

	Physical Education: Dance, Aquatics, PReK, Elem, Middle, Secondary, Adapted, Sports & Coaching	Health and Wellness: Lifetime Wellness, First Aide, Fitness, CSH	General: Higher Edu, Students, Recreation, Research, Exercise Science, Sport Management, Technology
Name	Program Title	Program Summary: Please limit to 75 words. This summary will appear in the convention book.	Primary Program Audience (Choose 1)
Heather Piergies	TN Physical Education Standards Revision - Public Comment Open Session	The Tennessee Physical Education Standards must be revised and approved by State Board for the 2023-24 school year. This session allows for in-person dialogue as an opportunity to provide public comment.	OPEN TO ALL AUDIENCES
Allie Corder	Kids/American Heart Challenge: Helping Your Students Have Healthier Lives	The Kids Heart Challenge program is a service-learning and community give back program. Kids Heart Challenge's goal is to create an environment with healthier, more successful students, focusing on the health of the whole child. The program provides free educational materials and school givebacks. Our organization's mission is to end heart disease and stroke, because right now, statistics say 1 in 3 students will be affected by these often-preventable diseases.	Elementary Physical Education
Laura Gilpin RN	Mind Movement and Memory makes learning Magic	Activities and ideas to make learning magic for health related issues and subjects. Lesson activities to put your whole body into learning. Mixing and matching activities to make learning magic.	Lifetime Wellness
Tari Garner	Outdoor Adventure Education is for ALL Students!	Outdoor Adventures is a fun and exciting physical education curriculum for ALL students. The Outdoor Adventures curriculum is not your traditional PE course. Instead of teaching PE with basketballs and tennis rackets, we use rods and reels, and bows and arrows. The Outdoor Adventures course is designed to change young people's lives forever by exposing them to the many great opportunities of the outdoors.	Middle and High School Physical Education
Gary Lemke	Finally! A Balanced PE Curriculum: Kinetic + Cognitive	To move the body, we must first move the mind. Only when students understand the "why" will they fully engage in movement. Now technology allows you to add academics without sacrificing gym time. Attend this session to understand how blended learning enriches physical literacy - the knowledge, confidence, and skills that last a lifetime.	Middle and High School Physical Education
Gary Lemke	Moving Beyond the Health Textbook	Do you struggle with limited time to cover all health content areas? Do you want to transition from health worksheets towards skills-based education? Are you looking to use technology to reduce your effort and time chasing and grading assignments? Join this session to discover proven best practices in blended learning and the flipped classroom for health education.	Coordinated School Health Education
Marissa Kovach	The USTA's Tennis in Schools Program	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!	Elementary Physical Education
Jamie Jacob Brunsdon	Toward Meaningful Physical Education Part I: A Conceptual Introduction	This first conceptual presentation will introduce and discuss the importance of the concept of "Meaningful PE" (Fletcher et al., 2021). Framed around facilitating an education based on (1) social interaction, (2) fun, (3) challenge, (4) motor competence, and (5) personally relevant learning, this emerging pedagogical model (Casey & Kirk, 2020) would be relevant to educators interested in making their programs more personal and, well, meaningful.	Middle and High School Physical Education
Jamie Jacob Brunsdon	Toward Meaningful Physical Education Part II: A Pedagogical Introduction	This second practical session will demonstrate how educators can frame meaningful PE through the context of badminton. Specifically, this session will breakdown and provide examples for teaching (1) social interaction, (2) fun, (3) challenge, (4) motor competence, and (5) personally relevant learning. In this way, we will demonstrate the importance of and possibilities for leading multiple meaningful lessons in PE.	Middle and High School Physical Education
Dr. Jamie Jacob Brunsdon	Character Education Policy in Tennessee: Implications for Physical Education	The state of Tennessee, like 19 other states in the United States, mandates that all teachers should intentionally teach for character. The purpose of this presentation, therefore, will be to introduce, describe and to breakdown this policy to colleagues working in schools. A secondary purpose will be to articulate the possible implications for physical education teachers with the aim of helping teachers to promote human flourishing.	Research (Abstracts)
Katherine Peabworth	Leadership: Handling Stress	Leadership can be stressful. What is stress? How does stress effect us and how can we relieve stress	Lifetime Wellness
Dan Basler	50 more Challenging Partner and Small Group Lead Up and Skill Acquisition Activities	Another round of 50 activities including team building, core inclusion, lead-up activities, skill acquisition, and fun.	Elementary Physical Education
