

ASAPERD Virtual Fall Conference 2020 Schedule

SUBJECT TO CHANGE

The following sessions will premiere during the timeframe indicated below. After the premiere, all sessions will be available for viewing through December 5.

Day/Time	Title	Description
Sunday 1:00 – 2:00 pm	Let's Talk About Sex: Encouraging Students to Make Good Choices for Optimal Health	Join us for an interactive session where we will define and discuss the state of sex education in Alabama. We will explore ways to address sensitive topics, use positive discussion regarding sex and risk, and learn how to encourage students to strive for and achieve optimal health.
Sunday 1:00 – 2:00 pm	Meaningful Physical Education for All: Creating an Inclusive Environment	Physical activity promotes growth and development while addressing the physical, mental and cognitive health of children and adolescents. Students with disabilities experience limited opportunities for participation in physical activities compared to students without disabilities. This presentation will help attendee recognize and identify inclusion elements and strategies to ensure the participation of students with disabilities during physical activity in school and recreation settings.
Sunday 1:00 – 2:00 pm	Organizing 101	Tips on organizing your physical education classes and activities for all age groups.
Sunday 1:00 – 2:00 pm	Teaching Morally vs Teaching Morality in Physical Education	Based on the understanding that formal education and schooling is a moral enterprise, this presentation reviews what it means to teach morally and teach for morality in the context of physical education, and provides examples of how educators can best facilitate the development of moral virtues.
Sunday 1:00 – 3:00 pm	First Aid/CPR/AED	An in-depth review of First Aid/CPR/AED basic principles. This presentation will permit you to check for understanding and assess your knowledge.
Sunday 1:00 – 3:00 pm	Navigating edTPA During the COVID-19 Pandemic	This workshop style presentation will focus on best practices for edTPA in our current climate. Several presenters will discuss ways to improve and streamline the edTPA process with the added component of how to succeed during the COVID-19 pandemic. Topics will include: Surviving edTPA in a Pandemic, Facilitators and Barriers to edTPA, Lessons Learned and Questions Answered followed by a live discussion.
Sunday 2:15-3:15 pm	Need-to-Knows Before You Start Coaching	All of the information you need to know before you start coaching.
Sunday 2:15-3:15 pm	Yes, We Can Teach Physical Education Virtually	During these difficult times physical educators are needed more than ever as our students seek some sense of connectability with their peers and their teachers. A healthy body and a sound mind are very important during this devastating pandemic. Physical educators must be very creative in their efforts to promote physical activity, health, and wellness all while promoting social distancing and following CDC Guidelines. This session will give you ideas and strategies to implement as you venture into more virtual instruction.
Sunday 2:15-3:15 pm	Made in the Shade	Current estimates are that 1 in 5 Americans will develop skin cancer in their lifetime. Virtually all skin cancers are preventable if skin is protected from UV radiation. Learn how your public school can receive funds to install shade structures outdoors to promote sun-safety/skin cancer awareness and prevention.
Sunday 2:15-3:15 pm	Games on the Go	Love playing lawn games outside? Miss games from your childhood? Need help with ideas for Field Day? Setting up games at a school carnival? If you answered "yes" to any of these questions then LET'S GO!!! In continuation from our presentation at last year's Fall Conference, this session will

