

# TEXAS ASSOCIATION H P E R D JOURNAL

VOLUME 87, NO. 3



health



physical  
education



recreation



dance

## INSIDE...

Convention  
Information  
& Registration Form

page **25**

2019 Award Recipients

page **16**

TOSY Certificate  
Submission Info

page **12**



# ***GOPHER***

The leader in quality Physical Education,  
Athletics, and Fitness equipment



EVERY PRODUCT IS BACKED BY OUR UNCONDITIONAL  
**100% SATISFACTION GUARANTEE**

**Contact Doug today for your equipment  
or professional development needs!**

**(855) 500-2746 • [dougsatre@gophersport.com](mailto:dougsatre@gophersport.com) • [GopherSport.com](http://GopherSport.com)**



# TEXAS ASSOCIATION H P E R D JOURNAL

FALL ISSUE 2019

## MISSION STATEMENT

The Texas Association for Health, Physical Education, Recreation and Dance is committed to the development of knowledge and programs that promote active, healthy lifestyles and enhance skilled, aesthetic motor performance.

## ADVERTISERS

- 2** Gopher Sport
- 13** 2019 Convention T-Shirt Preview
- 21** Time Timer
- 29** Texas A&M Kingsville Health & Kinesiology
- 57** TAHPERD Adapted PE Manual: 3rd Edition
- 58** TAHPERD Autism & Adapted PE Manual
- 59** Sportime Sponsored National TOYS
- 60** DrumFit

## COLUMNS

- 6** **President's Message:** Janice Longino
- 7** **The State of TAHPERD:** Rose Haggerty

## ASSOCIATION NEWS

- 12** TOSY Certificate Submission Info
- 15** 2020 TAHPERD Officer Nominees
- 16** 2019 TAHPERD Award Recipients
- 18** TAHPERD Award Descriptions & Nomination Info

## CONTRIBUTE

- 13** Guidelines for Authors

## TAHPERD INITIATIVES

- 4** Catch Go Dough
- 20** Y-Ties
- 32** Health. Moves. Minds.
- 55** Texas Moves

## ARTICLES

- 8** **The Impact of Moderate Physical Activity on Weight and Blood Pressure in an Elderly Mexican-American Female Population**  
Zasha Romero, University of Texas Rio Grande Valley  
Sandy Kimbrough, Texas A&M University-Commerce

## SPECIAL FEATURES

- 14** APENS Article
- 21** Convention Partners & Sponsors
- 22** Texas Healthiest Schools
- 24** From the Heart of TAHPERD
- 25** 96th Annual Convention Overview
- 26** 96th Annual Convention General Information
- 27** 96th Annual Convention Overall Schedule
- 27** Administrator's Day Details
- 28** 96th Annual Convention Hotel Information
- 29** Special Convention Event Highlights
- 30** Keynote Speakers
- 33** 96th Annual Convention Registration Form
- 35** TAHPERD TOYS
- 36** Division Section Elections
- 37** Meetings, Meal Functions & Socials
- 38** Convention Program Details

## DATES TO REMEMBER

**November 1, 2019**

**Pre-Registration DEADLINE**

96th Annual Convention | Esports Stadium Arlington + Expo Center | Arlington, Texas

**November 11, 2019**

**Hotel Reservation Cut-Off Date**

**December 4 – 7, 2019**

**TAHPERD 96th Annual Convention**

Esports Stadium Arlington + Expo Center | Arlington, Texas

**January 17 – 19, 2020**

**TAHPERD 36th Annual Leadership Conference**

Granbury Conference Center | Granbury, Texas

In partnership with



# CATCH<sup>®</sup> GO Dough

School wellness funds made *simple*.



## ***Raise wellness funds online.***

Send us some basic information and photos, and we'll set up your online fundraising page.

## ***Funds are loaded onto your card.***

Donations are added to your GO Dough card balance, which works just like a VISA gift card.

## ***Spend funds on school wellness.***

You decide how and where to spend your funds. Auditing tools ensure every expense is transparent.

**Learn more and enroll at [catchinfo.org/godough](http://catchinfo.org/godough)**



### ***Fundraising made simple.***

CATCH sets up your fundraising webpage for online donations.



### ***Keep 75¢ of every dollar raised.***

More money for your school's wellness efforts.



### ***Accept cash donations.***

Raise money online or collect cash for deposit at any CHASE Bank.



