

# *Challenging the Future*



*2021 Convention*

*Monday, April 11<sup>th</sup> – Tuesday, April 12<sup>th</sup>*

*Hosted by the University of Central Oklahoma in  
Edmond, Oklahoma*

**2021 OAHPERD “CHALLENGING THE FUTURE”  
CONVENTION PROGRAM**

**Monday, April 11<sup>th</sup> – Tuesday, April 12<sup>th</sup>, 2022**

**Nigh University Conference Center  
University of Central Oklahoma**

**Monday, April 11<sup>th</sup>, 2022**

**Registration opens at 8AM in Nigh University Center (NUC) Heritage Room (326)**

**Exhibits Hall opens at 9AM in NUC 3<sup>rd</sup> Floor Hallway**

**9AM – 950AM**

**Awesome Quick Instant Activities for All K-12 Students**

Attendees will participate in high energy, safe, fun, successful warm-up activities that provide physical literacy and promote social-emotional learning. These awesome activities can be used with large classes, in limited space, with little to no equipment, and are appropriate for all diverse learners. “Are You Ready to Warm-Up with a Purpose?”

**Presenter/Facilitator:** Jerry Honeycutt, *2021 SHAPE America Southern District High School Physical Education Teacher of the Year*

**Room:** NUC Ballroom A

**9AM – 1145AM**

**Get Ahead of the Game**

Teaching virtually? Limited equipment? Fixed space? Big class sizes? Our experts got you covered! USTA trained professionals help Physical Education teachers instruct students to learn tennis in a simple fashion through our SHAPE-collaborated curriculum.

**Presenter/Facilitator:** Laura Puryear & Becky Riggs, *USTA Missouri Valley*

**Room:** NUC Ballroom B

**9AM – 1020AM**

***NSCA Track***

**Working with Adults Over 60 to Maintain Body Confidence**

This presentation will include specific personal training modalities when working with the older adult population. Nancy will incorporate over 30 years of training experience to demonstrate unique training protocols she has developed.

**Presenter/Facilitator:** Nancy Sengel, *NSCA-CPT: Personal Trainer at The Health Club, Norman OK*

**Room:** NUC Ballroom C

**10AM – 1050AM****Cool Small-Sided Games for All K-12 Students**

Attendees will participate in a variety of exciting games that incorporate cooperation, teamwork, and sportsmanship skills. These safe, fun, successful, small-sided games provide physical literacy and promote social emotional learning. These cool games can be used with large classes, in limited space, with little equipment and are appropriate for all diverse learners. “Are You Ready to Get Your Game On?”

**Presenter/Facilitator:** Jerry Honeycutt, *2021 SHAPE America Southern District High School Physical Education Teacher of the Year*

**Room:** NUC Ballrooms A

**1030AM – 1150AM*****NSCA Track*****Start to Finish: Assessment, Planning, Periodization, Implementation, and Evaluation**

Coach Roberts will discuss his yearly training cycle when working with multiple sports at the high school level. He will highlight yearly periodization and how to apply to multiple sports at the same time while training in the same facility.

**Presenter/Facilitator:** Colin Roberts, *CSCS: Strength Coach Deer Creek High School*

**Room:** NUC Ballroom C

**11AM – 1150AM****Getting the Swing of the Best Racket and Paddle Activities**

Attendees will participate in a variety of amazing racket and paddle activities that increase motor skill proficiency, provide physical literacy, and promote social emotional learning for all K-12 students. These safe, fun, successful activities can be used with large classes, in limited space, with little to no equipment and are appropriate for all diverse learners. “Are You Ready to Perfect Your Stroke?”

**Presenter/Facilitator:** Jerry Honeycutt, *2021 SHAPE America Southern District High School Physical Education Teacher of the Year*

**Room:** NUC Ballrooms A

**12PM – 130PM****Creating a Championship PE Program**

Attendees will view a PowerPoint and a variety of live class videos regarding topics relating to Best Practices of a Physical Educator and designing a Championship PE Program. Some of the topics will include: Set the Tone/End the Tone; Student Driven Classroom; Curriculum; Classroom Management Tips; Strategies for Large Groups; Limited Space and Limited Budget; Motivation; Rewards; Creating a Positive Working Environment; Accommodating Special Needs; Technology; Assessments; and additional topics that attendees request. “Are You Ready To Create a Championship PE Program?”