Heather Piergies	Physical Activity Used as Punishment and/or Behavior Management: Practical Strategies	Administering or withholding PA is inappropriate and constitutes an unsound education practice because it frames movement as a negative task to avoid. This session is an opportunity for participants to address the inappropriate use or withholding of physical activity or physical education as a disciplinary consequence or behavior management strategy throughout the comprehensive school day. Participants will learn practical strategies for best practices and advocacy for their program.	OPEN TO ALL AUDIENCES
Ajit Korgaokar	Blood Flow Restriction Training for Athletes	Blood flow restriction (BFR) training has received a significant amount of attention in recent years and has made its way beyond the physical therapist to the training ground. This form of exercise started in the 1970s with Dr. Yoshiaki Soto and was originally called Kaatsu resistance training. The main objective of this presentation is to introduce this novel technique for athlete training.	Exercise Science
Bill Russell	Children Fit for Life - The Daily Mile	The Daily Mile is a free physical activity intervention proven to impact learning, behavior and holistic health and wellness. It is a teacher care tool that has staff having fun while connecting with and inspiring children at high levels.	Lifetime Wellness
Cyndy Davis	Gamification in the Classroom	In this session I will discuss how I used elements of game play to encourage engagement in higher education. This strategic attempt enhanced lectures with the use of elements from games. My goal was to maximize enjoyment and engagement through capturing the interest of learners and inspiring them to continue learning about motor skills.	Higher Education
Kason O'Neil	Practical Assessments to Implement in Secondary Physical Education	STOP believing there is not enough time for assessment in physical education! This interactive session will show secondary physical educators practical and immediate ways to implement quality assessment practices. Attendees will get the chance to practice and reflect on various assessment techniques, including those that emphasize innovative technology and managing assessment with large class sizes.	Middle and High School Physical Education
LeAnn Olson	Teaching International Games in Physical Education	International games are a fun and exciting way to engage students in learning in physical education. Whether it is to utilize skills in a lead-up activity or to challenge students to use the skill in a new way, international games provide the opportunity to practice skills within an activity that is unfamiliar to most, if not all students, leveling the playing field in many respects. Learn 4-6 international games such as Kabaddi, Fistball, Ringo, etc.	Middle and High School Physical Education
LeAnn Olson	Tackling the edTPA Assessment Task 3: Assessing Student Learning	The edTPA is a summative, portfolio-based assessment of a teacher candidate's readiness to teach, and is required for licensure in the state of Tennessee. From what to plan in order to have the necessary artifacts to completing the written commentary, this session will provide tips and tricks to complete Task 3 of the assessment and avoid common pitfalls.	College Students
Kason O'Neil	I Need a Job! Resume, Interviewing, and Job Searching 101	Looking for a physical education job? This session will overview the best ways to search and land that job you have always wanted. Presenters will overview resume organization and formatting, job searching techniques, and interviewing strategies.	College Students

Heather Piergies	PRAXIS 5095 round table discussion	Join your PETE colleagues and TDOE for a PRAXIS 5095 round table discussion. Using PRAXIS 5095 data collected from East, Middle, and West Tennessee PETE programs, alternate student testing options will be considered to identify the most appropriate assessment to measure the professional knowledge and competencies of prospective teachers of K-12 physical education.	Higher Education
Zeke Bailes	Engaging Students in Activities and Games with Motivating Assessment	In this active presentation, attendees will experience games and activities through demonstrations (small group and large group demonstration) and previously recorded PE assessments and activities (videos and slides). Detailed data and assessment will also be shown, with graphs tracking student growth, individual accuracy, and entire class cooperation such as: hits, misses, strikes (wrong color), reaction time, and average time of completion through BlazePod's app	Elementary Physical Education
Giel Bos	World's newest award-winning sports and leisure game: YOU.FO	YOU.FO is an innovative and versatile sports and leisure game, based on throwing and catching an aerodynamic ring with specially designed sticks. If you participate in this session you will learn the basic techniques, the basic principles of YOU.FO, options for implementation and more.	Middle and High School Physical Education
Michael Cathey	Kin-Ball: An Alternative Sport for Anyone	Kin-Ball is a fast-paced game, that allows for the integration of cardiovascular fitness, teamwork and cooperation in a fast paced game for anyone to participate in.	Middle and High School Physical Education