### ***Spending made simple.***

Your GO Dough card works like a VISA and has security to prevent fraudulent spending.



### ***Support your profession.***

TAHPERD receives 10¢ of every dollar raised.



### ***Continually reload your card.***

Bring in funds throughout the year, or hold a fundraising event.



### ***Keep your funds secure.***

Optional receipt uploads, daily spending limits, and other controls available.

### ***Auditing that fits your comfort.***

Districts or principals can access monitoring tools and account reports.

### ***No ATMs or cashback.***

Ensure all spending is transparent.

CATCH® is a registered trademark of The Regents of the University of California.



# TEXAS HPERD ASSOCIATION JOURNAL

# TAHPERD

VOLUME 87, NO. 3 | FALL 2019

**EDITOR** Rose Haggerty  
**MANAGING DESIGNER** Tamba Garcia

**EDITORIAL BOARD**  
Henry Ross | TAMU Commerce  
Xiangli Gu | University of Texas Arlington  
Sharon Carano | Texas Wesleyan University  
Stacia Miller | Midwestern State University

**STATE STAFF**  
Lynda Alvarado | Membership Manager  
Lisa Fall | Director of Conventions & Meetings  
Tamba Garcia | Technology Communications Manager  
Rose Haggerty | Executive Director  
Becky Wyatt | Exhibits Manager

**TAHPERD OFFICE**  
7910 Cameron Road  
Austin, Texas 78754  
512.459.1299 or 800.880.7300  
Fax 512.459.1290  
[www.tahperd.org](http://www.tahperd.org)



# TAHPERD

Promoting Healthy Lifestyles

## POLICY STATEMENT

The *TAHPERD Journal* (ISSN 0889-0846), a refereed and blind peer reviewed journal, is the official publication of the Texas Association for Health, Physical Education, Recreation, and Dance and is published three times annually in the fall, spring, and summer. Manuscripts, photos, and news items are invited and should be submitted in accordance with the Author's Guidelines found on page 13. The author's opinions are their own and do not necessarily reflect the attitude or views of TAHPERD, its officers, or the editors of the *Journal*.

## BOARD OF DIRECTORS

**President** Janice Longino | Rockwall ISD  
**President-elect** Odies Wright | Abilene Christian University  
**Past President** Pete Silvius | Seguin ISD

### Vice Presidents:

**Area** Shawn Dixon | East Central ISD  
**College** Patty Donaldson | Angelina College  
**Dance** Kaysie Brown | Texas State University  
**General** Sandy Kimbrough | Texas A&M University Commerce  
**Health** Thomasina Gatson | Aldine ISD  
**Physical Education** Amber Sladeczek | Georgetown ISD  
**Recreation** Chris Peurifoy | Spring Hill ISD

### Vice Presidents-elect:

**Area** Robert Vogler | Houston ISD  
**College** Graeme Cox | Lee College  
**Dance** Alexandra Pooley | Texas A&M University  
**General** Rhonda Rutherford-Odom | Dallas ISD  
**Health** Michelle Beer | Katy ISD  
**Physical Education** Teri Carter | Texas State University  
**Recreation** Mary Lou Trinidad | UT Rio Grande Valley

### Past Vice Presidents:

**Area** Kristi Baker | Irving ISD  
**College** Melissa Evans | Tarrant County College SE  
**Dance** Juliana Williams | Dallas ISD  
**General** David Vaughn | Montgomery ISD  
**Health** Delia Thibodeaux | Houston ISD  
**Physical Education** Patti Russell | Plano ISD  
**Recreation** Cindy Slagle | North East ISD

**Student Chair** Haleigh Blocker | Texas State University  
**Student** Andrew Perez | Texas A&M University  
**Chair-Elect** Kingsville  
**Parliamentarian** Judi Phillips | Del Mar College  
**Executive Director** Rose Haggerty | TAHPERD

## Call for Volunteers

TAHPERD is a member-driven association which means the members establish and implement the mission, goals, and strategies for the association. This requires over 500 volunteers to serve as officers and committee members.

If you would like to become involved in a leadership position, please email your name and interest area:

[rose@tahperd.org](mailto:rose@tahperd.org)



**Janice Longino**  
TAHPERD President

School has started and we are well under way with the 2019 – 2020 school year. I hope each one of you are off to a great start! TAHPERD has continued to work hard on making Texas a better place for students to learn and grow as healthy, life-long active, and productive individuals.

