

# **Oklahoma Association**

of

**Health, Physical Education, Recreation  
& Dance**

## **2016 CONVENTION**

**October 10-11 @ The University of Central Oklahoma in Edmond, Oklahoma**



**2016**

**“Ring the Bell”**

ADVOCATE,  
EDUCATE, &  
CELEBRATE!

## *2015-2016 OAHPERD PRESIDENT'S WELCOME*

Our theme this year is “**Ring the Bell, Advocate, Educate, and Celebrate**”. It has been a wonderful year as we championed healthy lifestyles and quality education for all individuals; a similar cause that our founding members had in 1927. We now assemble in 2016 to share ideas and methodologies on a much grander scale than 89 years ago. But one thing has never changed, the passion we share as an association. At the end of the next two days, we will all go back to our places of work with a greater sense of confidence in our knowledge, new ideas to implement in our programs, and new friends to add to our list of professional colleagues. The 89<sup>th</sup> OAHPERD Convention is our opportunity to acknowledge, to honor, and to celebrate the amazing accomplishments of our members during the past year.

I want to thank the University of Central Oklahoma for once again, opening their doors to OAHPERD. Also, we are fortunate to have our presenters, vendors, and guests sharing their expertise with us at the convention. I especially want to thank the OAHPERD Board & Council for their dedication and service during the past year. Lastly, I want to thank **You** for “**Ring the Bell**” as we continue our journey to advocate for our profession. We together make it all happen.

Susan McLemore

2015-2016 OAHPERD President

**UCO Guest WiFi:**  
**Username: oahperd2016**  
**Password: fgkrxhtV**

# OAHPERD GENERAL SESSION

**October 11, 2016**

**9:00 AM- 10:20 AM**

**Introduction**

**Susan McLemore**

2016 OAHPERD President

**Greetings from Southern District Association  
of SHAPE America**

**Karen J. Dowd**

1992-1995 SD President

**Executive Director's Report**

**Donna Cobb**

OAHPERD Executive Director

**President's Report and Introductions**

**Susan McLemore**

**Necrology Report**

**Nicki Keele**

OAHPERD Necrologist

**GoNoodle Brain Break**

**Sarah Headrick**

VP-Elect, Physical Education

**Jump/Hoops for Heart Recognition**

**Suzanne Cyrus**

OAHPERD J/HFH Coordinator

**Brandy Miller**

American Heart Association

**Let's Move Active Schools Recognition**

**Stephanie Canada**

**Presidential Hand-off**

**Susan McLemore**

**2016-2017 OAHPERD Welcome**

**Terry Shannon**

2016-2017 OAHPERD President

**Introduction of the 2016-2017 Board & Council**

**Terry Shannon**

**Closing Remarks**

**Susan McLemore**

# 2016 OAHPERD "RING THE BELL" CONVENTION PROGRAM

## "ADVOCATE, EDUCATE, AND CELEBRATE"

October 10-11, 2016

Nigh University Conference Center

University of Central Oklahoma

Monday, October 10, 2016

**Registration Opens at 8:00 A.M. in Nigh University Center (NUC) Room 326**

**Exhibits Open at 9:00 A.M. on 3<sup>rd</sup> Floor Foyer**

9:00 AM-12:00 PM

### **You Heard Right.... Free Curriculum OPEN to ALL! Secondary PE Focus**

Attend this session ready to be actively engaged in activities aligned with SHAPE America's National Standards & Grade-Level Outcomes. Discover fun and easy resources to promote high quality physical education utilizing a free curriculum resource (OPENphysed.org). OPEN lessons incorporate content language, depth of knowledge questioning, and strategies for academic rigor.

Presenter: Andy Pickett, US Games Trainer

Room: NUC Ballroom B

9:00 AM-12:00 PM

### **Development of Self-Efficacy through Sport-Specific Training**

In an effort to reduce rising global healthcare cost this presentation looks at using sport-specific training to develop self-efficacy, which will lead to higher physical activity levels.

Presenter: Jason West, The University of Tulsa

Room: NUC 300

9:00 AM-10:30 AM

### **Incorporating Ability Awareness Activities Into Class**

The information provided in this session will help to educate and improve the perceptions of General Physical Education teachers and students about different disabilities and eliminate some of the negative stereotypes, misconceptions and misunderstandings about people with disabilities through ABILITY awareness activities.

Presenters: Lauren Loucks, UCO, UCO Physical Education Majors and Amy Townsend, Emporia State University

Room: NUC Ballroom A

9:00 AM- 10:00 AM

### **Best Practices for Plyometric Training with Female Athletes**

Participants will learn best practices regarding why and when plyometric training should be incorporated into training the female athlete.

