

Embassy Suites, Murfreesboro October 24-26, 2021



OUR MISSION:

PROMOTING PHYSICALLY ACTIVE LIFESTYLES FOR
TENNESSEANS THROUGH DEVELOPING AND
MAINTAINING QUALITY PROGRAMS IN HEALTH, PHYSICAL
EDUCATION, RECREATION, AND DANCE; AND TO PROVIDE
MEMBERS WITH
PROFESSIONAL DEVELOPMENT
OPPORTUNITES THAT WILL
ENHANCE KNOWLEDGE, SKILLS, AND
PROFESSIONAL PRACTICES







Tag photos on Instagram using #Tahperd21

2021 TAHPERD Convention Survey "Re-emerge Stronger"

Your input and opinions are valuable to the success of TAHPERD and the level of service offered to members. Please take time to complete the convention evaluation form and place it in the survey box.

With 1 being the lowest and 5 being the highest, please answer the following questions:

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Please notify the Program Editor (<u>Alysia.jenkins@mtsu.edu</u>) if you find any inaccurate or missing information in the program.

Event Schedule/Day-at-a-Glance

Sunday, October 24

- o Registration 12:00 p.m. 5:00 p.m.
- o Workshops 1:00 p.m. 6:15 p.m.
- o Exhibits Extravaganza 6:00 p.m. 9:30 p.m.
- o Trivia! 7:30 p.m. -9:30 p.m.

Monday, October 25

- o Registration 7:00 a.m. -4:00 p.m.
- o Sessions 7:55 a.m. 4:30 p.m.
- o Exhibits 9:00 a.m. 5:00 p.m.
- o Lunch, Poster Presentations, & Sessions 11:45 a.m. -1:00 p.m.
- o Superstars Competition 11:45 a.m. -2:00 p.m.

Tuesday, October 26

- o Registration 7:30 a.m. 10:00 a.m.
- o Sessions 7:55 a.m. 11:00 a.m.
- o Luncheon 11:45 a.m. -1:00 p.m.
- o Board Meeting following luncheon





Covid vaccines are being offered in the parking lot adjacent to the convention center Monday, October 25, 10 a.m.-2 p.m.

If you have a fever or two or more Covid symptoms, please refrain from attending the convention.

We recommend masks for anyone attending regardless of vaccination status.

We encourage everyone to use their best judgment when attending the convention.

The hotel will provide sanitation stations and masks. Embassy Suites requests each person regardless of vaccination status to wear a mask.



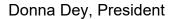
Welcome from the President

Welcome all, to the 51st Annual TAHPERD Convention. After two years, it is great to see everyone back. While we haven't seen each other in a sometime, board members have worked hard to bring you a variety of presenters and topics that will keep you invested over the next few days. With over 80 sessions, attendees will find sessions valuable to your own professional growth, and/or that of your students or athletes. You should also make a point to introducing yourself to other attendees in order to increase your professional network, create possible future collaborations, and become more familiar with the TAHPERD organization.

A special thanks goes out to the TAHPERD board members for agreeing to remain in their positions for another year, as we had to cancel the 2020 convention and no elections took place. Thanks also to, Cyndy Davis who organized the program proposals in a way that allows you to experience this convention in the most productive way, Laura Morefield-President-elect and Andrea Congleton- Executive Director for the support and assistance with the intricate details of this year's convention.

The theme Re-emerge stronger is meant to remind everyone that while we have been going through a difficult time in the wake of Covid-19, teaching and learning online, in classrooms where you were socially distanced and masked, and/or not permitted to share equipment-limiting learning opportunities. But you stepped up, focused learning on topics that were conducive to this environment, adapted new learning strategies, and so much more- Re-Emerging stronger than before! This theme was used in the virtual 5K also, because the same is true of health and physical activity; when we start a journey, we will always come out stronger! I hope you will look back to early 2019 and see just how much you have grown, adapted, learned, and come out stronger.

It has been a privilege to be entrusted with the position of TAHPERD President. Thank you to all who have supported me in this position and encouraged me through these past two years.





Welcome to TAHPERD's Re-Emerge Stronger Convention! We are excited about this year's face to face convention; the TAHPERD board sure missed seeing everyone and celebrating with a convention last year. I would like to take a moment and celebrate YOU. Never in a million years, would you think about teaching or going to school, during a pandemic. You have succeeded in integrating more technology, discovered new ways to teach, and have remained being gurus at rolling with changes. Take a moment to celebrate those victories and others.

I hope you enjoy kicking off the convention with a wonderful workshop, followed by our exhibits opening and trivia! Grab a snack, meet a new exhibitor, and test your knowledge! We have prizes for our top trivia teams and if you visit all exhibitors, you will be entered for door prizes. (Remember to drop your name badge and holder in the designated areas to be entered for extra prizes.)

This year, we're trying something new with our exhibitors. Their name badge has a QR code, you can scan that with your phone and email them on the spot. We hope you find this as an easy way to connect with them.

Take a moment to mark your calendar for more professional development. The Health and Physical Literacy Summit will occur February 13-15 in Birmingham, Alabama. This conference is one you won't want to miss, it will be reminiscent of the SHAPE convention in Nashville a few years ago; top notch presenters, likeminded colleagues from all over the United States, and it's in Tennessee's back yard. If February doesn't work out, we hope you attend a summer workshop, look for these dates coming soon on our website.

We strive each year to bring you diverse ideas, teaching methods and strategies throughout the convention. If the pandemic has taught me anything, it is to give grace more often. With that being said, please be kind and give grace to everyone during the convention. This convention may feel differently than those in the past, but we are thankful we get to celebrate this year and that includes the positive and negative.

If you would like to become more involved in TAHPERD, please reach out to any of our board members. Again, I would like to remind you of the exceptional individuals that you all are and celebrate you, each day holds a new victory whether it is big or small it deserves to be celebrated, just like you!

All the Best, Andrea Congleton Executive Director







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through

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TAHPERD hosted a virtual 5K pre-convention. Participants from all over Tennessee, from Auburn-Nashville-Clarksville-Columbia-Martin, walked, jogged, and/or ran to support professional development, grants, and legislative actions on behalf of TN teachers and students. **Thank you** to all who supported the event!







2021 Nominees for TAHPERD Board Elected Offices

Nominee for President-Elect

Derek Zachary Physical Education Teacher Wilson Elementary School Crawford, TN



Nominee for VP Elect Health & Wellness Division



Andrew Martin
Coordinated School Health
School Health Supervisor
Germantown Municipal District
Germantown, TN

Nominee for VP Elect General Division



Greg Congleton ETR Regional Manager Murfreesboro, TN

2021 Nominees for TAHPERD Board Elected Offices continued

Nominees for VP Elect Physical Education Division

Mason Goad
Physical Education Teacher
Powell Valley Elementary & Middle
Schools
Speedwell, TN





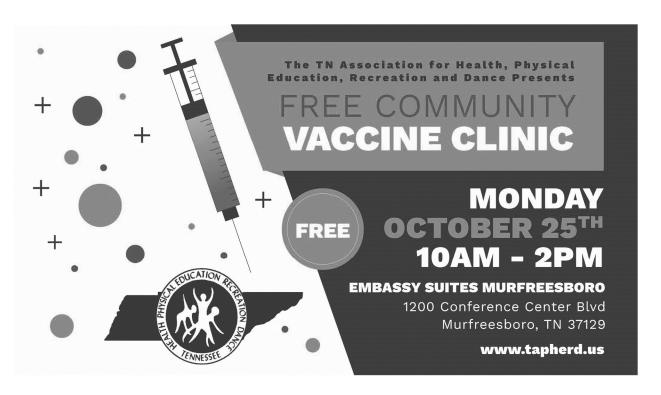
Mindy Kiser
Physical Education Teacher
George R. Stuart Elementary School
Cleveland, TN



2021 TAHPERD Voting Ballot

Please mark your selections, remove this page from the program, and drop it in the ballot box at the registration desk by Tuesday at 10:00 a.m.

President-Elect	VP Elect Health & Wellness
Derek Zachary	Andrew Martin
Write-in choice:	Write- in choice:
VP Elect General Division	VP Elect Physical Education
Greg Congleton	Mason Goad
Write-in choice:	Mindy Kiser
	Write-in choice:



Help us spread the word about the upcoming TAHPERD Vaccine Clinic at this year's annual convention!

Monday, October 25th | 10am - 2pm

Embassy Suites Murfreesboro

1200 Conference Center Blvd Murfreesboro, TN 37129

Be sure to follow TAHPERD on Facebook and Twitter (@TAHPERD).

Suggested Posts:

- Join us in Murfreesboro on Monday, October 25th for a FREE community vaccine clinic. We'll be rolling up our sleeves and stopping the spread of COVID-19 from 10am-2pm!
- Vaccines are SAFE EFFECTIVE FREE! Get yours at our community vaccine clinic at the Embassy Suites in Murfreesboro on Monday, October 25th from 10am-2pm!
- Still not vaccinated? Health professionals will be on hand to answer your questions and provide FREE COVID-19 vaccines at this year's TAHPERD convention. Join us Monday, October 25th, 10am-2pm!

