



**2019 TAHPERD Summer Conference Program Schedule**  
**All programs will be held at the Embassy Suites San Marcos Hotel & Conference Center**  
**Unless otherwise specified**

**Sunday – July 14**

**12:00 p.m. – 6:00 p.m. TAHPERD Registration Desk Open – Veramendi Ballroom Foyer**

**12:30 p.m. – 1:00 p.m.**

**CPR Certification Workshop Attendee Check-in – Veramendi Ballroom E Foyer**

A **\$35.00 cash payment** is required when checking in.

**1:00 p.m. – 5:00 p.m. (4 hours of CPE)**

**Veramendi Ballroom E**

**CPR Certification Workshop – Rich H. Almstedt**

This will be a 4-hour workshop available to the **first 30 attendees who sign up**. The workshop will be taught by Rich Almstedt from Lone Star College in Kingwood. Upon completion of the workshop attendees will be certified in adult and child CPR. Certifications will be emailed to all attendees completing the workshop after Summer Conference.

**2:00 p.m. – 5:00 p.m. (3 hours of CPE)**

**Spring Lake Ballrooms ABC**

**TAHPERD PEPI Games – Teresa A. Machu and Melissa H. Munsell**

Join us for some Summer Time Fun at the PEPI games on Sunday afternoon. There are games for everybody, from high energy to laid back; movement to stationary; gifted athlete to week-end warrior. The PEPI Games are a longtime tradition of the TAHPERD Summer Conference. Join Teresa Machu and Melissa Munsell from North East ISD and be a part of the fun while earning up to 3 hours of CPE for participating! **A special thank you to GOPHER for sponsoring the PEPE Games T-shirts.**

**Monday – July 15**

**7:00 a.m. – 5:00 p.m. TAHPERD Registration Desk Open – Veramendi Ballroom Foyer**

**8:00 a.m. – 4:00 p.m. Exhibit Hall Open – Veramendi Ballrooms F-J**

**7:00 a.m. – 8:00 a.m.**

**RECREATION DIVISION – LEISURE ACTIVITIES & SPORTS SECTION**

**Meet in TAHPERD Registration Area**

**Presentation: Get Up and Walk – Grab a Friend or Make a Friend – Chris R. Peurifoy**

**Abstract:** You will get up and get the body moving with a leisurely walk. Don't forget to bring a friend or meet a new one.

**Activity:** Audience Participation

**8:00 a.m. – 10:00 a.m. (2 hours of CPE)**

#### **RECREATION DIVISION – LEISURE ACTIVITIES & SPORTS & OUTDOOR EDUCATION SECTIONS**

**Meet Outside Front of Hotel**

**Presentation:** Tour de TAHPERD – *Ernest Celaya, Wendy N. Robinson, Bob Sanderson and Shirl A. Walter*

**Abstract:** Bring your bike, helmet, and water; and join in the Tour de TAHPERD. A 16-mile road ride through the countryside around San Marcos. No experience required other than the ability to ride a bike! A Certified Helmet is required. The ride will take place weather permitting.

**Activity:** Audience Participation

#### **RECREATION DIVISION – ALL RECREATION DIVISION SECTIONS**

**Meet Outside Front of Hotel**

**Presentation:** Kayaking in San Marcos – Session 1 – *Thelma "T.J." Hapshie*

**Abstract:** This presentation will provide the opportunity to experience Kayaking on the San Marcos River. Everything a person wants to know about Kayaking will be answered in a question/answer portion. Austin Canoe and Kayak will provide the Kayaks, paddles, and life jackets for rental for \$15.00 per person up to a maximum of **15 people for each session**. Please check the appropriate box on the Registration form if you need to rent the equipment. If you have your own Kayak, you are more than welcome to come along. **Attendees will meet in the front of the Hotel at 8:00 a.m. sharp!** We will car pool to the launch site. **This session will be repeated again from 11:00 a.m. – 1:00 p.m. and from 3:00 p.m. – 5:00 p.m. \*No Refunds for Kayak Sessions after July 1.**

**Activity:** Audience Participation

**8:00 a.m. – 11:30 a.m. (Test from 8:30 – 11:30 a.m.)**

#### **PHYSICAL EDUCATION DIVISION – ADAPTED PHYSICAL EDUCATION SECTION**

**Placido Boardroom**

**Presentation:** Adapted Physical Education National Standards Examination – *Proctored by Dr. Deborah J. Buswell*

**Abstract:** APENS Exam for individuals seeking certification as an Adapted Physical Educator. If not pre-registered for test, please arrive 30 minutes early for on-site registration. Participants may register inside the testing room from 8:00 – 8:20 a.m. **The test will begin at 8:30 a.m.**

**Activity:** Test

**8:00 a.m. – 9:00 a.m.**

#### **RECREATION DIVISION – LEISURE ACTIVITIES & SPORTS**

**Veramendi Ballrooms AB**

**Presentation:** Relax and Recharge (R2) with Qigong! Learn the Dragon, Crane, Monkey and Much More! – *Dinah A. Rodriguez*

**Abstract:** Learn beginner Qigong exercises to release stress. It is a fun invigorating practice that helps improve overall health.