Presenters: Ashley LaGasse and Tim Baghurst, OSU

Room: NUC Ballroom C

9:00 AM-10:50 AM

**Successful Interviewing Skills for Your Toolbox: Putting Your Best Self-Forward and Getting the Job**

Interviews can be nerve-wracking enough, from making sure your body language doesn't put off the interviewer to rehearsing common questions, there's a lot of preparation to do. Join this panel of experts and get a JUMP on the competition.

Presenters: Kevin Fink, UCO, Mike Nunley, Edmond PS, Jodi Watson, Marriott Conference Center, & Stephanie Boss, Cameron

Room: NUC Room 301

11:00 AM-12:00 PM

**Integrating STEM to Create a Balance of Active Learning**

Moving to the alphabet will integrate the mind and body by combining movement with STEM content and questioning. Innovative ideas that can be implemented immediately!

Presenter: Sandy Slade, Skillastics, Corona CA

Room: Ballroom A

11:00 AM-12:00 PM

**Policy and Elevated Standards for Concussion: What's New?**

Keeping up with the rapidly changing world of concussion law, school policies, and best practices for concussion management can be overwhelming. This presentation provides participants with essential information regarding legal responsibilities, professional position statements, the updated Oklahoma concussion law, and real world examples as well as general risk management techniques. Participants will be able to assist school administrators in implementing appropriate policies that comply with Oklahoma law while gaining a thorough understanding of their responsibilities to students.

Presenter: Ron Walker, The University of Tulsa

Room: NUC 301

11:00 AM-12:00 PM

**Essentials of Sport Stacking with Speed Stacks!**

This session features lesson from the NEW Speed Stacks Sport Stacking Instructor Guide. Learn sport stacking basics and teaching techniques. Receive **FREE** instruction materials.

Presenter: John Glenn, Speed Stacks

Room: NUC Ballroom C

**12:00-12:45**

**Lunch on Your Own**

**Food Court and Restaurant are located in the NUC**

**12:30-12:45**

**President's Welcome**

Join President Susan McLemore to "Ring the Bell" and to Celebrate Oklahoma's Best!

Room: Ballroom A

1:00 PM-3:00 PM

**Sky Trails and Slides!**

Be one of the first 60 to sign up with convention registration to participate in fun activities at the Oklahoma City Riversport on the Oklahoma River!

Facilitators: Holly Vonderohe, OKC Boathouse Foundation and Jerel Cowan, UCO

Room: Oklahoma River

1:00 PM – 4:00 PM

**You Heard Right.... Free Curriculum OPEN to ALL! Elementary Focus**

Attend this session ready to be actively engaged in activities aligned with SHAPE America's National Standards & Grade-Level Outcomes. Discover fun and easy resources to promote high quality physical education utilizing a free curriculum resource (OPENphysed.org). OPEN lessons incorporate content language, depth of knowledge questioning, and strategies for academic rigor.

Presenter: Andy Pickett, US Games OPEN Trainer

Room: NUC Ballroom B

1:00 PM-3:00 PM

**American Heart Association and the NFL: Back to Sport Program**

The AHA and NFL are presenting programming to educate youth wellness and basic sport safety to keep kids safe, healthy, and having fun.

Presenters: Rachel Hildebrand, ATC and Ron Walker, ATC, The University of Tulsa

Room: NUC 301

1:00 PM-3:45 PM

**Sport Education: A Teaching Model that Never Grows Old**

Standards based activities used to show how the SE Model improves class behavior and attendance, make students responsible for their own learning and adds peer, self and teacher assessments to your curriculum.

Presenter: Charla Tedder Krahnke, National, Southern District, and North Carolina HS PE TOY & Presenter for US Games

Room: NUC Ballroom C

1:00 PM- 2:00 PM

**Creative Basketball Activities**

Roll up your sleeves- it's time to work! Sandy Slade will guide you through a basketball handling and dribbling workout. Learning, or for that matter, teaching basketball fundamentals can be very frustrating. By breaking down the drills into small, easy-to-attack segments, Sandy makes it easy to understand. The basketball skills you will learn will be invaluable, helping you in class.

Presenter: Sandy Slade, Skillastics

Room: NUC Ballroom A

1:00 PM-2:00 PM

**Fundamentals of Building a Better Athlete: Plyometrics**

Introduction, Theory, and Practical behind the importance of strategic plyometric training to improve overall athleticism.

Presenter: Steve Yahns, EXOS @ Mercy

Room: NUC 304

2:15 PM-3:15 PM

**Nutrition for Athletic Performance**

Fueling and hydration strategies for athlete and active individuals.

Presenter: Justin Klein, EXOS @ Mercy

Room: NUC 304

2:15 PM-4:00 PM

**Google What?**

Come find out ways physical educators across the globe are using Google applications to simplify their teaching.

Presenter: Mike Smith, Colorado Department of Education and US Games OPEN Trainer

Room: NUC Ballroom A

2:15 PM-3:30 PM

**Certified Healthy Schools & TSET Healthy School Incentive Grants**

Learn how your district and school can be Certified Healthy and become eligible for incentive grant funding.