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		provide ideas for a variety of games that you can play anywhere with inexpensive equipment.
Sunday 2:15-3:15 pm	Character Education through Physical Education: A Practical Wisdom Perspective	The argument for sport developing character is historically grounded and as a consequence, this presentation provides an overview of how character education was historically taught, and discusses how practical wisdom could facilitate progressive and transformative 21st century character education, in the context of physical education, physical activity, and sport.
Sunday 3:30-5:15 pm	ASAPERD Business Meeting General Session Keynote by Melanie Lynch	Introduction of Candidates for ASAPERD 2021-2022 officers, 2020 Award Recipients, and Necrology Report If you heard Melanie's keynote during the 2020 Health & Physical Literacy Summit, you know you won't want to miss this presentation! The 2016, SHAPE America National Health Teacher of the Year, Melanie plays competitive roller derby and loves being a role model for students, staff and community members and inspiring them to make the healthiest choices that they can for themselves.
Monday 4:00-5:00 pm	Physical Education: I Am in It for the Long Haul	Future professionals are concerned with the present: what will teaching be like? This session will take a more long-range view. We will discuss issues such as pay, coaching, having a life, and career alternatives. Current and former teachers will share "what I know now and what I wish I had known then."
Monday 4:00-5:00 pm	Facilitators and Barriers to edTPA - Keep Your Focus in the Hocus-Pocus	University programs have a responsibility to prepare effective physical education teachers to use the best practices of teaching. Professors, pupils, programs, and policy have the potential to inhibit edTPA implementation. PETE faculty must continue to advocate for and teach meaningful evidence- and research-based physical education practices while negotiating preparation for edTPA.
Monday 4:00-5:00 pm	Mental Health Resources and Lessons for the 2020 Classroom	Looking for new lesson plan ideas when it comes to mental health? Join us for a session where every person will leave having new ideas and resources to try in their classrooms. Whether you've been teaching for 10 years or are new to the classroom, these are lessons to engage any learner.
Monday 4:00-5:00 pm	What Can I Do from My Spot?	Required to keep students in their personal spaces during physical education classes? Hear and see experienced elementary and middle school teachers present creative activities appropriate for physical distancing.
Monday 4:00-5:00 pm	Utilization of Different Periodization Models During Off-Season Strength and Conditioning	The goal for most athletes during their off season is to get bigger, faster, and stronger. There are many methods capable of achieving these goals in a strength and conditioning program. This presentation will discuss priorities, formats, considerations, and evidence-based recommendations for coaches designing off-season programs.
Monday 5:15-6:15 pm	Increase Moderate to Vigorous Physical Activity (MVPA) in Physical Education While Using IHT ZONE Heart Rate Monitors	Utilizing evidence-based strategies can increase Moderate to Vigorous Physical Activity (MVPA) in physical education class. Learn how effective management of students, technology, equipment, and instructional time can yield more activity for your students. Participants will use research-based strategies to modify existing activities to increase MVPA. Takeaway: 12 fitness activities and team games that will enhance elementary, middle, and high school programs.

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Monday 5:15-6:15 pm	Cycling at Home - Is it an Effective Mode of Exercise?	With home exercise becoming more popular, there are a variety of equipment options that offer unique exercise experiences. However, the question remains is this mode of exercise as effective as a gym setting. The purpose of this presentation is to review previous research examining physiological and perceptual responses of completing a cycling workout in a home setting.
Monday 5:15-6:15 pm	What is Schoology and How do we Use It?	Schoology is a Learning Management System (LMS) that provides organization and digital workflow for educators, students, and families. This session will include how to create assignments, attach resources, assign to students, move resources from SchoolsPLP/Franchise to Schoology, create groups, create courses, and more. This session will be full of practical teaching tips that you can use in your classroom.
Monday 5:15-6:15 pm	Tips for Emerging Professionals	The purpose of this session is to provide emerging professionals with tips that have increased activity and efficiency in our physical education classes. The presentation will address planning, preparation, organization, behavior management, activity, and more!
Monday 5:15-6:15 pm	Diving into Diversity: Integrating Intercultural Competence into PETE Curriculum	CAEP 2018 K-6 Elementary Teacher Preparation Standards integrate inclusive language regarding cultural and individual differences. Using the Intercultural Competence Model, presenters analyze four components of three CAEP standards to recommend attainable curricular adaptations for Physical Education Teacher Educators to provide candidates with skills to negotiate diversity.
Monday 6:30-7:30 pm	Move It in the Hallways: Create a Sensory Path in Your School	Creating sensory hallways in your school will be discussed with a team of teachers and community resource experts. Learn about funding, planning, placement, and implementation of a sensory hallway for all students. Students with special needs benefit but so do many other students. The use of zones of regulation and how sensory hallways help students will also be discussed.
Monday 6:30-7:30 pm	Concussion Education and Comprehensive Concussion-Related Programming	Concussion education programs may help improve short-term and long-term health and safety for athletes. Programs should aim to inform athletes, coaches, and family members. This presentation will discuss the current research related to concussions in high school sport and provide resources for coaches to improve their concussion-related programming.
Monday 6:30-7:30 pm	Debunking Nutrition Fads: Basic Data Analysis Techniques for Nutrition Literacy	This session will review basic nutrition, including macronutrient type, macronutrient counting, total energy expenditure, basal metabolic rate, the thermic effect on food as well as discuss ways to discern legitimate scientific nutritional information versus "junk science." Additionally, how the participant can use this information moving forward to make informed nutritional choices will be discussed.
Monday 6:30-7:30 pm	Facilitating Play in a Global Pandemic	Both adults and children may be experiencing an increased level of anxiety during the COVID-19 pandemic. The purpose of this presentation is to uncover specific ways to encourage children to play and move their bodies to battle the increased anxiety.
Monday 6:30-7:30 pm	Natural Hazards: The Potential for Injury While Recreating in the Outdoors	Since the onset of the pandemic, more and more physical education teachers are utilizing school green spaces in efforts to maintain P.E. educational standards while abiding by pandemic social distancing protocols. This presentation is focused on giving day hikers and P.E. teachers basic instruction on the potential hazards of getting outside and how to prepare for or eliminate them.