Mary McCarley	10 Ways to Create a SEL Skills-Based Health Classroom	Join Mary McCarley, 2016 SHAPE America Southern District Health Teacher of the Year and Goodheart-Willox Health Content Specialist, as she shares SEL skills-based assessments and activities. Assessments will focus on the skill of decision-making, self-management, and positive relationships. Teachers will leave with 10 or more new skills-based activities for their teacher toolbox as well as complimentary access to our ©2023 skills-based health education resources from Goodheart-Willox	Coordinated School Health Education *will appeal to middle and high school health teachers
Dan Basler	Come Learn and Participate in the Game of Juggler	Bring your team of 5 and learn the sport of juggler. Juggler is a fantastic game of teamwork, strategy, critical thinking, creativity, self-control, and fun. Come and see how we adapted this game for Physical Education classes.	Middle and High School Physical Education
Tim Dasinger	Motivation 101	The purpose of this presentation is to outline motivational theories and provide implications for best practices to engage your students/athletes.	Sports and Coaching
Dr. David Bow	Teaching Techniques for Aquatic Activities.	This program will present Teaching Techniques that have been utilized successfully by experienced Aquatic Instructors.	Aquatics
Amanda Estep	Current Physical Activity and Nutrition Guidelines	In this program, you will learn about current physical activity and nutrition guidelines for Americans. How much do you really need to exercise for health? What does it mean to follow a healthy diet? This presentation will include a review of current published guidelines that is useful for all formal and informal educators as well as smart tips for implementing these guidelines in your own life.	Lifetime Wellness
Molly Oster	Toward character, through . . . content?	The relationship between the types of content employed in physical education (e.g., net/wall activities, aesthetic activities, invasion games, striking/fielding activities, among others), and its (sub)conscious impact on the character of youth is an under appreciated conversation. This presentation will highlight the importance of this conversation, and aims to illustrate how moral, performance, civic and intellectual virtues can and are inherently connected to physical education-based content.	Middle and High School Physical Education
Caision-Brider	Digital Tools to Support the Healthy Child	<del>Fostering a healthy school environment is a challenge, but EVEREL is here to provide support. Whether you're working to educate students about how to build healthy eating and exercise habits, the dangers of alcohol or prescription drug abuse, or navigating conflict in social situations, EVEREL has a growing library of interactive, online programs to support the health of your school community.</del>	Lifetime Wellness
Stuart Currie	Learn How to Teach the International Striking and Fielding Game of Cricket	In 2024, USA will co-host the T20 Cricket World Cup alongside the West Indies. Get ahead of the game by participating in this physically active cricket workshop. Attendees will learn the fundamental rules and strategies of the game and will develop the necessary skills required to bowl, bat and field using a Game-Based Approach. At the conclusion of the workshop, attendees will receive a TN Standards Physical Education Cricket Lesson Plan for teaching application	Middle and High School Physical Education
Salem Swallows	Underwater Treadmill Therapy on MD Patients	Underwater treadmill therapy has become more widely used in therapeutic methods in recent years. Underwater treadmill therapy started in the 1970s as a treatment for racchorses but is currently used for multiple medical purposes. In particular, this presentation is to describe how underwater treadmill therapy is positively affecting patients with muscular dystrophy (MD). MD is a genetic disease that can cause aggressive muscle weakness and atrophy.	Exercise Science
Marcella Bianco	CATCH My Breath - A Rapid Response to the Youth Vaping Epidemic	CATCH My Breath is a peer-reviewed, evidence-based nicotine vaping prevention program for grades 5 thru 12, that has been proven effective at reducing the likelihood that students will experiment with vaping. The Substance Abuse and Mental Health Services Administration named CATCH My Breath as the only recommended school-level youth vaping intervention in their evidence-based resource guide series. CMB utilizes a peer-led teaching approach and meets TN Lifetime Wellness Standards.	Lifetime Wellness
Laura Brown	Active Schools	Want to learn something to take back to your school to help you be a more dynamic teacher? This session will provide you with information regarding grants and creative ideas for your classroom.	Coordinated School Health Education
Laura Brown	Games, games...games!!	The students at a Boys and Girls Club picked their favorite games. Come find out which games they chose... and participate!	Elementary Physical Education
Shirley Holt/Hale	Elementary Physical Education: How Important Are We Really?	This session will focus on legislative endeavors within the state of Tennessee in order to answer the questions? How Important is Elementary Physical Education? How Important Are You as a Teacher of Physical Education? What is the status of the Cronan Act in our elementary schools? What is the status of elementary physical education in light of the new funding formula and the push for academics and higher test scores? How important is children's health? Can we make a difference?	Elementary Physical Education
