out" in the first years of teaching and coaching.

Presenter(s): Kristi Romero, Westgate; Kerri Lee, Zachary Elementary

Division: General

Section(s): Adapted Physical Education, Coaching, Elementary Physical Education, Future Professionals, Health, Middle School Physical Education, High School Physical Education

Thursday, November 7, 2019 - Convention Program

Color Codes: PE – Blue Dance – Purple Health – Red Sports/Leisure – Green General – Yellow

156 Bullying Prevention an Engaging Approach

Thursday **1:00 PM - 1:50 PM** **Bayou/Levee**

This presentation will focus on interactive techniques and activities that engage participants in thoughtful interactions with one another and promote a atmosphere of understanding and acceptance.

Objective: Attendees will gain a knowledge of identifying bullying and divisive behavior in students and program participants, and how to proactively address these difficult circumstances.

Objective: Attendees will learn several activities and techniques for preventing, addressing, and dealing with bullying or undesirable behavior in group of students or program participants.

Presenter(s): Cody Albright, BREC

Division: General

Section(s): Wellness

157 General Business Meeting

Thursday **1:55 PM - 2:20 PM** **Bayou/Levee**

Attend your area of interest's business meeting to familiarize yourself with specifics of your division as well as nominate and elect chairpersons for the upcoming year.

Objective: To nominate and vote on division chairpersons.

Presenter(s): Sandra Blaylock, General Division Vice President

Division: General

158 Future Professionals - Getting into SHAPE

Thursday **2:30 PM - 3:20 PM** **Bayou/Levee**

Future professionals who attended the national SHAPE conference in Tampa, FL will discuss/present the invaluable knowledge gained by attending a professional conference on a national scale

Objective: The importance of participating in professional development outside of geographical comfort zones

Presenter(s): Courtney Hebert, McNeese State University; Staci Henry; Abby Langley; Morgan LambrighT

Division: General

Section(s): Future Professionals

159 Future Professionals - Fit to Lead

Thursday **3:30 PM - 4:20 PM** **Bayou/Levee**

This session will focus on: Key ingredients to enhance participants skills and leadership abilities. Provide opportunities to participate in leadership activities and opportunities to laugh, learn and share

Objective: Attendees will learn key ingredients for enhanced participation skills and leadership abilities.

Presenter(s): Dr. JoAnne Owens-Nauslar

Division: General

Section(s): Adapted Physical Education, Aquatics, Coaching, Dance, Elementary Physical Education, Exercise Science, Fitness, Future Professionals, Health, Middle School Physical Education, High School Physical Education, Wellness

Thursday, November 7, 2019 - Convention Program

Color Codes: PE – Blue Dance – Purple Health – Red Sports/Leisure – Green General – Yellow

160 Advocate or Abdicate: Professional Bragging At IT's Best

Thursday 4:30 PM - 5:20 PM Bayou/Levee

This session will focus on ideas and activities to maintain or increase your energy for promoting your programs and the profession. Discuss reminders about the role of energy in your teaching strategies. Provide opportunities to laugh, learn, exchange and participate in activities that promote ENERGY.

Objective: Attendees will learn the importance of increase their energy.

Objective: Attendees will learn how personal energy effects teaching.

Presenter(s): Dr. JoAnne Owens-Nauslar

Division: Physical Education

Section(s): Adapted Physical Education, Aquatics, Coaching, Dance, Elementary Physical Education, Exercise Science, Fitness, Future Professionals, Health, Middle School Physical Education, High School Physical Education, Wellness

161 OPEN Thursday 5:30 PM - 6:20 PM Bayou/Levee

162 Research Poster Presentations

Thursday 10:45 AM - 11:30 AM Atrium

Research Poster 1: Breaking Barriers to Physical Activity in Low Socioeconomic Status Youth: A Review of Literature

Presenters: Kyle Swanson, B.S.; Kwon Chan Jeon, Ph.D.; Amanda Divin, Ph.D. CHES, SCSC

Affiliation: Northwestern State University, Natchitoches, LA

Research Poster 2: All About the JUUL: What Every Health Teacher Should Know

Presenters: Amanda L. Divin, Ph.D., CHES, CSCS; Kwon Chan Jeon, Ph.D.; Jaehun Jung, Ph.D.