SUNDAY, OCTOBER 24

TIME	LOCATION	PRESENTERS	SESSION
1:00- 4:00	Cambridge AB	Laura Morefield, UT Southern & Donna Dey	CPR/AED/First AidCertification Workshop This workshop will focus on CPR/AED/First Aid skills. Participants that successfully complete the workshop may elect to receive a CPR/AED/First Aid Certification valid for two years from the American Red Cross. If successful participants would like to obtain the certification, there is a fee of \$30 payable to the instructor (This covers the Red Cross certification fee – Cash or Venmo only).
2:00- 4:00	Mirabella F	Clayton Sheehan, Austin Peay State University	Teambuilding- Tips, Tricks, and the Theories Behind It This interactive program will go over the theories behind teambuilding programs. How you can use them in different programs, and how to plan for them.
4:15- 6:15	Cambridge AB	Mark Bloodworth & Heather Piergies, TN Dept. of Education PE/PA	Characteristics of Effective Health Education Curricula This session emphasizes teaching functional health information (essential concepts); shaping personal values that support healthy behaviors; shaping group norms that value a healthy lifestyle; and developing the essential health skills necessary to adopt, practice, and maintain health—enhancing behaviors. Less effective curricula often overemphasize teaching scientific facts and increasing student knowledge.
	Mirabella F	Dr. Stuart Currie, UT Martin & Dr. Ajit Korgaokar, Tennessee Tech University	A Student- Centered Approach to Teaching Net Games In this interactive physical education workshop, attendees will learn a student-centered approach to teaching net games. Key pedagogical principles of game-based teaching will be discussed along with small-sided net game teaching/playing examples. Be ready to play in this workshop.
6:00 - 9:30	Mirabella BCD		Exhibits Extravaganza Vendors' and exhibitors' booths will open. Come see the wide range of products and services for delivering quality health, physical education, dance, and recreation programs.
7:30- 9:30	Mirabella E		Trivia! Question: What's the best way to spend Sunday evening at the TAHPERD Convention? Answer: Trivia Night! Join us and test your knowledge at Trivia Night! Teams can have a maximum of five players to be eligible for prizes. There will be prizes for first, second, and third place teams.



Lunch

Don't forget that your registration includes lunch on Monday and Tuesday. Box lunches will be available Monday; a full meal will be served at Tuesday's luncheon . You will need your name tag for both meals.

Name Badge

Please wear your TAHPERD name badge to all convention functions. They will be checked at various points and for lunch. We appreciate you <u>returning</u> the nametag lanyard at the end of the convention to be reused next year and minimize costs.

Superstars Competition

Calling all professionals and students! Get a team of 4 and try your skills. Prizes to top 3 teams. Sign up near the registration desk.

Tom Cronan Bill (elementary physical education)

Sessions on Tuesday regarding effects on programs and scheduling of the new elementary physical education law

Submit an award nomination form for a deserving colleague or administrator. Forms are available during convention and www.tahperd.us

TAHPERD has a podcast! Be sure to check out The PE Volunteer Podcast during convention as well as on Spotify or www.tahperd.us/podcasts

Exhibit Passport

As you visit our exhibitors, don't forget to fill up your exhibit passport at each booth for a chance to win some great door prizes.



MONDAY, OCTOBER 25

TIME	LOCATION	PRESENTERS	SESSION
7:55- 8:25	Broadlands A	Dr. Katherine Pebworth, Lincoln Memorial University	In the hunt for a Graduate Assistant spot or job! What are you going to do after your graduate? Getting a leg up on that Graduate Assistantship or job. Come learn some hints about applying and interviewing.
	Broadlands B	Dr. Angelo Botta & Dr. David Bow, Tusculum University	Implementing Water Aerobics into the Physical Education Curriculum This program presents water aerobics as a physical education activity course offering in a university setting.
	Mirabella I	Dr. Jamie Jacob Brunsdon, University of Memphis	Policy Forum: A Space for Advocacy? The purpose of this forum is to create a safe space for health and physical educators to discuss the good, the bad, and the ugly associated to all things educational policy. In this way, it is hoped that all kinds of educators can come together as multiple communities of practice and with the goal of developing an understanding of how we might individually and/or collectively advocate for positive change.
8:00 - 9:00	Oakleigh AB	Dr. Lisa Lewis, Austin Peay State University	Country Line Dance Learn Copperhead Road, Boot Scootin Boogie, Tush Push and Watermelon Crawl, four of the most popular country line dances in this session. Bring back these old favorites to your middle or high school students.
	Oakleigh C	Zeke Bailes, New Hopwell/ Mt. Olive	Blazepod: Activities and Assessments to improve Student Engagement Improving student engagement for grade levels K-6 with Blazepod assessments and activity examples. Take your students on an adventure into the world of Blazepod. Create an atmosphere enjoyable to both small and large groups with a powerful tool unknown to most Educators. Blazepods are fun, insanely dependable, and awesome!
	Mirabella E	Dr. Todd Layne, University of Memphis & Keith Loupe, University Middle School	Introduction of <u>Pre-Season</u> Phase of a Pickleball Sport Education Season A Sport Education season can be overwhelming to a teacher implementing the model for the first time. Last year, I introduced you to Day 1 and 2 of a Sport Education season. In this session, participants will serve as students for an introduction to components of the pre-season phase of a Pickleball unit. Participants will leave confident of knowing how to begin Sport Education with their students.
	Mirabella F	Nick & Kaylee Woodard, Learnin' the Ropes	Jump Rope - Build on the basics and make jump rope fun! Learn the basics and more for teaching single rope, partner jumping, long rope and Double Dutch. You'll understand the fundamentals of breaking skills down in the most simplistic way to help make your students successful. You'll also learn games and ways to keep your students engaged and having fun!

TIME	LOCATION	PRESENTERS	SESSION
8:00 - 9:00	Cambridge AB	Dr. Jeff Knox, Carson Newman University	Physical Education Essentials Essentials of Quality Physical Education and Fundamentals of Lesson Design are explored.
	Mirabella J	Becky Bocz, University of Memphis & Andy Martin, Germantown Municipal School District	University and School District Collaboration and Mentoring Program In this session, we will share our ideas and how we will strengthen the community relations between the Germantown Municipal School District (GMSD) and the University of Memphis PETE program. Developing a model that represents how best to utilize our future PE teachers, while completing all PETE courses, by creating a mentoring program with strong and effective PE teachers in our communities. We would also love to hear your ideas for collaboration between school districts and universities.
	Mirabella BCD	Heather Piergies, TN Department of Education PE/PA Director	Learning through Movement Physical education isn't the only time in the school day for students to move, but not everyone knows where to start their students moving without STOPPING their teaching. Learn and practice simple activities and techniques to integrate academic content with movement to easily turnkey with your colleagues as a physical activity champion or integrate into your physical education instruction.
8:35- 9:05	Broadlands A	Dr. Robin Hardin, UT Knoxville; Dr. Cindy Veraldo, Mt. St. Joseph's University; Kelsie Saxe, UT Knoxville	Career Mobility Challenges for Women in Collegiate Athletics Women face a plethora of challenges working in collegiate sport, and these challenges are not specific to one position. They can be found across the entire athletic department as noted by the similarity in experiences from women who are graduate assistants to athletic directors to conference commissioners. These women - no matter what position they hold - face complex barriers across multiple levels leading to marginalization and oppression.
	Broadlands B	Laura Morefield, UT Southern	I Just Finished My Last Class. Now What? Are you close to finishing your academic program and not sure what to do next? This session is for you! In this session, we will discuss how to find and land your first job after college. Specific topics will include resumes, interviews, where to look for jobs, and resources for students.
	Mirabella I	Laura Gilpin, Cumberland County High School	Activity and your brain, or is it your body? Your movement and your brain activity? Your body and your emotions? Your sleep and activity balance? How does all of this work together and what can you do to help yourself and your students? It sometimes takes being good to yourself and then not feeling guilty, then teaching our student the same thing along with fun new brain things.
9:15- 10:15	Oakleigh AB	Dr. Lisa Lewis, Austin Peay State University	American Folk Dance Take a step back in history when the early settlers brought folk dances to America. Square dance and the Longway dance Virginia Reel are easy dances to learn. This session will teach both styles of dance, and designed for elementary to middle school age students
	Mirabella E	Daniel Hill, OPEN National Trainer	Bridge the Gap In this session, Daniel Hill- OPEN National Trainer will share a variety of new K-12 outcomes-based lessons from OPEN that will help physical educators bridge the gaps created by the pandemic.

TIME	LOCATION	PRESENTERS	SESSION
9:15- 10:15	Mirabella F	Kaila Carter, Jack Whaley, & Holly Follett, Nolensville Elementary	Sitting Volleyball Paralympic sport that can be played by all students from elementary through high school. This unit introduces the history of the Paralympics, the sport of sitting volleyball, and will teach students about higher level sports/athletic opportunities for individuals with disabilities. Sitting volleyball develops the psychomotor, cognitive, and affective domains by teaching basic skills, healthy competition/sportsmanship, and gameplay strategies.
	Mirabella GH	Stephanie Congo, Memphis Energy Medicine, Yoga and Healing Arts	Creating A Mindful School Community: Chair Yoga, Breathingand Meditation Class Always on the run and finding it hard to focus or find peace? The benefits of yoga are clearer thinking, greater patience and a calmer state of being. In this yoga class we will practice balance, strength and flexibility in body, mind and breath. We will flow between movement and stillness to strengthen the body, calm our stress response, and boost our immunity. All levels and abilities are welcome. Please wear comfortable clothing. This is a movement class.
	Mirabella BCD	Dan Basler, Chattanooga School for the Liberal Arts	50 more Challenging Partner and Small Group Lead Up/Skill Acquisition Activities Another round of 50 activities including teambuilding, core inclusion, lead-up activities, skill acquisition, and fun.
	Cambridge AB	Shannon Haselhuhn, Austin Peay State University	Leading Students to their Best Life through Health Habits Health coaching strategies, and motivational interviewing techniques have shown promise in creating sustainable health behaviors in individuals. Connecting personal health and lifestyle behavior to overall quality of life allows for growth in motivation and confidence in regard to health and fitness. Join an informative idea sharing session to bring individual goal setting, behavior change interventions, and personalized motivation into the physical education curriculum.
	Broadlands A	Dr. Matthew Brunet, Union University	Strategies for instilling mentaland physical toughness in today's youth athletes As mental health awareness increases, many coaches are hesitant to challenge their athletes, physically or mentally, for fear of pushing them over the edge. While other coaches remain ignorant to the developments made in mental health research and endanger their athletes' well-being. Now more than ever, finding the proper balance is pivotal in developing today's youth, and helping them develop toughness, character, and grit.
	Broadlands B	Dr. Marcy Maurer, Austin Peay State University	TAHPERD Grants: Success Stories and Application Procedures During the first part of the program, 2020-2021 TAHPERD grant recipients will share with the audience the project that was funded with the TAHPERD Grant. The second part of the session will focus on the grant application process. To find the grant application, go to www.tahperd.us, click on Explore tab and then the Grants link in the box. Applications may be submitted on-line only.