This year has been continuous opportunities of “NEW PATHWAYS” for TAHPERD. We have dealt with adversity, and some financial issues but, the OPPORTUNITIES, GROWTH, and ACHIEVEMENTS we have made as an organization have been INSPIRING. We have branched out to create NEW PARTNERSHIPS and NEW SPONSORSHIPS. We have created our own fundraiser TEXAS MOVES. We have continued our partnership with Texas Moves in growing “The Healthiest Generation”. Because of all we are doing as an organization, TAHPERD continues to grow as a “GO TO” organization in the state of Texas.

I want to thank our Executive Director, Rose Haggerty for her insight and her dedication to our organization. With the wonderful expertise of our state office staff, Becky, Lisa, Lynda, and Tandra, we continue to make great strides. We are truly blessed to have a staff that is as dedicated to our organization as our members. To each one of them, a truly heartfelt thanks and a heart full of gratitude.

To Pete Silvius and Odies Wright, I don't know where to begin. Our executive committee this year has been very special, and we were placed together for a reason. The hard decisions that we have had to make, the new opportunities we have pursued and the ZOOM meetings where we needed a meal because of the length of meeting, I thank you! You both were not only advisors and supporters; you have truly become very dear and special friends. I am always here for you.

I want to recognize and thank our Vice-Presidents of each division. Because of their continued effort and committed passion for TAHPERD, we have had some amazing things happen this year and

TAHPERD has continued to work hard on making Texas a better place for students to learn and grow as healthy, life-long active, and productive individuals.

an awesome conference awaits you. Thank you to Amber Sladeczek (VP of Physical Education), Sandy Kimbrough (VP of General), Patty Donaldson (VP of College), Chris Peurifoy (VP of Recreation), Thomasina Gatson (VP of Health), Shawn Dixon (VP of Area), and Kaysie Brown (VP of Dance). I appreciate each one of you!

As we prepare for the final stages for our annual convention in Arlington, we have some new and exciting things planned for the convention beginning with our guest speakers, Baker Harrell, Catherine Sanderson, and Jamie Sparks.

Baker Harrell is the CEO of “It's Time Texas” and will give our membership a detailed explanation of our partnership and the direction we are moving to create “The Healthiest Generation.”

Catherine Sanderson is the Manwell Family Professor of Life Sciences (Psychology) at Amherst College. She will help us examine how mindset influences happiness, health, and how long we live.

Jamie Sparks is our SHAPE America President and the Executive Director of Kentucky AHPERD. He is a “champion” and a PAL, Leader of Physical Activity.

Another highlight of our general sessions will be a message from our Executive Director, Rose Haggerty. We will also be sharing our new fund raiser “Texas Moves” and will be greeted by some very special people.

I want to thank all our volunteers that are going to ensure that our conference is top notch beginning with Barbara Polansky and Linda Gibbons, our convention Co-managers. These two ladies have been personal friends for most of my professional career and I can't thank them enough for being willing to serve in this capacity. Working side by side with our state staff, Barbara and Linda and all our members who volunteer to help, will ensure our convention to be a huge success.

I want each one of you to continue to find how you can impact TAHPERD and your profession. How are you going to grow as a member and a professional? What opportunities are you going to seize? Who are you going to inspire? And, what are you going to achieve this year personally and professionally?

Again, I thank each one of you for the honor of serving as President of TAHPERD. I hope you continue to have a wonderful school year. I can't wait to see you in Arlington!

Thank you and Continue Promoting Healthy Lifestyles through New Pathways!



**Rose Haggerty**  
Executive Director

## TAHPERD Leadership

Thank you to members of TAHPERD's Board of Directors (BODs), for your guidance and leadership. The BODs have increased meeting times from 2 to 4 per year.

- April during Convention Planning
- July during Summer Conference
- October via video conference call
- November/December during Annual Convention

This meeting schedule allows the BODs an opportunity to monitor and guide the association in creating "New Pathways".