Presenters: Sharon Howard, Program Manager for TSET and Kelli Weaver, OSDH School Wellness Systems Coordinator

Room: NUC 300

4:15 PM-6:30 PM

**OAHPERD HONORS AND AWARDS RECEPTION**

Facilitator: Susan McLemore, OAHPERD President

Room: Nigh University Center 326

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**Tuesday, October 11, 2016**

**Registration Opens at 7:00 A.M. in Nigh University Center (NUC) Room 326**

**Exhibits Open at 8:00 A.M. in the NUC 3<sup>rd</sup> Floor Foyer**

8:00 AM-8:50 AM

**Yoga for Kids**

Yoga is one of the oldest forms of physical activity. Yoga combines breath, physical postures (poses), and mindfulness. 4-H Yoga for Kids is for people of all ages, the flexible and inflexible. It's focus is on helping kids achieve optimal physical, social, & emotional health.

Presenters: Julie Dolf, Edmond Schools and Teresa Dunham, Integris Health Community

Room: NUC Ballroom A

8:00 AM-8:50 AM

**Implementing Formative Assessments in Your Physical Education Program**

Standards based activities utilizing physical literacy, fitness activities, sports and games are used to implement assessments into your daily physical education program.

Presenter: Charla Tedder Krahnke, National, Southern District, and North Carolina High School PE TOY and Presenter for US Games

Room: NUC Ballroom B

8:00 AM-8:50 AM

**Get Up and Move!**

The session will include cardio kick box style warm-ups.

Presenter: Sarah Headrick, Deer Creek Schools

Room: NUC Ballroom C

8:00 AM-8:50 AM

**Activity Tracking Devices: Features, Usability, and Accuracy**

An overview of popular activity trackers available in today's marketplace. This presentation will cover a variety of devices, their features, their use, and their accuracy.

Presenter: Michael Smith, UCO

Room: NUC Room 301

8:00 AM-8:50 AM

**Introduction to Every Student Succeeds Act (ESSA) for Physical Education and Health**

**Educators**

This session will provide participants with more information about the Every Student Succeeds Act (ESSA) and P.E./Health relationships and School Health Index.

Presenter: Sherry Fisher, Oklahoma State Department of Education

Room: NUC Room 304

8:00 AM-8:50 AM

**Athletic Development from A-Z**

This session will highlight the philosophy of training athletes from development to elite performance status.

Presenter: Jeff Pace, CSCS, Ultimate Performance Complex, Tulsa, OK

Room: NUC 314

8:00 AM-8:50 AM

**Fad Dieting: Fact or Fiction**

This seminar will address current trends in fad dieting. The good, the bad, and the ugly of each fad will be discussed.

Presenter: Kim Davison, UCO

Room: NUC 300

8:00 AM- 8:50 AM

**Exercise Adherence and the Struggle for Nogyember**

As fitness professionals, how do we progress individuals from New Year's resolutions to Nogyember? Concepts will be presented using the Social Ecological Model as a guide to create cultural and systemic changes towards increased exercise adherence.

Presenters: Emilee Bounds and Tim Baghurst, OSU

Room: NUC 320B

**9:00 AM-10:20 AM**

**"RING THE BELL- Educate, Advocate, Celebrate" General Session**

**Facilitator: Susan McLemore, OAHPERD President**

**Room: NUC Constitution Hall (Room 200)**

10:30 AM-11:20 AM

**OAHPERD Research Poster Presentations**

Stop by and review the various research studies conducted by OAHPERD members. The posters are located in front of the NUC Ballrooms on the 3<sup>rd</sup> floor.

Facilitator: Bill Cash, Research Council Chair

Room: NUC Ballrooms Hallway

10:30 AM-11:20 AM

**Creative Basketball Activities**

Roll up your sleeves- it's time to work! Sandy Slade will guide you through a basketball handling and dribbling workout. Learning, or for that matter, teaching basketball fundamentals can be very frustrating. By breaking down the drills into small, easy-to-attack segments, Sandy makes it easy to understand. The basketball skills you will learn will be invaluable, helping you in class.

Presenter: Sandy Slade, Skillastics

Room: NUC Ballroom A



10:30 AM-11:20 AM

**What Does a Technology-Integrated Lesson Look Like?**

This active session will have attendees move through a technology-infused lesson from a student's perspective. This lesson shows what an effective lesson can look like when using technology to increase MVPA, assess students and manage your class. Come to this session to learn strategies to keep students actively engaged, innovative technology being used in the PE setting, and see the latest apps in action. Please bring your mobile device.

Presenter: Courtney Sjoerdsma, Elite Master Trainer, The SPARK Program

Room: NUC Ballroom B

10:30 AM-11:20 AM

**Badminton Bonanza (Large Groups)**

As physical educators, we all want students to be active for a lifetime. Badminton drills, fitness, assessments and activities are used to integrate large numbers into your program.

