

ASAHPERD Fall Conference Session Titles – Dates and Times TBA
Tentative as of 8-17-2025

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| CPR Recertification – Sunday pre-conference |
| PUMP UP your Middle School Physical Education Program with HEAL! It Fits You PERFECTLY! – Sunday pre-conference |
| Online Safety for Middle and High School Students – Sunday pre-conference |
| Alabama Strength and Conditioning – Sunday pre-conference |
| Symposium: Engagement in Higher Education – Sunday pre-conference |
| Quick Games for Fun & Fitness – Sunday pre-conference |
| Future Professional Workshop – Sunday pre-conference |
| First Aid for Severe Trauma (FAST) |
| Coaching Middle School Girls – Am I crazy?? |
| Building Educator Pathways: How Community Colleges Connect High School Students to Teacher Prep Programs |
| Nutrition Through the Lifespan – Addressing Unique Needs |
| Training Through Transition: Resistance Training for Perimenopausal Women |
| Blue Cross Blue Shield - Active Supporters for PE through funding and events |
| Discover Unique Ways to Practice Sports Skills While Combining the Benefits of Movement with Physical Activities that Encourage SEL! |
| Outdoor Navigation Games |
| Helping Hurting Students: Responding to Grief with Confidence and Care |
| Crossing Social and Emotional Health through Physical Education Curricula |
| Whistles, Resumes, and Real Talk-A Playbook for New Teachers |
| HEAL High School Curriculum: HEAL Can IMPACT Your Program! |
| Exercise is Medicine: The Role of Exercise Science Programs in Alabama |
| Making the Most of What You Have: Adaptions with Everyday Equipment |
| Online Safety for Middle and High School Students |
| Outdoor Adventures is for ALL students |
| Health Division Assembly of Members |
| SES Division & Research Council Assembly of Members |
| Physical Activity Council Assembly of Members |
| Physical Education Assembly of Members |
| Future Professionals Assembly of Members |
| Athletics Council Assembly of Members |
| Higher Education Council Assembly of Members |
| Before the Red Flag: Protecting Kids Where They Learn, Play, and Grow |
| Behavior Management in Physical Education |

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| From Campus to Classroom: Navigating the Transition as a First-Year Teacher |
| Game on Esports Part 2 |
| Ditch the Popsicle Sticks! Go Digital with the FREE Marathon Kids Program |
| Flipping Feelings: Teaching Emotions Through Inside Out-Inspired Gymnastics |
| Teens in the Driver's Seat |
| From Surviving to Thriving |
| From Kinesiology Student to Professional: Why Engagement and Service Matters in Your Career |
| Culture in Motion: Embedding Culturally Relevant Pedagogy with Purpose in Physical Education |
| How can ACT/SAT Prep Advance College Applications, Scholarships and Sports? |
| What we have learned from Higher Education Leaders and Students |
| Parachute Fun: Your Mind is like a Parachute; If it isn't open, it doesn't work |
| Get FAST and FURIOUS with Omnikin! |
| Innovative Programming for the Classroom Through Recreation |
| Activities for Kindergarten and Pre-K |
| Under Age, Under Arrest |
| Building and retaining a Middle School Track and Field Program |
| Fueling Motivation in Physical Education: Psychological Approach to Motivation |
| Tyler Talk |
| Addressing Common Myths in Exercise Physiology |
| Becoming an Outdoor Recreation Development Champion in Your Community |
| Ropes, Cones and Fun with Heart Zones |
| Get Kids Moving, Get Kids Thinking: The PE Guide to Cognitive Boosting Activities |
| PEHE-Positive Energy Healthy Educators |
| Athletic Leadership: More Than Just Coaching, It's Mentoring |
| Impacting Student Learning: Designing Activities to Facilitate Success |
| Winter Wonderland Fundraiser |
| Using participatory science as a means of adding purpose to walking exercise |
| The Importance of Unified PE for both the Typical and Atypical Student |
| Building Bridges: Teamwork in Action |
| Let's Talk About Wellness: Understanding and Supporting Teacher Wellness and School Wellness Culture |
| Bring Tennis to Your School with No Courts Needed! Fun for ALL!! |
| Ultimate Football: The Next Big Game in PE |
| Eating Healthy - The Behavior Side |
| Capital City Wanderers-Fun, Fitness and Friendship |

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| Cognitive Benefits of Juggling |
| More Than Movement: Teaching, Talking, and Teaming up in Adapted PE |
| Beyond the Gym: Maximizing Learning and Engagement Through Field Trips |
| Teaching for the Olympics in Preschool |
| Quick Games for Fun and Fitness |
| Play with Purpose: HEAL United Games for Wellness & Connection |
| Integrating Tai Chi into PE: Promoting Health, Calm, and Lifelong Activity. |
| Research Poster Session |
| Wenonah High School Health & Wellness Club |
| Safety and Civility: You Can Never be Too Safe |
| Powering Up PETE with AI: Hands-On Strategies for Smarter Teaching and Stronger edTPA Prep |
| Everyone Take a Breath - Tips and Strategies for Helping Students Get Regulated |
| Outdoor Adventures is for ALL students |
| The Good, the Bad, and the Ugly: A Candid Look at PE in Jefferson County |
| Fierce Fitness & Fierce Friendships: The Power of Roller Derby |
| No Resources? No Problem! Games and Activities Designed to Overcome Marginalization in Physical Education |
| Having Fun in Health Class |
| Why Did I Even Sign Up for This? Finding Purpose in Year One |
| The PhD Roadmap - Challenges, Opportunities & Benefits of Pursuing Graduate Studies |
| Exercise Programming for Volunteer Firefighters |
| Lacrosse 101 |
| Adapted Physical Activity and You |
| Pickleball is for Everyone! |
| Tag You're It: Unlocking the Best Tag Games |
| Unconventional Fun: A Session of Non-Traditional Action Team Games |
| AIM 4 PIE Best Cross-curricular Activity |
| Fentanyl: Addressing the Teen Overdose Crisis |
| Teacher Candidate Field Experience Hours - What are they? What do we do? How do we get them? |
| The Current State of Youth Sports |
| Teamwork Makes the Dreamwork |
| Omnikin: Have a BALL with Action-Packed Fun for All! |