**Activity:** Audience Participation

## PHYSICAL EDUCATION DIVISION – ELEMENTARY PHYSICAL EDUCATION SECTION

### Veramendi Ballrooms CD

**Presentation:** MOOV Interactive Boxing for K-5 PE Classes – *Paul Curbow*

**Abstract:** This session will showcase how we use technology in PE classes via an interactive app with smart devices and accelerometer watches.

**Activity:** Audience Participation/Lecture

## EXHIBITOR SHOWCASE – Omnikin, Inc.

### Veramendi Ballroom E

**Presentation:** Omnikin Six Balls for Fun and Fitness – *Duke Barron Saxon Conrad*

**Abstract:** Six different colored balls for fitness games, team building, and color team challenges. Promotes maximum participation for all ages and skill levels.

**Activity:** Audience Participation

## PHYSICAL EDUCATION DIVISION – ELEMENTARY PHYSICAL EDUCATION SECTION

### Spring Lake Ballrooms ABC

**Presentation:** Games To INTE.....GREAT! – *Tracie A. Hammond, Grant A. Kimbrough, and Samantha M. Volker*

**Abstract:** Fun and challenging, tried and true, large group games that balance PE with Science, Math, Health, Writing, Spelling, Music and Art.

**Activity:** Audience Participation

## GENERAL DIVISION – K-12 ADMINISTRATORS SECTION

### Chautauqua B

**Presentation:** Leadership in TAHPERD: How to Become More Involved in TAHPERD! – *Barbara C. Polansky*

**Abstract:** Want to get more involved in TAHPERD? Want to become an officer and/or a committee member? Come to this session and find out how!

**Activity:** Lecture

## HEALTH DIVISION – HEALTH PROMOTION SECTION

### San Marcos River AB

**Presentation:** CATCH My Breath Youth E-Cigarette and JUUL Prevention Program – *Patricia Stepaniuk*

**Abstract:** Participants will learn about how to implement the free e-cigarette and JUUL prevention education program CATCH My Breath in their schools.

**Activity:** Audience Participation/Lecture

**9:15 a.m. – 10:15 a.m.**

## EXHIBITOR SHOWCASE – Speed Stacks, Inc.

### Vermendi Ballrooms AB

**Presentation:** Experience Speed Stacks-Skillastics – A Movement Based Activity! – *Matt Burk*

**Abstract:** This session will showcase games and activities from Speed Stacks comprehensive curriculum in addition to our new group activity kit – Speed Stacks-Skillastics!

**Activity:** Audience Participation

## **EXHIBITOR SHOWSASE – IT’S TIME TEXAS**

### **Veramendi Ballrooms CD**

**Presentation:** From Self-care to Developing a Culture of Health – *Sara Jefferson*

**Abstract:** Learn what it means to create a culture of health and what it takes. Whether you are HPE experts, self-care enthusiast or the “I’ll start Monday” person, come learn why we need you at the forefront.

**Activity:** Audience Participation

## **RECREATION & PHYSICAL EDUCATION DIVISIONS – ADVENTURE EDUCATION SECTION**

### **Veramendi Ballroom E**

**Presentation:** Fun Initiatives, Challenges, and Games for PE – *Teresa A. Machu, Chris R. Peurifoy, and Kristy Urbick*

**Abstract:** Interested in facilitating mutual respect between your students and adding group problem solving to your PE class? Join us to learn some FUN activities.

**Activity:** Audience Participation

## **PHYSICAL EDUCATION DIVISION – ELEMENTARY PHYSICAL EDUCATION SECTION**

### **Spring Lake Ballrooms ABC**

**Presentation:** S.W.A.G. (Sports, Warm-ups, Activities & Games) – *Curtis D. Tinsley*

**Abstract:** In this session, attendees will obtain new ideas for a variety of sports, games, and activities that are fun and innovative to maximize participation for any size group and budget.

**Activity:** Audience Participation

## **COLLEGE DIVISION – COLLEGE ADMINISTRATORS SECTION**

### **Chautauqua B**

**Presentation:** Update on Kinesiology Field of Study (THECB) and the ACGM – *Carolyn M. Mauck*

**Abstract:** Information will be shared regarding proposed revisions to the Kinesiology “ACGM” Academic Course Guide Manual which dictates which courses may be taught at Community Colleges in the State of Texas. In addition, an update will be shared regarding the latest actions by the Kinesiology Field of Study Committee, governed by Texas Higher Education Coordinating Board.