Shirley Holt/Hale	Elementary Physical Education: Are We the Problem or the Solution. Town Hall Meeting	A discussion of elementary physical education across the state: past, present & future. Do we have a future?	Higher Education
Jamie Harvey	Creating a HPEK12 add-on license for educators	As inquiries arise from licensed educators about how to become a licensed Health & Physical Educator, we have been approaching this collaborative development at UTC. Candidates will complete intensive academic modules with specifics to instructional strategies with curriculum & assessment. Ready for Spring 2023.	Higher Education
Louis (Wayne) Hines	TUFFS :Teaching Urban Fishing For Schools	This is a beginning course teaching all ages the art of fishing. Brian and I have been teaching this curriculum to over 60 school now in 3 States. We provide the curriculum, video, and equipment for you to teach this in your school. Don't miss this session to get your students outdoors fishing.	Middle and High School Physical Education
James E Holbrook	Organization Design Issues that Academics should know about the Sport Industry	In recent years, academics have become more specialized in their fields of study, requiring some definition concerning NASSM/COSMA assessment in sport management. Using a Delphi Approach, this study examines the organization design and structural concerns of professionals in the sport industry to determine what criteria should be included in the sport management curriculum.	Sport Management

Darnell Spann	Keep the fire Burning	Why did you choose to teach pe? What was your thoughts and feelings after you received your first pe job? This program will cover several warm-up/lead up games that will keep the fire burning in your teaching. We will also cover different sports throughout the school year, cover apps that will improve your teaching. In addition we will break down standards and lesson plans. Participants will need to bring their laptops or ipads.	Middle and High School Physical Education
Louis (Wayne) Hines	Coaching:	This session will feature creating a successful culture both on the field and in the classroom. Topics covers include: psychology of coaching, coaching athletes up, when to be consistent and when to be flexible. The session will feature successful ideas that may fit your program.	Sports and Coaching
Dr. Brad Cliff	Let's Talk About the Physical Education Praxis II	Some students have struggled to meet the state required score for teacher certification on the Praxis II. This session discusses issues with the exam including validity and selected score for certification. Possible recourse will also be discussed.	Higher Education
Bryce Daniel	A Coaching Minor: Meeting Today's Coaching Requirements and Needs	Earning a minor in coaching is an excellent way to add value to a Tennessee State University bachelor's degree in education, exercise science, or to any number of degree programs on campus. A minor in coaching at Tennessee State University prepares and equips graduates with excellent coaching and career skills to enhance a teaching credential or to become involved in community and school athletic programs across the country.	Sports and Coaching
Nick Woodard	Shared Rope & Long Rope Fun	Come learn skills, tips and techniques in shared rope and long rope to keep your students learning and having fun. Jumping with friends is always a blast!	Elementary Physical Education
Nick Woodard	Single Rope Progressions and Challenges	Learn the basics, progressions, tips and more for teaching single rope. 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!	Elementary Physical Education
Todd Layne	Creating a Student Designed Games Unit	The intent of this session will be to introduce participants to a Student Designed Games unit for their school. Participants will work in groups and go through a series of events that work to create a successful games-making experience for students. After presented with a challenge, participants will explore and experiment, play and review, and then make final determinations regarding their game. Some groups will then be asked to present their game idea.	Elementary Physical Education
Andrew Martin	US Soccer Foundation Soccer for Success Program	The US Soccer Foundation's Soccer for Success program will provide participants with a holistic approach to educating PE teachers to deliver this new and exciting program. Teachers will learn skills, cues, best practices and additional information to effectively implement standards based lessons in grades K-8.	Elementary Physical Education
Andrew Martin	FREE Digital Platform to track Physical Activity!	Marathon Kids offers a FREE digital platform to support Physical Education and it allows you to track all types of physical activity! We provide a FREE program that can help you build community around physical activity! Come learn more from one of our top coaches!	Elementary Physical Education