Presenter: Charla Tedder Krahnke, National, Southern District, and North Carolina HS PE TOY and Presenter for US Games

Room: NUC Ballroom C

10:30 AM-11:20 AM

**OKC Thunder Operations**

Come and learn more about the organizational structure of the Thunder! Information will be shared on how to get a job in the sports industry including the simple things students can do to boost their chances of landing the perfect job.

Presenter: Mac Maddox, OKC Thunder

Room: NUC Room 301

10:30 AM-11:20 AM

**Whole School, Whole Community, Whole Child (WSCC)**

Health and education affect individuals, society, and the economy and, as such, must work together whenever possible. Schools are a perfect setting for this collaboration. Schools are one of the most efficient systems for reaching children and youth to provide health services and programs, as approximately 95 percent of all U.S. children and youth attend school.

Presenter: Rachelle Franz, UCO

Room: NUC Room 314

10:30 AM-11:20 AM

**Keys to Developing a Successful Relationship with a Faculty Mentor**

This session will address how to choose a faculty mentor and nurture that relationship, as well as how to benefit from it.

Presenter: Vanessa Fiaud, West Texas A&M University

Room: NUC Room 320B

10:30 AM-11:20 AM

**Higher Education Meeting**

**Finding, Preparing, and Writing Successful Grants**

Does your program or department need additional funds? If so, join your colleagues in an informative session that will provide you with successful grant writing tips and help you sharpen your grantsmanship skills.

Presenter: Nani Pybus, Ph.D., Certified Research Administrator, OSU

Room: NUC Room 300

10:30 AM-11:20 AM

**Building a Let's Move Active Schools (LMAS) Award Winning Program**

Let's Move Active Schools (LMAS) National Award winner will discuss how she and her school have successfully implemented LMAS and how it transformed the culture of their school. She will discuss how to build and maintain a winning program through the Comprehensive Schools Physical Activity Program (CSPAP) framework. Participants will have opportunities to share and discuss thoughts and ideas for creating, building, and promoting LMAS.

Presenter: Sarah Headrick, Deer Creek Schools, Katie Barton, Oklahoma City Schools and Stephanie Canada, UCO

Room: NUC Room 304

10:30 AM-11:20 AM

**Engagement in Outdoor Activities**

Who are outdoor activities marketed to? This session will look at the marketing trends related to outdoor industry. The session will be based on James Edward Mills book *The Adventure Gap* and the current landscape of who participates in outdoor activities and who is actually being invited to participate.

Presenter: Jerel Cowan, UCO

Room: NUC Room 320C

11:30-1:20 PM

**You Heard Right.... Free Curriculum OPEN to ALL!**

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Presenter: Mike Smith, Colorado Teacher Trainer, US Games OPEN Trainer

Room: NUC Ballroom A

11:30 AM-12:20 PM

**ACTION! Team Games with MVPA Assessment**

Action packed, class oriented, teacher friendly games and activities. Along with our MVPA Assessment products. If you want to learn new activities, be active and have fun, this session is the one for you!

Presenter: Adam Gill, Gopher Sport

Room: NUC Ballroom B

11:30 AM-12:20 PM

**Out of the Box and Onto the Court**

The session is a strategic overview of how to implement Tactical Games Approach into your sports curriculum, promote understanding of sports or teach the basics of tactile games.

Presenters: Samantha Beams, The University of Tulsa and Trish Pruitt, Tulsa Public Schools

Room: NUC Ballroom C

11:30 AM-12:20 PM

**Putnam City Action Based Learning/Kinesthetic Classroom Update.... Data Included!**

This presentation will briefly explain what we are doing in Putnam City with our ABL labs. We will share our data results from year one and our plans for year two.

Presenters: Jason Hasty and Erin Frizzell, Putnam City Schools

Room: NUC Room 314

11:30 AM-12:20 PM

**Grant Writing 101**

Need additional funds for your Physical Education/Health programs? If so join us to go over the basics of grant writing.

Presenter: Lacey Padgett, Principal of Deer Creek Elementary Schools

Room: NUC Room 300

11:30 AM-12:20 PM

**How Professional Hockey Operates**

The presenters will discuss the operations of a professional hockey organization and its impact on the city, state, and region in which it is located.

Presenters: Ryan Christy and Shawn Watring, Tulsa Oilers

Room: NUC 301

11:30 AM-12:20 PM

**Bridging the Technology Gap between Professional and Amateur Sports**

The presenter will share a review of market research on the unique challenges of applying wearable technology and sports analytical tools in youth athletes.

Presenter: Akil Bacchus, Flexplayer Sports, LLC

Room: NUC Room 304

11:30 AM-12:20 PM

**Girls on the Run and Heart and Sole**

Girls on the Run is a physical activity-based positive youth development program designed to enhance girls' social, psychological, and physical competencies to successfully navigate life.