**Presenter/Facilitator:** Jerry Honeycutt, *2021 SHAPE America Southern District High School Physical Education Teacher of the Year*

**Room:** NUC Ballrooms A

**12PM – 1250PM**

**College Session: Activities and Games for Students**

Ice breakers and fun activities for the college students.

**Presenter/Facilitator:** Amber Sturgeon and SWOSU students, *Southwestern Oklahoma State University* & Jerel Cowan and UCO students, *University of Central Oklahoma*

**Room:** Wantland Hall (WH) Gymnasium

**12PM – 1250PM**

**Lunch on Your Own**

**Food Court and Restaurants are located 2<sup>nd</sup> Floor NUC**

**1PM – 150PM**

**Drumming for Dummies**

As a non-rhythmic person who loves music but can't always find the beat, I will show you a few tricks that help me teach the fun unit of exercise drumming. Directions and cues for at least five songs, techniques on teaching the songs, and strategies for creating new routines will be provided during this session.

**Presenter/Facilitator:** Marlys Gwaltney, *2017 SHAPE America Central District Elementary Physical Education Teacher of the Year*

**Room:** NUC Ballroom B

**1PM – 220PM**

***NSCA Track***

**3-D ABS**

A hands-on approach will be used to demonstrate creative core exercises while training the sagittal, frontal, and transverse planes of motion. The audience will experience new exercises and be able to apply to their workout for the clients immediately.

**Presenter/Facilitator:** Michael Griffith, *CSCS: Physical Therapist 3D Performance Systems*

**Room:** NUC Ballroom C

**2PM – 250PM**

**Outdoor Adventures K-12 is for All Students**

Outdoor Adventures (OA) K-12 is an outdoor education curriculum with 290 lessons and 34 units. Everyone will learn how play interactive wildlife games.

**Presenter/Facilitator:** Scot McClure, *Outdoor Adventures Director of Education*

**Room:** NUC Ballroom A

**2PM – 250PM****Ready? Set. Go!**

Lace up those sneakers because this will be an active participation session you don't want to miss! The purpose of our presentation is to provide the physical educator with activities and challenges that promote fitness, cooperation, and teamwork using physical activity over competition. The activities demonstrated are easy to organize, require minimal equipment, and are "kid-tested". Demonstrations of how to modify a variety of traditional games so ALL students are active participants and gain healthy heart benefits.

**Presenter/Facilitator:** Joanna Faerber, *National Board-Certified Teacher, 2009 AAHPERD National NASPE Elementary PE, Southern District, and Louisiana Teacher of the Year, and OPEN Trainer*

**Room:** NUC Ballroom B

**230PM – 350PM*****NSCA Track*****Training the Collegiate Female Student-Athlete**

Keeton will discuss his yearly training protocols for the female college basketball player. He not only works as an assistant coach but is also the strength and conditioning coach for the team. The presentation will include detailed yearly training along with hands-on demonstrations.

**Presenter/Facilitator:** Keeton Perry, *CSCS: Assistant Coach/Strength and Conditioning Coach, Oklahoma Christian Women's Basketball*

**Room:** NUC Ballroom C

**3PM – 350PM****Mad Hot Ballroom: The Basics of Dancesport**

Get ready to move! Active participation required to learn four basic ballroom dances to share with your physical education students. Learn the history, the music, the social-emotional and cultural aspects of ballroom dance.

**Presenter/Facilitator:** Stephanie Canada-Phillips *University of Central Oklahoma*

**Room:** NUC Ballroom A

**3PM – 350PM****Little Kids. Big Concepts.**

Variety of fun activities that address offense, defense, communication, spatial awareness, strategies, game play, and other complex concepts often assessed in later upper elementary grades. All activities can be modified for older students if needed. Active participation for approximately 30 attendees at a time.