Just a reminder, the BODs has a fiduciary responsibility for the approval and oversight of TAHPERD's Operating and Foundation budgets. For the operating budget, this includes recommendations for fee structures and initiatives that meet the changing financial responsibilities of the organization. The following actions were taken by the BODs:

1. April 13, 2019—approved to raise non-student registration fees beginning with 2019 Annual Convention by \$25.

2019 Annual Convention			
	Early Bird	Pre-Registration	Late Reg
Professional	\$150	\$170	\$190
Associate	\$150	\$170	\$190
Student	\$35	\$35	\$45
Retired	\$45	\$45	\$55

2020 Summer Conference			
	Early Bird	Pre-Registration	Late Reg
Professional	\$130	\$140	\$150
Associate	\$130	\$140	\$150
Student	\$35	\$35	\$45
Retired	\$45	\$45	\$55

2. Approved participation is fundraising activities that provide support to the organization. TAHPERD has created a menu of fundraising opportunities for members, schools and districts to select which best meets their needs.

- **TAHPERD:** "Texas Moves" is a collaborative partnership between TAHPERD and all local educators and administrators to encourage and promote movement in the community, support local non-profit organizations whose goals align with TAHPERD's mission, and benefit local and state educational programs. (see page 55)
- **SHAPE America:** "Health, Moves, Minds", a school-based program with both educational and fundraising components. It will focus on core areas related to health and wellness and will

include new standards-based classroom and event resources for teachers. (see page 32)

- **CATCH:** GoDough a school-based program focused on school wellness within the context of coordinated school health. (see page 4)
- **Y-Ties** is designed to provide funds to support physical education and wellness program implemented within schools. (see page 20)
- **PE Central** provides online professional development for health and physical education teachers. Visit the website at <https://www.pecentral.org>

## TEKS Revisions

TEKS review is underway! TAHPERD has several members that have been selected to serve on work groups designed to review, revise and provide direction for revising the over 20-year document. Thank you to those who have committed their time and expertise to ensure that teachers will have the guidance necessary to plan and implement quality instructional programs. It is not too late to join this process. Participants are still needed for upcoming work groups. TAHPERD our voices being heard!!

Visit the TEA website for updated information regarding the Health and Physical Education TEKS ongoing review process.

- Health Education TEKS Review:  
<https://tea.texas.gov/curriculum/teks/health/review>
- Physical Education TEKS Review:  
<https://tea.texas.gov/Academics/curriculum/teks/PE/review>

A link to the general educator committee application to serve on an SBOE TEKS review work group is located on each page.

## AmazonSmile

As TAHPERD members, you have an opportunity to donate to the association by just shopping. Online shopping has become very popular and convenient. If you shop through Amazon, TAHPERD would like to encourage our members, family and friends to consider making purchases on AmazonSmile, [www.smile.amazon.com](http://www.smile.amazon.com). Simply indicate the Texas Association for Health Physical Education Recreation & Dance as your charity of choice and Amazon will donate a percentage based on your purchase amount to TAHPERD. Please share this information with your family and friends and help support TAHPERD. Thank you!



# The Impact of Moderate Physical Activity on Weight and Blood Pressure in an Elderly Mexican-American Female Population

Zasha Romero, University of Texas Rio Grande Valley  
Sandy Kimbrough, Texas A&M University-Commerce

## Abstract

The rates of obesity and related health conditions are rising at an alarming rate, especially among minority populations. Sedentary lifestyles in the elderly have been linked to the high rates of chronic illness. This study sought to determine if daily moderate walking exercise reflected changes on weight as well as systolic and diastolic blood pressure in Mexican-American females. Participants for this study were fifty-five Mexican-American females ages sixty to seventy-five, randomly assigned to a treatment or control group. A pedometer was utilized to record steps for participants in the treatment group. After a period of twelve weeks, weight, systolic blood pressure, and diastolic blood pressure were positively affected for the treatment group, but not the control group. Results indicate that an intervention as simple as pedometer use can impact health-risk variables in the selected population.

**Keywords:** elderly, Hispanic health, physical activity

## Introduction

Obesity has become a global pandemic affecting 200 million men and nearly 300 million women worldwide, posing great public health threats to all nations and races (WHO, 2012). The World Health Organization (2005) cites a sedentary lifestyle as one of the top ten causes of morbidity and mortality worldwide. While interest in physical activity has increased in the United States, the quality and quantity of such activity may not be enough to make a positive impact on chronic illness. The prevalence of obesity continues to increase for women in the United States, particularly among African-American and Mexican-American women (Ogden et al, 2006). Recent estimates using data from the CDC's National Health and Nutrition Examination Survey (NHANES) suggest that African-American women are at the greatest risk for developing obesity by midlife, with Mexican-American women following (Flegal, Carroll, Ogden, & Curten, 2010).

