

# **2017 ARKAHPERD CONVENTION PROGRAM**

**LITTLE ROCK, AR  
NOVEMBER 2-3**



**Unity  
begins  
with yoU**

**ARKANSAS ASSOCIATION OF  
HEALTH, PHYSICAL EDUCATION,  
RECREATION & DANCE**



**Arkansas Association of Health, Physical  
Education, Recreation & Dance  
State Convention  
Holiday Inn  
Little Rock, AR  
November 2-3, 2017**

This form is signed in recognition of attendance and participation at the Arkansas Association of Health, Physical Education, Recreation and Dance [ArkAHPERD] state convention held in Little Rock at the Holiday Inn on November 2-3, 2017.

Andy Mooneyhan

Andy Mooneyhan  
ArkAHPERD Executive Director

\_\_\_\_\_  
Signature of participant  
November 2, 2017  
8 hours

\_\_\_\_\_  
Signature of participant  
November 3, 2017  
6 hours

***NOTE:** The awarding of professional development credit based on attendance at this workshop is solely at the discretion of the local school district.*

Focus Area: 5.02.02 Instructional Strategies  
[ArkAHPERD ID 7411071400000-001]  
[ADE ID 7411071400000]

**Arkansas Association of Health, Physical  
Education, Recreation & Dance**

## Thursday, November 2, 2017

8:00-3:00	<b>Registration</b>	Atrium
9:00-4:00	<b>Exhibits Open</b>	Atrium
8:30-11:30	<b>Physical Education Workshop</b>	Kittyhawk
11:30-12:00	Break	Atrium
12:30-1:20	Session #1	-
1:30-2:20	Session #2	-
2:30-3:15	<b>General Session</b>	Kittyhawk
3:15-3:30	Break	Atrium
3:30-4:20	Session #3	-
4:30-5:20	Session #4	-
6:00-6:30	<b>Meet &amp; Greet</b>	Solarium
6:30-7:00	<b>Silent Auction</b>	Atrium
7:00-8:00	<b>All Convention Banquet</b>	Atrium
8:00-8:30	<b>B-I-N-G-O</b>	Atrium

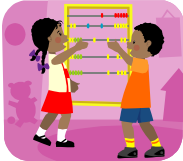
## Friday, November 3, 2017

7:00-8:20	<b>ArkAHPERD Board Breakfast</b>	Reagan
8:00-11:00	Registration	Atrium
8:30-9:20	Session #5	-
9:00-Noon	<b>Exhibits Open</b>	Atrium
9:30-10:20	Session #6	-
10:30-11:20	Session #7	-
11:30-1:00	<b>ArkAHPERD Awards Luncheon</b>	Atrium

# 2017 ArkAHPERD CONVENTION PROGRAM

## THURSDAY, NOVEMBER 2

8:30 - 11:30 PRECONVENTION WORKSHOP Kittyhawk



Physical Education Workshop

Andrew Wymer

Charlottesville, Va



11:30 - 12:00 REFRESHMENTS Atrium

### SESSION 1

12:30 - 1:20 Location

- #1 General Division Hobby  
"Funding Through Activity" - Most universities and colleges have the infrastructure to make millions by doing a little extra work. This session provides details for how to create a million dollar program with little effort. Presenter: Andy Mooneyhan, University of New Mexico
- #2 General Division Adams  
"The Roman Colosseum and You" - Participants will see the Roman Colosseum with pictures shared from the "Underground Gladiator Tour" and Circus Maximum. We will measure and marvel at the heights, depths and grounds where gladiators and city-state legends competed with Google Earth. A great interdisciplinary unit to connect with History/Social Studies classes. Presenter: Angie Smith-Nix, University of Arkansas
- #3 Future Professionals Kennedy  
"Praxis HPE 5857: General Information and Discussion for Pre-Service Teachers" - This session is specifically for future professionals who will be taking Praxis II (5857) for licensure. There will be tips, test prep, and answers by the ETS coordinator of the Praxis Health and PE tests! Presenter: Les Schriber, Educational Testing Service, Princeton, NJ

#4 Health and Physical Education Enterprise  
 "Changing Destructive Mindsets" - Come to this session to see how teachers can change the cycles of destructive mindsets and develop positive mindsets in our students. Suicide, illegal drug use, bullying, poverty and poor self-esteem can be overcome by giving teachers the tools and knowledge to intervene and change these learned mindsets. We will apply how to change the mediocre effort mindset and show how to develop a SuperAchiever mindset. This is a 2-part session  
 Presenter: Bill Vining, HeartBridge Learning Center