**Activity:** Lecture

## **HEALTH DIVISION – COMMUNITY HEALTH EDUCATION SECTION**

### **San Marcos River AB**

**Presentation:** Human Trafficking: What Your Community Needs to Know – *Charles “Chuck” Paul*

**Abstract:** We have all seen the news reports about Human Trafficking. It seems like every week there is a story about the marginalized being exploited or a missing teenager forced into sex slavery. As a subject matter expert, Chuck Paul with Roy Mass Youth Alternatives has created this presentation on the subject of modern-day slavery and how it effects everyday Americans. This presentation defines the problem and identifies the methodology of victimization. Participants will learn the “Red Flags” of sex trafficking and information fundamental in recognizing the signs of fractionization seduction. The presentation concludes with the state model of services to help survivors recover their voice.

**Activity:** Lecture

## **RECREATION DIVISION – WATER SPORTS SECTION**

### **Outdoor Pool**

**Presentation:** Water Fitness Fun for Everyone X 2 – *Kerri L. Puhl and Stephanie D. Faulkner, 2018 TAHPERD Adapted Physical Education Teacher of the Year*

**Abstract:** Come reap the benefits of exercise without the strain on your body...plus the pool is just fun for everyone!

**Activity:** Audience Participation

**10:30 a.m. – 11:30 a.m.**

## **COLLEGE DIVISION – LIFETIME WELLNESS SECTION**

### **Veramendi Ballrooms AB**

**Presentation:** Lee College Boot Camp – *Graeme E. Cox, 2018 TAHPERD University Physical Educator of the Year*

**Abstract:** Join Graeme and the Lee College Kinesiology Club for their employee Boot Camp. You know you'll have fun while you sweat. See you there! Bring your own towel.

**Activity:** Audience Participation

## **EXHIBITOR SHOWCASE – Texas Beef Council DBA Beef Loving Texans**

### **Veramendi Ballrooms CD**

**Presentation:** MyPlate in Motion – *Amy Foster*

**Abstract:** Learn how to teach MyPlate and basic nutrition through fun games and activities. Leave with new ideas on implementation health into PE classes.

**Activity:** Audience Participation/Lecture

## **EXHIBITOR SHOWCASE – US Games**

### **Veramendi Ballroom E**

**Presentation:** Capital “Fun” Card! What’s in Your W.A.L.L.E.T.? – *Jim DeLine*

**Abstract:** Activities, with minimal equipment, that enhance RTI (Return on Instruction) and never max out fun credit limits. It’s not about the bottom line, just meaning movement and adjustable “keep their interest” rates.

**Activity:** Audience Participation

## **PHYSICAL EDUCATION DIVISION – ELEMENTARY PHYSICAL EDUCATION SECTION**

### **Spring Lake Ballrooms ABC**

**Presentation:** Let’s Get Jumpin’ to Keep Our Hearts Pumpin’ – *Ashley M. Pondrom*

**Abstract:** Come learn single rope skills (for the younger and older grades), partner skills, and Chinese jump rope! This session will show participants how much MVPA time kids can get while jumping rope and how to keep the kids motivated during a lesson.

**Activity:** Audience Participation

## **GENERAL, PHYSICAL EDUCATION & HEALTH DIVISIONS – DIVERSITY SECTION**

### **Chautauqua B**

**Presentation:** Forging New Pathways to Intentionally Include All Students in Our Spaces – *Chris A. Moore*

**Abstract:** Get an introduction into risks faced by LGBT youth. Learn strategies for creating a more inclusive space for youth of all genders and sexualities.

**Activity:** Audience Participation/Lecture

## **ALL DIVISIONS – ALL ATTENDEES**

### **San Marcos River AB**

**Presentation:** TAHPERD Sponsored Fundraiser – *Michelle S. Beer, Dr. Gay James, Dr. Sandy K. Kimbrough, and Janice P. Longino*

**Abstract:** This session will share the NEW TAHPERD Sponsored Fundraiser for our members. TAHPERD Professionals can choose to participate in Texas Moves on an annual basis selecting to support a local non-profit organization of choice. A teacher tool kit will be available on line to support K – College participation. Funds raised will share split percentages between the selected organization, the school, TAHPERD, and SHAPE America®. Please join us for this New Pathway created by TAHPERD Members.

**Activity:** Lecture

## **RECREATION DIVISION – WATER SPORTS SECTION**

### **Outdoor Pool**

**Presentation:** Introduction to Scuba Diving! – *Richard H. Almstedt and Patricia A. Donaldson*

**Abstract:** Try SCUBA! If you have always wanted to try scuba this is your chance. Participants will experience the excitement of exploring inner-space just like the NASA Astronauts.