TIME	LOCATION	PRESENTERS	SESSION
9:15- 10:15	Mirabella I	Dr. Stuart Currie, UT Martin; Andrew McCarthy, Waterford Institute of Tech; Chris Gillies, UT Martin	From Ireland to the USA: Developing an International Strength and Conditioning Internship Presenters will share their experience of developing an international strength and conditioning internship between Waterford Institute of Technology, Ireland and the University of Tennessee at Martin, USA. Attendees will learn the steps required to organize and implement an internship, challenges faced by the intern when coaching individual and team Olympic sports, and professional benefits for undergraduate sport and exercise science students.
	Mirabella J	Andrew Martin, GMSD	Bike Safety & Education programs are an exciting addition to any Physical Education program. Join me as we go over how to build your school/district's Bike Program. We'll discuss how to obtain funding, connecting with local vendors, and effective implementation of a comprehensive bike curriculum.
10:30- 11:30	Cambridge AB	Cindy Cooper, Dairy Alliance	Fuel Your Good with Dairy (What Can Dairy Do for YOU) Participants will learn the value of Dairy in the diet from building bones to rehydration. Participants will look at the sugar in alternative beverages as compared to Dairy. Attendees will look at Dairy as a Nutrient Powerhouse and receive resources for classroom teaching activities.
	Broadlands A	Dr. Tina Bozeman, Metro Nashville Public Schools	Understanding TN Laws regarding Family Life Education/Sexual Health Education This session will provide participants with a better understanding of TN Laws relative to Family Life Education / Sexual Health Education. Participants will receive a guidance document to assist in knowing what is allowed and not allowed when teaching sexual health education in high school lifetime wellness classes.
	Broadlands B	Dr. Gregg Steinberg, Austin Peay State University	You don't need a title to be a great leader! Regardless of position, you are a leader. And great leaders develop an effective and productive culture. To develop the best culture, you must have a clear vision. This presentation will illustrate how to develop a clear vision so that you can develop a highly productive culture in the classroom and playing field.
	Mirabella I	Dr. Laura Brown, T. Sherman, S. Currie, M. Cupples, UT Martin	Active Schools This session will be beneficial for both physical educators and coordinated school health personnel. You will be updated on the most current information regarding grant opportunities, physical activity updates, as well as resources to share with your local school districts.
	Mirabella J	Dr. Ajit Korgaokor, Tennessee Tech University & Dr. Stuart Currie, UT Martin	Introduction to Tactical Periodization The main objective of this presentation is to introduce attendees to the main principles of Tactical Periodization. Tactical Periodization is relatively new methodology for training and preparing players that has been adopted by world renowned sport coaches: José Mourinho & Pep Guardiola (soccer) and Eddie Jones (rugby).

TIME	LOCATION	PRESENTERS	SESSION
10:30- 11:30	Mirabella BCD	Alex Adams, Austin Peay State University	Long rope and jumping and landing skill progression Skill progression through the K-5 standards related to long rope and jumping (vertical and horizontal) and landing. Progression will start at pre-control level then end with proficiency level tasks. Critical elements, common errors, and teaching tips will also be presented.
	Oakleigh AB	Dr. Kason O'Neil & Dr. LeAnn Olson, East Tennessee State University	Teaching TacticalSkills and Strategies in Secondary Physical Education What if secondary physical educators flipped from the traditional sport-specific emphasis and made tactical decision making within sport the primary focus? This interactive session will discuss how teaching tactical skills and strategies in PE can increase student interest, empower students through problem-solving, and increase transfer between sports. Presenters will demonstrate instructional techniques that can help teachers implement more tactical skills and strategies.
	Oakleigh C	Charity Rice, Melissa Stillings, & Chris Orton, Liberty Elementary	Not Your Average PE Unit In this session, we will provide information and lesson plan ideas for some of our units that are a little out of the ordinary! Some of the units we will cover include Outdoor Unit, Veteran's Unit, Fencing Unit, and more! Though we teach these units in an elementary setting, they could easily be modified for upper grades.
	Mirabella E	Daniel Hill, Fayette County	Nutritional Nuggets Nutrition education with a TWIST! This movement session will be a BUFFET of activities you can use to encourage your students to take a BITE out of learning to eat healthy for life! Leave this session stuffed with RECIPIES for covering nutrition standards without sacrificing activity time. Particular focus placed on highlighting opportunities to implement the WSWC (whole school whole child) model.
	Mirabella F	Chase Cochran, W.A. Smith Elementary	Elementary Gymnastics This session will give you direction on how to teach a four-week elementary gymnastics unit. Whether you are skilled in demonstrating gymnastics or not, your students can benefit greatly from your instruction. Many students will not go on to sport in gymnastics but skills such as strength, flexibility, balance, and locomotor and non-locomotor will provide students with a foundation for all other physical activities.
	Mirabella GH	Stacy Baugues, PowerUp Your School	Teaching 21st Century Skills through Physical Activity aligned with Academics and Social-Emotional Learning This session will include more than 20 ways to align physical activities with Math and ELA standards and social-emotional learning concepts. Attendees will gain the knowledge and understanding of how to integrate academic standards with physical activities, exercises, and games. The session is ideal for in-person, hybrid, and virtual learning physical education/physical activity for grades K-8.



Congratulations to the following professionals for outstanding work in health and physical education:

2019-2020

Shea Layne, Whitwell Middle School Middle School Teacher of the Year

Dan Basler, Lookout Valley Middle School Secondary Teacher of the Year

Janel Garrett, Sumner County Schools Connie Hall-Givens Coordinated School Health Award

> Stephen Dowda, University of Memphis James E. Ward Future Professional Award

2020-2021

Grace Pickett, Whitwell Elementary School Elementary Teacher of the Year

Hayley Wood, Signal Mountain Middle School Middle School Teacher of the Year

Andrew Martin, Germantown Municipal Schools Connie Hall-Givens Coordinated School Health Award



Crystal Williams, SHAPE America Southern District 2021 Teacher of the Year Elementary Physical Education



Crystal Williams of Bailey Station Elementary School (Collierville) was named the 2021 Southern District Elementary Physical Education Teacher of the Year by SHAPE America. The award is given in recognition of outstanding teaching performance at the elementary school level and the ability to motivate today's youth to participate in a lifetime of physical activity. Ms. Williams has more than 10 years of experience in teaching at the college-level, pre-K-8 physical education, and coaching.

Ms. Williams serves on the TAHPERD Board as the Vice-President Elect for the physical education division. She also is part of the TAHPERD technology committee. She previously was a Lead Physical Education Teacher for Collierville Schools and a Cooperating Teacher for the University of Memphis.

We are so lucky to have her expertise, energy, and leadership! Way to go, Crystal!



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TAHPERD has fundraising opportunities for your school and physical education programs that also give back to TAHPERD! Earn free TAHPERD membership and convention registration too! Sign up at tahperd.us



Health.Moves.Minds. (SHAPE America) A school-based program with both educational and fundraising components. It will focus on core areas related to health and wellness and will include new standards-based classroom and event resources for teachers. Health. Moves. Minds. allows students to raise funds to support their school and important local causes. SHAPE America has done tremendous work to make these programs a reality, and we look forward to many years of partnership that continue the advancement of physical education, health, and physical activity for future generations.



Yoga Power (American Lung Association) A school-based fundraising initiative that will help bring awareness to the importance of lung health. Yoga Power is a fun way for students to show support for the fight against lung disease and to help promote healthy lungs. By practicing yoga, children can learn how to exercise, discover the power of their breath, develop confidence and strengthen the mind-body connection. Children enjoy amazing benefits from yoga both physically and mentally. Yoga Power includes education around the importance of proper lung health and will teach healthy breathing practices. Additionally, the Yoga Power program teaches the value of community service—by collecting donations, you can raise awareness and vital funding to help those who are suffering from lung diseases such as asthma, lung cancer, and emphysema.