Kim Morton/Ron Malm	Health on the Go!	Ditch that textbook and create a social and collaborative classroom by incorporating health content through group activities. Experience numerous fun and interactive health lessons that help develop effective communication, collaboration, listening and problem-solving skills. All attendees will gain access to FREE demo site containing health education teacher resources, bell ringers, exit tickets, project-based learning assignments and student assessments.	Middle and High School Physical Education
Kim Morton/Ron Malm	Five For Life	Looking for innovative activity-based lessons to help students learn the five components of fitness? Cardio Kid, Max, Maddy, Flexy, and B.C., otherwise known as the FAB 5® can help students understand how to live a healthy lifestyle. Find out how they can help your students maintain or improve their fitness levels in each of the five components of fitness.	Elementary Physical Education
Kim Morton/Ron Malm	Essential Motor Skills for Academic Learning	Do you know students who fidget, wiggle, have a difficult time concentrating or get upset easily? Find out how early learning fitness activities can help increase student engagement and prepare them for learning. Through intentional and purposeful motor-sensory activities, teachers can help students self-regulate, focus and positively interact with others.	Elementary Physical Education
Dr. David Mann	National Archery In Schools Program: Explore its benefits, get certified, change lives	We present K-12 educators and college faculty with the tools needed to create an official NASP-certified program. TN-NASP Assistant Coordinator Kevin Lee will guide educators through the simple process of getting certified, obtaining TWRA grants, ordering equipment, and joining over 91,000 educators trained in archery. For college faculty, we go over the steps of adding NASP-certifications to your existing licensure program. We then invite attendees to participate in archery using Genesis bows.	Middle and High School Physical Education
Lisa Lewis	"Fun with Hip Hop"	This session will include an easy fun hip hop dance that can be taught to middle school students. This dance is designed for non-dancers wanting to give their students a taste of fun while learning rhythm, time, and simple dance skills.	Middle and High School Physical Education
Lisa Lewis	Teaching Dance Moves in Physical Education	This session will include how to count musical beats, understand rhythm, and how to put simple locomotor and sports movements into music. The participant will learn how to create movement patterns using 32-count musical phases. No dance experience is required. The participant will utilize movements they already know.	Elementary Physical Education
Lisa Lewis EdD	Advocating for Youth Dance: Results from the Dance Physical Activity Question on the Youth Risk Behavior Survey	This session aims to share key findings from a descriptive analysis of the 2019 Youth Risk Behavior Survey (YRBS) results from two states, Tennessee and Nebraska, who adopted a newly developed dance physical activity question to their survey.	Coordinated School Health Education
Derek Zachary	Bring your SEL game!	Are you looking to improve your SEL game? Come and check out fun activities that are sure to get you moving and feeling better about your self and others!	Middle and High School Physical Education
Jeffrey Knox	Why Can't My Students Use the Weightroom?	Strength and conditioning strategies for students with special needs will be explored to help physical education teachers and adapted physical education specialists implement an inclusive weightlifting program. Motivation and adaption techniques will be shared, and participants will leave with a written program that they can implement with their classes.	Adapted Physical Education
Jeff Knox	Providing Effective Feedback	Feedback strategies will be explored as concepts from human motor learning, developmental psychology, and even art are explored to present methods of effective feedback for improved performance.	Elementary Physical Education
Jeffrey Knox	Teaching International Sports, Cricket, Handball and Sepak Takraw	Cricket is the 2nd most popular sport in the world, yet American's know so little about it. In order to expand opportunity and transference, basics of Cricket, Handball and Sepak Takraw will be taught and skills practiced so these sports can be taught in local middle and high schools.	Middle and High School Physical Education
Becky Bocz	First Year Teaching to Tenure	We all know how stressful it can be during our first year. Join us as we discuss challenges first-year teachers face, how others have overcome those challenges, share successes, and leave with tips to help you be successful. This will be a great networking tool you can continue to use throughout your career. One day you will be a mentor to a new teacher. (student teachers welcome)	First Aid and Safety
Becky Bocz	Dance, Educational Gymnastics, and Parachute	Did someone say PARACHUTE? What student doesn't get excited when they see the parachute? Come participate as I show you how to incorporate educational gymnastics and dance while using the parachute. This session addresses several state standards within Motor Skills, Dance/Rhythmic Activities, Nonlocomotor or Educational Gymnastics, and Movement Concepts.	Elementary Physical Education
Charity Rice	Parachute Activities	Come have some fun with us as we review classic parachute activities (as well as teaching some you may not have experienced before)! We will also talk about how we use this unit to reach our ELL students in a more meaningful way.	Elementary Physical Education