**Activity:** Audience Participation

**11:00 a.m. – 1:00 p.m. (2 hours of CPE)**

***Lunch is not included in this session.***

## **RECREATION DIVISION – ALL RECREATION DIVISION SECTIONS**

### **Meet Outside Front of Hotel**

**Presentation:** Kayaking in San Marcos – Session 2 – *Thelma T.J.” Hapshie*

**Abstract:** This presentation will provide the opportunity to experience Kayaking on the San Marcos River. Everything a person wants to know about Kayaking will be answered in a question/answer portion. Austin Canoe and Kayak will provide the Kayaks, paddles, and life jackets for rental for \$15.00 per person up to a maximum of **15 people for each session**. Please check the appropriate box on the Registration form if you need to rent the equipment. If you have your own Kayak, you are more than welcome to come along. **Attendees will meet in the front of the Hotel at 11:00 a.m. sharp!** We will car pool to the launch site. **This session will be repeated again from 3:00 – 5:00 p.m. \*No Refunds for Kayak Sessions after July 1.**

**Activity:** Audience Participation

**11:30 a.m. – 1:00 p.m. – Lunch on Your Own**

**1:00 p.m. – 2:00 p.m.**

## **RECREATION DIVISION – WATER SPORTS SECTION**

### **Meet in Hotel Lobby**

**Presentation:** Snorkeling New Pathways in San Marcos – *Richard H. Almstedt and Patricia A. Donaldson*

**Abstract:** Learn mechanics of snorkeling in a local river in or near San Marcos. Skills include breath control submerging, equalizing, and clearing safely. **Attendees will meet in the Hotel Lobby at 12:45 p.m. sharp!** We will car pool to the snorkel site.

**Activity:** Audience Participation

## **PHYSICAL EDUCATION & RECREATION DIVISIONS – ELEMENTARY PHYSICAL EDUCATION & OUTDOOR EDUCATION SECTIONS**

### **Veramendi Ballrooms AB**

**Presentation:** Hooked on PE – *Robert M. Brashear and Brian E. Thuesen*

**Abstract:** Join us and learn how to incorporate a fishing education unit into your PE curriculum.

**Activity:** Audience Participation

### **EXHIBITOR SHOWCASE – Brain Power Today**

#### **Veramendi Ballrooms CD**

**Presentation:** Academics in PE? What? Brain Power Today, We Got This! – *Ishmael Muhammad and Gail Ward*

**Abstract:** Would you like your faculty to believe you are the best PE teacher in the state? Brain Power Today will demonstrate strategies to impress ALL!

**Activity:** Audience Participation

### **EXHIBITOR SHOWCASE – GOPHER Sport**

#### **Veramendi Ballroom E**

**Presentation:** READY, SET, ACTION! – *Ashley M. Pondrom*

**Abstract:** Come learn high energy, skill focused games that get kids moving and working together from GOPHER.

**Activity:** Audience Participation

## **PHYSICAL EDUCATION DIVISION – ELEMENTARY PHYSICAL EDUCATION SECTION**

### **Spring Lake Ballrooms ABC**

**Presentation:** Instant Activities: Get'em in and Get'em Moving! – *Ross Chakrian*

**Abstract:** Come learn how to maximize your students' moderate to vigorous physical activity time! This session will give you some great ideas that can be used as warm ups and implemented right away with your students!

**Activity:** Audience Participation

## **RECREATION DIVISION – OUTDOOR EDUCATION SECTION**

### **Chautauqua B**

**Presentation:** Trash or Treasure – Beer Bottle Glass from a Texas Bay – *Dr. Lon H. Seiger*

**Abstract:** This session will examine the current status of water pollution and discuss how pollutants (plastics, Styrofoam, glass) enter into Texas Bays. Examples of how to highlight effective strategies to combat water pollution through Outdoor Education Programs will be provided.

**Activity:** Lecture

## **GENERAL, PHYSICAL EDUCATION & HEALTH DIVISIONS – K-12 ADMINISTRATORS SECTION**

### **San Marcos River AB**

**Presentation:** Texas Education Agency Update – *William "Barney" Fudge*

**Abstract:** This session will review the outcomes of the regular 86<sup>th</sup> Legislative Session and discuss the next steps related to new legislation, fitness assessment, data analysis, and coordinated school health programming.

**Activity:** Lecture

**2:15 p.m. – 3:15 p.m.**

**PHYSICAL EDUCATION DIVISION – EARLY CHILDHOOD EDUCATION SECTION**

**Veramendi Ballrooms AB**

**Presentation:** Boogie with the Babes! Part II – Ribbon Wands, Scarves and More! – *Nickie M. Allen*

**Abstract:** This session will demonstrate how to use scarves, ribbon wands, and rhythm sticks to integrate art, math, and science concepts in Pre-K and Kindergarten.

**Activity:** Audience Participation

**PHYSICAL EDUCATION & GENERAL DIVISIONS – ADAPTED PHYSICAL EDUCATION & DIVERSITY SECTIONS**

**Veramendi Ballrooms CD**

**Presentation:** LRE: Making PE Accessible for ALL – *Carmen Y. Franco, Cherrelle N. Tillis-White, and Emy Williams*

**Abstract:** LRE? This session will explore and discuss modifications for a PE classroom to facilitate a Least Restrictive Environment. Revisit the belief that everyone can be successful.