Presenter: Leslie Littlejohn, Girls on the Run of Oklahoma County

Room: NUC Room 320B

11:30 AM-12:20 PM

**An Adapted Vision and Physical Education**

This session will provide you with more information about Adapted Physical Education including constructing lessons for students, classroom management, and reaching individual and group goals.

Presenter: Laney Hamilton, Georgia Public Schools

Room: NUC Room 320C

11:30 AM-12:20 PM

**Let's Move Active Schools**

Let's Move Active Schools is a whole school solution to incorporate 60 minutes of physical activity a day for every school child. This session will provide an introduction to LMAS and an opportunity to sign up for its incredible benefits.

Presenters: Stephanie Canada Phillips, UCO and Katie Barton, Oklahoma City Schools

Room: NUC Room 312

12:00 PM-1:20 PM

**OAHPERD Past-Presidents' Luncheon (Invitation Only)**

Facilitator: Jan Drummond, OAHPERD Past-President

Room: NUC Room 423

## 12:30 PM-1:20 PM

### JRFH/HFH Luncheon (Invitation Only)

If you hosted a JRFH or HFH event and registered for the luncheon on the registration form, join us for lunch and celebration. We will recognize top award winners, share ideas, eat, and give door prizes! This is our opportunity to **Thank**

**You** for your help in saving lives!

Facilitators: Suzanne Cyrus, OAHPERD JRFH/HFH Coordinator and Brandy Miller, AHA

Room: Heritage Room- NUC 326

12:30-1:20

#### **You Heard Right.... Free Curriculum OPEN to ALL!**

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Presenter: Mike Smith, Colorado Teacher Trainer, US Games OPEN Trainer

Room: NUC Ballroom A

12:30 PM-1:20 PM

#### **Three T's to Fun-based Gymnastics- Tumbling, Teamwork, & Technique**

The presenter will teach various tumbling drills, different teamwork games and diverse techniques such as basic skills needed for gymnastics.

Presenters: Kelsey Moreshead and Vanessa Fiaud, West Texas A&M University

Room: NUC Ballroom B

12:30 PM-1:20 PM

#### **Energize the Body and Brain with Speed Stacks!**

Review stacking skills and experience a variety of brain energizing and body movement activities using Speed Stacks. Receive **FREE** sport stacking instructional materials.

Presenter: John Glenn, Speed Stacks

Room: NUC Ballroom C

12:30 PM-1:20 PM

#### **Sports Nutrition**

The session will cover the basics of nutrition necessary for optimal performance from your athletes.

Presenter: Jillian McCarty, ECU

Room: NUC Room 314

12:30 PM-1:20 PM

#### **From the Field to the Office: Life in Professional Sports**

Thinking about a career in professional sports? Come hear about what life is like working in the front office of two minor league sports teams.

Presenter: Wesley Leander, Tulsa Drillers and Tulsa Roughnecks FC

Room: NUC 301

12:30 PM-1:20 PM

**Cocky, Confident, or Competitive: The Ego-Oriented Female Athlete**

Understanding the psychological and social determinants of the ego-oriented female athlete as it relates to casual attribution theory: developing team behavior for success.

Presenters: Charlotte Stith and Tim Baghurst, OSU

Room: NUC Room 300

12:30 PM-1:20 PM

**Experience the Labyrinth**

The labyrinth is often called a walking meditation or a place of reflection. It has been shown that interacting with a labyrinth can reduce stress and anxiety, while producing feelings of calm, centeredness, and quiet. Come experience a labyrinth for yourself and learn how the labyrinth can be used to enhance learning and promote health.

Presenter: Melissa Powers, UCO

Room: UCO Labyrinth (behind Wantland Hall Gym) or NUC 304 (inclement weather)

1:30 PM-2:20 PM

**Time to Crush Candy with Health & Nutrition**

Join us for some fun and innovative activities that will focus on health & nutrition lessons you can take back to your students immediately.

Presenter: Erin Frizzell, 2015 OAHPERD Health Educator of the Year and Putnam City Schools

Room: NUC Ballroom A

1:30 PM-2:20 PM

**Rowing in the Elementary Schools**

This session will be an interactive session! We will explain the basics of rowing on an indoor machine (erg) and we will discuss the different programs that the Oklahoma City Boathouse has to offer and how it works. We will even do some relays on the ergs!

Presenter: Holly Vonderohe, OKC Boathouse

Room: NUC Ballroom B

1:30 PM-2:20PM

**Coaching in a Third World Country: A Student Perspective**

OSU students and leader will present and answer questions about their experiences operating a sports camp in Haiti.