**Presenter/Facilitator:** Marlys Gwaltney, *2017 SHAPE America Central District Elementary Physical Education Teacher of the Year*

**Room:** NUC Ballroom B

Tuesday, April 12<sup>th</sup>, 2022

**Registration opens at 7AM in Nigh University Center (NUC) 326**

**Exhibits Hall opens at 8AM in NUC 3<sup>rd</sup> Floor Hallway**

**8AM – 830AM**

**Wake Me Up, Before You Go Go Yoga**

This all-levels yoga class is open to everyone! We will start with a brief meditation, flow through standing postures, and close with more breath work that will energize you for the day!

**Presenter/Facilitator:** Kelly Parker

**Room:** NUC Ballroom A

**8AM – 830AM**

**Mindfulness**

Join us for a self-paced labyrinth walk to center yourself prior to the first OAHPERD session of the day. Labyrinth facilitators will be available for guidance or questions.

**Presenter/Facilitator:** Darla Fent-Kelly & Melissa Powers, *University of Central Oklahoma*

**Room:** NUC Ballroom B

**8AM – 830AM**

**Morning Zumba**

Whether you're experienced or have never taken a dance or aerobics class before, please join us. Participants will be guided with non-verbal cues while enjoying world rhythms and a variety of dance styles. Different exercise levels will be modeled so you can enjoy participating at your own intensity. It's all about getting up, moving, and having fun together. Welcome to the party!

**Presenter/Facilitator:** Jeananne Hearon, *Oklahoma State University*

**Room:** NUC Ballroom C

**8AM – 850AM**

**Coffee and Cream Social**

Join us to network with other professionals from throughout the state. Coffee, tea, and water will be provided.

**Room:** NUC Third Floor Atrium

**9AM – 1020AM**

**“Challenge the Future!” General Session**

Hosted by Katie Barton, OAHPERD President

Constitution Hall (NUC 200)

**1035AM – 1125AM**

**ESCAPE Learning (Every Student Can Achieve Physical Education)**

Geared to 2nd-3rd grade, this presentation can be adapted to any age group to incorporate breakout or escape room principles. Instead of just solving puzzles or riddles, physical activities of strength, coordination, fine motor skills, teamwork, and other abilities are required to complete the tasks to "escape" or "break out". Designed to create student interest, engagement, and fun in a non-traditional setting.

**Presenter/Facilitator:** Marlys Gwaltney, *2017 SHAPE America Central District Elementary Physical Education Teacher of the Year*

**Room:** NUC Ballroom A

**1035AM – 1125AM**

**Teaching Dances in PE**

We will discuss resources I use for my classes and how I find music and choreography ideas. I will also teach a dance a talk about how to break it down for all levels and ages.

**Presenter/Facilitator:** Carly King, *Washington Irving Elementary Physical Educator & Oklahoma State Dance Team and Directors Association (OSDTDA) Board Member*

**Room:** NUC Ballroom B

**1035AM – 125AM**

**Agility/Plyometric Training: Performance Enhancement or Injury Prevention II**

This presentation is a continuation of Part I which covered the 7-steps for program design of agility training. This session also includes an activity component that will allow attendees to participate in exercises/drills in order to determine how to progress or regress their clients, athletes, or students in order to enhance performance and reduce injury risk.

**Presenter/Facilitator:** Jason West, *CSCS; University of Tulsa*

**Room:** NUC Ballroom C

**1035AM – 1125AM**

**Athletics: A Family Affair**

Unique perspective of a high school athletic director/administrator (wife) blended with a collegiate head coach (husband) and how we better each other at our respective jobs, all while raising a 5-year-old.

**Presenter/Facilitator:** Emily Barkley, *Union Public Schools Athletic Director* and Justin Barkley, *Rogers State Head Men's Basketball Coach*

**Room:** NUC 300 (Carl Albert)

**1035AM – 1125AM**

**Health. Moves. Minds.**

Inspire healthy habits, fuel active minds, and teach your students to thrive physically and emotionally.

