

PRELIMINARY CONVENTION PROGRAM — SUBJECT TO CHANGE

2019 MAHPERD 90th Annual Convention

Monday, November 18 and Tuesday, November 19, 2019

DCU Center, Worcester, MA

PRE-REGISTRATION

(Postmarked by Wed., 11/6)

Professional 1 day	\$130
Professional BOTH days	\$150
Student (Full Time) 1 or 2 days	\$40
Retired 1 or 2 days	\$40

After the pre-registration deadline

Wed, Nov. 6th, the registration fees will be:

ON-SITE REGISTRATION

Professional 1 day	\$145
Professional BOTH days	\$170
Student (Full Time) 1 or 2 days	\$55
Retired 1 or 2 days	\$55

PRE-REGISTRATION or ON-SITE REGISTRATION includes all sessions both days, access to Exhibits and Certificate of Attendance for PDPs

On-Site Registration and Pre-Registration Packet Pick-Up begin at 7:00 a.m.

PAID 2019 MEMBERSHIP IS REQUIRED for either Pre-Registration or Registration.

PDP CERTIFICATION — Be sure to certify your Attendance for Professional Development Points before leaving the Convention each day. See directions for time/place in final on-site program.

Membership Reciprocity with other States honored (current membership card **must** be shown) **BUT** Convention Registration Fee **NOT** waived.

All Convention Attendees must be 2019-2020 MAHPERD members.

MONDAY, NOVEMBER 18, 2019

7:45-8:45 (PE-2) Instant Activities, Instant Enjoyment Activity Area 1

Tag has its place as an activity kids love, but there are so many more options to successfully engage students in movement. This session will highlight a variety of ideas from a free curriculum resource (OPENphised) to effectively get classes moving in ways they will love. The activities will maximize MVPA and target all five SHAPE America Standards.

Presenter: Nick Kline, Master's degree; US Games / OPEN

7:45-8:45 (PE-24) USA Ultimate Activity Area 2

Presenter: Elizabeth Siber, Master's degree; USA Ultimate Girls Outreach Coordinator MA

7:45-8:45 (PE-19) Designing a Winning MVPA Lesson and Incorporating Heart Rate Monitor Technology South Ballroom

This session will focus on designing a winning MVPA lesson and incorporating Heart Rate Monitor technology into the lesson. Attendees will learn about the Heart Tech Plus group monitoring system and how to collect, analyze and adjust lesson design based on objective activity data. A strong emphasis on technology and lesson design to ensure maximum movement and purposeful learning.

Presenter: Chris Mekelburg, Doctorate degree; Physical Education teacher, Heart Tech Plus Inc.

Rich Butterworth

7:45-8:45 (H-38) Self Care for Educators, Teacher SEL Competence and Classroom and Child Outcomes" Room A

The goal of this session is to help educators make the connection between the importance of their own self care practices and how their own self care can have a positive outcome on student outcomes. Attendees will be empowered to identify their own areas of need in their self care practices and leave the presentation with a deeper understanding of how working on themselves in all areas of health can improve their students SEL competencies.

Presenter: Jennifer Polochick M.Ed., CHHC; Health Teacher/Teaching and Learning Coach Gr. 6-12; Fairhaven High School

7:45-8:45 (H-45) Exercise to Enhance Cognitive Performance Room B

Research confirming the ability of exercise to enhance cognitive performance is strong enough for us to make exercise a requisite part of the school day—but that's not the whole story. Not all exercise is created equal. Moreover, how does exercise affect a student who is sleep-deprived? How does nutrition affect sleep? During this interactive session, Jim Davis of New Trier High School and the Good Athlete Project builds on research he began at Harvard University to deliver the Exercise MVP (minimum viable product). Research behind how physiology impacts psychology and cognition can be complex — come learn essential 'bedrock' concepts, as well as usable methods to improve the performance of all students. With understanding, motivation, and usable tools for implementation, you too can be an Exercise MVP!

Presenter: Jim Davis, Master's degree; Staff & Student Wellness Coordinator, New Trier High School; Director of the Good Athlete Project

7:45-8:45 (PE-50) LGTBQ Students and Inclusion Room C

We live in a world that is focusing more and more on inclusion every single day as we continue to become more diverse across schools here in Massachusetts, particularly where I work in Worcester, MA. We desire for all students to feel welcome in the gymnasium/classroom setting,, participate regularly in physical activity, and be challenged while still finding success along the way. Many students are realizing even earlier on in life that they are part of the LGBTQ community. Therefore, teachers need to adapt and be trained to be able to use appropriate language to allow all students to feel included, accepted, and safe.

Presenter: Jonathan Vriesema, Master's degree; Physical Education teacher, Worcester Public Schools

7:45-8:45 (H-65) Skills-Based Health Education Assessments and Activities Room D

Join Mary McCarley, 2016 Shape America Southern District Teacher of the Year for Health Education and Goodheart-Willcox Health Education Content Specialist, as she shares skills-based health education assessments and activities. Teachers will leave with 10 or more new skills-based activities and assessments for their teacher toolbox. In addition, all attendees will receive complimentary access to up-to-date, skills-based health education resources from Goodheart-Willcox.

Presenter: Mary McCarley, Master's degree; Health Education Content Specialist, Goodheart-Wilcox

7:45-8:45 (H-42) Mindfulness Techniques in the Classroom Room E

Rooted in Buddhist meditation techniques, mindfulness is a grounding and compassionate self-help approach and healing practice. This session will (1) describe how mindfulness can be used to promote awareness of thought and acceptance of feeling, (2) empower educators to incorporate mindfulness into their classroom and home activities, and (3) connect educators with additional resources, such as useful books and videos to practice mindfulness techniques.

Presenters: Kyrah Altman, Bachelor's degree; Executive Director and Co-Founder, Let's Empower, Advocate, and Do, Inc.

Lauren Wilkins

7:45-8:45 (PE-85) Drumtastic Mathematics In Motion: The Formula for Active Learning Junior Ballroom

This evidence-based fitness and kinesthetic learning experience brings curriculum, fitness drumming, music and brain health together. With today's emphasis on STEM, Mathematics in Motion enables PE, Math and Music teachers to collaborate and offer a novel and fun approach to cross-curricular, multi-disciplinary social emotional learning. Use interval training protocols coordinating cognitive mathematical exercises with movement, music and drumming fitness applications to take students to the next level of social emotional learning. Build a better brain with stronger executive function and improve cardio and muscular strength while igniting a passion and appreciation for mathematical concepts. Use the tools provided to help accelerate mental computations with greater accuracy leading to stronger mathematical literacy.

Learning Objective 1: Experience this powerful brain and body program that combines drumming, rhythm, movement and cognitive applications that promotes health, fitness and well-being while addressing the National Standards for Physical Education (NASPE), Music Education, Depth of Knowledge (DOK) content areas, and inclusion strategies.

Learning Objective 2: Understand how this unique, fun, exciting cross-curricular program develops physical, cognitive, social, and emotional health by applying evidence-based fitness, drumming, music and educational concepts appropriate for everyone, regardless of age or ability.

Learning Objective 3: Discover how mathematics in motion accommodates individual physiological, emotional, and cognitive needs and supports various learning styles. Take back with you fun and interesting activities and discovery lessons that will help students better understand mathematical equations and make it more fun and understandable.