Presenters: Timothy Baghurst and OSU Students

Room: NUC Room 314

1:30 PM-2:20 PM

**Movement and Marzano**

Learn "I CAN" statements, goals and scales and various ways teachers can incorporate activity and movement in the classroom in addition to incorporating all of the Marzano methods into a PE classroom.

Presenter: Sarah Headrick, Deer Creek Schools

Room: NUC 301

1:30 PM-2:20 PM

**Super Heroes for Health: Innovative Health Lessons for the Classroom and Beyond: The Battle Continues**

These Super Hero presenters will share unique health lessons and activities that can be used in the health classroom, physical education setting, and beyond.

Presenters: Rachelle Franz and UO Physical Education majors

Room: NUC Room 300

1:30 PM-2:20 PM

**Making the Best of a Tough Situation**

What's tough? Addressing standards with class sizes bigger than your budget! Don't give up and resort to large group games where only the fit and skilled stay active. Make the most of what equipment you DO have and keep all students engaged in MVPA with plenty of opportunities to participate and practice skills. This active session is perfect for teachers with large classes and limited equipment. You will leave with several new activities, instructional and management strategies and equipment recommendations to not only cope with large groups, but to help them thrive.

Presenter: Courtney Sjoerdsma, Elite Master Trainer, The SPARK Program

Room: NUC Ballroom C

1:30 PM-2:20PM

**New Policy Implications and Information for USDA Local School Wellness Policy**

As of July 2016, new policy guidelines for USDA Wellness Policies were implemented. This session will provide participants with an overview of the new changes in policy.

Presenter: Sherry Fisher, Oklahoma State Department of Education

Room: NUC Room 320B

1:30 PM-2:20PM

**Moving and Learning**

This presentation will include a panel of teachers and administrators from Schools for Healthy Lifestyles schools that implemented Action Based Learning. There will be a brief overview of the Schools for Healthy Lifestyles program and how the implementation of 29 Action Based Learning labs was carried out. The panel will share success stories of how Action Based Learning, both in the lab and in the classroom, has transformed their schools in just one year. We will also give several examples of action based learning in the classroom.

Presenters: Lindsy Lemons and Dana Chambers, Schools for Healthy Lifestyles and Panel members

Room: NUC Room 304

1:30 PM-2:20PM

**Health Education for Secondary Schools**

This presentation will outline a Health and Wellness curriculum begin utilized at the middle level with tips for implementation.

Presenter: Becky Leath, OKCPS

Room: NUC Room 320C

2:30 PM-3:20 PM

**Outdoor Games/Activities**

This session will focus on allowing participants to participate in a variety of activities that were originally designed for challenge courses or the outdoors but can be adapted for the classroom or afterschool program. Information will be shared on how to create some of the activities for a minimal cost.

Presenters: Jerel Cowan, UCO

Room: NUC Ballroom A

2:30 PM-3:20 PM

**Introduction to a New Scavenger Hunt App – Klikaklu**

Description: Klikaklu is a photo hunt game that uses your phone's GPS, camera, and advanced image matching technology. It's a great way to quickly create and play treasure hunts! Share hunts privately with friends and family, or leave them in public places for others to find. Lead people to new and interesting spots.

Presenters: Shana Classen, Edmond PS, Lori Janzen, UCO Student

Room: NUC 314

2:30 PM-3:20 PM

**Exciting Introductory Activities for PE Teachers**

The start of a lesson is important in ensuring a successful experience for students and teachers!

Presenters: Todd Farmer , Desmond Delk, Eric Johnson, Dyvonne Kennedy, Leon Monget, Mack Sillemmon, Rafe Taylor, Danielle Tillis, and Darrien Watson, Langston University

Room: NUC Ballroom C

2:30 PM-3:20 PM

**Put Me in Coach, I'm Ready to Play**

This session is a strategic overview of how to utilize Restorative Justice Model to promote personal responsibility in the classroom and on the playing field. Restorative practice can create a cooperative learning environment where students are able to self-regulate their own behavior and learning on and off the playing field.

Presenters: Samantha Beams, The University of Tulsa and Trish Pruitt, LTI Coordinator, Tulsa Public Schools

Room: NUC Ballroom B

2:30 PM-3:20 PM

**To Become Elite, Should Young Athletes Specialize?**

If an Athlete desires to rise to an elite level in sport, is specializing into the sport at a young ages necessary for success?

Presenters: Jamie Clark and Tim Baghurst, OSU

Room: NUC Room 301

2:30 PM-3:20PM

**Introduction to Oklahoma Academic Standards for Physical Education and Health**

This session will provided participants and interactive introduction to the new Oklahoma Academic Standards for Physical Education and Health.

Presenter: Sherry Fisher, Oklahoma State Department of Education

Room: NUC Room 320B

2:30 PM-3:20 PM

**Gone Wild for Jump Rope for Heart**

Learn from veteran JRFH coordinators about best-practices for your Jump Rope For Heart event. We have both large and small districts represented. AHA will share some exciting new lesson plan ideas as well. Come win a door prize!!