The percentage of American adults who are obese has been increasing in the US population over the past five decades, and so has the impact of obesity on morbidity (Ogden et al., 2006) and mortality (Mokdad, Marks, Stroup, & Gerberding, 2004); with the new millennium, the frequency of obesity among adult women in the U.S. increased from 20% to 27% (Flegal, Graubard, Williamson, & Gail, 2005). Furthermore, in 2005 the WHO reported that the prevalence of obesity among women older than 30 had risen to about 49% (WHO Global InfoBase, 2005). According to a recent bi-national population-based study, the prevalence of obesity among women aged 20 to 59 years old was approximately 70% in Mexican-Americans (Guendelman, Ritterman-Weintraub, Fernald, & Kaufer-Horwitz, 2011). Two out of five adult Mexican-American women are obese, placing them at increased risk for obesity-related health conditions and higher health care expenditures. (Walker, Cheng & Brown, 2014; Flegal et al., 2010).

The size of the Mexican-origin population in the U.S. has risen over the past four decades. According to Pew Research Center, a record 33.7 million Hispanics of Mexican origin resided in the United States in 2012 (Gonzalez-Barrera, Lopez, Passel & Taylor, 2013); the Hispanic population is expected to constitute approximately 25% of the entire population by 2050 (U.S. Census Bureau Statistical Abstract, 2011). Today, Mexican-Americans are the largest subpopulation, constituting 67% of the Hispanic population, and will be major consumers of healthcare services in the coming decades (U.S. Census Bureau, 2010). Identifying methods to increase physical activity and help all adults maintain independent, healthy lifestyles is an important social and health goal for this population.

Only about one-third of the U. S. population exercises enough to be of benefit, and the statistics are worse for older adults and for women. About 26% of sixty-five to seventy-four year-olds and 18% of those seventy-five and older get enough exercise to make an impact on functional quality of life (U.S. Statistical Abstract, 2011). Many health ailments reported by the elderly result from a sedentary lifestyle and the lack of proper nutrition. A consistent performance of daily activities such as stair climbing and yard work is associated with a lower risk of death in the elderly population. However, Mexican-Americans consistently report lower levels of physical activity than non-Hispanic whites; additionally, 47% of Mexican-Americans did not engage in any leisure-time physical activity compared with 36% of non-Hispanic whites (Neighbors, Marquez, & Marcus, 2008; Plies, Ward & Lucas, 2010; Swenson, Marshall, & Mikulich-Gilbertson, 2005).

For healthy older adults, physical activity has a protective effect against various diseases while enhancing levels of functionality. However, fewer than two in ten older adults report participation in regular leisure or structured physical activity--thirty minutes of light to moderate activity on five or more days of the week (Plies et al., 2010). Despite the known benefits of physical activity and the health needs of ethnic minorities, information is limited on factors that encourage older, ethnic minority adults to be physically active (Kriska & Rexroad, 1998). The quality and type of activities elders need should be considered when planning exercises, especially for minority groups

An important activity beneficial to good health is a walking lifestyle (Crespo & Arbesman, 2003). Walking is a simple form of exercise, easily quantified, and recognized as the easiest and least expensive for sedentary persons (Corbib, 2004; Moore, 2004). Walking helps prevent obesity and high blood pressure, both among the leading risk factors for heart attack and stroke (Pang, Wai, Tsai, & Chen, 2014). Furthermore, walking is common among elderly adults and the most commonly reported exercise in the United States (American Heart Association, 2009). An inactive elderly population can benefit from an individualized walking routine in which their progress can be tracked. Physicians have often wondered how to motivate patients to



consistently participate in an exercise routine. Today, an answer that seems to have mutual acceptance amongst the health community is the pedometer.