MONDAY, OCTOBER 25 (CONTINUED)

TIME	LOCATION	PRESENTERS	SESSION
11:30-	Hallway		LUNCH WITH CONCURRENT SESSIONS
1:00			Get your meal and take it into any session to lunch and learn.
11:45- 12:45	Hallway		Poster Presentations Take an opportunity to view research in the various TAHPERD fields. Poster details provided on page 31.
11:40- 12:10	Cambridge AB	Dr. Jamie Harvey, UTC	How to teach in your 6th decade with impassioned enthusiasm & professionalism! As a university associate professor for 37 years, how I continue to enthusiastically teach each year is true joy! Learn some tips on the 'brighter side' of an older professional who remains passionate about to continuance for teaching health, physical education & Wellness! How is this passion communicated for a life-long adventure in physical activity? Share the Love for being a Health & physical educator!
	Broadlands B	Dr. Yoseph Mamo & Dr. Tim Jones, Tennessee State University	Internship in Sport Management Program: Organizational learning Approaches As the sport industry becomes highly competitive and rapidly changing due to technological and environmental factors, it is imperative for the sport management program well prepared for these relatively new demands. The primary significance of this study is to provide direction for sport management programs on how to learn the current demand in sport organizations. In this way, we aim to provide insights regarding which organizational and environmental contexts influence the internship process.
	Mirabella I	Dr. Jamie Jacob Brunsdon, University of Memphis	Character-based Pedagogy: From Virtue to Flourishing In this presentation, I hope to address how one character-based pedagogy, as informed by the teaching of different kinds of virtue, can potentially guide youth towards leading a flourishing life. In this way, it is hoped that current and future health and physical education teachers might self-actualize their understanding of, and ability to morally educate young people.
	Mirabella J	Dr. Tim Wilson, Tusculum University	Teaching Sport Management During a Pandemic: What I have Learned as an Educator As someone who has taught sport management for over 20 years, I never thought I would be required to totally reinvent my teaching style and delivery method. However, COVID-19 sent me as well as many others in academia scrambling to figure out how to continue teaching our students with all the new guidelines. In this presentation, I will discuss the life lessons I have learned teaching sport management during a pandemic.
	Broadlands A	Dr. Tim Leszczack, Austin Peay State University	What's Next: The Graduate School Option The purpose of the presentation is to provide undergraduate students information about graduate school. The presentation will cover multiple areas of graduate school to include: the admission process, types of graduate programs, why attend graduate school, and graduate assistantships.

TIME	LOCATION	PRESENTERS	SESSION
11:45- 12:45	Oakleigh AB		Exhibitors Share Session Wayne Hines, Moderator
	Oakleigh C		College and University Open Discussion Dr. Lisa Lewis, Moderator
	Mirabella E		Physical Education, Tom Cronan Law Open Discussion Dr. Fran Hoogestraat, Moderator
	Mirabella F		PETE 21 st Century Challenges and Solutions Open Discussion Dr. Stuart Currie & Heather Piergies, Moderators
	Mirabella GH		Coordinated School Health Open Discussion Heather Piergies & Cathy Jennings, Moderators
	Mirabella BCD	Michael Cathey and Laura Morefield, Coordinators	Superstars Competition Calling all professionals and students! Get a team of 4 and try your skills. Prizes to top 3 teams in each division. Sign up near the registration desk.
12:20- 12:50	Cambridge AB	Dr. Jamie Harvey, UTC	How to teach in your 6th decade with impassioned enthusiasm & professionalism! As a university associate professor for 37 years, how I continue to enthusiastically teach each year is true joy! Learn some tips on the 'brighter side' of an older professional who remains passionate about to continuance for teaching health, physical education & Wellness! How is this passion communicated for a life-long adventure in physical activity? Share the Love for being a Health & physical educator!
	Broadlands A	Dr. Josh Greer, Bethel University	Experiential Learning in Sports Management This presentation will provide an overview and outline for the planning and implementation of experiential learning that took place during the activities and events leading up to the Super Bowl in Tampa Bay.
	Broadlands B	Dr. Carol Irwin, R. Bocz, T. Layne, J. Brundson, University of Memphis	Lieberman- Brian Inclusion Rating Scale for Physical Education This program will highlight the Lieberman-Brian Inclusion Rating Scale for Physical Education (LIRSPE), a comprehensive rating scale to evaluate effort made by teachers to include children with disabilities and create a universally designed environment. The LIRSPE measures actions taken by teachers to ensure students with disabilities are offered PE opportunities alongside their typically developing peers. This scale can also help show need and provide rationale for adapted PE equipment.
	Mirabella I	Dr. Katherine Pebworth, Lincoln Memorial University	National Academy of Health and Physical Literacy (The Academy) Join this information session to learn about a new national professional organization for our fields. The Academy's first meeting will be in Birmingham in February at The Summit Conference.
	Mirabella J	Rachel Wilson, Central Care Counseling	Practicing Mindfulness In this presentation, Rachel will discuss and lead audience through a mindfulness activity.

TIME	LOCATION	PRESENTERS	SESSION
1:00- 2:00	Cambridge AB	Dr. LeAnn E. Olson & Dr. Kason O'Neil, East Tennessee State University	Engaging Students in Health Literacy Using Fiction Novels Using narrative communication (e.g., stories, historical accounts, lived experiences) can provide an opportunity to engage students with health-related scenarios that demonstrate application of health skills in authentic ways. There are a variety of ways to access and use novels to increase the depth of learning in most, if not all, content areas within health education. This session will explore and provide examples on how to use fiction novels to teach health content and skills.
	Mirabella I	Dr. Alysia Jenkins, Middle TN State Univ.	Collaborative Research for Predicting Success on the edTPA Extending research of predictors of success (ACT, GPA, Praxis Core, Praxis 2, Course Grades) to universities across the state.
	Broadlands B	Chris Gillies, UT Martin	Strength and conditioning strategies for high school rotational athletes In this interactive session, attendees will learn key strength and conditioning strategies for high school rotational athletes. Learn assessment and exercise protocols for program application.
	Mirabella J	Deborah Tackmann, Fall Creek & Dignity Revolution	Outrageous Teaching Techniques: Emotional Health Education With each new generation comes new challenges. Bullying, peer pressure, negative self-perception – the list goes on. According to the National Institute of Mental Health approximately 20% of teens between the ages of 13-18 have or will have a mental illness. Join in the fun as you learn dynamic evidence-based techniques geared to help you effectively teach interpersonal communication skills that are essential at addressing tough issues like bullying and suicide prevention.
	Oakleigh AB	Stacy Baugues, PowerUp Your School	Teaching 21st Century Skills through Physical Activity aligned with Academics and Social-Emotional Learning This session will include more than 20 ways to align physical activities with Math and ELA standards and social-emotional learning concepts. Attendees will gain the knowledge and understanding of how to integrate academic standards with physical activities, exercises, and games. The session is ideal for in-person, hybrid, and virtual learning physical education/physical activity for grades K-8.
	Mirabella E	Derek Zachary, Wilson Elementary School	Omnikin Six Ballsfor Fitness and Fun The Omnikin Six Ball activities will get the blood pumping, the heart thumping, and the muscles moving. These are six 18" different colored balls used for fitness games, team building, and color team challenges. They are light, durable, non-threatening and promote maximum participation for all ages and skill levels. Your students will reap so many benefits from taking part in the Omnikin experience.
	Oakleigh C	Ron Malm, Focused Fitness	Skill Assessment that Makes a Difference Skill assessment in the gym doesn't have to be complicated or time consuming. In this session we'll look at assessment options from a teacher and student perspective that will integrate seamlessly into any lesson. Join us for some fun games and best practices that get you the data needed for quality instruction and enhanced learning.

TIME	LOCATION	PRESENTERS	SESSION
1:00- 2:00	Mirabella BCD		Superstars Competition Teams of 4 professionals or students; sign up at the registration area Michael Cathey and Laura Morefield, Coordinators
	Mirabella F	Kaila Carter, Jack Whaley, & Holly Follett, Nolensville Elementary	Sitting Volleyball Paralympic sport that can be played by all students from elementary through high school. This unit introduces the history of the Paralympics, the sport of sitting volleyball, and will teach students about higher level sports/athletic opportunities for individuals with disabilities. Sitting volleyball develops the psychomotor, cognitive, and affective domains by teaching basic skills, healthy competition/sportsmanship, and gameplay strategies.
	Mirabella GH	Wayne Hines, East Nashville Magnet High & Brian Kelly, Williamson County Schools	TUFFS Tennessee Urban Fishing for Schools TUFFS-Tennessee Urban Fishing for Schools will present an introductory instruction on how to teach Reel fishing to all age students. Coach Hines and Coach Kelly have taught over 3000 students and adults on how to successfully fish using the spinning reels in Tennessee schools. This presentation will focus on teaching teachers how to instruct their classes using these simple techniques. Lesson plans, rods, reels, & videos will be accessible to those who attend.
2:15- 3:15	Oakleigh AB	Eric Larson, Interactive Health Technologies	Increase Moderate to Vigorous Physical Activity (MVPA) in Physical Education Strategies will be presented to modify existing activities to increase MVPA while using IHT heart rate monitors. Learn how effective management of students, technology, equipment, and instructional time can yield more activity for your students. Takeaway from this session: 13 engaging fitness activities and team games that will enhance elementary, middle, and high school programs.
	Mirabella F	Nick & Kaylee Woodard, Learnin' the Ropes	Jump Rope - Build on the basics and make jump rope fun! Learn the basics and more for teaching single rope, partner jumping, long rope and Double Dutch. You'll understand the fundamentals of breaking skills down in the most simplistic way to help make your students successful. You'll also learn games and ways to keep your students engaged and having fun!
	Mirabella E	Dr. Todd Layne, University of Memphis & Keith Loupe, University Middle School	Introduction of Competition Phase of a Pickelball Sport Education Season A Sport Education season can be overwhelming to a teacher implementing the model for the first time. Last year, I introduced you to Day 1 and 2 of a Sport Education season. In this session, participants will serve as students of a regular season of a Pickleball unit including playing, scorekeeping, and officiating. Participants will leave confident of knowing how to use Sport Education with their students.