Affiliation: Northwestern State University of Louisiana, Natchitoches, LA

Research Poster 3: The Effects of E-cigarette Use Among Adolescents: A Review of Literature

Presenters: Kwon Chan Jeon, Ph.D.; Amanda Divin, Ph.D., CHES, CSCS; Jaehun Jung, Ph.D.

Affiliation: Northwestern State University, Natchitoches, LA

Research Poster 4: An Ecological Approach to Prevention: Fostering Connections between Mental Health and Gender Based Violence Among South Asian Immigrant Women

Presenters: Dr. Sabita Shrestha, MSW; Ms. Nancy Webb, MS

Affiliation: Southeastern Louisiana University, Hammond, LA

Research Poster 5: Overview of the Adolescent JUUL Use Reduction and Prevention Program

Presenters: Kyle Swanson, BS; Amanda L. Divin, Ph.D., CHES, CSCS; Kwon Chan Jeon, Ph.D.

Affiliation: Northwestern State University, Natchitoches, LA

Research Poster 6: Successes and Challenges of Planning and Implementing a Kids Triathlon

Presenter: YuChun Chen

Affiliation: Louisiana Tech University, Ruston, LA

163 Closed Thursday 5:30 PM - 6:20 PM Premier I

164 LAHPERD Social "Gear Up and Game On"

Thursday 6:30 PM - 10:00 PM Premier I

"Gear up for the social! Good friends, great food, and lots of dancing included! Come join the LAHPERD members for a time of networking and fun with the DJ "Alex"! All are welcome and entrance is included in your convention registration. No additional payment required. Don't forget to wear your favorite team jersey.

Presenter(s): LAHPERD

Division: All Divisions

Friday, November 8, 2019 - Convention Program

Color Codes: PE – Blue Dance – Purple Health – Red Sports/Leisure – Green General – Yellow

200 Get Your Rhythm On With Cardio Drumming! SEL all over!

Friday 8:00 AM - 8:50 AM Premier I

Come dance and drum with us and learn how we incorporate SEL into our teaching. Learn a simple country line dance to the Copperhead Road and finish with some cutting edge cardio drumming! Come get your SWEAT on!

Objective: Incorporating Social-emotional learning skills into your teaching and dance and rhythms for K-12

Presenter(s): Jonette (Jo) Dixon, Leshar Middle School-Fort Collins, CO

Division: Dance

Section(s): Dance, Elementary Physical Education, Fitness, Middle School Physical Education, High School Physical Education

201 Country Swing! "BUY IN" BY ALL, SEL, MANNERS AND MOVEMENT!

Friday 9:00 AM - 9:50 AM Premier I

Teaching country swing so all students "buy in". We dance with everyone in class, we shake hands with everyone in class, and we have a blast together doing it!

Objective: 1. Implement relationship building skills in social-emotional learning. 2. Skills of country swing .
3. How to dance with everyone in class.

Presenter(s): Jonette (Jo) Dixon, Leshar MS-Fort Collins, CO.

Division: Dance

Section(s): Elementary Physical Education, Fitness, Middle School Physical Education, High School Physical Education

202 Exploring Movement With Dance Improvisation Games

Friday 10:00 AM - 10:50 AM Premier I

People are created to be movers. We walk, climb, sit, jump, skip, push, pull, reach. This list can go on and on. But, as soon as someone says dance, some people get excited and some folks cringe. This session will allow students to explore moving without learning a single dance step through improvisation games.

Objective: Learn how to get reluctant movers moving by learning about Rudolf Laban's Eight Basic Efforts.

Presenter(s): Jonna Cox, The Dancers' Workshop

Division: Dance

Section(s): Dance

203 Fostering Critical & Creative Thinking Skills in PE with Foam Coated Balls

Friday 9:00 AM - 9:50 AM Premier II

Participants will experience developmentally appropriate activities using foam coated balls in the PE setting. Individual, partner and group activities encompassing skill development, fitness, lead-ups, game play and cooperative challenges will be presented. The activities will emphasize students using higher order thinking skills in conjunction with meaningful and enjoyable participation.

Objective: Participants will be exposed to multiple developmentally appropriate activities to use in the PE classroom.

Objective: Participants will discover how to embed critical and creative thinking into their lessons.