**Presenter/Facilitator:** Chase Langley, *Yukon Public Schools Physical Educator and Oklahoma representative for SHAPE America's Health.Moves.Minds. Program*

**Room:** NUC 301 (Robert S. Kerr)

**1035AM – 1125AM**

**Therapy Dogs: What They Are and What They Aren't**

A summary of the differences in emotional support animals, service animals, and therapy dogs. Reflections on the beauty and rewards of volunteering in the healthcare community with special guest, Timber, the therapy dog.

**Presenter/Facilitator:** Eric Leonard, *Certified Patient Experience Professional (CPXP), Bayer U.S. Pharmaceuticals; Board President, Certified Therapy Dog Handler; and Evaluator, Human Animal Link of Oklahoma Foundation (H.A.L.O)*

**Room:** NUC 304 (Mary Fallin)

**1035AM – 1125AM**

**Creating Social Opportunities on Campus**

Living in a technology-driven society can delay and hinder face-to-face social interactions. With online learning and experiencing a global pandemic, how can we still enjoy face-to-face social interactions?

**Presenter/Facilitator:** Amber Sturgeon, *Southwestern Oklahoma State University*

**Room:** NUC 312 (Clara Luper)

**1035AM – 1125AM**

**OAHPERD Poster Presentations**

Learn about research projects and/or best practices conducted by OAHPERD members. The posters are in front of the NUC Ballrooms on the 3<sup>rd</sup> floor.

**Presenter/Facilitator:** Desmond Delk, *Langston University* & Kym Hardin, *Healthy Schools Oklahoma*

**Room:** NUC 3<sup>rd</sup> Floor Hallway

**1140AM – 1230PM**

**What's Your Plan?**

Setting up a comprehensive plan to accommodate standards and required curriculum for an entire year can be daunting. Strategies for creating your own roadmap for success will be addressed. Lesson plans, visual resources, a year-long map, and skill checklists will be provided for you as a starting point to modify to suit your own needs.

**Presenter/Facilitator:** Marlys Gwaltney, *2017 SHAPE America Central District Elementary Physical Education Teacher of the Year*

**Room:** NUC Ballroom A



**1140AM – 1230PM**

**Ignite Your Program!**

Join in this fast-paced and ever-evolving session as Joanna shares her favorite tricks of the trade! Fun fitness, dances, management techniques, awesome authentic assessments, funky equipment, and more will be shared in this whirlwind session. Teachers will also learn how to use and implement OPEN Physed Curriculum to personalize lessons and curriculum. Come have a blast while pumping up your PE program with some new hits!

**Presenter/Facilitator:** Joanna Faerber, *National Board-Certified Teacher, 2009 AAHPERD National NASPE Elementary PE, Southern District, and Louisiana Teacher of the Year, and OPEN Trainer*

**Room:** NUC Ballroom B

**1140AM – 1230PM**

**Breaking into Professional Sports**

Ever wonder what it takes to get a job in professional sports? Come find out the do's and don'ts when starting your career in sports.

**Presenter/Facilitator:** Mac Maddox, *Oklahoma City Thunder*

**Room:** NUC 300 (Carl Albert)

**1140AM – 1230PM**

**Loving Your Students During Distance Learning**

Maintaining relationships with your students during a pandemic using quality videos that encourage response and action.

**Presenter/Facilitator:** Rocky Flint, *Flower Mound Public School Physical Educator*

**Room:** NUC 301 (Robert S. Kerr)

**1140AM – 1230PM**

**Health Promotion Programs in Oklahoma Elementary Schools**

Chocolate milk, with its perfect ratio of carbohydrates and protein, is one of the most affordable, nutrient-dense, and natural recovery tools for young athletes. And on top of all that it's delicious too! This session will highlight how you can use chocolate milk in your district to fuel student-athletes.

**Presenter/Facilitator:** Kym Hardin, Casey Hale, & Lindsy Lemons, *Healthy Schools Oklahoma*

**Room:** NUC 304 (Mary Fallin)

**1140AM – 1230PM**

**Preparing for Graduate School or Professional School**

Tips for undergraduate students to successfully prepare their path to graduate school programs such as Physical Therapy, Sport Management, Coaching, or Exercise Science.