Presenter: Carrie Ekins, Master's degree; Founder and CEO, Drums Alive

9:00-10:00 GENERAL SESSION North/Central Ballrooms

Keynote Speakers: Hillary and Jeff Whittington

Keynote Address: "Raising Ryland: Our Story Parenting A Transgender Child With No Strings Attached"

"RAISING RYLAND is a powerful story of unconditional love, accepting others for who they are, and doing what's right, regardless of whether those around you understand it. "

10:15-11:30 Joseph McKenney Awardees and Past Presidents' Breakfast 2nd Floor Conference Rm. By Invitation Only

10:30-11:30 (REC-12) PE Orienteering Activity Area 1

In 2019, we piloted a four-lesson 3rd grade PE orienteering curriculum in 54 classes in 7 elementary schools in the Cambridge Public Schools. Orienteering is a running and navigation sport in which competitors travel through terrain to visit checkpoints marked on a map. Our constraints included minimal set-up time, using readily accessible materials, no need for specialized orienteering

knowledge, ability to deliver content indoors in bad weather, and accommodation of a wide range of abilities. We will provide a workshop for teachers interested in using the lesson plans in their PE classes.

Presenters: Barbara Bryant, Doctorate; President, Navigation Games

Ethan Childs

Katelyn Greene

10:30-11:30 (PE-6) Team Works! Activity Area 2

This session will focus on how working in small teams of 4 can encourage motivation, communication, and works with many different units and lessons. We will include:

- Small group warm-up examples
- Small group Sport Specific Skills
- Small group fitness challenge games
- Small group outdoor education with Snowshoeing challenge

Presenters: Alicia Teague, Master's degree; Physical Education/Health and Wellness Teacher, FA Day Middle School, Newton Public Schools

Amanda Church, Master's degree; Physical Education/Health and Wellness Teacher, Newton Public Schools

10:30-11:30 (PE-73) Boomshakalakafy Your Strength Training Program South Ballroom

During this session, we will cover the ways we have worked to improve our strength and conditioning program. Including classroom management, technology, skill acquisition, and working on deficiencies and activation. You will leave with new strategies and assessments to add to your curriculum.

Presenter: Ericka Mundt, 2018 SHAPE America National High School Physical Education Teacher of the Year; Iowa City West High School in Iowa City, Iowa

10:30-11:30 (H-44) Trauma-Informed Teaching Room A

Working in a variety of school settings, it's important to have an understanding of how to support students who have dealt with trauma. Trauma is the #1 risk factor for young people to develop a mental illness. This workshop will (1) define trauma as a normal reaction to an abnormal situation, (2) teach educators ways to support students struggling to cope with past trauma, and (3) leave educators with an understanding on how to connect students with appropriate self-help, peer-to-peer, and professional resources.

Presenters: Kyrah Altman, Bachelor's degree; Executive Director and Co-Founder, Let's Empower, Advocate, and Do, Inc.

Lauren Wilkins

10:30-11:30 (H-36) Comprehensive Sex Education for Grades 7-12 Room B

Explore ways in which to implement engaging comprehensive sex education to students in grade 7-12. Learn how to set up the right environment for students to partake in social emotional learning prompts, that will empower their ability to make healthy decisions pertaining to their sexual health. You will learn how to create opportunities for students to learn about the complexities of human sexuality within a safe, yet brave, space. This session will provide you with tools to use in the classroom and equip you with skills to address student questions on issues such as healthy relationships, consent, and sexuality.

Presenter: Stephanie Ghent Cordo, Master's degree; Health and Guidance Department Chair, Holton-Arms School, Maryland

10:30-11:30 (PE-31) Easily Assessing SEL with IHT Software Room C

Social, Emotional Learning easily assessed with the use of the IHT Assessment Spirit software. Assessments structured to build relationships, self-management, social awareness, responsible decision making, and self-awareness. SHAPE America outcomes implemented. Assessments completed with a tap of your finger. Standard-based report cards & summary reports brought to life!

Presenters: Jen Ohlson, Bachelor's degree; President, Interactive Health Technologies

Bev Brown, Master's degree; Director of Customer Success, Interactive Health Technologies

**10:30-11:30 (ATH-39) Long Term Athletic Development: Room D
Build Good Habits Over Time**

This SHAPE America National Convention session is now at MAHPERD. Learn how to establish more comprehensive, athlete-centered sports programs that are well aligned with SHAPE America's National Standards for Sport Coaches and the American Developmental Model. Will emphasize evidence based strategies to help athletes "build good habits over time" to reach long-term success.
Presenter: Dr. Lynn Pantuosco-Hensch, Associate Professor, Westfield State University

**10:30-11:30 (H-26) Student Mind Mapping of Room E
SMART Goals**

Teach your high school students to plan for success! How to educate your students in the skill of goal setting using mind mapping to create and implement a plan for enhancing personal health. Walk away with lesson plans/activities that address multiple learning styles for a variety of students.

Presenters: Holly Breen, Master's degree; Health Educator, Andover High School
Jackie Salvesen, Master's degree; Health Educator, Andover High School

**10:30-11:30 (PE-84) STOMP & DRUM: An Inspiring Junior Ballroom
Experience That Transforms
Rhythmical Sounds and Beats into
Magical Moments**

Drums Alive® Stomp & Drum is a symposium of creative expression because it utilizes the body, rhythmical instruments and other creative pieces of everyday materials to provide a fun and exploratory environment for learning, movement, and self-expression! Hand clapping games and materials such as; drumsticks, pool noodles, garbage cans, buckets and other creative equipment will bring excitement to students and teachers alike. Stomp and Drum is for everyone, even those who may not be formally trained; so, if you are up for a new adventure and want to feel the joy of music and rhythm, then you will love this powerful social emotional centric physical celebration of rhythms and movement.

Learning Objective 1 Discover simple rhythms and choreographies using these pieces of equipment and how this culturally diverse program develops physical, cognitive, social, and emotional health by applying evidence-based fitness, drumming, music, and educational concepts appropriate for everyone. This is a social emotional journey that will allow for creative self-expression and a renewed passion for learning, physical fitness and building teamwork.
Learning Objective 2 Provide a powerful multifaceted brain & body program that combines drumming, rhythm, dance and cognitive applications that promotes health, fitness and wellbeing while addressing the National Standards for Physical Education (NASPE), Music Education, Depth of Knowledge (DOK) content areas, and inclusion strategies.

Learning Objective 3 Learn how to apply rhythmical applications using the body as well as with various rhythmical instruments or ordinary everyday objects. Stomp & Drum will provide a platform to improve knowledge and understanding on multiple levels using rhythms and movements from around the globe.

Presenter: Carrie Ekins, Master's degree; Founder and CEO, Drums Alive

11:30-12:30 LUNCH

- **Silent Auction-New England Sports Memorabilia** - Proceeds support MAHPERD Student CoFP
- **Visit Social Justice Exhibit - "Be Like Brit"**
- **MAHPERD Kids in Motion Fundraiser Booth in Foyer!**
- **Please visit and support our Exhibitors** - Sign Exhibit card at the end of each day for to be placed in our Daily Raffle!

12:30-1:30 (PE-96) The Bucket Brigade! Activity Area 1

This is a participation session using multi-buckets, wiffleballs, pinkies and reaction balls to create challenging activities that are competitive, cooperative and fun. Participants will build structures, bounce balls and create games using the buckets and balls. These activities are great for upper elementary through high school students. Join us for an exciting, challenging session and maybe a few new records!

Presenter: John L. Smith, Master's degree; Educational Consultant, Flaghouse; 1989 NASPE/SHAPE National Teacher of the Year

**12:30-1:30 (PE-25) Journey to the Activity Area 2
Center of the Body**

Physical Education provides the perfect setting for students to learn health concepts in a fun, active environment! This session will highlight a variety of obstacle courses and games used to introduce different body systems to your elementary aged students. Systems presented will include the Respiratory, Circulatory, Digestive, Muscular and Skeletal, and Nervous.

Presenter: Jared Owen, Master's degree; Physical Education, Health and Wellness teacher, Newton Public Schools

12:30-1:30 (STU-88) Don't Miss: PE MTEL Pass Tips North Ballroom

Join the Council of Professionals in a PE MTEL Round Table Review Session. Round tables include the following topics: (1) Test preparation and resources including advice from PETE students that have passed the exam; (2) Open response questions (3) Strategies for multiple choice questions; (4) Content-specific questions. After each round table, a question will be shared for practice. Don't miss this opportunity to be with your peers from other PETE programs and share the common goal of a passing score on the PE MTEs!