Presenters: Suzanne Cyrus, Jenks Schools; Savannah Owen, John Rex Charter School, and Aaron Harbin, AHA

Room: NUC Room 312

2:30 PM-3:20 PM

**Recreation for Special Populations**

Providing recreation opportunities for our special populations is not an easy task. Cameron University has developed a successful program for our community. Learn all about it.

Presenters: Marki Payne and Stephanie Boss, Cameron University

Room: NUC 300

**2016 OAHPERD  
Poster Presentations  
Research Section**

**Using Instructional Alignment in Physical Education to Promote Moderate-to-Vigorous Physical Activity**

Presenters: MooSong Kim & Cameron Kaiser

**Physical Activity and Depression Among College Students.**

Presenters: Michael A. Smith

**Are Soccer Players All Balanced Mesomorph?**

Presenters: Kenya Lewis & Vanessa Fiaud

**Upper Extremity Range of Motion of Track and Field Athletes: Throwers vs. Multis.**

Presenters: Hanna Clark & Vanessa Fiaud

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**OAHPERD BOARD & COUNCIL**

**2015-2016**

**Executive Committee**

President: Susan McLemore

Past President: Jan Drummond

President-Elect: Terry Shannon

Executive Director: Donna Cobb

**Board Members**

VP General: Tim Baghurst and Darla Fent (elect)

VP Health: Nancy Mankin and Dana Chambers (elect)

VP Recreation: Jerel Cowan and Holly Vonderohe (elect)

VP Physical Education: Katie Barton and Sarah Headrick (elect)

**Advisory Council Members**

Adapted Section: Trish Hughes and Christina Gould (elect)

Athletics Section: Tony Domeck

College Section: Todd Farmer

Dance Section: Vacant

Elementary PE Section: Stephanie McCrary and Miguel Blanco (elect)

Secondary PE Section: Beth Moakley and Julie Dolf (elect)

Research Section: Bill Cash and Kevin Fink (elect)

Exercise Science Section: Jason West and Kay Daigle (elect)

**Area Coordinators**

Metro Area: Glenna Mears and Dawn Chernicky

Southeast Area: Jillian McCarty

Southwest Area: Stephanie Koper

Northeast Area: Brett Mercer

**Individual Positions**

Archivist/Necrologist: Nicki Keele

Jump Rope/Hoops for Heart: Susan Lalman and Suzanne Cyrus

Journal Editor: Kay Daigel

Exhibits Manager: Stephanie McCrary

Convention Manager: Donna Cobb



## **OAHPERD 2015-2016 Award Recipients**

**Helen Corrubia Scholarship Recipient**  
**Emma Plunkett Scholarship Recipient**  
**Karen J. Dowd Scholarship Recipients**

**True Tu Yang**, University of Central Oklahoma  
**Callie Morgan**, University of Central Oklahoma  
**Tonya Ellis**, Cameron University  
**Katy Davis**, University of Central Oklahoma

**Elementary Physical Educator**

**Susan Lalman**, Morrison Public Schools

**Secondary Physical Educator**

**Nicole Gayler**, Moore Public Schools

**Adapted Physical Educator**

**Amy Andrews**, Oakdale Schools

**Health Educator-School (K-12)**

**Linda Luther**, OKC Public Schools

**Health Educator-University**

**Margaret Dobbs**, Northeastern State University

**Virginia Peters Higher Education  
Professional of the Year**

**Stephanie Canada**, University of Central Oklahoma

**Betty Abercrombie Scholar Award**

**Susan Willis**, Rogers State University

**Honor Award**

**Trey Cone**, University of Central Oklahoma

**OAHPERD President's Award**

**Jan Drummond**, The University of Tulsa

**Presidential Citations**

**Susan Lalman**, Morrison Public Schools  
**Katie Barton**, OKC Public Schools  
**Sherry Fisher**, Oklahoma State Department of Education  
**Stephanie Canada**, University of Central Oklahoma  
**Donna Cobb**, University of Central Oklahoma

**Congratulations to all of the 2015-2016 OAHPERD Award Recipients!**

*Please join them at the Awards and Honors Reception, October 10<sup>th</sup> at 4:30 PM at NUC 326.*

# OAHPERD NECROLOGY REPORT FOR 2016

## Pearl Dean Toumbs

P. Dean Toumbs, 73, of Locust Grove, Oklahoma passed away Wednesday, October 21, 2015. She was born June 17, 1942 in Oklahoma City, Oklahoma to Howard and Gracie Toumbs. Dean was retired from her teaching career for the Tulsa Public School system. The majority of her teaching career was spent at Madison middle school where she taught for many years and received many accolades. During her teaching career, Dean was a member of OAHPERD. She loved the outdoors, her cabin at the lake, fishing, golfing, whittling, softball, basketball and researching her family ancestry among other interests. Dean created summer camps where she coached and mentored countless young people. Dean lived and loved life to the fullest and said: "I have nothing to fear, I have lived a great life and that's the greatest gift anyone can have."