**Activity:** Audience Participation

**EXHIBITOR SHOWCASE – DrumFIT (USA) Corp**

**Veramendi Ballroom E**

**Presentation:** Exploring the Integrated SEL Concepts in Your Cardio Drumming Program – *Sarah Williams*

**Abstract:** An SEL curriculum adds valuable lessons to a student's typical school day that will help propel them beyond academic success and onto success in life. Explore hands-on, the integrated SEL skills that are found in DrumFIT's cardio-drumming curriculum.

**Activity:** Audience Participation

**PHYSICAL EDUCATION & DANCE DIVISIONS – ELEMENARY PHYSICAL EDUCATION & DANCE PEDAGOGY SECTIONS**

**Spring Lake Ballrooms ABC**

**Presentation:** Make Your Own Pathway...Make Your Own Dance! – *Dr. Sandy K. Kimbrough*

**Abstract:** Creating movement to music doesn't have to be intimidating. YOU CAN create fun movement sequences for students that build their confidence, physical literacy, and fitness. Join Sandy in this fun session that gets you moving!

**Activity:** Audience Participation

**RECREATION DIVISION – LEISURE ACTIVITIES & SPORTS SECTION**

**Chautauqua B**

**Presentation:** On Board the Train that Leads to Different Pathways! – *Luis A. Castillo, Mary Lou Trinidad, and Ytszel Trinidad*

**Abstract:** Attendees will experience pathways to learning how to compete in mathematical, strategic, and patterned games by stepping up the basic dominoes game.

**Activity:** Audience Participation/Lecture

**HEALTH DIVISION – HEALTH INSTRUCTIONAL PROGRAM SECTION**

**San Marcos River AB**

**Presentation:** Teen Dating Violence/Sexual Misconduct – *Michelle Sacks*

**Abstract:** Attendees will discuss different types of relationships, setting goals and boundaries, and how to spot unhealthy behaviors.

**Activity:** Audience Participation/Lecture



**3:00 p.m. – 5:00 p.m. (2 hours of CPE)**

*If you are attending this session, you may not return to the hotel in time for the TAHPERD Social.*

#### **RECREATION DIVISION – ALL RECREATION DIVISION SECTIONS**

##### **Meet Outside Front of Hotel**

**Presentation:** Kayaking in San Marcos – Session 3 – *Thelma “T.J.” Hapshie*

**Abstract:** This presentation will provide the opportunity to experience Kayaking on the San Marcos River. Everything a person wants to know about Kayaking will be answered in a question/answer portion. Austin Canoe and Kayak will provide the Kayaks, paddles, and life jackets for rental for \$15.00 per person up to a maximum of **15 people for each session**. Please check the appropriate box on the Registration form if you need to rent the equipment. If you have your own Kayak, you are more than welcome to come along. **Attendees will meet in the front of the Hotel at 3:00 p.m. sharp!** We will car pool to the launch site. **\*No Refunds for Kayak Sessions after July 1.**

**Activity:** Audience Participation

**3:30 p.m. – 4:30 p.m.**

#### **PHYSICAL EDUCATION & GENERAL DIVISIONS – ADAPTED PHYSICAL EDUCATION & DIVERSITY SECTIONS**

##### **Veramendi Ballrooms AB**

**Presentation:** Fostering Awareness and Positive Attitudes with Paralympic School Day – *Dr. Sharon T. Bowers, Devin Brooks, and Kelsey McEntyre*

**Abstract:** Presenters will share information regarding the PSD program, demonstrate various activities, and discuss the benefits and possibilities of implementing PSD within your curriculum.

**Activity:** Audience Participation/Lecture

#### **HEALTH DIVISION – HEALTH INSTRUCTIONAL PROGRAM SECTION**

##### **Veramendi Ballrooms CD**

**Presentation:** K.I.S.S. – Keep It Simple Silly: Real World Activities – *Briana A. James, Aubria D. Smith, and Diondra L. Tatum*

**Abstract:** This session will demonstrate instructional activities that can be quickly integrated into the classroom with minimal resources.

**Activity:** Audience Participation/Lecture

#### **EXHIBITOR SHOWCASE – Palos Sports**

##### **Veramendi Ballroom E**

**Presentation:** Games, Games, Games, and Brainball – *Tim Taggart*

**Abstract:** Fun new teacher created games that focus on movement, strategy, teamwork, and State and National standards. Brainball has 16 years of research proving it improves, letter/number recognition, math, spelling, and fine motor skill development. Brainball is 100 balls with a 100-lesson plan book. These activities are great for medium/large class sizes wanting a high activity level.

**Activity:** Audience Participation

#### **PHYSICAL EDUCATION DIVISION – ELEMENTARY PHYSICAL EDUCATION SECTION**

##### **Spring Lake Ballrooms ABC**

**Presentation:** TAG! You're It! – *Timothy P. Miller*

**Abstract:** Come play a variety of tag games that can easily integrate PE skills, cross curricular content, and coordinated school health topics your students will enjoy and remember!

