

2026 ASAHPERD Fall Conference

List of Session Title – Tentative and Subject to Change

Sunday, November 15	
CPR (1:00-4:30)	
Sport & Exercise Science/Strength & Conditioning/Coaching (2:00-4:50)	
Building an Assessment System for Coaches	
Building High-Performing Collegiate Female Athletes: Addressing Challenges, Considerations and Evidence-Based Strength and Conditioning Strategies	
From the Lab to the Gym Floor: Translating Open Science into Applied Coaching and Health Intervention	
ASAHPERD Inclusive Health & Physical Education Workshop: Inclusive Every Child Moves, Every Child Belongs- Practical Strategies for Inclusive Health & Physical Education (12:45-5:20)	
Why Disability Inclusion Matters	
Inclusive Health & Physical Education Roundtables: Practical Strategies for Every Learner	
Soccer for all A.K.A. TopSoccer	
Disability Education Opportunities in Higher Education	
Beyond Participation: Creating Belonging in Health & Physical Literacy	
Adaptations & Modifications That Actually Work: Practical Strategies for Including Students with Disabilities in Physical Education	
Inclusive Physical Activity: Preparing Future Professionals to Create Meaningful Opportunities for Every Body	
The Collaborative Relationship Between Teachers and Paraprofessionals	
Future Professionals LDC (1:00-6:00)	
Sunday Social (5:30-6:30) All attendees welcome	
Monday, November 16 (8:00-4:20)	
Start the Day HEALTHy: Join us for a Run or Mall Walk	
From What If to What Now: Partnering with Health Systems in Schools	
Volleyball - Developing a Winning Program	
Mentorship by Design: A Framework for Student Growth in PETE Programs	
Move the Brain, Move Learning: Emotion, Neuroscience, and Physical Education	
Coach Like a Teacher Teach Like a Coach	
Hydration for Middle and High School Athletes	
Beyond the Gym: Where Movement Meets Literacy, Numeracy, and Real World Learning	
New 2 Newcomb	
Game-Changing Recess: Soccer Activities That Actually Work	
It is very Complicated! Designing an Effective Peer-Led Cannabis Education Program	
Lacrosse 101 - How to start a Lacrosse League	
Reaching All Students: The Importance of Culturally Relevant Teaching in K-12 Physical Education	
Principles of Neuromotor Education	
Move Alabama in Schools	
Out of the Lab, Onto the Turf: Practical VO2 Max Testing for Coaches	
Ditch the Popsicle Sticks! Go Digital with the FREE Marathon Kids Program	
Tennis Benefits Beyond the Court: Empowering Educators, Inspiring Kids!	
Get Moving with HEAL United	
Drive Change with TDS: Save Lives and Earn Funding by Preventing Young Drivers Crashes	

Building Your Financial House
Developing Advocates: Preparing Health and Physical Education Professionals for Impact
Power in Pedagogy - An Autoethnographic Study of Power in Physical Education Using Occupational Socialization Theory
Baseball - How to Get the Best Out of Your Players!
Hot Flashes, Heavy Lifts, and High Protein: Training and Nutrition Strategies for Perimenopause
Jack of the TRADE
Beyond "Just Playing": Purposeful Physical Education Units with CORE Physical Education
Get FAST and FURIOUS with Omnikin!
Rock, Paper, Scissors Everything!
Dietary Guidelines for Americans 2025-2030: What's New and Resources to Teach Them
Constructive Consequences: Alternatives to Exercise as Punishment in Physical Education
Becoming the Physical Education Teacher You Want to Be: Exploring Apprenticeship of Observation and Subjective Warrant
Strategic Scholarship: Leveraging Teaching, Research, and Service for Triple the Impact
EKG Basics: Understanding, Importance, and Interpretation
Beginning Kinesiology 101
AIM 4 PIE® ABCs In Motion!
The Spine and Its Movements: How to Keep it Safe During Activity
From Maps to Movement: Engaging Navigation Activities for School Settings
Rediscovering Stoolball: An Engaging Lifetime Game for Today's Physical Education Classroom
Persisting Challenges Impacting School Health Since COVID19 - Alabama Opportunities and Threats
Establishing a Balanced Life: The Journey from Burnout to Balanced
Baughman Award Presentation
Parenting & NIL: Lived Experiences of a Women's Basketball Mom-ager
The Performance Supplement Reality Check: Separating Science from Hype
Boots, Beats, and Fans: Incorporating Line Dance and Engaging Movement into Physical Education
Soccer Starts in Physical Education: Build Skills Through the World Game
Fun and Function: Programming Nordic walking for Balance, Movement, Recovery, Strength, Cardio, and Power
Holidays in Motion: Physical Education Fun for Every Season
Awards Ceremony (4:45-5:30)
President’s Social (5:30-7:00)
Tuesday, November 17
The New Era of School Wellness: Navigating Federal Policies in Physical Education and Health
3 Stages of Performance Anxiety Based on Age
Beyond the Sandwich Method: Reframing Feedback in PETE
Thinking Outside the Box: How to Make Your Own Adapted Physical Education Equipment
From Whistle to Whiteboard: A New Professor's Playbook
Velocity Over Volume: Practical Power & Fatigue Tracking in the Weight Room
Beyond the Whistle: How Officiating Can Elevate Your Career and Your Income
From Zero to Dance Hero in Physical Education
Korfbal - A New Coed Sport for Physical Education Classes
Paradise in Physical Education
Intro to Double Disc

Wellness Wednesday
Advancing Prevention Through Age-Appropriate Drug Education: Free Online and In-Person Resources
Is This My Life Now? Faculty, In-Service, and Preservice Teachers Tackling Alabama Physical Education Realities Together
Building Strong Bodies and Confident Kids Through Functional Fitness
Neurocognitive Training for Athletes: Impact on Decision Making and Reaction Time
The Protein Playbook: Where is the Science Now?
Inclusion Through Activity
Ready, Set, Kubb!
Be Great with Crates 2.0
Integrating Lifetime Activities into Your Physical Education Class
Enhancing Your Teacher Toolkit - Implementing Teaching Styles & Teaching Models in Physical Education
Poster Presentations
Students, Mental Health, and the Intersectionality of Parking Decks
Basketball- All You Need is LOVE and a BALL
AI, Drones, and Active Learning: Innovative Strategies to Increase Youth Engagement in Extension Recreation Programming
HEAL United: Understanding the New Eating Curriculum
Leveling Up Class Culture: Gamification Strategies for Behavior, Engagement, and the Affective Domain
Impact of Sport Specialization on Youth Athlete Performance
Issues with Coordination, Behavior, and Learning? Retained Baby Reflexes May Play a Role
Seasonal Games that Students Love
It's All About Tennis....Everyone Can Play!
Hack your Walk with Nordic Walking!
Omnikin: Have a BALL with Action-Packed Fun for All!
Teen PSA = A Quick Fix that Makes Health Fun
Social and Emotional Learning (SEL) in Physical Education
PhD Roadmap - Challenges, Opportunities & Benefits of Pursuing Graduate Studies
Developmentally Appropriate Guidelines for Elementary, Middle, and High School Athletes
The Role of Health and Wellness Coaching in Chronic Disease Management: Evidence from a Systematic Review
Timing of Physical Development and Maturity on Youth Athlete Performance
Word Up! Building Health Literacy Through Vocabulary, Reading, and Student Discourse
Line Dance for Fun and Fitness
Psychological Effects of Music
Deciding the Core: Building Consensus on Online Master's and PhD Curriculum
Alabama's National Archery in the Schools Program (NASP)
Not Your Typical Running Program
Game On: High-Energy Activities that Stick