Presenters: Matt Dionne, Bridgewater State University
Allison Lima, Bridgewater State University
Caitlin Bosse, Westfield State University
Cayla Durkee, Westfield State University
Matthew DeGrandpre, Springfield College
Sean Thornton, Springfield College
Dr. Ann Marie Gallo, Salem State University
Dr. Karen Richardson, Bridgewater State University

**12:30-1:30 (H-33) Introducing Maslow - An Central Ballroom
Interactive Health Education Lesson**

The presenters will share their high school Health Education lesson on Maslow's Hierarchy of Needs, which is introduced in the Junior year at Weston High School. This lesson is highly interactive, and is used to construct the Class Contract for the semester. Leave with actual lesson plan and powerpoint presentation used for this lesson.

Presenters: Mitch Finnegan, Master's degree; Director of Wellness Education; Weston Public Schools
Danielle Cooper, Health Educator and Restorative Justice Practitioner, Weston High School

12:30-1:30 (PE-79) I-Tune into Elementary PE South Ballroom

This session will send you fully re-charged to sync your program to some new and exciting ways to expand on your elementary curriculum library. The playlist of highly effective ideas will be presented perfectly in tune with SHAPE America standards and Grade Level Outcomes. Activities will incorporate social, cognitive and skill-based approaches in exciting ways that will tie in cross curricular education. Presentation is Elementary based yet can be easily modified into a Middle school curriculum.

Presenter: Lori Bifarella, 2018 SHAPE America Eastern District Elementary Physical Education Teacher of the Year; Attica Elementary School, Attica, NY

**12:30-1:30 (PE-37) Optimizing Academics Room A
Through Movement**

An exciting elective was added to the Hopkinton High School curriculum and billed as "a course that will change the way you look at exercise!" Springfield College graduate students and faculty collaborated with the course instructor to conduct research on academic achievement, self-efficacy, self-esteem, and perceived stress among course participants. Join us for this session to see and experience elements of the course and hear about benefits and challenges of the course design and check out the research findings!

Presenters: Karen Renaud, Hopkinton High School
Dr. Michelle Moosbrugger, Associate Professor of Physical Education/Dept Co-Chair/Graduate Coordinator, Springfield College; past MAHPERD Executive Board as VP-Recreation, President, and Teacher of the Year Chair
Tyler Kelly, M.Ed.
Erica DellaVolpe, M.Ed.

12:30-1:30 (H-99) Getting Started With Skills Based Health Education! 1.0 Room B

Participants will be able to explain the rationale for AMAZE, an online, video-based sexual health education resource for very young adolescents. Participants will be able to list at least three ways that AMAZE can be used by school health professionals to increase sexual health education for very young adolescents. Participants will describe at least three elements of the AMAZE design that reflect best practices for reaching very young adolescents. Participants will compare and contrast at least five sample AMAZE videos targeting very young adolescents.

Presenter: Michelle D. Rawcliffe, Master's degree; Health Educator, Woodstock Middle School / Amaze

12:30-1:30 (H-15) Getting Started With Skills Based Health Education! 1.0 Room C

Learn how to develop a skills based health education unit backward by design. Be able to identify priority standards and objectives from the National Health Education Standards and have a unit outline ready to subsequently develop lessons. Interactive and participatory session so get ready to put your thinking cap on!

Presenters: Jeff Bartlett, Master's degree; Health Educator, Holton Richmond Middle School, Danvers; High School Cross Country and Track and Field Coach, Danvers High School; Adjunct Faculty, Cambridge College

Danielle LaRocque, M.Ed.; Health Educator, Holton Richmond Middle School, Danvers; youth program supervisor for DanversCARES; assistant varsity softball coach at Danvers High School; past Vice President Health, MAHPERD

12:30-1:30 (APE-30) APE – from Scratch Room D

This roundtable discussion will highlight the steps/process I have gone through to design and begin building a district-wide APE program. Topics to be covered include: Program goals (both school and district), fundraising, potential hurdles, implementing Unified Athletics, and expecting the unexpected.

Presenters: Ryan Kent, Master's degree; Physical Education, Adapted Physical Education teacher, Unified CVOach, Martha's Vineyard Regional High School
Kathy Lutz, Special Olympics

12:30-1:30 (H-69) Passion Projects: Choice and Advocacy in Health Education Room E

Create young advocates! Hear about the power of choice in education, discuss how to build upon national standards towards advocacy, and see examples of project assessments in skills-based health classrooms. Come ready to share your own successes in student choice projects- we will make time to collaborate and create with fellow teachers.

Presenter: Scott Todnem, Scullen Middle School in Naperville, Illinois; 2019 National Health Educator of the Year

12:30-1:30 (PE-54) Conquering Stress: Learning Resiliency and Coping Skills Through Music, Movement and Exercise Junior Ballroom

In today's world, stress is inevitable and if not managed properly, it can negatively affect our health and wellbeing. This evidence-based participatory experience will introduce stress managing techniques, intermixed with powerful rhythms, percussive beats, and the sheer joy of creative movement that will ignite your spirit, energize your soul and inspire you to reach new levels of brain and body health and wellness with the goal of greater resiliency and increased physical and mental fitness.

Presenters: Carrie Ekins, Master's degree; Founder and CEO, Drums Alive
Dean Owens
Kim Ferrara

setting. Activity variations using the Ubuntu deck are perfect for K-Adult populations, small and large group sized, and can be played over and over again.

Presenter: Lisa Hunt, Bachelor's degree; Manager, Team Development Programs, High 5 Adventure Learning Center

1:40-2:40 (PE-4) Fitness Fun for Everyone Activity Area 2

Developing fitness habits in young movers can be fun and exciting. In this session you will be shown a number of easy to implement fitness activities for all ability levels. Let's move!!!

Presenter: Kevin Tiller, Master's degree; Physical Education teacher, Andover Public Schools

1:40-2:40 (H-27) Mindfulness and Yoga North Ballroom

Experience a yoga practice developed for high school students with a mindfulness theme. Participants will do a student focused yoga practice, be provided with the lesson plan, and discuss a basic outline for preparing themed yoga classes to enhance student resilience and self-regulation. (18 mats provided)

Presenter: Jackie Salvesen, Master's degree; Health Educator, Andover High School

1:40-2:40 (H-86) It's Elementary! Skills-Based Activities for the Elementary Classroom Central Ballroom

Are you shifting from content-based to skills-based health education? Do you teach at the elementary level or just looking for new student-centered activities? Then this is the workshop for you! Join us for a fun, interactive hour where various skills-based health activities will be shared. You will leave this session with more "tools in your toolbox" to implement in your own classroom! *Please note: If you attended the summer health education conference, new activities will be shared.

Presenter: Marissa Keleher, Master's degree; Elementary Health Teacher, Medway Public Schools

1:40-2:40 (PE-75) Cardi-K . . . Kickboxing With Attitude South Ballroom

Fun interactive kickboxing lessons for all levels with and without equipment. You will leave with assessments and ideas to incorporate into your lesson plans right away!

Presenter: Ericka Mundt, 2018 SHAPE America National High School Physical Education Teacher of the Year; Iowa City West High School in Iowa City, Iowa

1:40-2:40 (PE-9) Make Your Run Club EZ Room A

Interested in starting a Run Club? Worried it may take too much time? Worry no more! Learn how EZ Scan®, an online lap counting program, organizes and tracks everything. Saves you time, improves organization, reduces volunteer time, and allows you to focus on what's really important – your runners!