**Activity:** Audience Participation

## RECREATION & PHYSICAL EDUCATION DIVISIONS – OUTDOOR EDUCATION & SPORTS SECTIONS

### Chautauqua B

**Presentation:** Triathlon 101: Experiential Learning in a University Setting (multi-sport courses) – *Luis A. Castillo, Santa B. Estrella, Jesus Javier Mireles, Dr. Zasha Romero, and Mary Lou Trinidad*

**Abstract:** This session provides an overview of triathlons, the history of triathlons, equipment, distances and useful ideas on how to incorporate into your individual or multi-sport courses.

**Activity:** Audience Participation/Lecture

## PHYSICAL EDUCATION DIVISION – ELEMENTARY PHYSICAL EDUCATION SECTION

### San Marcos River AB

**Presentation:** Strategies Integrating Recess that Promote Physical Activity into Your School – *Dr. Tinker D. Murray, Pete B. Silvius, Mary B. Squires, and Dr. Kampol Surapiboonchai*

**Abstract:** This presentation will provide the audience with examples of how recess can be effectively integrated into the school day enhancing physical activity time for children. while also introducing key physical education principles in the process.

**Activity:** Lecture/Panel Discussion

**4:30 p.m. – 5:30 p.m.**

### TAHPERD Social – Veramendi Ballrooms F-J

Admission only \$10.00 – Seating is limited: Tickets will be sold in advance and on-site if seating is still available. Social attendees will receive a great dinner buffet and have time to socialize with friends and colleagues. A Ticket is required for admittance. **\*No Refunds for Social Tickets after July 1.**

## Tuesday – July 16

**7:00 a.m. – 1:00 p.m.**                      **Registration Desk Open – Veramendi Ballroom Foyer**

**8:00 a.m. – 12:00 p.m.**                      **Exhibit Hall Open – Veramendi Ballrooms F-J**

**7:00 a.m. – 9:00 a.m. (2 hours of CPE)**

## RECREATION & PHYSICAL EDUCATION DIVISIONS – OUTDOOR EDUCATION & SPORTS SECTIONS

### Begin at Outdoor Pool

**Presentation:** 2<sup>nd</sup> Biennial TAHPERD TRI – *Luis A. Castillo, Santa B. Estrella, Jesus Javier Mireles, Dr. Zasha Romero, Mary Lou Trinidad, and Ytszel Trinidad*

**Abstract:** Join the University of Texas Rio Grande Valley Kinesiology Club students as they, along with their professors facilitate the 2<sup>nd</sup> Biennial TAHPERD Triathlon. Attendees will begin at the outdoor pool for the swim and then move on to a bike ride and run. Participants must provide their own bikes and helmets. For safety and time constraints, this session has a **maximum of 20 people**. We promise you will feel renewed and ready to set new goals for a heart healthy life through exercise and movement. Come and join us as you get new ideas on how to teach your students the basics of a triathlon and how to keep an active and healthy lifestyle by being physically active as YOU discover new pathways. Triathlon participants may also want to attend a lecture session on introduction to the basics of triathlons and how to implement them in a university setting scheduled for Monday, July 15 from 3:30 – 4:30 p.m.

**Activity:** Audience Participation

**8:00 a.m. – 10:00 a.m. (2 hours of CPE)**

**RECREATION DIVISION – LEISURE ACTIVITIES & SPORTS SECTION**

**Meet at Purgatory Trails**

**Presentation:** Mountain Biking on the Purgatory Trails – for Life and Lesson – *Ernesto Celaya, Bob Sanderson, Jason Sellers, Pete B. Silvius, and Shirl A. Walter*

**Abstract:** Come enjoy the Mountain bike trails of Purgatory – San Marcos and learn how to include mountain biking as a lesson in your program and as a life-long recreation and wellness activity in your life. Mountain bikes and a Certified Helmet are required for this ride! Bring water and your adventurous spirit. The ride will begin at the Purgatory Trails located just 2.5 miles from the Embassy Suites Hotel. The ride will take place weather permitting. A map of the ride will be available at the TAHPERD Registration Desk. **Riders should leave Embassy Suites no later than 7:45 a.m. to arrive at the Purgatory Trails for an 8:00 a.m. start time.**

**Activity:** Audience Participation

**8:00 a.m. – 9:00 a.m.**

**PHYSICAL EDUCATION DIVISION – ALL SECTIONS**

**Veramendi Ballrooms A-D**

**Presentation:** Resources Galore and More – *Adam G. Rodriguez and Stephanie D. Faulkner, 2018 TAHPERD Adapted Physical Education Teacher of the Year*

**Abstract:** Tired of scanning the internet for hours in search of activities, ideas and accommodations? Come add to your teaching toolbox as the latest and greatest APE/PE/Sports resources are shared.

**Activity:** Audience Participation/Lecture

**RECREATION DIVISION – LEISURE ACTIVITIES & SPORTS SECTION**

**Veramendi Ballroom E**

**Presentation:** 9 Square in the Air with a Twist – *Teresa A. Machu, Judith G. Michalek, and Chris R. Peurifoy*

**Abstract:** Join us for a K-12 vertical alignment plan when using 9 Square in the Air. Get 9 Square activities for your elementary, middle, and high school PE classes.