#5 Physical Education Division Kittyhawk South  
 "Pre-K/K, Busy Herding Cats? Here are Some Hints To Make It Easier and Fun" - Do you struggle with kindergarten or pre-K students or need some ideas to help manage and make it through your class? We will go over management, movement activities, manipulative activities and dances to help make class fun.  
 Presenter: Jamie Oitker, Cabot School District

**SESSION 2**

<b>1:30 - 2:20</b>	<b>Location</b>
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#6 General Division Hobby  
 "Spartan Racing (OCR): The Move to Functional Strength" - Obstacle course racing is sweeping across the nation. This program discusses what makes it attractive, and the benefits of functional strength training.  
 Presenters: Chad Sanders, Jeremy Paprocki, University of AR at Little Rock

#7 Elementary Physical Education Adams  
 "Camping & Outdoor Education in Elementary Physical Education" - The research, planning and implementation of outdoor units and lessons for students in K-5 will be discussed as well as the research, planning and implementation of a 4th & 5th grade Family Camp Out!  
 Presenters: Lindsay Beaton, Holly Sloan, DeWitt Elementary School

#8 Higher Education, Health and Physical Education Kennedy  
 "Teaching Outside the Box—No More Lecturing" - Learn techniques for interactive, effective, creative lessons in the classroom. Creating lessons that reach various learning styles is vital. This session will include activities that help students stay engaged in the lesson while meeting lesson objectives.  
 Presenters: Amanda Sullivan, Janet Forbess, University of Arkansas

- #9 Physical Education Division Enterprise  
 Come to this session to see how teachers can change the cycles of destructive mindsets and develop positive mindsets in our students. We will demonstrate how to develop a SuperAchiever mindset.  
 Presenter: Bill Vining, HeartBridge Learning Center
- #10 Physical Education Division Kittyhawk South  
 "Whole School Approach to Wellness Through Inclusive PE and Unified Program" - With sports as the foundation, the Special Olympics Unified Champion Schools program offers a combination of activities that equip young people with tools to create sport, classroom and community experiences that reduce bullying and exclusion, and promote healthy activity and interactions.  
 Presenter: Camie Powell, Special Olympics Arkansas
- #11 Health and Physical Education Solarium  
 "No Equipment. . . No Problem" - A group exercise class designed to challenge cardio and muscular fitness without equipment. Great for health/wellness field as well as K-12. Modifications will be given for different ages.  
 Presenter: Kim Eskola, University of Central Arkansas

<b>2:30 - 3:15</b>	<b>Kittyhawk North</b>
<b>GENERAL SESSION</b>	
From the Executive Director: Andy Mooneyhan	
Announcements: Valarie Hilson, President	
3:15 -3:30	VISIT THE EXHIBITS/Break
	Atrium

**SESSION 3**

<b>3:30 - 4:20</b>	<b>Location</b>
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- #12 Health Education Hobby  
 "Growing Healthy Communities" - Growing Healthy Communities (GHC) is an initiative of the Arkansas Coalition for Obesity Prevention. Since 2009, the Coalition has helped Arkansas communities by increasing access to activity and healthy foods, and supporting healthy living. This program will introduce resources, such as grants, through Growing Healthy Communities and Hometown Health.  
 Presenter: Mary Eakin, Arkansas Department of Health

- #13 Physical Education Adams  
 "Cerebral Palsy and Physical Education—Expectations and Adaptations" - Understanding the types of Cerebral Palsy and the level of individual handicapping conditions can enhance participation in physical education/sport. This presentation will include a discussion of the types of motor disorders, the classification system and resources available for teachers and coaches. Presenter: Rusty Wright, University of Arkansas Little Rock
- #14 Higher Education Kennedy  
 "Praxis HPE 5857: General Information and Discussion for College Teachers" - The coordinator of the Praxis Health and PE tests at ETS will present information and answer questions regarding the Praxis II exam for Health and Physical Education Content Knowledge. Presenter: Les Schriber, Educational Testing Service, Princeton, NJ
- #15 Physical Education Division Kittyhawk  
 "Give and Take" - This session will be a time to "give" activities, games, plans that work well for you in your program and "take" ideas from other physical education professionals. Some of the BEST learning comes from our peers. Presenters: Hollie Huckabee, Arkansas State University, and Gia Taylor, Green County Tech School District
- #16 Physical Education Division Enterprise  
 "Creative Sensory and Motor Activities for Elementary through Junior High Students" - Activities will be presented that are designed for maximum engagement and interaction of students. Presenters: Dean Gorman and Sharon Hunt, University of Arkansas