Presenter: Jessica Leggett, Master's degree; Physical Education teacher, Linden STEAM Academy, Malden

1:40-2:40 (H-10) "1:1 Let's Have Some Fun in the Health Ed. Classroom" Room B

This session will focus on effective Chromebook integration into the Health Ed. classroom. In this session attendees will learn a variety of different ways to utilize the Chromebook within the health ed. classroom, from formative and summative assessments that utilize Google forms, DOCS, Slides, and Google Sites to maintaining a Google Classroom & assigning student work. As well as a variety of activities that allow students to effectively practice essential health skills, such as analyzing influences, interpersonal communication, goal-setting and decision-making.

Presenter: Jill Herwig, Master's degree, 6th-8th grade Health Educator, Garfield Middle School, Revere Public Schools

1:40-2:40 (REC-91) Ubuntu: How to Transform Your Teaching With A Deck of Cards Activity Area 1

High's 5's own unique 54 card Ubuntu Card deck, this session will engage participants in adventuresome activities that can be easily transferred to any

1:40-2:40 (ATH-60) Ongoing Efforts of the MIAA's Blue Ribbon Committee Room C

Presenters will provide participants with an overview of ongoing efforts of the MIAA's Blue Ribbon Committee charged to look at current association policies and procedures as they relate to gender.

Presenters: Erin Buzuvis, J.D.; Director of the Center for Gender and Sexuality Studies, WNEU
 Dr. Pamela Gould, Superintendent, Sandwich Public Schools
 Sherry Bryant, Associate Director, MIAA

1:40-2:40 (ATH-16) Recognizing Sport-Related Concussion Room D

Session will review how to recognize the signs and symptoms of a sport-related concussion as well as their management and treatment. It will also discuss return to learn and return to play criteria and how these all relate to the concussion law in Massachusetts. It will cover ideas for cities and towns to help assure that those working with children have the proper knowledge in regards to concussions.

Some objectives will be the following:

1. Traumatic brain injury(TBI's) and concussions
2. Define concussion
3. Diagnosing a concussion
4. Examination, testing, imaging
5. Massachusetts Law and documentation with regards to the DPH regulations
6. Prognosis/Outcomes of concussions
7. Prevention

Presenters: Diane Sartanowicz, Master's degree; Director, Massachusetts Concussion Management Coalition
 Ms. Kathleen Thornton
 Dr. Michael Beasley
 Dr. Meredith Saillant

1:40-2:40 (H-41) DESE Safe Schools Initiative for LGBTQ Students Room E

With the leadership of the Massachusetts Department of Elementary and Secondary Education's (DESE) Safe Schools Initiative for LGBTQ students schools have the responsibility to implement inclusive practices in policies and curriculum. Health educators can lead the way by implementing gender-inclusive lessons that reflect all students and families, recognize and understand the law and understand gender identity, LGBTQ issues for students, families, schools and community. This session will provide a roadmap and resources for the implementation of gender-inclusive sex and sexuality health education lessons. Presenters will provide an overview of the development and implementation of this curriculum, as well as, examples of lessons for elementary, middle and high school, parent education curriculum and other resources. Participants will have the opportunity to engage in interactive activities and discussions.

Presenters: Julie Fenn, Master's degree; Assistant Coordinator of Physical Education, Health and Wellness; Lexington Public Schools
 Eamonn Sheehan; Coordinator of PE, Health and Wellness;
 Head Athletic Trainer, Lexington Public Schools

1:40-2:40 (PE-35) Spice Up Elementary Physical Education with Salsa Dance Junior Ballroom

Come join us for an introduction or review to Salsa for Elementary students. You will learn basic steps and create a sequence to take back to your students. A list of recommended songs will be provided, as well as hand outs describing the steps.

Presenters: Jennifer El-Sherif, Doctorate degree; Associate Professor of PETE, Salem State University
 Esteban Ortiz, student, Salem State University

2:50-3:50 (PE-1) OPEN Beyond the Gym Activity Area 1

Get ready to be actively engaged in this high-energy session. This is geared toward teachers looking to increase the MVPA opportunities for students outside of physical education class. OPEN (www.OPENphysed.org) offers a variety of options to support comprehensive physical activity, including 60+ After-school (Recess), Active Classrooms, and Active Homes

Presenter: Nick Kline, Master's degree; US Games / OPEN

2:50-3:50 (PE-17) RampShot Activity Area 2

RampShot is an exciting new yard game where players toss and/or catch for points, keeping all students active and engaged throughout the game! Participants will learn how to play and have a chance to compete against other PE teachers in this fun and active session. RampShot involves tossing, catching, hand-eye coordination and teamwork making it the perfect yard game for any PE program. With various ways to play, RampShot can be used for Middle School and High School students as well as in the Elementary Schools. Watch our "how to play" video and learn more at RampShot.com!

Presenter: Josh Bonventre, Master's degree; Chief Play Maker, RampShot

2:50-3:50 (PE-61) Lifelong Physical Activity and Wellness with Every Day Items North Ballroom

Physical educators, students, and families face obstacles when pursuing a lifelong physical activity and wellness due to limited funds and equipment. This session is designed to engage secondary physical educators in designing equipment for lifetime activities with everyday items typically available in homes and communities. Join us to employ water bottles, tuna fish cans, and more to teach lifetime activities and backyard games in a physical education setting and encourage at-home participation!

Presenters: Gianna Napoli

Mackenzie Luiz

Michelle Moosbrugger, Doctorate degree; Associate Professor of Physical Education/Graduate Coordinator/Department Co-Chair, Springfield College

2:50-3:50 (H-71) Creating Active Learners in Health Ed Central Ballroom

Get students collaborating in the Health classroom! Increase participation with aptly-placed social activities to boost health literacy skills and real-life connections. Build higher level thinking through group challenges, abstract concepts, practice time, and reflection. Examples and share-and-tell time included.

Presenter: Scott Todnem, Scullen Middle School in Naperville, Illinois; 2019 National Health Educator of the Year

2:50-3:50 (PE-80) Circles, Lines and Squares South Ballroom

When it comes to teaching dance, The More, the Merrier. This session will focus on enhancing the Social aspects of dance in Elementary Physical Education. activity ideas will showcase ways to develop various interpersonal and collaborative skills.

Presenter: Lori Bifarella, 2018 SHAPE America Eastern District Elementary Physical Education Teacher of the Year; Attica Elementary School, Attica, NY

2:50-3:50 (H-92) Behavior As Communication Room A

Join part two of Behavior as Communication! Many of you attended the Behavior as Communication presentation at the 2018 MAHPERD Convention. In part two, we will share the responses received from the first session's participants. An examination of the most pressing student behavior issues, identified by those attending session one, suggested solutions, and a practice of skills you need most in your gymnasium and classroom. You need not have attended session one to take part in session two!

Presenters: Dr. Ann Marie Gallo, Salem State University
 Claudia Brown, M.Ed., Health Matters

2:50-3:50 (H-23) Youth E-Cigarette and JUUL Room B

Youth e-cigarette and JUUL use is an emerging public health crisis. Most e-cigarettes and all JUUL contain nicotine, a highly addictive substance that can harm adolescent brain development and has been associated with health and behavior problems. In this session, participants will learn how schools across the U.S., including a local school in Wareham, are using CATCH My Breath to deliver e-cigarette and JUUL prevention education to students and how to access this free program for use in their own schools.

Presenter: Harriette Sullivan, Master's degree; Health Educator, Wareham Middle School; CATCH Ambassador

2:50-3:50 (H87) Fine-Tuning Your Skills-Based Health Education Units and Assessments! 2.0 **Room C**

So you've got your skills based health ed unit, but maybe it needs a little work. This session is highly recommended for participants from the "Getting Started With Skills Based Health Education 1.0" session and anyone else who wants to align their summative assessment with the unit objectives and National Health Education Standards! Participants will be able to develop and/or fine-tune a unit summative assessment and lessons to lead up to that summative assessment to accurately assess the objectives. Get ready to develop engaging, effective and enjoyable projects for your students that allow them to demonstrate some #skills!