**Activity:** Audience Participation

**PHYSICAL EDUCATION DIVISION – ELEMENTARY PHYSICAL EDUCATION SECTION**

**Spring Lake Ballrooms ABC**

**Presentation:** Teambuilding and Cooperative Activities With “ADROP”! – *Ross Chakrian*

**Abstract:** What is “ADROP”, you ask? Come to this session to find out how this simple acronym can help develop your students social-emotional learning skills through the use of cooperative activities!

**Activity:** Audience Participation

**EXHIBITOR SHOWCASE – EVERFI**

**Chautauqua B**

**Presentation:** A Digital Approach to Health & Wellness Lessons – *Kevin Mechenbier*

**Abstract:** Learn how EVERFI’s no-cost digital lessons can be incorporated to teach a variety of K-12 Health and PE topics.

**Activity:** Audience Participation/Lecture

## **HEALTH DIVISION – HEALTH INSTRUCTIONAL PROGRAM SECTION**

### **San Marcos River AB**

**Presentation:** “Chasing the Dragon: The Life of an Opiate Addict” Documentary – *Sandra V. McClure, Melissa H. Munsell, and Misty D. Rodriguez*

**Abstract:** In 2017, an opioid epidemic was declared in the US. This session will introduce a documentary called “Chasing the Dragon,” designed for health class instruction.

**Activity:** Lecture

**9:15 a.m. – 11:30 a.m. (2 hours of CPE)**

## **RECREATION & PHYSICAL EDUCATION DIVISIONS – ADVENTURE EDUCATION & MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION SECTIONS**

### **Meet at TAHPERD Registration Desk**

**Presentation:** TRoFE Turns 20!!! (TAHPERD Race on Foot Expedition) – *Dr. Sandy K. Kimbrough*

**Abstract:** Think of it as a short “Amazing Race.” Dress comfortably; bring a teammate with matching shirt, cell phone with camera, a little cash, pen, and sense of adventure. Join the tradition!!! Prizes for 1st place, 2nd place, and more!

**Activity:** Audience Participation

**9:15 a.m. – 10:15 a.m.**

## **EXHIBITOR SHOWCASE – USTA Texas**

### **Veramendi Ballrooms A-D**

**Presentation:** NET GENERATION: Back in Action! – *Mike Carter and Ainsley Williams*

**Abstract:** Texas leads the country in School Tennis, and it is all because of YOU! Expect a hands-on demo, registration and renewal information, and “thank you” goodies for being a part of USTA’s official youth brand.

**Activity:** Audience Participation

## **COLLEGE DIVISION – LIFETIME WELLNESS SECTION**

### **Veramendi Ballroom E**

**Presentation:** Bringing Pickle Back: Pickleball’s Big Comeback! – *Dr. Jennifer N. Ahrens and Teri L. Carter*

**Abstract:** This session will cover the basics of Pickleball and show how you can incorporate it as a lifetime sport or program at your university/college for students, faculty, or staff.

**Activity:** Audience Participation

## **PHYSICAL EDUCATION DIVISION – ELEMENTARY, MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION SECTIONS**

### **Spring Lake Ballrooms ABC**

**Presentation:** Move, Shake, and Drum to the Rhythm 2.0 – *Juli M. Krepps and Lisa M. Stout*

**Abstract:** Haven’t quite got that rhythm yet or wondering if you are ready to teach it yet? Need a reboot for your already amazing program? We’ve got the next level of music movement ready for you in this session!

**Activity:** Audience Participation

## **EXHIBITOR SHOWCASE – Marathon Kids**

### **Chautauqua B**

**Presentation:** Marathon Kids – Presented by Coach Kyle Black, Lampasas ISD – *Kyle W. Black, Stefanie Ediger, and Kenrick Tyrrell*

**Abstract:** Coach Kyle Black from Taylor Creek Elementary will give a first-hand account on how he has used Marathon Kids programming to transform the health of his students and community in Lampasas ISD.

**Activity:** Lecture

## **PHYSICAL EDUCATION DIVISION – ADAPTED PHYSICAL EDUCATION SECTION**

### **San Marcos River AB**

**Presentation:** Healthy Choices to Starting the School Day for Children with Disabilities – *Dr. Phillip Conatser and Angel Iduarte*

**Abstract:** This presentation will cover methods and techniques that will aid in the pursuit of a productive day for children with disabilities. Morning nutrition examples will be discussed as well as the underlying importance of adapting a nutritious diet.

**Activity:** Lecture

**10:30 a.m. – 11:30 a.m.**

## **RECREATION & COLLEGE DIVISIONS – OUTDOOR EDUCATION & LIFETIME WELLNESS SECTIONS**

### **Veramendi Ballrooms A-D**

**Presentation:** Movement Screening and Corrective Exercises for Outdoor Activity Enthusiasts – *Gene B. Power and Kristy Urbick*

**Abstract:** Participants will learn the importance of movement quality and competence when participating in outdoor recreational activities. Participants will be screened and shown corrective exercises.