**Presenter/Facilitator:** Vanessa Fiaud, *West Texas A&M University*

**Room:** NUC 312 (Clara Luper)

**1245PM – 135PM**

**Taking PE Home to Families**

Engage and connect with families at your school using Take Home PE Bags. Learn how this simple idea can transform your program and your students.

**Presenter/Facilitator:** Virginia Mitchell, *Oklahoma State Department of Education*

**Room:** NUC Ballroom A

**1245PM – 135PM**

**Get Your School Moving with Painted Play Spaces**

The presentation is to inform schools about the Painted Play Spaces project and show them the games from the playbook that can be used at their schools.

**Presenter/Facilitator:** Rachelle Franz, *University of Central Oklahoma* and Mary North, *2019-20 Northern Hills Elementary Teacher of the Year*

**Room:** NUC Ballroom B

**1245PM – 135PM**

**Nutrition for the Athlete**

This presentation will give an overview for fueling the athlete: pre-competition, during competition, and post-workout!

**Presenter/Facilitator:** Kimberly Duck, *University of Central Oklahoma*

**Room:** NUC 300 (Carl Albert)

**1245PM – 135PM**

**Concussion Prevention**

An overview of sports- and recreation-related childhood concussions, including policies, prevention, and management strategies, state law, and new state-standardized Return to Learn & Play protocols.

**Presenter/Facilitator:** Lorry-Gail Malcolm, *Childhood Injury Prevention Project Coordinator with the Injury Prevention Service, Oklahoma State Department of Health*

**Room:** NUC 301 (Robert S. Kerr)

**1245PM – 200PM**

**Higher Education Meeting**

**Higher Ed Teaching During the Pandemic: What Worked and What Did Not Work?**

There will be a panel of higher education faculty discussing what worked in their teaching during the pandemic and what did not work. Audience participation is expected in the session.

**Presenter/Facilitator:** Todd Farmer, Terry Shannon, & Tia Bennett, Oral Roberts University

**Room:** NUC 312 (Clara Luper)

**150PM – 240PM**

**Elementary PE Roundtable**

Roundtable discussion for elementary PE teachers to discuss concerns and new ideas to enhance our profession.

**Presenter/Facilitator:** Ianthi de-Alwis Shields, *Oklahoma State Department of Education and OAHPERD 2019-2020 Elementary PE Teacher of the Year*

**Room:** NUC Ballroom A

**150PM – 240PM**

**Painted Spaces: A Collaborative Project In Oklahoma**

This presentation will provide an overview of the Painted Spaces Project, a collaboration with OSDH, OSDE, and UCO, as well as no-cost resources for schools and community organizations who want to design, create, and implement Painted Spaces at their schools and in their communities.

**Presenter/Facilitator:** Rachelle Franz, *University of Central Oklahoma* and Julie Dearing, *Oklahoma State Department of Education*

**Room:** NUC Ballroom B

**150PM – 240PM**

**Using the Labyrinth in Your Class**

The utilization of the labyrinth will be discussed. Multiple formats of labyrinths will be available and participants will have the opportunity to complete a labyrinth walk.

**Presenter/Facilitator:** Darla Fent-Kelly & Melissa Powers, *University of Central Oklahoma*

**Room:** NUC Ballroom C

**150PM – 240PM**

**Project SWITCH Townhall Meeting**

An overview of Project SWITCH, a CDC Supplemental COVID grant, and details about project resources will be provided. Cadre members and leaders are invited to share their experiences.

**Presenter/Facilitator:** Shana Classen, *Oklahoma State Department of Education*

**Room:** NUC 300 (Carl Albert)

**150PM – 240PM**

**Developing Resistance Training Programs for Distance Runners**

While historically, long-distance runners have been advised to not perform weight training, distance running performance can be improved by adding a resistance training component.

**Presenter/Facilitator:** Michael Reed, *Southeastern Oklahoma State University*

**Room:** NUC 301 (Robert S. Kerr)