Presenter(s): George Blessing, ADA Sports and Rackets

Division: Physical Education

Section(s): Adapted Physical Education, Elementary Physical Education, Future Professionals, Middle School Physical Education, High School Physical Education

Friday, November 8, 2019 - Convention Program

Color Codes: PE – Blue Dance – Purple Health – Red Sports/Leisure – Green General – Yellow

204 Teaching Racket/Paddle Skills in Limited Space

Friday **9:00 AM - 9:50 AM** **Premier II**

Experience how racket/paddle skills can be taught, practiced and eventually mastered without the need of nets or courts. This session features progressions and techniques for your students to use with short/long handled implements, while practicing skills needed in multiple leisure and sport activities all while having fun!

Objective: Participants will see how multiple racket experiences can be incorporated within a racket/paddle unit that includes experiences with tennis, badminton and paddle rackets.

Presenter(s): George Blessing, ADA Sports and Rackets

Division: Physical Education

Section(s): Elementary Physical Education, Middle School Physical Education, High School Physical Education

205 Cracking the Team Code through SEL and Sport Education

Friday **10:00 AM - 10:50 AM** **Premier II**

Spirit of the Game, SEL and the Sport Education Model ... utilize these in all your team games to help make all students more engaged, accountable and responsible

Objective: Participants will learn how to utilize SEL and the Sport Education Model in team games.

Presenter(s): Jo Dixon

Division: Physical Education

Section(s): Middle School Physical Education, High School Physical Education

206 Increase Activity and Fun With ACTION TEAM GAMES!

Friday **10:00 AM - 10:50 AM** **Premier II**

In this session you will experience new ACTION TEAM GAMES from Gopher along with getting MVPA results! You will also have lots of FUN!

Objective: Cooperative Team Games, lead up activities, basic skills and MVPA results.

Presenter(s): Doug Satre, Gopher

Division: Physical Education

Section(s): Elementary Physical Education

207 Get Up and Start Kicking: Methods of Teaching Soccer Skills

Friday **8:00 AM - 8:50 AM** **Premier III**

Have you ever pondered how to include individual and team soccer skills in your Physical Education classes, after school program, or recreational setting? We will walk through fun soccer activities that can be used in classroom and recreational settings to improve individual and team soccer skills. We will focus on basic to advance developmental individual skill sessions and team sessions.

Objective: Participants will discover fun soccer activities that are aligned with physical education standards and youth soccer player development philosophy that can be implemented in diverse environments.

Objective: The discussion will include the reasons why soccer increases intelligence, faster decision making, and cardio-vascular endurance. The session will help you get up and start kicking.

Presenter(s): Homer Williams III, Vinton Elementary/Calcasieu Soccer Club Coach/U.S. Youth Soccer Licensed Coach; Myron Emmanuel, North Baton Rouge Soccer Association Director of Coaching

Division: Sport and Leisure

Section(s): Coaching, Elementary Physical Education, Fitness, Health, Middle School Physical Education, High School Physical Education

Friday, November 8, 2019 - Convention Program

Color Codes: PE – Blue Dance – Purple Health – Red Sports/Leisure – Green General – Yellow

208 Best Practices In Physical Education Showcase

Friday **9:00 AM - 9:50 AM** **Premier III**

University students will be demonstrating PE lessons with LAHPERED attendees as the participants.

Objective: Participants will leave with knowledge and skills for high quality physical education instruction and ideas for teaching.

Presenter(s): University Students UL Lafayette, UL Lafayette; Ben Kern, UL Lafayette

Division: Physical Education

Section(s): Adapted Physical Education, Dance, Elementary Physical Education, Fitness, Future Professionals, Middle School Physical Education, High School Physical Education

209 Ensuring Access to Safe, Fun, Appropriate Elementary School Playgrounds

Friday **10:00 AM - 10:50 AM** **Premier III**

I have worked with East Baton Rouge Parish Public Schools for the past 20+ years to ensure that children have access to safe, fun, appropriate playgrounds at their schools. This presentation will focus on the importance of school playgrounds and will use illustrative stories to provide participants with ideas to improve existing school playgrounds and strategies for how to make such changes.

Objective: Attendees will learn about what makes a well-designed playground, including safety considerations.

Objective: Attendees will be provided examples of and tips on how to bring new and better school playgrounds to their communities.

Presenter(s): Marybeth Lima, LSU

Division: General

Section(s): Adapted Physical Education, Elementary Physical Education, Fitness

210 Omnikin: Fitness Fun, Team Building, Cooperative Games, Skill Development

Friday **11:00 AM - 11:50 AM** **Premier III**

Experience all these components of quality Physical Education using Omnikin's 14" to 48" durable, light-weight balls.