TIME	LOCATION	PRESENTERS	SESSION
2:15- 3:15	Mirabella GH	Wayne Hines, East Nashville Magnet High & Brian Kelly, Williamson County Schools	TUFFS Tennessee Urban Fishing for Schools TUFFS-Tennessee Urban Fishing for Schools will present an introductory instruction on how to teach Reel fishing to all age students. Coach Hines and Coach Kelly have taught over 3000 students and adults on how to successfully fish using the spinning reels in Tennessee schools. This presentation will focus on teaching teachers how to instruct their classes using these simple techniques. Lesson plans, rods, reels, & videos will be accessible to those who attend.
	Broadlands B	Dr. Laura Brown, T. Sherman, S. Currie, M. Cupples, UT Martin	Active Schools This session will be beneficial for both physical educators and coordinated school health personnel. You will be updated on the most current information regarding grant opportunities, physical activity updates, as well as resources to share with your local school districts.
	Cambridge AB	Cindy Cooper, Dairy Alliance	Why Build Your Own Smoothie? Participants will view (and assist) live recipe demonstrations. The recipes will include rehydrating and yummy smoothies. Participants will have the opportunity to sample and make healthy food and beverage alternatives that include REAL DAIRY! The function of the 13 nutrients found in Dairy will be discussed, also. Participants will recipe Smoothie recipes for home or school utilization.
	Broadlands A	Dr. James Holbrook, Cumberland University & Dr. Raymond Phillips, Delaware State University	Leadership Issues that Academics should know about the Sport Industry In recent years, academics have become more specialized in their fields of study, requiring definition concerning the NASSM/COSMA assessment in sport management. Using a Delphi Approach, this study examines leadership concerns of professionals in the sport industry to determine what criteria should be included in the sport management curriculum.
	Mirabella I	Dr. Alysia Jenkins, MTSU & Dr. Marcy Maurer, APSU	Supporting student- teachers during the edTPA process Are you a K-12 physical education teacher working with a student teacher who is preparing his/her edTPA portfolio? The purpose of this session is for the presenters to 1) educate the K-12 PE teacher on the process, and 2) provide hints to assist in the student teacher's success. Questions, experiences, and suggestions from the audience are welcome.
	Mirabella J	Deborah Tackmann, Fall Creek & Dignity Revolution	Outrageous Teaching Techniques: Emotional Health Education With each new generation comes new challenges. Bullying, peer pressure, negative self-perception – the list goes on. According to the National Institute of Mental Health approximately 20% of teens between the ages of 13-18 have or will have a mental illness. Join in the fun as you learn dynamic evidence-based techniques geared to help you effectively teach interpersonal communication skills that are essential at addressing tough issues like bullying and suicide prevention.
	Mirabella BCD	Marissa Kovach, USTA	USTA's Tennis in Schools Program With Net Generation, the USTA is committed to helping teachers introduce tennis in PE classes & connect to after-school programs. This interactive workshop will sample activities from the easy-to-follow lesson plans that were co-created with SHAPE America.

TIME	LOCATION	PRESENTERS	SESSION
3:30- 4:00	Oakleigh AB	Laura Morefield, UT Southern & Donna Dey	Stayin' Alive with Compression Only CPR This session will review the steps and skills for reacting in an emergency situation and conducing compression only CPR. Remember, the most important thing you can do in an emergency is choose to act.
	Cambridge AB	Dr. Carol Irwin, R. Bocz, T. Layne, J. Brunsdon, University of Memphis	Lieberman- Brian Inclusion Rating Scale for Physical Education This program will highlight the Lieberman-Brian Inclusion Rating Scale for Physical Education (LIRSPE), a comprehensive rating scale to evaluate effort made by teachers to include children with disabilities and create a universally designed environment. The LIRSPE measures actions taken by teachers to ensure students with disabilities are offered PE opportunities alongside their typically developing peers. This scale can also help show need and provide rationale for adapted PE equipment.
	Broadlands A	Dr. Jamie Jacob Brunsdon, University of Memphis	Character-based Pedagogy: From Virtue to Flourishing In this presentation, I hope to address how one character-based pedagogy, as informed by the teaching of different kinds of virtue, can potentially guide youth towards leading a flourishing life. In this way, it is hoped that current and future health and physical education teachers might self-actualize their understanding of, and ability to morally educate young people.
	Mirabella E	Dr. Katherine Pebworth, Lincoln Memorial University	Five-minute interdisciplinary games Quick warm up/cool down or waiting in a line games that are interdisciplinary in nature. From little activity to medium activity. Great games for the classroom, hallway, or gym.
3:30- 4:30	Broadlands B	Dr. Tina Bozeman, Metro Nashville Public Schools	Understanding TN Laws regarding Family Life Education/Sexual Health Education This session will provide participants with a better understanding of TN Laws relative to Family Life Education / Sexual Health Education. Participants will receive a guidance document to assist in knowing what is allowed and not allowed when teaching sexual health education in high school lifetime wellness classes.
	Oakleigh C	Zeke Bailes, New Hopewell/ Mt. Olive	Blazepod: Activities and Assessments to improve Student Engagement Improving student engagement for grade levels K-6 with Blazepod assessments and activity examples. Take your students on an adventure into the world of Blazepod. Create an atmosphere enjoyable to both small and large groups with a powerful tool unknown to most Educators. Blazepods are fun, insanely dependable, and awesome!
	Mirabella I	Andrew Martin, GMSD	Bike Safety & Education programs are an exciting addition to any Physical Education program. Join me as we go over how to build your school/district's Bike Program. We'll discuss how to obtain funding, connecting with local vendors, and effective implementation of a comprehensive bike curriculum.

TIME	LOCATION	PRESENTERS	SESSION
3:30- 4:30	Mirabella BCD	Marissa Kovach, USTA	USTA's Tennis in Schools Program With Net Generation, the USTA is committed to helping teachers introduce tennis in PE classes and connect to after-school programs. This interactive workshop will sample activities from the easy-to-follow K-12 lesson plans that were co-created with SHAPE America. Teachers will also become familiar with USTA resources (i.e., curricula, equipment) that are available to them at no cost.
	Mirabella J	Stephanie Congo, Memphis Energy Medicine, Yoga and Healing Arts	Creating a Mindful School Community: 12 Ways to Add Yoga at Your School The leading benefits of yoga in the school include improved attention, alleviated stress, and better memory, three important factors to academic success. Yoga also improves sleep, relieves anxiety, increases good mood, and supports emotional regulation. We will discuss 12 ways to add yoga at your school to improve the overall health and wellness of your students, parents, staff, and teachers.
4:10- 4:40	Hallways	Exhibitors	Visit exhibitor booths before ending the day. See you tomorrow morning at 7:55 a.m. for another great day! If you are not returning tomorrow, please drop your name badge at the registration deskthanks!







Poster Presentations Monday, 11:45 a.m. -12:45 p.m. in the hallway

- > Jacob Greer: Introduction to Blood Flow Restriction Training
- ➤ Tara Marisa Prairie, W. Weathers, N. Cuaran, L. Smith, J. Morris, & M. Gomes: Maintaining Physical Wellness During a Pandemic
 - ➤ Carly Williamson & Timothy Dasigner: Exploring Relationships Between Anxiety Sensitivity and Exercise-Related Self Efficacy







2021 TAHPERD Grant Winners



Name	School	City	Proposal
Alex Adams	Middle Tennessee State University	Murfreesboro	large screen tv/cart
Nikki Anderson	Deerfield Elementary	Manchester	letter learning and mini trampoline
Carol T. Bailey	Whitwell Middle School	Jasper	Teacher Fit kit
Timothy Dasinger and Laura Brown	UT-Martin	Martin	swimming equipment
Melissa Markham	Mt. Carmel Elementary	Mt. Carmel	cardio drumming
Cindy Miniard	Crab Orchard Elementary	Crab Orchard	jump rope exhibition

TAHPERD provides 8 grants of up to \$500.00 each to current members. TAHPERD will support projects that improve the quality of, and access to, educational and training resources; improve the effectiveness of direct services to students; and foster communication, resource sharing and promotion of health/physical education/fitness/wellness/ activities within communities.

Completed applications for a TAHPERD grant must be submitted using the online form by **October 1** of each year.

http://www.tahperd.us/online-application

FOR FURTHER INFORMATION

Dr. Marcy Maurer

Phone: (931) 221-6105.

E-mail: maurerm@apsu.edu



USTA Tennis in Schools

The United States Tennis Association created the Tennis in Schools program to introduce students and teachers to the life-long sport of tennis. With Net Generation, the USTA is committed to helping teachers successfully teach tennis in their PE classes by providing resources such as equipment, pre-written curricula, trainings, and more all for free! The USTA will also help teachers connect with community tennis providers and after-school programs so that students can continue with tennis outside of PE class!

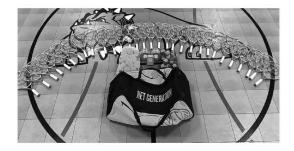


USTA Resources Available to Teachers

Training: Free three hour teacher workshop designed to show physical educators and extracurricular program leaders how to conduct a quality tennis unit. (in-person or virtual)

Curricula: Lesson plans under Net Generation were co-created by the USTA and SHAPE America, every activity within every single lesson meets SHAPE America National Standards and Grade Level Outcomes for K-12 physical education

Equipment: Free PE tennis equipment kit including rackets, balls, barrier tape, chalk, and large roller bag (pictured below)



To learn more, contact Tennessee Schools Coordinator, Marissa Kovach at **marissakovach@ustatn.com** or **615-953-1694**.