Presenters: Jeff Bartlett- Health Educator, Holten Richmond Middle School, Danvers, MA; M.Ed. BU; Adjunct Faculty Cambridge College

Danielle LaRocque, Health Educator, Holten Richmond Middle School in Danvers, MA.; M.Ed Cambridge College with a Master of Education in Skills Based Health Ed and Social-Emotional Learning; MAHPERD Past VP Health

2:50-3:50 (H-43) Anxiety Disorders in Students **Room E**

Anxiety disorders are the most prevalent mental illness among youth, seriously affecting the way students function in school, experience life, and engage in relationships. This session will (1) describe different kinds of anxiety disorders and their related risk and protective factors, (2) teach educators how to reduce symptoms of anxiety through mindfulness and intentionality in the classroom, and (3) empower educators to de-escalate panic attacks and crisis situations using grounding techniques.

Presenters: Kyrah Altman, Bachelor's degree; Executive Director and Co-Founder, Let's Empower, Advocate, and Do, Inc.

Lauren Wilkins

2:50-3:50 (PE-55) Drums Alive! "XPLODE" A Powerful Interval Journey into Functional Movement, Increased Strength and Cardiovascular Health **Junior Ballroom**

DRUMS ALIVE "XPLODE" is a fun, energetic, uplifting, research based, "Total Body" workout, that ignites the brain and body by combining cutting edge "Athletic Functional Interval Training" with the power and passion of traditional aerobic movements using inspiring music, powerful beats, pulsating rhythms and drumming fitness exercises for grades 7-12. This results oriented cardiovascular, plyometrics, and strength endurance program provides a unique health and wellness experience employing easy to follow exercises using the body, stability ball, resistant bands, drumsticks as well as traditional drumming fitness equipment designed to increase the heart rate, respiration rate, caloric expenditure, strengthen muscles, increase flexibility and improve cardiovascular health.

Presenters: Carrie Ekins, Master's degree; Founder and CEO, Drums Alive

Dean Owens

Kim Ferrara

7:45-8:45 (REC-95) Whole Child Development **Activity Area 1**
 Relationships are foundational to learner success. In our role as Whole Child developers, we must know our learners and meet each at her/his social, emotional and academic level. This session shares strategies and lessons learned from a program designed to increase community-wide social and emotional development, belongingness and sense of self through emotional literacy and self-regulation. Session attendees will learn and participate in research-validated experiential activities aimed at increasing their capacity to foster student real-world skill application through their ability to relate to self and one another. All resources are open source and aligned with National HPE standards and CASEL validated.

Presenters: Michelle Kelsey Mitchell, Master's degree; Director of Partnerships, Pure Edge Foundation
 Anne Contreras
 Russell Case

7:45-8:45 GOPHER **Activity Area 2**

7:45-8:45 (PE-81) Think Outside the Envelope and Push the Box **South Ballroom**

Be ready to broaden your perspective on how you approach each lesson. This session will highlight different activities, technology, and academic integrations that can be easily duplicated in your own class.

Presenter: Lori Bifarella, 2018 SHAPE America Eastern District Elementary Physical Education Teacher of the Year; Attica Elementary School, Attica, NY

7:45-8:45 (H-21) Bringing light to suicide: Supporting school personnel to respond to suicide **Room A**

Suicidal statements and suicidal ideation are scary and overwhelming for everyone involved. Sometimes the message is clear and sometimes there are signs of suicide that we may miss. Join clinician Jon Mattleman for an informative and empowering workshop about youth suicide. With Jon's years of working with youth, families, towns, and schools he creates a safe setting to bring light to this intimate topic. Participants will learn about the warning signs of suicide, identify risk and protective factors, and how to help someone who is in a crisis. This workshop includes discussion, activities, videos, and resources. This session is geared towards school professionals of all levels working with youth of all ages.

Presenter: Jon Mattleman, Master's degree; Clinical Director, Minding Your Mind

7:45-8:45 (H-47) Humanizing Elementary Health: Skills-Based SEL from the Start **Room B**

Building a strong foundation of current fundamental health knowledge is important. Making a connection between content and skill is necessary! Skills-based health education will motivate young students to improve and maintain their health, and help promote learning in other subjects. Take away NHS aligned, easy to implement, creative, applicable lessons that will grab students' attention, from bell-ringing to bell-ringing!

Presenter: Linda Belocas, Master's degree; District Elementary Health teacher, Plymouth Public Schools

7:45-8:45 (APE-89) Physically Active Recreation in The Community **Room C**

Teaching students how to live a physically active lifestyle is an important goal for students with disabilities. This session will include a review of a Physically Active Recreation in Community Class (PARC) established as part of the APE curriculum at the Perkins School for the Blind. It will include the proposal description, the planning and implementation of the class as well as process and outcome evaluation results that can help you to establish a similar program at your school.

Presenter: Matthew C. LaCortiglia, Master's degree; Adapted Physical Education teacher, Perkins School for the Blind

7:45-8:45 (PE-64) Culturally Relevant Pedagogy (CRP) **Room D**
 An increasingly diverse student population indicates the need for implementing curricula and pedagogy which legitimize the cultural knowledge students bring into PE spaces and also engage students in physical activity in ways which are meaningful and authentic to their daily lives. The purpose of this session is for current and future K-12 PE teachers to understand the tenets of culturally relevant pedagogy (CRP), identify strategies for enacting CRP, and critique widely-accepted Eurocentric norms and values embedded within PE.
Presenter: Mara Simon, Doctorate degree; Assistant Professor, PE Pedagogy, Springfield College
 Mara Simon

7:45-8:45 (ATH-7) Proper Program Writing for Resistance Training **Room E**

Session will focus on proper program writing to accommodate students or athletes with various resistance training abilities and experiences. Keeping students or athletes of various backgrounds and abilities engaged in a challenging but safe way during a resistance training class is crucial for the success of the session. In this session, appropriate progressions and regressions that can be used to adapt the session to all members of the class in an organized and manageable way for the physical educator or coach.

Presenter: Mary Kate Feit, Master's degree; Doctoral student/Teaching Fellow, Springfield College

7:45-8:45 (PE-53) Bambini Beats "Around the World" Junior Ballroom Take An Educational, Culturally-Rich Journey Around the World (PreK-3)

Bambini Beats "Around the World" is a voyage of discovery that is full of fun, ripe in education and cultural experiences and will transform the classroom into an exciting and enriched creative and social emotional learning environment. Take a virtual fantasy flight to several different countries and experience the sights, sounds, languages, music, movements and rhythms that will provide the passengers with a better understanding of the world and an appreciation for other cultures.

Presenter: Carrie Ekins, Master's degree; Founder and CEO, Drums Alive

9:00-10:00 GENERAL SESSION North/Central Ballrooms

Keynote Speaker: **Joey Feith, Founder of ThePhysicalEducator.com**

Keynote Address: **North Star Physical Education: Finding Purpose and Passion in Teaching**

A wise educator once said that teaching is an impossible task. It can certainly feel so at times. Over time, the barriers and challenges we face in our teaching can take a toll on the enthusiasm, energy, and excitement that we display as educators. This can leave us feeling depleted and lost . . . However, there is a way to avoid or escape this trap. A way that can allow you to not only rediscover the passion and purpose you once felt for your teaching, but to also allow it to grow over time. Join Joey Feith, founder of ThePhysicalEducator.com, for this keynote address in which you will be invited to reflect upon, explore, and reconnect with your North Star so that it may continue to light the way for purpose and passion in your teaching!