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Monday 6:30-7:30 pm	edTPA: Lessons Learned and Questions Answered	This presentation will provide insights into the impact of COVID-19 on edTPA preparation at UAB. A question and answer format explores how the PETE program has made changes to the current curriculum to prepare teacher candidates to succeed in virtual, hybrid, and face-to-face formats.
Tuesday 4:00-5:00 pm	Let's Talk About Strategies for Teaching At-Risk Youth (presented via ZOOM Meeting)	This presentation will focus on providing strategies to implement in physical education that will aid in creating a positive learning environment for at-risk youth. The strategies will create an environment that facilitates learning.
Tuesday 4:00-5:00 pm	Application of the Transtheoretical Model for Positive Health Behavior Change	This session focuses on the discussion of the Transtheoretical Model stages of change of precontemplation, contemplation, preparation, action, maintenance, and termination as catalysts toward positive behavior change as it applies to health, exercise, and eating habits. The Model can also be applied to other health behaviors such as smoking cessation, limiting screen time, intentional medication and more.
Tuesday 4:00-5:00 pm	Come and Play 9 Square in the Air	9 Square in the Air is an addictive group game that students love! It's tons of fun for all ages and skill levels. Use indoors or outside, height-adjustable, simple, and easy set up and storage. Your students will want to play this game for hours!
Tuesday 4:00-5:00 pm	Macronutrients & Micronutrients: Optimum Nutrition for Specific Activity	Vast amounts of information exist regarding proper dietary consumption and physical activity. Proper dissemination of information that leads to legitimate benefits during physical activity requires sound knowledge and assessment. This session will provide listeners with assistance in what to eat and when, so maximum benefits of physical activity take place.
Tuesday 4:00-5:00 pm	Advocacy and Leadership Skills for Young Professionals	Young professionals are our future. They need to be equipped with many different skills. We often provide the content and pedagogy skills for future professionals, but we spend limited time on advocacy and leadership skills. This session will address those needed skills.
Tuesday 4:30-5:00 pm	Inclusion of All Students in Physical Education	Inclusion of all students is important for all physical educators. Inclusion is a subject that is a struggle in the heat of the moment, and with that student that just can't get it together during class. There are a lot of students in the gym together that physical educators are responsible for, and with COVID inclusion seems impossible. This session offers a few ways for a physical educator to think quickly and properly prepare for all students that want to participate but struggle.
Tuesday 5:15-6:15 pm	Using FlipGrid to Facilitate Learning in Your Classroom	FlipGrid is an online platform for students to facilitate video discussions, provide feedback, and promote student voice. In this session, we will show teachers how they can use FlipGrid in their classrooms to engage students to facilitate learning. The possibilities are endless. FlipGrid can be used with grades P-12 and is very versatile. Not to mention it is completely free!
Tuesday 5:15-6:15 pm	Developing a Yearly Plan for Beginning Kinesiology (Repeat from the Summer Conference)	In this session, you will learn how to structure the new Beginning Kinesiology High School Physical Education Requirement, with the focus of the key concepts of the class. Such as, what are students expected to know and do at by the end of this course. Also, we will take an in depth look at the new Beginning Kinesiology class and provide key components that are needed when developing a yearly plan for the Beginning Kinesiology High School Physical Education requirement.