Omnikin products and activities support the number one instructional best practice for Physical Educators.....all students actively engaged in learning.

Objective: The participant will learn activities that promote fitness, team building, responsible behaviors, and skill development using Omnikin balls.

Objective: The participant will be introduced to activities that support the Physical Education Standards of Learning and instructional best practices.

Presenter(s): Mechelle Nichols, Omnikin, Inc.

Division: Physical Education

Section(s): Elementary Physical Education, Future Professionals, Middle School Physical Education, High School Physical Education

211 #SPEAKOut for PE

Friday **8:00 AM - 8:50 AM** **Mississippi/Delta Queen**

Come join two first timers and learn all about our experiences at SpeakOut Day in Washington DC. Learn the importance of why we advocate for PE, and how you can get involved.

Objective: Learn the importance of advocating for Physical Education. How they can become involved in the advocating process on a local, state, and national level, and what exactly we are advocating for.

Presenter(s): Christina Courtney, University Laboratory School; Emily Laurent

Division: Physical Education

Section(s): Elementary Physical Education, Middle School Physical Education, High School Physical Education

Friday, November 8, 2019 - Convention Program

Color Codes: PE – Blue Dance – Purple Health – Red Sports/Leisure – Green General – Yellow

212 From Classroom to Gym: Physical Educators and Classroom Physical Activity

Friday 9:00 AM - 9:50 AM **Mississippi/Delta Queen**

Physical educators play a key role in supporting the implementation of classroom physical activity (PA). This session will familiarize participants with the definition, national guidance, and strategies for classroom PA; highlight new classroom PA resources from CDC and Springboard to Active Schools; and explore practical ways that physical educators can support classroom PA at their school.

Objective: Provide an overview of classroom physical activity and describe the purpose of available classroom physical activity resources from Springboard to Active Schools and CDC.

Objective: Explore practical ways that physical educators can support the implementation of classroom physical activity strategies and national guidance in their schools or districts.

Presenter(s): Kate Holmes, Springboard to Active Schools

Division: Physical Education

Section(s): Elementary Physical Education, Future Professionals, Middle School Physical Education, High School Physical Education, Wellness

213 The New Way to Track and Time Laps

Friday 10:00 AM - 10:50 AM **Mississippi/Delta Queen**

Add EZ-to-use technology to your class, run club or assessment. Kids scan QR cards and the data syncs to your computer. Learn how EZ Scan®, an online lap counting program, organizes and tracks everything. Saves you lots of time. Covers up to 1,500 students at all grade levels. Works with tablets and smartphones. Even includes timing for mile runs! Free EZ Scan® subscription awarded at the session.

Objective: Participants will understand how to use lap counting technology in all areas of their program - counting laps, timing miles, tracking awards, and attendance.

Objective: Participants will discover how lap counting technology saves teachers time and helps them be more accurate.

Presenter(s): Debbie Drake, Fitness Finders, Inc.

Division: Physical Education

Section(s): Elementary Physical Education, Fitness, Middle School Physical Education, High School Physical Education

214 Geometry Racket: Integration of Net/Wall Games with Mathematics

Friday 11:00 AM - 11:50 AM **Mississippi/Delta Queen**

This presentation describes an integrated mathematics and physical education unit that allows grade 7 students to use principles of geometry and data gathering to maximize offensive and defensive strategy in tennis and other net/wall games.

Objective: Attendees will gain the knowledge and skill to implement an integrated physical education and mathematics unit.

Objective: Attendees will be given unit and lesson plans, as well as guidelines for team teaching with a mathematics teacher/colleague

Presenter(s): Ben D. Kern, University of Louisiana at Lafayette; Melissa Gallagher, University of Louisiana at Lafayette; Anna Ellington, Youngsville Middle School

Division: Physical Education

Section(s): Middle School Physical Education

215 Louisiana Style Healthy Fundraising

Friday 8:00 AM - 8:50 AM Riverboat

This presentation will showcase a variety of fundraising strategies that promote fitness and health in all Louisiana Public Schools. These strategies are realistic approaches that Physical Educators from any corner of the the State can implement in their community.

Objective: The objective of this presentation is to provide the attendee with creative ideas for fundraising strategies and techniques they can use to raise funds for the promotion of health and fitness.