BOOST MEALS WITH MICHAELS WITH MIC



We support schools with staff trainings, recipes, and equipment grants.



Contact your Youth Wellness Representative:

Cindy Cooper, MPS, SNS

Manager of Youth Wellness, Tennessee

Cell: 678.427.8391

Email: ccooper@thedairyalliance.com



TUESDAY, OCTOBER 26

TIME	LOCATION	PRESENTERS	SESSION
7:55- 8:25	Oakleigh AB	Laura Morefield, UT Southern	Stayin' Alive with Compression Only CPR This session will review the steps and skills for reacting in an emergency situation and conducing compression only CPR. Remember, the most important thing you can do in an emergency is choose to act.
	Mirabella GH	Dr. Katherine Pebworth, Lincoln Memorial University	Five-minute interdisciplinary games Quick warm up/cool down or waiting in a line games that are interdisciplinary in nature. From little activity to medium activity. Great games for the classroom, hallway, or gym.
	Broadlands B	Dr. Cyndy Davis, TN Wesleyan University	NAIA softball fanatics, from the perspective of coaches It has been found that spectators continue to be a factor in sports. During softball games at a collegiate level spectator take on roles that can potentially change player performance. This presentation focuses on interviews of NAIA collegiate softball coaches who have witnessed the episodes of spectators during gameplay. This presentation will explore an understanding of different types of spectator's behavior observed during gameplay, from the perspective of softball coaches.
8:00- 9:00	Oakleigh C	Charity Rice, Melissa Stillings, & Chris Orton, Liberty Elementary	Not Your Average PE Unit In this session, we will provide information and lesson plan ideas for some of our units that are a little out of the ordinary! Some of the units we will cover include Outdoor Unit, Veteran's Unit, Fencing Unit, and more! Though we teach these units in an elementary setting, they could easily be modified for upper grades.
	Mirabella F	Dr. Lisa Lewis, Austin Peay State University	American Folk Dance Take a step back in history when the early settlers brought folk dances to America. Square dance and the Longway dance Virginia Reel are easy dances to learn. This session will teach both styles of dance, and designed for elementary to middle school age students
	Mirabella BCD	Chase Cochran, W.A. Smith Elementary	Elementary Gymnastics This session will give you direction on how to teach a four-week elementary gymnastics unit. Whether you are skilled in demonstrating gymnastics or not, your students can benefit greatly from your instruction. Many students will not go on to sport in gymnastics but skills such as strength, flexibility, balance, and locomotor and non-locomotor will provide students with a foundation for all other physical activities.
	Cambridge AB	Shirley Holt/Hale, Retired & Fran Hoogerstraat	The Tom Cronan Act for Elementary Physical Education: How Has It Affected Your Program? The Tom Cronan Act for Elementary Physical Education is law, approved by the Tennessee Legislature and the State Board of Education. How has it affected your physical education program? This session/town hall meeting is to address any questions and concerns you may have about the implementation of the Cronan Act: two days per week, at least 30 minutes per session, taught by certificated elementary physical education professional. Come and share.

TIME	LOCATION	PRESENTERS	SESSION
8:00- 9:00	Broadlands A	Ron Malm & Kim Morton, Focused Fitness	Get READY, SET, GO! Seeking a skills-based health curriculum for grades 6-10 that fully integrates with your district's digital learning management system? Health READY® curriculums are designed to accommodate inperson, hybrid, and full remote learning experiences. Learn how students complete daily reflection questions, level up assignments, unit quizzes, and exit tickets. This session will place participants in a simulated Health READY® lesson, so get READY, SET, GO!
	Mirabella IJ	Stephanie Congo, Memphis Energy Medicine, Yoga and Healing Arts	Creating a Mindful School Community: Daily Routine to Boost Your Immunity, Gain Energy and Feel Centered Learn a short daily movement routine to help you and your students feel energized, centered and focused. We will go over the basics of energy medicine and learn easy exercises to turn on the natural healing power of the body. Done regularly, these techniques will improve overall health and wellness. All levels and abilities are welcome. This presentation will be half lecture and half movement.
8:35- 9:05	Broadlands B	Rachel Wilson, Central Care Counseling	Practicing Mindfulness In this presentation, Rachel will discuss and lead audience through a mindfulness activity.
	Oakleigh AB	Tim Dasinger, UT Martin	Achievement Motivation and Anxiety The purpose of this session is to explore the relationship between achievement motivation and anxiety and to detail guidelines to increase motivation and reduce anxiety.
	Mirabella GH	Wayne Hines, East Nashville Magnet High & Brian Kelly, Williamson County Schools	Advanced TUFFS- Tennessee Urban Fishing for Schools Brian Kelly and Wayne Hines will present how they are leading students who want to take fishing to the next level. After school fishing teams, tournaments, and joining together with communities to promote clean ponds, rivers, and lakes while fishing. We will share how we have involved our students in service projects to protect the environment. Spin cast and bait cast reels along with all types of artificial bait and strategies will be discussed to successfully fish in Tennessee.
9:15- 10:15	Cambridge AB	Shirley Holt/Hale, Retired	The Tom Cronan Act for Elementary Physical Education: Is Scheduling an Issue? The Tom Cronan Act for Elementary Physical Education is law. Has scheduling been an issue for your school? Come to this session for help with schedules.
	Broadlands A	Dr. Jeff Knox, Carson Newman University	Higher Order Thinking in Health Class Higher order thinking and problem-solving activities appropriate for middle and high school health class are shared.
	Broadlands B	Cindy Cooper, Dairy Alliance	Dairy - Did You Know? The new 13 not 9 essential nutrients found in dairy will be discussed in depth. How can Milk support not only skin, hair, and teeth, but your immune system, electrolyte balance, and many more functions. Recipes will be shared to enhance your home and school menus using dairy. What about Lactose Intolerance? What about Milk Allergies? What about Rehydration? What about attending this info-packed session!

TIME	LOCATION	PRESENTERS	SESSION
9:15-	Mirabella	Dr. Lisa Lewis,	Country Line Dance
10:15	F	Austin Peay State University	Learn Copperhead Road, Boot Scootin Boogie, Tush Push and Watermelon Crawl, four of the most popular country line dances in this session. Bring back these old favorites to your middle or high school students.
	Oakleigh C	Eric Larson, Interactive Health Technologies	Increase Moderate to Vigorous Physical Activity (MVPA) in Physical Education Strategies will be presented to modify existing activities to increase MVPA while using IHT heart rate monitors. Learn how effective management of students, technology, equipment, and instructional time can yield more activity for your students. Takeaway from this session: 13 engaging fitness activities and team games that will enhance elementary, middle, and high school programs.
	Mirabella BCD	Marissa Kovach, USTA	USTA's Tennis in Schools Program With Net Generation, the USTA is committed to helping teachers introduce tennis in PE classes and connect to after-school programs. This interactive workshop will sample activities from the easy-to-follow K-12 lesson plans that were co-created with SHAPE America. Teachers will also become familiar with USTA resources (i.e., curricula, equipment) that are available to them at no cost.
	Mirabella IJ	Stephanie Congo, Memphis Energy Medicine, Yoga and Healing Arts	Creating a Mindful School Community: Enhancing Academic Success with Whole Brain and Full Body Techniques Learn whole brain and full body balancing techniques to relieve stress, improve memory and increase attention to improve academic success. We will discuss the benefits of energy medicine and practice short brain break exercises. Energy medicine is a holistic approach without medication or drugs to help you feel and be your best. Learn new ways to revitalize the body and mind in the classroom. This presentation will focus on activities we can do while sitting in our seats.
10:30- 11:30	Oakleigh AB	Derek Zachary, Wilson Elementary	Omnikin Six Ballsfor Fitness and Fun The Omnikin Six Ball activities will get the blood pumping, the heart thumping, and the muscles moving. These are six 18" different colored balls used for fitness games, team building, and color team challenges. They are light, durable, non-threatening and promote maximum participation for all ages and skill levels. Your students will reap so many benefits from taking part in the Omnikin experience.
	Oakleigh C	Heather Piergies, TN Department of Education PE/PA Director	Learning through Movement Physical education isn't the only time in the school day for students to move, but not everyone knows where to start their students moving without STOPPING their teaching. Learn and practice simple activities and techniques to integrate academic content with movement to easily turnkey with your colleagues as a physical activity champion or integrate into your physical education instruction.
	Cambridge AB	Gina Smith & Jean Saunders, American Heart Association	Kids Heart Challenge and What's New Join us to learn about the Kids Heart Challenge and the great resources it brings to your program

TIME	LOCATION	PRESENTERS	SESSION
10:30- 11:30	Mirabella GH	Ron Malm, Focused Fitness	Skill Assessment that Makes a Difference Skill assessment in the gym doesn't have to be complicated or time consuming. In this session we'll look at assessment options from a teacher and student perspective that will integrate seamlessly into any lesson. Join us for some fun games and best practices that get you the data needed for quality instruction and enhanced learning.
	Mirabella BCD	Marissa Kovach, USTA	USTA's Tennis in Schools Program With Net Generation, the USTA is committed to helping teachers introduce tennis in PE classes and connect to after-school programs. This interactive workshop will sample activities from the easy-to-follow K-12 lesson plans that were co-created with SHAPE America. Teachers will also become familiar with USTA resources (i.e., curricula, equipment) that are available to them at no cost.
	Broadlands A	Dr. Jeff Knox, Carson Newman University	Managing Student Behavior: Lessons Learned from Hogwarts Varied classroom management strategies are discussed and shared through an analyses of teaching styles used in the Harry Potter series.
	Broadlands B	Cindy Cooper, Dairy Alliance	Fuel 1-2-3 Participants will learn about the power of exercise and appropriate nutrition - especially the power of dairy! The newly updated 13 essential nutrients found in Dairy will be discussed along with the benefits of the nutrients. Resources and links will be shared.
	Mirabella IJ	Rachel Wilson, NAMI TN	Ending the Silence Ending the Silence is a program that can be presented live or virtual. The goal of ETS is to raise awareness toward mental health conditions and to decrease the stigma surrounding mental health conditions. Presenters share facts and statistics regarding mental health as well as their own personal testimony.
11:45- 1:00	Mirabella E		AWARDS LUNCHEON WITH GENERAL SESSION (Board Meeting to follow in Broadlands A)



It takes a team of people from all across the state to plan, prepare, and deliver a great convention each year. Thank you to everyone who contributed their time, energy, efforts, and resources to bring us an in-person convention this year!