**SESSION 4**

<b>4:30 - 5:20</b>	<b>Location</b>
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- #17 General Division Hobby  
 "Examples of Technology Applications for Viewing Student Skill Development" The video applications available on smartphones and tablets are reaching the point that professionals can now analyze skills for immediate feedback. Two examples of such applications are Clipstro and Hudl Technique: Slow Motion Video Analysis. These applications will be discussed and uses presented. Presenters: Carson Ayers, John O'Connor, Rockie Pederson, Arkansas Tech University

- #18 Physical Education Division Adams  
 "The Presidential Youth Fitness Program (PYFP): What Every K-12 Teacher and Administrator Should Know" - The Presidential Youth Fitness Program is empowering students to be fit for life. This interactive session will provide an overview of the program. Grant opportunities specific to fitness education and assessment for school districts will be highlighted.  
 Presenter: Lewis Kanyiba, Henderson State University
- #19 Higher Education Section Enterprise  
 "Games Approach to Classroom Teaching" - Through playing a variety of classroom oriented games, we will learn how to "mix-it-up" in the classroom. The purpose of this "participating discussion" is to explore how to use our Physical Education teaching strategies inside the traditional classroom to hit all three learning domains and multiple learning styles during class time.  
 Presenter: Mark Mosser, Henderson State University
- #20 Future Professional Section Kittyhawk  
 "Superstars Competition" - Come meet other future professionals and have fun participating in lots of cooperative activities.  
 Presenters: Blake Holder and Blair Metheny, Arkansas State University

6:30-8:30      **ALL CONVENTION BANQUET**      Atrium

Guest Speaker: Camie Powell  
 Special Olympics Arkansas Director of Marketing and Corporate Relations  
 Silent Auction & B-I-N-G-O

**Thanks to our Convention Exhibitors and Sponsors  
 USTA Arkansas & American Heart Association**





# FRIDAY, NOVEMBER 3

7:00 - 8:20

ArkAHPERD Board BREAKFAST

Reagan

All current and newly elected board members are to attend

## SESSION 5

8:30 - 9:20

Location

- #21 General Division Hobby  
"Generation iY: Secrets to Connecting with Today's Teens and Young Adults in the Digital Age" - This presentation will consist of highlights from the book entitled "Generation iY" that will help PE leaders (teachers) connect with students in the digital age.  
Presenters: Pete Kelly, John O'Connor, Rockie Pederson, AR Tech University
- #22 Jump Rope/Hoops for Heart Adams  
"Jump Rope/Hoops for Heart Improvements" - You asked and we listened. Come see all that the AHA has to offer for Jump Rope/Hoops for Heart.  
Presenters: Cathryn Bass, Center Valley Elementary; Courtney Beaton, American Heart Association; Leah Queen, Gentry Intermediate School
- #23 Athletics and Sports Kennedy  
"Sports/Fitness Design and Liabilities" - This lecture will discuss standards and guidelines in facility design for fitness and sports facilities.  
Presenters: Kim Eskola, University of Central Arkansas, and Todd Eskola, Joe T. Robinson High School
- #24 General Division Enterprise  
"Morning Yoga for Everyone" - Ease into your day with Yoga. Breath control, awareness, find your peace of mind, fueling your body with energy, stretching and meditation for all levels of yogis.  
Presenter: Agneta Sibrava, retired
- #25 Dance Division Solarium  
"Pounding Out New Rhythm Activities" - Use lummi sticks and exercise balls to teach dance and rhythm activities that will keep students engaged and excited. Participants will breathe new life into folk and line dances by using exercise balls and lummi sticks to pound, tap, and sweep their way to fitness.  
Presenter: Angie Smith-Nix, University of Arkansas

- #26 Physical Education Division Kittyhawk  
 "EDGE Disc Golf for a Lifetime of Activity" - The Educational Disc Golf Experience (EDGE) is a 501c3 non-profit organization dedicated to bringing the dynamic lifetime activity of disc golf to youth through a standards based curriculum and affordable equipment. This presentation will feature PDGA World Champions, Des & Jay Reading who will present the history, rules and teaching opportunities surrounding disc golf. Hands on participation activities. EDGE Grant Applications available for those in attendance.  
 This is a 2 part session.  
 Presenters: Jay and Des Reading, TwirlYeti Productions