Presenter(s): Dicharry Andre, Shreve Island Elementary / Caddo Parish Schools

Division: Health

Section(s): Elementary Physical Education, Health, Middle School Physical Education, Wellness

216 Smart Snacks-Be a Nutrition Influencer

Friday 9:00 AM - 9:50 AM Riverboat

Empowering PE teachers and coaches to be the nutrition influencers they were born to be. Educating on how to incorporate Smart Snacks into schools to fuel students and athletes to peak performance on and off the field. Bringing Fuel Up to Play 60 in as a resource for information and additional funding opportunities.

Objective: To learn how to incorporate Smart Snacks for better students and better fundraising

Objective: To learn how Fuel Up to Play 60 can help meet Smart Snacks guidelines

Presenter(s): Jen Duhon, Dairy Max-Fuel Up to Play 60

Division: Health

Section(s): Health

217 Social-Emotional Learning: The Positive Impact on Students and Schools

Friday 10:00 AM - 10:50 AM Riverboat

Our ability to understand the feelings of others and control our own behaviors is essential to build relationships with others and contribute to our overall success in life. The overarching goals of Social Emotional learning (SEL) is to help our students develop essential life skills through increasing awareness emotions, establishing positive relationships and making responsible decisions.

Objective: Participants will increase their knowledge of SEL and the potential for positive impact on school climate and academic achievement.

Objective: Participants will increase their understanding of SEL and the link with physical health and well-being.

Presenter(s): Janice Zube, LA Department of Education

Division: Health

Section(s): Health

218 Using School Health Index to Assess and Inform School Change

Friday 11:00 AM - 11:50 AM Riverboat

Participants will become familiar in the Whole School, Whole Community, and Whole Child Model, process of conducting an assessment, and develop an improvement plan using the CDC School Health Index assessment results.

Objective: Using the School Health Index, action planning and steps for implementation

Presenter(s): Stephen Guccione, Louisiana Department of Education

Division: Health

Section(s): Health, Wellness

Friday, November 8, 2019 - Convention Program

Color Codes: PE – Blue Dance – Purple Health – Red Sports/Leisure – Green General – Yellow

219 APE Round Table

Friday **8:00 AM - 8:50 AM** **Samuel Clemens/Natchez**

APE teachers discuss student populations, documentation, IEPs, activities or anything to better prepare their students.

Objective: Questions, concerns and ideas for their Adapted PE program.

Presenter(s): Allison Mayfield, Bossier Parish Schools; Kelly Moseley, Bossier Parish Schools

Division: Physical Education

Section(s): Adapted Physical Education

220 The Athletic Odyssey: A Return to Academia

Friday **9:00 AM - 9:50 AM** **Samuel Clemens/Natchez**

Colleges and universities continue to be challenged with conducting athletic programs free of rule violations. Most universities have adopted a business model for operating athletic programs by virtue of the potential for economic benefit generated from successful sport squads. This presentation presents a platform for considering a return of athletics within the institution's academic division.

Objective: Attendees will have a greater appreciation for the historical development of collegiate athletic programs.

Objective: Attendees will rethink their position on the role of intercollegiate athletics in academia.

Presenter(s): Obadiah Simmons, Jr., Grambling State University; Aaron Livingston, Grambling State University

Division: Sport and Leisure

Section(s): Coaching, Future Professionals

221 Nationally Award-Winning Youth Running Programs: Learn from the Best!

Friday **10:00 AM - 10:50 AM** **Samuel Clemens/Natchez**

Louisiana #1? When it comes to youth running programs, we are the best! Shreveport has created a culture of youth runners through the nationally awarded, 2018 Road Runners Club of America's Outstanding Youth Programs: Kids on the Run and YOUTH FIT. Gear up for running program/club success by learning best practices from these two long-standing, low-cost, collaborative programs.

Objective: Identify best practices for youth running programs.

Presenter(s): Shelley Armstrong, Walden University; Alysha Wallace, St. Mark's Cathedral School; Aaron Bergman, St. Mark's Cathedral School

Division: Sport and Leisure

Section(s): Coaching, Fitness

222 LAHPERD Mini Grant: Using OPEN Resources to Fit Your PE Program

Friday **11:00 AM - 11:50 AM** **Samuel Clemens/Natchez**

In this session, Seth will share his favorite OPEN resources and how the LAHPERD mini-grant allowed him to implement them in his PE program. He will share how he is able to create assessments and lesson plans using OPEN that include Louisiana State Standards. All ideas shared can be easily adapted to best suit the needs of your students and can be implemented as soon as you return to the classroom.