Melissa Stillings	"Game Day" Games and Activities	Join us for a variety of games and activities for groups of all sizes.	Elementary Physical Education

Claire Paul	Using Physical Education Standards to Address Life Skills and Self-Determination Instruction in Special Education	Physical Education standards can play a prime role in addressing both life skills strategies and self-determination skills in special education instruction. The use of such standards can help build confidence in students, as well as access effective instruction in these areas through preferred activities that are often found within physical education.	Coordinated School Health Education						
Matt Brunet	Overcoming adversity: Teaching athletes how to deal with failure	Athletes make mistakes and deal with adversity on a daily basis. But knowing how to deal with failure and conflict will ultimately determine the success of our programs and the character development of our athletes. Join us as we discuss how to face fears, learn from mistakes, and overcome conflict both on and off the field.	Sports and Coaching						
Greg Congleton	B3: Brain, Body, Behavior	B3: Brain, Body, Behavior is a multi-media curriculum that helps students develop their fundamental motor skills. By incorporating B3 activities into a classroom, gymnasium, or lab, schools can help students in Grades K-6 develop the fundamental motor skills to spark their brains, build their bodies, and improve their behavior to increase academic performance. Students need to have a personal value for learning, be supported by healthy norms, and demonstrate skills that will enable them to practice healthy behaviors. The teaching steps within the HealthSmart lessons are detailed and provide a complete plan for each class. However, there's plenty of room for creativity in "how" you facilitate some of the steps and activities. That's where SUPER-Charging HealthSmart lessons come in!	Coordinated School Health Education						
Greg Congleton	SUPER-Charging #SkillsbasedHealthEd		Lifetime Wellness						
Karen Saffles-Slater	Incorporating tobacco education into MS and HS discipline procedures	We will share how our school districts worked with community partners to offer tobacco education to students who receive citations for tobacco use on campus.	Coordinated School Health Education						
Ryan Macy	If You Build It, They Will Learn	Come explore a wide variety of free activities from OPEN designed to help your students close the physical literacy gaps many are currently experiencing. We will also share tips, tricks, and strategies to help you maximize time on task while reducing wait time in order to increase success for all students. While this session is designed primarily for elementary grades, the activities can be modified for all grades K-12.	Elementary Physical Education						
Ryan Macy	Pickleminion - Badminton Meets Pickleball	Welcome to the wonderful world of Pickleminion. For those of you that have never heard of Pickleminion, it is a mixture of Badminton and Pickleball. As you may know Pickleball is booming right now!!! This session will take you on an adventure through learning the skills of Pickleball and Badminton. It will show you how you can adapt lessons that will be able to work in any gym. Come join me and OPEN in this fun interactive session.	Elementary Physical Education						
Tim Wilson	An Examination of President Leadership Preferences of NIAA Athletic Directors	This research investigates the leadership preferences of athletic directors regarding their college/university presidents at NIAA colleges and universities. By examining this leadership relationship, institutions can achieve a better understanding of what leadership styles athletic directors prefer in their presidents and how they can work better together for the sustainability of the institutions.	Sport Management						
Sherry Miller	9 Square in the Air / Large group Variations	Join us for a student and teacher favorite! Presenters will demonstrate a variety of games using the 9 Square in the Air game system. The different variations of the game work well for large groups and students of all ages due to the ability to adjust the height of the equipment. Many of the games you will learn can be used with a standard volleyball net.	Middle and High School Physical Education						
Betsy Cashen	CATCH Healthy Smiles: Activity-Based Oral Health Lessons	Teaching health concepts in the gym can be challenging, but CATCH Healthy Smiles makes it easy to incorporate oral health activities into your physical education space. This session will guide you through the free CATCH Healthy Smiles program and provide resources and activities to reinforce students' knowledge, skills, and healthy dental habits to prevent oral health issues.	Elementary Physical Education						
Betsy Cashen	How to Un-Silo Health and PE Initiatives with a Coordinated School-wide Approach Using CATCH	It can be challenging to create a healthy school environment alone. At CATCH, we believe all members of the school play a vital role, especially PE teachers. We have created an effective and streamlined approach to give you the tools you need to succeed. Attendees for this interactive session will hear about the benefits of combining health and physical education, and leave with an understanding of strategies and resources they can start using right away.	Elementary Physical Education						