A special thanks to Donna Dey, Laura Morefield, and Wayne Hines for serving another year in their President roles, orchestrating our first virtual convention and another on-site convention!

TAHPERD'S PAST PRESIDENTS

1945-46 W.D. Croft, Barlett High School,	1969-70 Kay D. Colston,
Memphis	Frayser High School, Memphis
1947-48 Emmet Strickland, West End High	1970-71 Flavious J. Smith, Tennessee
School, Memphis	Technological University
1948-49 L.M. Stevenson, Fayser High School,	1971-72 Glen P. Reeder, Middle Tennessee
Memphis	State University
1949-50 George Mathis, City High School,	1972-73 Bettye Giles, University of Tennessee
Chattanooga	at Martin
1950-51 P.V. Overall, Tennessee	1973-74 Ralph B. Ballou, Middle Tennessee
Technological University	State University
1951-52 Elma N. Roane,	1974-75 Nancy E. Lay, University of
Memphis State University	Tennessee at Knoxville
1952-53 Charley Moffett,	1975-76 Darrell Crase,
East High School, Knoxville	Memphis State University
1953-54 Robert Dunkerley,	1976-77 Janelle Carmen, Nashville
Nashville Public Schools	Apollo Junior High School
1954-55 Andrew Settles,	1977-78 Jane R. Hooker,
Grove High School, Paris	Memphis State University
1955-56 Bob Matusek,	1978-79 Lee Allsbrook, Middle Tennessee
Chattanooga	State University
1956-57 Fran Riel, Middle Tennessee	1979-80 Lee Allsbrook, Middle Tennessee
State University	State University
1957-58 Jack Brown,	1980-81 Gene Ezell, University of Tennessee
Southside High School, Jackson	Chattanooga
1958-59 Helen B. Watson, University of	1981-82 David J. Anspaugh,
Tennessee at Knoxville	Memphis State University
1959-60 Ned Warren,	1982-83 Leroy Fanning, University of
George Peabody College	Tennessee Chattanooga
1960-61 Constance V. Mynatt,	1983-84 Shirley Holt-Hale, Oak Ridge
East Tennessee State University	Linden Elementary School
1961-62 Buleah Davis, Middle Tennessee	1984-85 Gracie S. Allen,
State University	University School Nashville
1962-63 George Brady, University of	1985-86 Ralph "Buck" Jones, University of
Tennessee at Knoxville	Tennessee Knoxville
1963-64 Elma N. Roane,	1986-87 Jean Mason, Memphis
Memphis State University	Longview Middle School
1964-65 Edith Largen,	1987-88 Larry R. Edwards,
Maryville College	Memphis State University
1965-66 Robert Dunkerley,	1988-89 Linda Ramsey, University of
Nashville Public Schools	Tennessee at Martin
1966-67 Carolyn Mathis McDougal,	1989-90 Doris J. Rogers,
Memphis City Schools	McGavok High, Nashville
1967-68 Sid Rice,	1990-91 David L. Adams,
East Tennessee State University	Lipscomb University
1968-69 Connie Koenig, Nashville	1991-92 Cam Kerst-Davis, Franklin,
Peabody Demonstration School	Johnson Elementary School

TAHPERD'S PAST PRESIDENTS (continued)

1992-93 Chris A. Ayres, East Tennessee State 2007-08 Tina Bozeman, University Metro-Nashville Public Schools 1993-94 Bill D. Bandy, 2008-09 Tina Bozeman, **Belmont University** Metro-Nashville Public Schools 1994-95 Cindy W. Fulwider, Elizabethton 2009-2010 Bev Corlew, Middle Tennessee Happy Valley Middle School State University 1995-96 Carol Batson Pitts, Hendersonville 2010-2011 Christy Killman, Indian lake Elementary School Tennessee Tech University 1996-97 David Bow, 2011-2012 Katherine Pebworth, Tusculum College Lincoln Memorial University 1997-98 Doug Winborn, Middle Tennessee 2012-2013 Katherine Pebworth, State University Lincoln Memorial University 1998-99 Becky Glass, 2013-2014 Sharon Cradic, ETSU Austin Peay State University **University School** 2014-2015 Alysia Jenkins, Middle Tennessee 1999-00 Mark Battle, Tennessee School for the Deaf State University 2015-2016 LaNise Rosemond, 2000-01 Marcy Maurer, Austin Peay State University Tennessee Tech University 2001-02 Shirley Holt/Hale, Oak Ridge 2016-2017 Diane Klein, Linden Elementary School, Tennessee Wesleyan College 2017-2018 Todd E. Layne, University of 2002-03 Pat Jordan, Tennessee Tech University Memphis 2018-2019 Wayne Hines, Nashville 2003-04 Tony Kirk, Freed-Hardeman University East Nashville Magnet School 2004-05 Tony Kirk, 2019-2020 Donna Dey, Freed-Hardeman University Austin Peay State University 2005-06 Sarah J. Adams, Belmont University 2020-2021 Donna Dey, 2006-07 Kathy Clark, Franklin Austin Peay State University Moore Elementary School

TAHPERD AWARD DESCRIPTIONS

The following awards are available to deserving members of TAHPERD and/or advocates of the field. Submit nominations during convention OR on the TAHPERD website (www.tahperd.us).

Contact Bob Benge (rcbenge@southern.edu), for more information.

Administrator's Award: Must be an outstanding administrator who has been highly supportive of the efforts, goals, and/or activities of TAHPERD and its membership.

Association Scholar: TAHPERD member. Have a scholarly record for a number of years. Be currently producing scholarly materials and a significant contributor to areas of concern. Be capable of communicating ideas and facts to groups with diverse interests. Be willing to assume the presentation and advocacy responsibilities for a period of one year.

Athletic Director: Has made a significant contribution within the field of athletic administration at the local, state, and national levels. Has used athletics to achieve progress in the social and cultural environment of the school and community. Has made a significant impact on the lives of students. TAHPERD member.

Citations: Appreciation to exhibitors who have exhibited at TAHPERD conventions for a period of five (5) or more years. **Connie Hall Givens Coordinated School Health:** Established to recognize a district and/or individual who promotes exemplary physical education and health programs and/or physical activity under the Coordinated School Health umbrella.

Dance Educator K-12: Have major responsibility for teaching dance in grades K-12. Must be an elementary, middle, or secondary high teacher with a minimum of 3 years teaching experience and a TAHPERD member.

Dance Educator College/University: Have major responsibility for teaching dance at the college/ university level. Must be a college or university instructor with a minimum of 3 years teaching experience.

Health Educator: Member of TAHPERD. Be a certified health education teacher/lifetime wellness/ physical education teacher in K-12 or higher education. A minimum of 5 years teaching experience in health education or lifetime wellness and have a current full-time teaching contract..

Health Professional: Agency/Public/Community; Business/Industry/Workplace or Clinical/Medical/Patient. Must have 5 years experience in the category for which nominated. Does not need to be a member of TAHPERD or SHAPE America. Must have a minimum of 3 years membership in a health organization

Honor Award: Member of TAHPERD. Be of high moral character, personal integrity, and exemplify the spirit of devoted service to the profession. Nominee has made an outstanding and noteworthy contribution to the advancement of health, physical education, recreation, dance, or related areas. Served professionally in school, college, or community programs for at least 10 years in TN. Demonstrated leadership or meritorious contributions through 3 or more of the following categories: an officer or member of TAHPERD Executive Board; section chair for TAHPERD; officer of an allied organization; chair of a TAHPERD committee or committee work for 3 years or more in state, district, or national association; significant contributions in: presentations promoting TAHPERD, systematic research and writings, or outstanding original contributions to the profession. **Honorary Member:** Be engaged in some field or profession other than health, physical education, recreation, dance and

related areas. Have strong support for programs of health, physical education, recreation, and/or dance in public schools, colleges, or communities in TN, or be a former member of TAHPERD who has made significant contributions to the advancement of health, physical education, recreation, and dance and to TAHPERD but moved from the state prior to receiving an honor award.

James E. Ward Future Professional: Must serves as a positive role model for the profession and peers. Assumes responsibility for own professional growth. Shows evidence of professional commitment through membership and involvement in local, state, and national organizations. Is enrolled as a full time student at the university/ college undergraduate level.

Life Fellow: Retired from teaching or administration in the field of health, physical education, recreation, or dance in TN. Be a past recipient of the Honor Award, the Association Scholar Award, or have served as President of TAHPERD. Has been an active member of TAHPERD for at least 20 years and continuously rendered meritorious service in health, physical education, recreation, or dance.

Pathfinder: Must be a SHAPE America member. Has made a significant contribution to girls and women in sport and in sport leadership in TN.