Objective: Attendees will learn how to adapt the OPEN curriculum to fit the needs of their students

Presenter(s): Seth Lundquist, BA St. Ville Elementary

Division: Physical Education

Section(s): Elementary Physical Education

Friday, November 8, 2019 - Convention Program

Color Codes: PE – Blue Dance – Purple Health – Red Sports/Leisure – Green General – Yellow

223 Incorporating Community Service in the Classroom

Friday **8:00 AM - 8:50 AM** **Bayou/Levee**

Involving the higher education classroom with the health and leisure needs of a community.

Objective: How to align a university health courses with community needs in various ares of health education

Presenter(s): Michael VanGossen, McNeese State Univerity; Courtney Hebert, McNeese State University; Staci Henry, McNeese State University

Division: General

Section(s): Future Professionals, Health

224 Overcoming Initial Barriers In Implementing Faith-based Wellness Programs

Friday **9:00 AM - 9:50 AM** **Bayou/Levee**

The purpose of this initiative is to share the lessons learned from the B.E.A.M. LLC faith-based health and wellness program in regard to issues that could occur in wellness related initiatives. Best practices for overcoming barriers will be developed into an Instructor Training Program that will provide churches with the tools and resources needed to create a sustainable wellness program.

Objective: To develop a model for implementing wellness programs designed to improve health outcomes and lower health disparities.

Presenter(s): Larry Proctor, Grambling State University

Division: General

Section(s): Exercise Science

225 Developing an Outdoor Living Classroom: The No Cost School Garden Program!

Friday **10:00 AM - 10:50 AM** **Bayou/Levee**

Educators, recreational programs, and the public are welcome to join and learn about the rapidly growing school garden movement in Louisiana. Teaching in an outdoor classroom is an innovative way for teachers to improve nutrition education as well as influence students to conserve and protect the planet. School gardening provides opportunities for hands-on learning across the curriculum.

Objective: Attendees receive free grant info on school gardening provided by the LSU Ag Center's Expanded Food and Nutrition Education Program (EFNEP), LSU Ag Garden Grant, and Bonnie Plant Cabbage Program.

Objective: Attendees will discuss the benefits to students participating in school garden programs: Improvement in attitudes towards vegetables, social skills and behaviors, and science achievement scores.

Presenter(s): Homer Williams III, Vinton Elementary School; Yolanda Jones, LSU Ag Center - Nutrition Educator II

Division: General

Section(s): Elementary Physical Education, Health, Middle School Physical Education, High School Physical Education, Wellness

226 Social Media 101

Friday **11:00 AM - 11:50 AM** **Bayou/Levee**

Teaching the basics of social media websites. Demonstrations on how to download and use twitter, instagram, and facebook. Participants will follow along on their personal devices and learn how to use these platforms to promote health and physical activity.

Objective: Attendees will enhance their understanding of twitter, instagram, and facebook by the end of the session.

Objective: Attendees will be able utilize the social media platforms to connect with other professionals and advocate for all things encompassed in LAHPERD.

Presenter(s): Megan Lee, LSU; Dari Johnson, LSU

Division: General

Section(s): Coaching, Elementary Physical Education, Health, Middle School Physical Education, High School Physical Education

Friday, November 8, 2019 - Convention Program

Color Codes: PE – Blue Dance – Purple Health – Red Sports/Leisure – Green General – Yellow

227 Exhibitors' Booths

Friday 8:00 AM - 12:00 PM Cypress I & II

Friday - Exhibits open 8:00 AM closes at 12 Noon.

228 Closing Luncheon & Awards Presentation

Friday 12:00 PM - 1:30 PM Premier I

Presenter(s): Karen Simpson, LAHPERD President 2019

Division: All Divisions

Section(s): All sections

229 Post Convention Board Meeting

Friday 1:45 PM - 2:45 PM Mississippi/Delta Queen

Presenter(s): Kerri Lee, President Elect 2020

Division: All Divisions

Section(s): All past, current and incoming board members and chairpersons.

230 Past Presidents Social

Friday 10:00 AM - 10:50 AM Presidential Suite

Presenter(s): Susan Gremillion, Past President 2018

Section(s): All LAHPERD Past Presidents