10:30-11:30 (PE-3) Fitness Strategies to Engage and Empower Students **Activity Area 1**

This highly active session will address how personal fitness can engage and empower students! Participants will learn how to develop physically literate individuals through integrating effective fitness assessments, strategies for assessing large groups, goal setting, and activities that promote student fitness in and out of the gym. This session will also highlight OPEN Plug and Play Activities. These micro-activities, similar to instant activities, address all components of health-related fitness.

Presenter: Nick Kline, Master's degree; US Games/OPEN

10:3-11:30 (PE-49) The Latest and Greatest from the Best and Brightest! (Vol. XVIII) Activity Area 2

Highly Creative Games and Activities for the Physical Education Classroom. Future professionals and their instructor present movement experiences that are guaranteed to excite, engage and encourage wellness!

Presenters: Robert J. Rausch, Ph.D., Professor, Department of Movement Science, Sport, and Leisure Studies & PE Majors, Westfield State University

Students from Methods Class

**10:30-11:30 (PE-74) Bop It, Twist It, Pull It . . . South Ballroom
The Daily Workout Remix**

You will leave with lots of fun and creative workouts for individuals, partners and groups that use cooperative learning, teamwork and strategy planning. Plus cardiovascular endurance, interval training, muscular endurance, muscular strength and other fitness concepts to bring out the best in your students. Plus tips on how to incorporate it in any PE classroom from K-12

Presenter: Ericka Mundt, 2018 SHAPE America National High School Physical Education Teacher of the Year; Iowa City West High School in Iowa City, Iowa.

10:30-11:30 (H-14) Child Sexual Abuse Room A

Child sexual abuse is a widespread problem in our society. "Every 11 minutes, child protective services substantiates, or finds evidence for, a claim of child sexual abuse." Of all the victims under the age of 18, two out of three are 12-17 years old. Prevention at every grade level is critical! During this session and small group work, participants will explore tools and resources for evaluating existing PK-8 health education efforts and discuss strategies for implementing child sexual abuse prevention within a comprehensive approach to health education. (RAINN, 2019)

Presenter: Heidi Pound, Master's degree; THE GREAT BODY SHOP; Program Consultant/Contributing Writer

10:30-11:30 (H-8) Skills-Based Health Room B

Are you aligning social emotional competencies to your Skills-Based Health curriculum but do not know how to authentically assess? Join this session for a review of SEL and Skills-Based Health planning and assessment and learn how to easily authentically assess both.

Presenter: Mary Connolly, CAGS; Program Chair, Skills-Based Health/Social Emotional Learning, Cambridge College

10:30-11:30 (REC-57) Back-Packing and Sea Kayaking Around Boston Harbor Islands Room C

An illustration of the components of a successful expedition and help you transfer it to your class or cohort.

Presenters: Jim King, Senior Business Development Officer, Thompson Island Outward Bound

Tim Wylie, Program Manager, Thompson Island Outward Bound
Whitney Olesen, Program Director, Thompson Island Outward Bound

10:30-11:30 (ATH-22) Strategies for Appropriate Use of Language With Trans Athletes Room D

Learn to identify strategies for appropriate use of language with trans athletes in one-on-one and team settings. The session will include an overview of the Minority Stress Model and identify a host of communication-related stressors for trans athletes common to sport. Attendees will engage communication approaches through role-playing to address one-on-one interactions with trans athletes, or when supporting a team where a trans athlete comes out and/or begins transitioning.

Presenter: Dr. Elizabeth M. Mullin, Associate Professor of Exercise Science and Sport Studies, Springfield College

10:30-11:30 (H-72) Bridging Lessons in the Health Classroom Room E

Experience three connecting lessons as the student in a skills-based Health classroom. This will be a hands-on example of how to bridge activities throughout a quarter/semester Health Class in order to develop health literacy, create impactful relationships, and have fun in learning. Come ready to participate! Observers are welcome too.

Presenter: Scott Todnem, Scullen Middle School in Naperville, Illinois; 2019 National Health Educator of the Year

**10:30-11:30 (D-66) West African Dances – Junior Ballroom
Using ALL of Your Body to Dance!**

Abdou Sarr will open the Session with a little history of how he came to America and how dancing is his life and culture. He has two dances that he can teach to students, Sabaar and Djembe. Both are named after the drums used in the dance. These are traditional West African dances, very aerobic and very much about using ALL of your body to dance. The dance has students crossing their bodies from side to side and learning the dance step sequences to follow. Each sequence is broken down and demonstrated until the whole group 'gets it'. The group will perform as a group with Abdou, without Abdou and then by themselves (usually in a group/row of 5-6). COME and ENJOY the dancing!

Presenter: Abdou Sarr, Associate's degree; Senegalese Dancer, Arts Are Essential, Inc.

11:30-12:30 LUNCH

- **Silent Auction-New England Sports Memorabilia -** Proceeds support MAHPERD Student CoFP
- **Visit Social Justice Exhibit - "Be Like Brit"**
- **MAHPERD Kids in Motion Fundraiser Booth in Foyer!**
- **Please visit and support our Exhibitors –** Sign Exhibit card at the end of each day for to be placed in our Daily Raffle!

12:30-1:30 (PE-28) Hands-On Primer in Circus Skills Activity Area 1

Juggling, plate spinning, devil stick and diabolo manipulation, object balancing, stilt walking and more! A hands-on primer in circus skills - including techniques, teaching tips, progressions and their grade/age level applications with plenty of personal skills development time. Learn to do circus and take home proven teaching strategies for your students

Presenter: Greg Milstein, Associates degree; graduate of the world famous Ringling Bros. and Barnum & Bailey Clown College; Executive Director, The National Circus Project

12:30-1:30 Flaghouse Activity Area 2

12:30-1:30 (H-70) Passion Projects: Choice and Advocacy in Health Education North Ballroom

Create young advocates! Hear about the power of choice in education, discuss how to build upon national standards towards advocacy, and see examples of project assessments in skills-based health classrooms. Come ready to share your own successes in student choice projects- we will make time to collaborate and create with fellow teachers.

Presenter: Scott Todnem, Scullen Middle School in Naperville, Illinois; 2019 National Health Educator of the Year

12:30-1:30 (PE-77) Assessment FOR Learning in Physical Education (Active Session) Central Ballroom

For years you've been wanting to up your assessment game as a physical educator but have had a hard time figuring out exactly where to start. In this session, Joey Feith, founder of ThePhysicalEducator.com, will walk you through the WHAT, WHY, and HOW of assessment for learning in physical education. Join in as we explore the purpose of assessment in education and take an active look at how assessment - in its various forms - can become a huge part of your teaching to ensure that your students develop the skills,

knowledge, and understanding they need to continue to develop their physical literacy throughout their lifetime!

Presenter: Joey Feith, Elementary Physical Educator, St. George's School of Montreal in Quebec, Canada; Founder of ThePhysicalEducator.com

12:30-1:30 (PE-78) Making Time to Celebrate Student Learning South Ballroom

This session will focus on culminating events that compel students to reflect on and articulate what they have learned, how they learned, questions they answered, as well as identify their areas of strength and struggles. Celebrations of learning are powerful opportunities to showcase your program. Presentation is Elementary based yet can be easily modified into a Middle school curriculum.

Presenter: Lori Bifarella, 2018 SHAPE America Eastern District Elementary Physical Education Teacher of the Year; Attica Elementary School, Attica, NY

12:30-1:30 (H-13) Consent: It is not just about sex! Teaching Consent through Experiential education methods Room A

In this session, participants will engage in activities, discuss activities with other educators in the session, and have time to reflect upon one's own teaching. All of the activities will demonstrate various methods to incorporate the topic of consent into your own classroom.