**SESSION 6**

<b>9:30 - 10:20</b>	<b>Location</b>
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- #27 General Division Hobby  
 "Collaborating with the Community, Kids, Coworkers & Curriculum" - Community stakeholders and resources are a valuable component to a generation of health literate young people. Connecting schools with community empowers youth.  
 Presenters: Laura Abbott, Cabot Public Schools Cabot Freshman Academy; Sarah Brown, Lonoke County Safe Haven; Ashley Reed, Wade Knox Child Advocacy Center
- #28 Future Professionals Adams  
 "Preparing for Your Future - Pre-Service Teachers" - This session will help prepare future professionals for the "real world" of interviewing, writing resumes and cover letters, and the importance of professional behavior.  
 Presenters: Hollie Huckabee & Chris Mellor, Arkansas State University
- #29 Physical Education Division Solarium  
 "Sitting Volleyball: Harder than You Think—More Fun Than You Imagine" - The game of sitting volleyball is a recreational activity and Paralympic Sport. Understanding the rules and strategies of sitting volleyball allows individuals who cannot play traditional volleyball an opportunity to play. However, sitting volleyball is also an enjoyable and challenging game in its own right.  
 Presenters: Christopher Tarte, John O'Connor, Pete Kelly, Carson Ayers, and Rockie Pederson, Arkansas Tech University
- #30 Physical Education Division Kittyhawk  
 "Disc Golf, continued  
 Presenters: Jay and Des Reading

- #31 Research Section Upper Terrace  
 Poster Session - The posters will be available for viewing and questions:  
 "The Effects of Acute Resistance Training on the Stroop Performance of College Students" Kayla Freeman, Shelia Jackson, Arkansas Tech University  
 "Effects of Attentional and Motivational Priming on Athletic Performance"  
 Morgan Scott, Shelia Jackson, Arkansas Tech University

<b>SESSION 7</b>
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<b>10:30 - 11:20</b>	<b>Location</b>
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- #32 Athletics and Sports Division Hobby  
 "Officiating High School Sports in Arkansas. . . Shortage?" -Arkansas has a surplus of officials at the high school level. This presentation will explore the current national shortage and why Arkansas is ahead in the game.  
 Presenters: Pete Kelly and Troy Norton, Arkansas Tech University
- #33 General Division Adams  
 "Know Your Benefits—You Earned Them!" - This presentation answers and questions and address veterans' benefits for teachers and their families.  
 Presenter: John Kutko, Johnson County Veterans Service Office
- #34 Physical Education Division Kennedy  
 "Into the Outdoors" - This presentation is designed to help teachers integrate math and science into their physical activity sessions.  
 Presenters: Curtis Varnell, Guy Fentor Western Arkansas Cooperative, Brett Stone, University of the Ozarks
- #35 Secondary Physical Education Division Solarium  
 "Omnikin Ball" - Omnikin ball's distinctive characteristic is a 48 inch ball and teams of three instead of two. This game is fun, fast-paced, and a great unit.  
 Presenters: Sean Engle, Victoria Bartley, University of Central Arkansas
- #36 Physical Education Division Kittyhawk  
 "Net Generation: The Future of Tennis" - Educators will learn how to teach tennis in a physical education setting with limited equipment and space.  
 Presenters: Whitney Ewersmann, Chris Stuart, and AJ Smith, ATA

<b>11:30-1:00</b>	<b>Atrium</b>
<b>ArkAHPERD AWARDS LUNCHEON</b>	
<b>\$ Deal or No Deal \$</b>	



## 2017 Banquet

Presiding.....	Valarie Hilson
Invocation.....	Janet Forbess
Speaker.....	Camie Powell
Silent Auction .....	Andy Mooneyhan
B-I-N-G-O.....	Brett Stone
Entertainment .....	Valarie Hilson

## 2017 Awards Luncheon

Presiding.....	Valarie Hilson
Invocation.....	Janet Forbess
Lunch	
JRFH & HFH Coordinator of the Year.....	Leah Queen
JRFH-HFH Check .....	Leah Queen
Teacher of the Year .....	Bennie Prince
Elementary TOY	
Middle School TOY	
Health Education TOY	
Higher Ed of the Year.....	Agneta Sibrava
Lifetime Achievement Award.....	Janet Forbess
Deal or NO Deal .....	Andy Mooneyhan
Passing of the Gavel.....	Valarie Hilson
Convention 2018.....	Charles Hervey

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