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Tuesday 5:15-6:15 pm	Ending the Silence: What Educators Need to Know About Mental Health	Have you ever wondered how to best approach students and families regarding mental health issues? Come learn about the warning signs, facts and statistics, and best approach practices when it comes to working with the mental health of students. Listen as real stories are shared about what the road to recovery looks like. Through dialogue, let's grow the movement to end the stigma on mental health.
Tuesday 5:15-6:15 pm	How to Survive edTPA in the Pandemic	This presentation is designed to help prepare you to complete the requirements of edTPA while working in a virtual environment. New requirements for social distancing and presenting lessons virtually will be discussed. Resources will be shared to assist you as you work through edTPA during a Pandemic.
Tuesday 5:15-6:15 pm	Tips, Tools and Resources for Inclusion	This session will provide university professors with the tools, resources, and tips they need to assist them with educating future leaders on the proper ways to work with students with disabilities including language, adaptations, and understanding the IEP process.
Tuesday 5:15-6:15 pm	Groovin' and Movin': Exercise that Doesn't Feel Like Exercise	This session will provide the latest information on exercise, ideas to incorporate exercise into all aspects of life, and resources for teachers.
Tuesday 6:30-7:30 pm	Solutions for Remote, Hybrid, or On-site Learning	We have the resources for you! IHT combines wrist heart rate technology, data analysis software, and teacher and student curriculum resources that empower ownership of physical, mental, and emotional health in students while helping teachers, administrators, and parents track student wellness and outcomes from K-12.
Tuesday 6:30-7:30 pm	The Trauma Informed Gym	Physical educators and coaches are positioned on the front lines working daily with children and adolescents who may be coping with a range of difficulties resulting from trauma; however, many educators and coaches feel ill-equipped to address the complex needs of children who have experienced trauma. The purpose of this session is to provide attendees with practical strategies for providing the Eight Rs for a trauma sensitive environment.
Tuesday 6:30-7:30 pm	Tips and Tricks for Passing edTPA	Are you going to need to submit and pass edTPA to receive your teaching certificate? Tips and tricks for passing edTPA will be shared by an experienced edTPA Coordinator. Come learn how to make this process easy and smooth while being successful on the first attempt.
Tuesday 6:30-7:30 pm	Fuel 123	Learn about nutrition education opportunities and resources available from the Dairy Alliance.
Non-première*	Choo Choo: All Aboard the Twitter Train (Repeat from the Summer Conference)	Twitter allows you to have access to learning activities, assessment ideas, and materials at the end of your fingertips. Learn how Twitter can be a professional #GameChanger. Jump on the Twitter train and hold on tight...it's a wild ride!
Non-première*	HEAL United: Incorporating Nutrition into Physical Education (Repeat from the Summer Conference)	Simple game ideas integrating nutrition education. Help your students learn about nutrition without them knowing they are learning about nutrition.
Non-première*	Creating a Virtual Classroom (Repeat from the Summer Conference)	Virtual classrooms are one of the hottest trends for remote instruction. Have you ever wanted to know how to build and design your own virtual classroom from scratch? If so, check out this session to learn handy tips and tricks.

*Non-Premiered sessions and all premiered sessions can be accessed from November 18th through December 5th.
Links will be provided via email to all members registered for the conference.