Presenters: Sarah Greeley, Master's degree; Wellness teacher, Lincoln-Sudbury Regional High School

Amanda Klein, Master's degree; Wellness teacher, Lincoln-Sudbury Regional High School

12:30-1:30 (PE-32) Using Heart Rate Technology to Drive Student Wellness Outcomes Room B

Physical, mental and emotional health are closely interlinked and interventions are being adopted across MA using IHT student-specific heart rate technology to personalize learning, empowering students to take ownership of their health and strengthen social and emotional learning, proven through data. This session highlights case studies across the state, and shares how to determine which standards to assess making the data meaningful.

Presenters: Bev Brown, Maser's degree; Director of Customer Success, Interactive Health Technologies

Jen Ohlson, Bachelor's degree; President, Interactive Health Technologies

12:30-1:30 (H-46) Melanoma Early Detection Room C

This session will walk educators through melanoma early self-detection and prevention and how to educate their students on this topic as well. MEF also provides lessons that teachers can use in classrooms. This is a critical area of health education that is often glossed over, but can arm students with the information that they need to protect themselves and loved ones from this, if left untreated, deadly form of skin cancer.

Presenter: Dr. Janine Vlassakis, Founder and President, Melanoma Education Foundation

12:30-1:30 (H-51) Integrating Social-Emotional Learning and SEL Content Standards into Your Health Education Curriculum Room D

Social-Emotional Learning provides students the ability to acquire and apply knowledge, attitudes, and skills necessary to manage emotions, set and achieve goals, feel/show empathy, establish and maintain positive relationships, & make responsible decisions. Find out what SEL is all about and how you can integrate a high quality SEL program into your already existing Health Curriculum! Strategies for integration as well as sample lessons, content, lesson integration, authentic skills-based assessment is covered in this session!

Presenter: Mary Connolly, CAGS; Program Chair, Skills-Based Health/Social Emotional Learning, Cambridge College; Health Education Consultant

12:30-1:30 (ATH-18) LGBTQ+ Athletes Room E

Several factors influence LGBTQ+ athletes' willingness to be their authentic selves in a sport context. One factor to contend with in sport is a hyper-

masculine, win at all costs mentality, which we will elucidate through a discussion of moral disengagement (Bandura, 2002) and bracketed morality in sport (Bredemeier & Shields (1986)). The present presentation will examine the interplay between bracketed morality, moral disengagement, and LGBTQ+ inclusion in sport. Through group discussion and review of example case studies, attending coaches and physical educators will develop strategies to close promote LGBTQ+ inclusion through minimizing moral disengagement.

Presenters: Elizabeth M. Mullin, Doctorate degree; Associate Professor of Research and Statistics, Springfield College

Allison Grace

12:30-1:30 (PE-52) DRUMTASTIC: Fit to Learn, Junior Ballroom Fit for Life

This make learning fun, innovative, interactive, research based, cross curricular, collaborative program coordinates common core requirements and STEM focused instruction with the arts through drumming, music, and movement that will ignite the brain, activate the body, and energize the passion for education. Experience this unique social emotional learning approach using a sampling of easily implementable lesson plans, with the accompanying tools and resources, to help foster a greater appreciation for academic and physical literacy and help provide a successful vector for better overall health, wellness and education.

Presenters: Carrie Ekins, Master's degree; Founder and CEO, Drums Alive
Dean Owens
Kim Ferrara

1:40-2:40 (PE-97) These Are A Few of Our Favorite Things! Activity Area 1

Join us for an active participation session featuring our favorite activities and equipment from the last 40 years of teaching. From Noodles to Parachutes and Reaction Balls to Therabands, this session has something for everyone. Launchers, Biggie Deck Rings, and Giant Jump Ropes will all be part of this creative hour of fun and educational activities for all grade levels.

Presenter: John L. Smith, Master's degree; Educational Consultant, FlagHouse Inc.; 1989 SHAPE National Elementary Teacher of the Year; 2005 NFHS National High School Basketball Coach of the Year

1:40-2:40 (PE-90) Make Games and Activities More Inclusive for All Activity Area 2

This active presentation is designed to take traditional, and often developmentally inappropriate games/activities and make them more inclusive for all participants. Rather than limiting activity time or participants, flip your elementary physical education program into a positive, and more inclusive environment with these skill-themed activities.

Presenter: Steven Groccia, Doctorate; Assistant Professor of Physical Education, Springfield College

1:40-2:40 (PE-59) Fuel Up to Play 60 North Ballroom

Fuel Up to Play 60 is an in-school nutrition and physical activity program created by the National Dairy Council and the National Football League, in collaboration with USDA, that helps today's youth lead healthier lives. We will be highlighting activities, program ideas and have a live smoothie making challenge. This program is sponsored by the New England Dairy and Food Council.

Presenters: Cindy Coughlin, Bachelor's degree; (retired) & Sheryl Hall

1:40-2:40 (ATH-40) Project Coach Central Ballroom

Project Coach (PC) is a sport-based youth leadership development program that prepares teenagers with the technical coaching skills, leadership capacities, and pedagogical abilities to lead sport leagues for elementary-aged children in their community. As a program striving to build leadership capacity in teens while providing high quality sport programming for children, the structure of the PC schedule includes a weekly sport-leadership lesson followed by opportunity for teens to apply the leadership lessons on-the-field while coaching children. PC also includes structures and systems to engage teen leaders in reflection on their coaching, leadership, and on applying their skills to school and other contexts. This session will engage participants in activities that introduce how we organize our curriculum, supervise our program, and pro-

TUESDAY, NOVEMBER 19, 2019

vide ongoing, reflective feedback to the youth that participate in PC.

Presenters: Dr. Sam Intrator, Co-Director of Project Coach and Professor, Smith College

Don Siegel, Project Coach

Graeham Dodd, Project Coach

Jo Glading DiLorenzo, Project Coach

1:40-2:40 (PE-76) Let's talk about it . . . Differentiate, Develop, Dominate **South Ballroom**

From beginner to top athletes learn the ways we make our program work for all students! All students learn lifelong skills and a deep understanding of strength training and its benefits. Students learn how to self-evaluate and assess to reach their personal goals in a cooperative learning environment.

Presenter: Ericka Mundt, 2018 SHAPE America National High School Physical Education Teacher of the Year; Iowa City West High School in Iowa City, Iowa

1:40-2:40 (H-11) Asking Why? – Getting **Room A** Getting Students to Analyze the Influence

In this session attendees will walk away with activities and assessments that enable students to critically think and analyze the influences that surround them on a daily basis. From peer influence, to various types of media such as television, music and technology. Activities range from storytelling to advertisement analysis, to the use of various discussion protocols to engage in content driven discussions and analysis. Activities will also incorporate the use of Chromebooks and various technology integration such as FlipGrid & Google Suite.

Presenter: Jill Herwig, Master's degree, 6th-8th grade Health Educator, Garfield Middle School, Revere Public Schools

1:40-2:40 (H-63) One Love **Room B**

One Love was created in 2010 to honor the memory of Yeardley Love, a UVA senior student-athlete who lost her life to relationship violence. After her death, Yeardley's family and friends were shocked to learn the statistics that 1 in 3 women and 1 in 4 men will be in a violent relationship in their lifetime, and young people between the ages of 16-24 are at 3x greater risk to be in an unhealthy or abusive relationship. One Love's educational approach starts with the creation of emotionally compelling, film-based content that opens people's eyes to the presence of unhealthy and abusive behaviors in their lives. This content sparks conversations unlike others that have taken place before and gives people guideposts on how to talk about unhealthy and healthy relationships. In opening people's eyes and sparking conversations, we are establishing stigma around abuse that we believe is the first ingredient in changing the horrible statistics.