*Reference: Stanley Funeral home obit*

## Aix B. (A.B.) Harrison

Aix B. Harrison was born Feb. 14th, 1925 in Zearing, Iowa. He passed away at Agrace Hospice Care in Fitchburg, WI on Sunday, March 27, 2016.

Aix received his B.S. and M.A. Degrees from the University of Illinois. He received his PhD from Michigan State University in 1959. Aix served 1943-1945 in United States Air Force in the 494 Bomb Group (Kelley Kobras) as a bombardier in a B24. He flew over the Japanese occupied Island in the South Pacific and dropped bombs on Japan and China until the war was over. He taught and conducted research as an exercise physiologist at Oklahoma State University and was at Oklahoma State University from 1950-1986.

Dr. Harrison was OAHPERD's President in 1967 and he received the Honor Award in 1969.

The Aix B. Harrison Scholarship was established in 1981 to help graduate students with books and tuition. It is still helping students today. The School of Health, Physical Education and Leisure Science designated 120 Colvin Center as the Harrison Research Laboratory in 1994.

He was a charter member of Highland Park Methodist Church. He was active in Masonic organizations for 65 years in Stillwater, OK and with the India Temple in Oklahoma City, OK.

*References: The Stillwater News Press and The Daily Cardinal Madison, WI and OAHPERD archives*

## Ada Van Whitley

*Ada Van Whitley passed away April 27, 2016 in Stillwater, OK. She was born on May 8, 1929 in Council Hill, OK to Jess C. and Myrtle Whitley. Ada attended Oktaha Schools all twelve years. She graduated from high school in 1947. She earned her undergraduate degree from Northeastern State College in Tahlequah with a degree in Business Education and Health and Physical Education She received a Masters of Science degree from Oklahoma State University in 1961. She was then hired by OSU in 1961 and served on the faculty of Health Physical Education and Recreation (HPER). While at OSU she taught HPER classes, was women's intramural director, and later served as coordinator of non-credit classes. She was the women's basketball coach from 1961-1973. Ada retired from OSU in 1988 after 27 years. Her early teaching experience was spent teaching in Barnsdall and Muskogee, OK and in Caney and Partridge, KS. Ada Van was a member of OAHPERD, a member of the First Presbyterian Church and was the driving force behind the creation of the Companion Animal Assistance Program (CAAP).*

*Reference: Stillwater News Press*

## Ernestine (Holcomb) Wright

Ernestine "Ernie" (Holcomb) Wright entered this world on November 7, 1927, with a fierce determination: ready to learn, ready to experience, ready to love life, ready to teach. She passed away with that same fierce determination to do it her way on June 1, 2016. Edmond, Oklahoma, is where her parents Ernest Monar and Julia Miriam (Heald) Holcomb lived when Ernie was born. As a young girl, she was considered a "tomboy," secretly wishing she were a boy, playing basketball, exploring, and riding horses. Being out-of-doors seemed to be her favorite pastime. She played on the Sayre girls' basketball team and graduated from Sayre High School in 1945.

After attending college at Oklahoma A&M for 1 1/2 years, Glenn Wright stole her heart, and they were married on March 21, 1947. They made their home in Weatherford, and both finished college at Southwestern State College. Later, she also earned her masters at Southwestern and then began working on her doctorate at OSU. She did post graduate work not only at OSU but also at OU, Central State University, Colorado University, University of Northern Colorado, and Georgia.

Ernie's teaching career began at Burns Flat before accepting her Southwestern State University position, teaching in the physical education department until she retired in 1988. She was a member of the Faculty Senate for six years, and she was a women's Intramural director. Due to her position at Southwestern, she was asked to serve on the Oklahoma Special Olympics board as area coordinator. Ernie was the founder of the Weatherford area Special Olympics which is still strong and active. She served in this capacity for nine years, but she and her classes continued to assist with local swim and track meets; and for several years, she and her classes conducted Brownie Play Day. Ernie was a member of the Oklahoma Recreation and Parks Society; National Recreation and Parks Society; American Alliance for Health, Physical Education, Recreation and Dance; Oklahoma Association of Health, Physical Education, Recreation and Dance; Higher Education Alumni Association; Kappa Delta Pi; P.E.O.; Daughters of the American Revolution; and V.F.W. Auxiliary. She was a Water Safety Instructor Trainer and CPR Instructor Trainer. At the age of 65, Ernie made her first Hole-in-One on April 23, 1992, at the Weatherford Golf Course on the 8th hole. She was always proud of that accomplishment.

*Reference:* Lockstone Funeral Home Weatherford, OK

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UCO PEM Club

United States Tennis Association- Missouri Valley

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