**Activity:** Audience Participation/Lecture

## **PHYSICAL EDUCATION DIVISION – ELEMENTARY, MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION SECTIONS**

### **Veramendi Ballroom E**

**Presentation:** Get them Moving! Integrating Math and Language Arts into Your Warm-up Activities – *Barbara C. Polansky*

**Abstract:** Warm-up activities integrating Math and Language Arts skills will be presented. As well as the game of Bocce will be introduced and demonstrate how math skills can be integrated within the game.

**Activity:** Audience Participation

## **PHYSICAL EDUCATION DIVISION – ELEMENTARY PHYSICAL EDUCATION SECTION**

### **Spring Lake Ballrooms ABC**

**Presentation:** The X's and O's of a Hand Dribbling & Shooting Unit – *Sherry L. Rhoads, Amber D. Sladeczek, and Megan M. Stevenson*

**Abstract:** This session will focus on students of all skill levels developing basic fundamentals through lead-up games.

**Activity:** Audience Participation

## **COLLEGE DIVISION – COLLEGE ADMINISTRATORS SECTION**

### **Chautauqua B**

**Presentation:** “Looking Back to Go Forward” Using History to Strengthen Departments – *Dr. Kayla A. Peak, Dr. Jarrod D. Schenewark, and Dr. Thomas G. Tallach*

**Abstract:** Administrators can and need to influence the teaching of the historical foundation of kinesiology in order to strengthen and maintain the autonomy of their departments.

**Activity:** Panel Discussion/Lecture

## **GENERAL DIVISION – ASSESSMENT & EVALUATION SECTION**

### **San Marcos River AB**

**Presentation:** Administering FitnessGram: K-12 and Higher Education Collaboration – *Dr. Sharon T. Bowers, Devin Brooks, and Kelsey McEntyre*

**Abstract:** Speakers will present Tarleton State University’s FitnessGram collaboration with Stephenville ISD and offer strategies to involve your local institutions.

**Activity:** Lecture

**11:35 a.m. – 11:55 a.m.      Door Prize Drawing in Exhibit Hall – Veramendi Ballrooms F-J  
(Must be present to win)**

**12:00 p.m. – 1:00 p.m.**

## **PHYSICAL EDUCATION DIVISION – SPORTS SECTION**

### **Veramendi Ballrooms A-D**

**Presentation:** Using Empowerment Drumming to Lower Anxiety in Student Athletes – *Dr. Lon H. Seiger*

**Abstract:** This session will highlight research using drumming to lower anxiety in student athletes. Attendees will get the opportunity to participate in a live drumming session!

**Activity:** Audience Participation/Lecture

## **PHYSICAL EDUCATION DIVISION – ELEMENTARY, MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION SECTIONS**

### **Veramendi Ballroom E**

**Presentation:** Long Rope, Double Dutch, Chinese Wheel, Oh My! – *Ashley M. Pondrom*

**Abstract:** Participants will learn and feel comfortable teaching long rope skills, Double Dutch, and Chinese wheel. This session will demonstrate the importance of teaching jump rope and why it is so good for students.

**Activity:** Audience Participation

## **PHYSICAL EDUCATION DIVISION – ELEMENTARY PHYSICAL EDUCATION SECTION**

### **Spring Lake Ballrooms ABC**

**Presentation:** Attacking STAAR One Movement at a Time – *Dr. Deborah J. Buswell and Sharon Rice*

**Abstract:** This session will demonstrate benefits of cross-curriculum education and how to share/educate your classroom teachers in using physical activity in class.

**Activity:** Audience Participation

## **RECREATION DIVISION – ADVENTURE EDUCATION SECTION**

### **Chautauqua B**

**Presentation:** Caching Our Pathways of Success! – *Luis A. Castillo, Mary Lou Trinidad, and Ytszel Trinidad*

**Abstract:** High-tech scavenger hunt to encourage lifetime physical activities, and get in touch with the outdoors. Using the Cardinals directions to find our Pathways!

**Activity:** Audience Participation/Lecture

## **ALL DIVISIONS – ALL ATTENDEES**

### **San Marcos River AB**

**Presentation:** Generation for a Healthier Texas – ITT/TAHPERD Partnership – *Rose Haggerty, Dr. Baker Harrell, and Dr. Dolly D. Lambdin*

**Abstract:** It's Time Texas and the Texas Association for Health, Physical Education, Recreation, and Dance have partnered to create Generation Healthier Texas – **a groundbreaking, collective cause to raise the healthiest generation in Texas' history.** Generation Healthier Texas will empower **all Texas students to become health champions** for their families, schools, and communities and will engage various stakeholders (including teachers, administrators, parents, policymakers, and business leaders) to **establish a culture of health in the Lone Star State.**

**Activity:** Lecture