Dr. Niki Bray	Conquering The Praxis Exam	In this session, participants will learn testing strategies for conquering the content assessed on the Praxis exam. Participants will be guided through strategies for responding to each writing prompt as well as provided with sample prompts for additional practice. Additionally, participants will be given access to study materials developed by faculty. The success rate for students who follow the preparatory program is above 88% on their first attempt and over 92% on their second attempt.	Higher Education						
Kelley Seekins	American Heart Association BLS certification class	The AHA's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED.	ALL						
Vaughn, Beth	Study Tips and Tricks from a Student Perspective	Upperclassmen share study tips and tricks that they have used to be successful in classes, such as A&P, Exercise Physiology, Motor Learning, Kinesiology, and other major courses.	University Students						
Erin Powers	Music and Movement	Come have fun with is while we learn how to combine movement skills and rhythm using multiple forms of equipment such as basketballs, bucket drumming, scarves, tinkling and more!	PE Teachers						
Scott Williams	Omnikin: Have a BALL with Action-Packed Fun for All!+C90C87:C97D87C87:C89C87:C90	Whether you are looking for a new or modified team sport, cooperative and community-building activities, fun with fitness or skill development, Omnikin has you covered! This exhilarating and dynamic session will feature highlights of our famous lightweight, non-threatening, and dynamic 14"-48" balls that will generate excitement in your classroom like never seen before! Both your students and you will surely have a BALL!	PE Teachers						
Scott Williams	Get FAST and FURIOUS with Omnikin!	Join in this fast-paced, action-packed 60 minutes of FUN that will leave your students begging for more! With everything from intense fitness games to hilarious partner tag activities to the ultimate cooperative team sport of Kin-Ball, this session will have it all! These activities and products will solidify the gym as the place to be in your school. Come join Team Omnikin today and blow your students away!	PE Teachers						
Josh Greer	Dynamic Ticket Pricing in Professional Sports	Earning a minor in coaching is an excellent way to add value to a Tennessee State University bachelor's degree in education, exercise science, or to any number of degree programs on campus. A minor in coaching at Tennessee State University prepares and eq	Poster Presentation for Research Poster						
Ruby Wyles	Compression Garments and Muscle Damage in Sports	Compression garments in sport has been a research topic for decades; however, considerable debate still exists to their effectiveness. Compression garments may influence histological markers of exercise-induced muscle damage and aid recovery. The objective of this presentation is to explore the effects of compression garments on muscle damage in athletes.	Poster Presentation for Research Poster						
Mr. JC Gordon	Let's Dance With Dr. Dance	Mr. Gordon, aka "Dr. Dance", is an arts and health professional assisting instructors with the integration of PD Standards, National Arts Standards, and S.E.L. standards. During this professional development session, he will introduce participants to design concepts for a UDL, PE class that executes the dance portion of the Tennessee Physical Education Standards Grades K-12. Mr. Gordon will visually demonstrate and physically guide participants through the content while spotlighting inclusion and diversity. Teachers will be able to confidently incorporate this hybrid content into their PE units with the intentional acknowledgement of how the intersection of mental health and physical health is modeled through the dance elements of standard practice.	Elementary Physical Education						

Matthew Yeo	Cognitive tasks influence on postural control in healthy and diseased populations	<p>As we age, postural control mechanisms may start to become diminished, leading to an increased risk of falls. Falls can lead to serious injury or death in older populations. Standing/walking while performing cognitive tasks may further diminish postural control mechanisms vital to maintaining balance. Diseased populations (i.e., Parkinson's patients), may be at increased risk for falls based on movement pattern alterations associated with the disease. This increased risk may be associated with standing or walking postural control performance. This presentation will attempt to present current postural control findings when comparing healthy and diseased populations (i.e., Parkinson's patients). Specifically, the presentation will attempt to determine if cognitive tasks/load influence postural control differently between healthy and diseased population (i.e., Parkinson's patients). If differences do indeed exist, potential remedies will be investigated. Potential remedies may be related to physical activity interventions and/or other rehabilitation modalities.</p>	Poster Presentation for Research Poster
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