Recreation Professional: Serves as a positive role model epitomizing the values and desired outcomes of recreation. Demonstrates enthusiasm for the recreation profession. Shows interest in and sensitivity to the needs of students, clients, and fellow professionals. Utilizes various methodologies and implements creative, innovative, safe and effective courses/recreation programs. Assumes responsibility for professional growth and evidences professional commitment through membership and involvement in local, state, and national recreation organizations.

Teachers of the Year (Elementary, Middle, Secondary): Member of TAHPERD. Must be certified as a physical education teacher, have minimum of 5 years teaching experience in physical education, have a full-time teaching contract, have a minimum of 60% of teaching responsibility in physical education

TAHPERD's Past Award Winners

Adapted Teacher of the Year

2000-01 Nancy Whitehurst

Dance Educator of the Year (K-12)

1991-92 Patti Barrett-Wright 1994-95 Frankie Bryant Jackson 1996-97 Ginger Sweeney 2007-08 Scott Brunette

Dance Educator of the Year (College and University)

1994-95 Katherine B. Strobel 1996-97 Melanie Hodgson 1997-98 Betty Pickett 2005-06 Melanie Hodgson 2016-17 Sarah McCormick

Jump Rope For Heart Coordinator of the Year

2000-01 Pamela L. Womack 2002-03 Leroy Fanning 2005-06 Jim Blair 2007-08 Paula Ensinger

Association Scholars

1980 Darrell Crase 1981 Robert H. Kirk 1982 Edward T. Howley 1983 Michael H. Hamrick 1986 David J. Anspaugh 1987 B. Don Franks 1988 Gene Ezell 1989 Frank D. Rosatov 1990 Shirley Holt-Hale 1993 Wendell P. Liehmohn, Andrew Kozar, Kent Johnson, Linn Stranak

Recreation Professional of the Year

1990-91 Betty A. Pickett 1995-96 Mary Belle Ginanni 2007-08 Joey Gray 2014-15 Robyn Riel 2015-16 Cathy Jennings 2016-17 Cheryl Kelly

Health Educator of the Year (K-12)

1985-86 Pamela L. Womack 1988-89 Sharon D. Watson 1996-97 Anne McGinnis 2008-09 Andrea Cain 2010-11 Adrienne Beech 2015-16 Sharon Leath 2016-17 Caroline Crabtree

Connie Hall-Givens Coordinated School Health

Award

2006-07 Connie Hall Givens 2007-08 Jerry Hale 2008-09 Mesina Bullock 2010-11 Elaine Jackson 2011-12 Andrea Lockerby 2013-14 Nicole Proffitt 2014-15 Michelle Brazier 2017-18 Karen Saffles-Slater 2019-20 Janel Garrett

Health Education Professional of the Year (College & University)

1994-95 Gene Ezell 1998-99 David Adams 1999-00 Doug Winborn 2000-01 Betty Wiseman 2005-06 Doug Winborn 2011-12 Diana Mozen

Health Professional of the Year (Business/Industry/Wellness)

1994-95 Wesley Reade 2005-06 Blue Cross Blue Shield of Tennessee

Health Professional of the Year (Agency/Public/Community)

2005-06 YMCA Nashville

Administrators' Appreciation Award

2005-06 Meredith Henderson 2006-07 Patricia Green 2007-08 Catherine Stephens 2008-09 Tony Majors 2010-11 Lee Allsbrook J.P. Barfield 2015-16 Chris Schwartz

2017-18 Jessica Myers

TAHPERD's Past Award Winners (continued)

Elementary Physical Education

Teacher of the Year

1986-87 Barbara M. Moody

1987-88 Shirley Holt-Hale

1988-89 Kenneth W. Hirth

1989-90 Josephine K. Reynolds

1990-91 Sandra D. Phillips

1991-92 Carrol S. Batson

1992-93 Alfred D. Huffaker

1993-94 Cam Kerst-Davis

1994-95 Tina J. Hall

1995-96 Kathy B. Clark

1996-97 Terry Bellenfant

1997-98 Jeanne Fair-Cope

1998-99 Pam Womack

2000-01 Ginger Sweeney

2001-02 Nancy Lewis

2002-03 Laura Matney

2004-05 Susan Lyle

2005-06 Tommy Schroader

2006-07 Diane Coleman

2007-08 Christi Hoffman

2011-12 Sharon Cradic

2012-13 Lynn Baxter

2013-14 Lauren Beard

2014-15 Terry Bellenfant

2015-16 Tammy Rollins

2016-17 Alyssa Finneyfrock

2017-2018 Dan Quesenberry

Middle School Physical

Education Teacher of the Year

1992-93 Darlis A. Howard

1993-94 Marian (Betsy) Jones

1994-95 Dorothy Smith Quinn

1995-96 Anne S. McGinnis

1996-97 Karen Russell

1998-99 Frankie Moore

1999-00 Cindy Fullwider

2000-01 Carol Kruekeberg

2001-02 Christy Killman

2002-03 Suzanne Reed

2003-04 Kim Leffew

2004-05 Carol Krueckeberg

2005-06 Susan Carringer

2007-08 Patricia Pender

2010-11 Catherine Bowers

2016-17 Darnell Spann

2019-20 Shea Layne

Secondary Physical

Education Teacher of the Year

1984-85 Norma Lee

1985-86 Josie E. Jarratt

1988-89 Doris J. Rogers

1990-91 Cindy W. Fulwider

1993-94 Peggy P. Michaels

1994-95 Dee Dee Rives

1999-00 Larry Roberts

2001-02 Tina Bozeman

2004-05 Kathy Caudill

2006-07 Tracey McClain

2007-08 Jennifer Evetts

2008-09 Corene Michin

2010-11 Niki Bray

2014-15 Jordan Webb

2016-17 Wayne Hines

2019-20 Dan Basler

University/College Teacher of the Year

2002-03 Danny Pierce

2004-05 Becky Glass

2005-06 Linda Ramsey

2006-07 Sarah J. Adams

2007-08 Katherine Pebworth

2008-09 Ruth Henry

Life Fellows

1981 Catherine Allen

1983 Buleah Davis

1983 Fran Riel

1983 Helen B. Watson

1984 Elema N. Roane

1986 Constance Mynatt-Axamethy

1991 Kay Colston

1992 Gracie S. Allen

1993 Glen P. Reeder

1994 Howard H. Stubblefield

1994 Juanita Merrell

1994 Bettye L. Giles

1994 Ralph Ballou

1997 Nancy Lay

2002 Jim Ward

2005 David Huntsinger

2006 E. G. (B. d.

2006 Tom Cronan (Posthumously)

2013 Ralph "Buck" Jones

2015 Lee Allsbrook

2018 Darrell Crase

TAHPERD's Past Award Winners (continued)

Honor Award 1955 AW Hobt, Mae Iddins, Sam Jones 1959 Elma Rose, Ora Wakefield 1960 Buleah Davis, Tury Oman, PV Overall 1961 George Brady, SB Sudduth 1962 Connie Mynatt-Axamethy, Ned Warren, Helen Watson 1963 Clara Haddox, Charlie Kerr 1964 Edith Largen, Scott Honaker, Fran Reil 1965 Sally LaSalle, Ben Plotnicki 1966 Bob Dunkerley, Sam Venable 1967 Carolyn Mathis Macdougal, Roy V. Pangle 1968 Connie Davis, Sid Rice 1969 Eugene Royce, Kay Colston, Connie Koenig McIntyre 1970 Audrey Lewis, Glen Reeder 1971 Ralph Ballou, Ralph Hatley, Melvin Humphreys 1972 Bettye Giles, Peggy T. Thomas, Betty Webster 1973 Ruby Bateman 1974 Margaret Kerr 1975 Cecil Morgan 1976 Darrell Crase, Nancy Lay 1977 Jean Biddle, David Huntsinger 1978 Patricia Bonner, James Ward 1979 Janelle Carmen, Jane Hooker 1980 Gracie Allen 1981 Lee Allsbrook, Shirley Holt/Hale, Martha Wallace 1982 Tony Adcock, Jon MacBeth 1983 David Anspaugh, Howard Stubblefield 1984 Gene McCutchen 1985 Gene Ezell, Mary Belle Ginanni, Juanita Merrell 1986 Linda Ramsey 1987 David Adams, Ralph "Buck" Jones 1989 Leroy Fanning, Ken Hirth 1990 Patsy Boroviak 1991 Doris Rogers 1992 Larry Edwards 1993 Faye Branden, Carrol Baton, Cindy Fulwilder 1994 B. Joe Brown, AH Solomon 1996 Tom Cronan 1998 Tony Kirk

1999 Bill Bandy

Honor Award (continued) 2001 Cam Kerst-Davis 2005 Sandra Williams, Chris Ayres 2015 Tina Hall 2017 Fran Hoogestraat **Honorary Members** Catherine Allen William Arthur Bass C.E. Brehm A.F. Bridges G.C. Carney **Steve Cates** Quill E. Cope Zack Curlin W.S. Davis **Everett Derryberry** Burgin E. Dossett Mildred Doyle Ed Eller W.J. Fields Harley Fite John Gilliand Andy Holt Charles Womack Cecil C. Humphries Edwin Hunter S.D. Jackson Irvin "Tiny" Knee John Ed Know Rodney Lawler George Mann Jim McCord Ned Ray McWherter Paul Meek E.C. Merrill C.H. Moore Felix T. Robb Donald G. Sahli

Pathfinder Award

F.C. Smith

J. Millard Smith

E.C. Stimbert

2005-06 Doris Rogers 2008-09 Peggy Thomas

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EMBASSY SUITES MURFREESBORO HOTEL & CONVENTION CENTER - CONFERENCE CENTER LEVEL