Presenters: Claire Giampetroni, Bachelor's degree; Engagement Coordinator, One Love Foundation

Hali Holtzman

Anneke Reich

1:40-2:40 (REC-62) Cultural Values of Table Tennis **Room C** Between American and Chinese College Students

Session will be focusing on the understanding of the cultural values on table tennis between American and Chinese college students. The findings of this study would be beneficial for helping people from one cultural unit (American culture) to be able to better understand the underlining meaning and perceived values of table tennis in a different culture (Chinese culture), which will eventually and practically help the table tennis coaches in America or China to be able to revise their training philosophy and instruction according to the needs when dealing with international students.

Presenter: Yan Luo, Bachelor's degree; student, Springfield College

1:40-3:10* (H-29) How to Cultivate a Mindful **Room D** School Community

* This is a 90 minute session

Developed for school personnel, this session is a interactive and engaging presentation designed to inform and empower administrators, teachers, and

paraprofessionals about how to cultivate a compassionate, respectful, and mindful school community through the building of social emotional and mindfulness skills. Social emotional skills utilize an outside in approach focusing on skill building around self-regulation, self awareness, social awareness, responsible decision making, and improved relationships. Mindfulness activities utilize an outside in approach that reduce stress and anxiety allowing for the social emotional skills to be implemented successfully. When combined, youth demonstrate improved behavior, self-regulation, attention and readiness to learn while also showing decreased stress, anxiety, and relationships difficult. Learning Objectives: Participants will learn the five components of social emotional learning, including concrete examples and how to support these development of these skills; Participants will learn about the science behind mindfulness and how these practices impact the body, reduce stress and anxiety, and increase attention; Participants will learn how to build SEL and Mindfulness skills to support a more cooperative and respectful school community.

Presenter: Linda Price, CAGS; School Psychologist/Mindfulness Instructor; Minding Your Mind

1:40-2:40 (ATH-58) Review of Study: "Pre-performance **Room E** routines state anxiety and performance on a 300m sprint of NCAA Div. III wrestlers"

A recent study "Pre-performance routines state anxiety and performance on a 300m sprint of NCAA Division III wrestlers" will be reviewed. Although none of the findings were statistically significant a trend in the data indicated deep breathing before a 300m sprint improved state anxiety sub-scales, as well as improved average sprint time. Suggestions from this research would be for coaches to encourage competitors to incorporate deep breathing into performance routines, while also allowing the performer to take ownership of their own routines and anxiety levels. Attendees should expect an overview of the study, a Q&A on reviewed research, and suggestions on how to apply pre-performance routines into practice for coaches and performers.

Presenter: James Kaishian, M.S. Exercise and Sport Psychology, Assistant Coach, Springfield College

1:40-2:40 (H-67) Mindfulness Is Great! **Junior Ballroom**

Mindfulness is GREAT and many of us are aware of the benefits - but HOW do we make it engaging? Learn the basics of mindfulness and how to incorporate engaging and interactive activities to keep students of all ages interested and wanting to learn more!

Presenter: Leah Lipschitz, Bachelor's degree; Wellness Teacher, Community Academy of Science and Health, Boston Public Schools

2:50-3:50 (APE-98) Disability Awareness **Activity Area 1**

Join us for a fun interactive session on disability awareness. Learn how to cultivate acceptance and awareness through adapted sports. Play several sports. Walk away with the basic rules and skills necessary to implement these sports. Be introduced to other disability awareness units that have been taught in the public school systems and brainstorm with fellow colleagues on how to implement the three levels of awareness in your school: exposure, experience, and ownership.

Presenters: Nicole Wassell, Master's degree; Assistant Professor of Adapted Physical Education, Springfield College

Amy Masciale

Rachel Ball

Eric Chase

2:50-3:50 GOPHER **Activity Area 2**

2:50-3:50 (PE-48) Help Students Manage Their **North Ballroom** Emotions, Form and Achieve Goals

Children experience a wide range of environments, interactions and emotions throughout their school day. Come learn ways to help students manage their emotions, form and achieve goals, become empathetic towards others and cultivate positive relationships.

Presenter: John C. Rex, Master's degree, Physical Education teacher, Andover Public Schools

TUESDAY, NOVEMBER 19, 2019

2:50-3:50 (D-34) Spice up Elementary PE With Salsa Dance Central Ballroom

Come join us for an introduction or review to Salsa for Elementary students. You will learn basic steps and create a sequence to take back to your students. A list of recommended songs will be provided, as well as hand outs describing the steps.

Presenters: Dr. Jennifer El-Sherif, Associate Professor of PETE, Salem State University

Esteban Ortiz, student, Salem State University

-2:50-3:50 (REC-94) Brain Breaks and Mindful Movement South Ballroom

In this interactive session, participants will engage in mindful breathing practices that help with both mental and physical focus. Participants will have access to complimentary Brain Breaks & Mindful Movement manuals

Presenters: Michelle Kelsey Mitchell, Master's degree; Director of Partnerships, Pure Edge Foundation

Anne Contreras

Russell Case

2:50-3:50 (REC-93) "The School of Rock . . . Climbing" Room A

This session will help educators get the most out of their traverse climbing wall. Attendees will learn climbing wall best practices, safety protocols and a variety of climbing wall activities that are both cooperative and competitive. Leave inspired with activities that can be put to immediate use.

Presenter: Kevin Sudeith, Master's degree; Everlast Climbing

2:50-3:50 (ATH-83) Qualitative Study on the Development of Division III Tennis Student Athletes Room B

A qualitative study on the development of Division III tennis student athletes was conducted with a focus on cross-cultural comparisons between Chinese and American colleges. Differences in the training of Chinese and American college tennis players were found as mainly restricted by the national system, political system, culture, and economy of the two countries. Applications stemming from the study could lead to improvement of experiences and performance for student athletes, along with implications for coaching education. At this session, attendees will be engaged in an explanation of the study, interactions with the researcher, and suggestions on what can be learned between China and the United States.

Presenter: Haichao Sun, Master's degree; student Springfield College

2:50-3:50 (REC-68) Physical Activity: Where We Have Been and Where We Are Going Room C

In this session, we will discuss the evolution of physical activity, from a leisure, household, and occupational standpoint. We will discuss the implications of the current level of physical activity that most Americans currently exhibit.

Presenters: Lindsay Parisi, Doctorate degree; Assistant Professor of Exercise Science, Fitchburg State University

Jessica Alsup, Ph.D., Assistant Professor of Exercise Science, Fitchburg State University

2:50-3:50 (H-82) Vamos a Hablar Sobre Estos Room E

Minding Your Mind is a mental health education foundation serving New England. "Just Talk About It" is an interactive 60 minute presentation facilitated in Spanish and available to community groups, parents, and caregivers. This Session is designed to educate adults about youth mental health, including how to recognize the warning signs of stress, anxiety, depression, and crisis. Attendees will learn about: Stigma regarding mental health, The most common causes and effects of stress and anxiety, Negative and positive coping skills, Symptoms of the most common mental health challenges, Indicators of a mental health crisis, The warning signs most often associated with self-harm and suicide, How to help a youth or friend who is experiencing a mental health challenges.

Presenter: Dulce Orozco, LMHC, CAGS

2:50-3:50 (H-20) Integrating Yoga & Mindfulness for Children Junior Ballroom

Integrating Yoga & Mindfulness for Tweens and Teens

Join Ann Biese of ChildLight Yoga and learn about the transformative benefits of yoga and mindfulness for children. Explore yoga postures, breathing, relaxation techniques and community-building games appropriate for children in grades K-5 that empower and support focus, confidence and connection in ways that can be easily integrated into your current work with children.

The session will continue with learning about the transformative benefits of yoga and mindfulness for tween and teens as well as how the practice can be woven into your current work with youth. Learn a variety of age-appropriate yoga postures, breathing techniques and mindful community-building games that encourage mindful awareness and reduced stress while improving physical strength, focus and self-confidence!

Presenter: Ann Biese, Bachelor's degree; Teacher Trainer, ChildLight Yoga