The pedometer has given a person the ability to set a measurable goal. A pedometer is an inexpensive device, costing between \$5 and \$50, and is worn at the waist. It contains a lever that reflects upon vertical acceleration of the hip, representing a step. In essence, the pedometer is a small sensor that provides the wearer with a predicted count of steps he or she takes (Tudor-Locke et al., 2014). More recently, wrist-worn pedometers are measuring not only steps, but estimating calories burned, measuring heart rates, and more. In the mid-2000's, the World Health Organization (along with many researchers and practitioners) began recommending that adults walk a minimum of 10,000 steps per day. A measurable goal ensures a higher level of success by providing a means of accounting for the number of steps taken within a specific timeframe. A measurable goal is the key instead of "I'm going walking today." It takes roughly 2,000 steps to walk a mile. In normal daily activity, most people cover about two to three miles, depending on how active their lifestyle. This normal activity would account for about 4,000 to 6,000 steps a day. A person only needs 4,000 more steps to reach 10,000, which is about two miles or a 30-minute walk. The 10,000 daily steps goal is roughly equal to the surgeon general's recommendation to accumulate at least 30 minutes of additional activity (based on normal daily life) most days of the week (Tudor-Locke et al., 2014). The advantage of pedometers is that they catch small increases in activity like walking upstairs instead of taking the elevators. Many people who increase activity while wearing a pedometer seem to do so through these small bits of walking that would probably escape anyone's attention, but a pedometer can record them. In addition, walking is one of the most common forms of activity captured by a pedometer (MacMillan, Kirk, Mutrie, Matthews, Robertson & Saunders, 2014; Dasgupta, Rosenberg, & Daskalopoulou, 2014).

Currently, there is significant support emerging for the use of pedometers as a motivational and feedback tool. At the same time, there is a dearth of data on pedometer usage with the older Mexican-American population. Since the incidence of chronic diseases is associated with a sedentary lifestyle and obesity in Mexican-Americans, studying methods to increase physical activity in an older Mexican-American female population could have merit. Furthermore, with regard to physical activity, women are less likely to engage in physical activity than men (Carlson, Fulton, Schoenborn, & Loustalot, 2010). Compared to other ethnic/gender groups, Mexican-Americans women were most likely to report no leisure time physical activity at all (Guinn & Vincent, 2008).

This study investigated the effects of a pedometer on motivating Mexican-American female participants, ages sixty to seventy-five years old, to increase their physical activity to lower weight and /or blood pressure. The focus was how the increase of physical activity could affect the levels of selected physiological measurements.

## Methods

### Participants

Participants were fifty-five Mexican-American females aged sixty to seventy-five years. Participants from two community centers were screened, and committed to the twelve week program. A meeting of participants was held to provide information on the benefits of exercise, to answer questions and to conduct a pretest on weight, systolic and diastolic blood pressure. After the pretest, participants

were randomly assigned to a treatment or control group. All participants agreed to attend a follow-up meeting 12 weeks later, where measurements would be repeated and the program would be discussed. Walking was the form of exercise chosen for this study. It was selected because the results of a walking program would facilitate the evaluation of pedometer use. Another rationale was the low impact characteristics of walking and the minimum amount of time needed to implement walking as a variable of this study.

### Treatment Group

The treatment group participants received a pedometer and were instructed in its use. The pedometer was used as a motivational tool; the participants were instructed to try to increase the number of steps they took in one day. Each participant from the treatment group was instructed in the appropriate way of completing simple entry logs to facilitate the evaluation of the program. The logs consisted of recording the number of steps the participant completed in a day. Each participant in the treatment group was contacted once a week via telephone to remind her to record steps daily.

### Control Group

The control group did not receive a pedometer or entry logs to help them keep track of their activity. They were instructed to return at the end of the twelve weeks to complete a posttest and evaluate their progress.

## Results

Data was obtained from comparing pretest to posttest results from the treatment and control groups. The treatment group included twenty-seven Mexican-American females (age ranging from sixty to seventy-five years old) utilizing pedometers to encourage walking and the control group had twenty-eight Mexican-American females (age ranging from sixty to seventy-five years old) who were presented with education on the importance of diet and exercise.

The descriptive statistics in Table 1 reflect the mean and standard deviation (SD) of the pretest data for this study for both the treatment and control groups. The pretest that measured the dependent variable weight had a mean of 161.20 lbs. with the SD of 33.59; whereas the pretest for the control group's same dependent variable had a mean of 163.23 lbs. with a SD of 31.57. The pretest results for the treatment group for Blood Pressure-Systolic calculated a mean of 143.67 and SD of 21.91; and the control group calculated a mean of 146.07 and SD of 24.18. The pretest for the treatment group for Blood Pressure-Diastolic had a mean of 84.41 and SD of 15.19; whereas the control group had a mean of 82.96 and SD of 10.29. Although the mean for the treatment group was lower than the control group, the variance in the mean of the control group was significantly less. For this dependent variable, the variance between the measurements in the mean was slightly greater in the treatment even though the mean was calculated lower than the control group.

**Table 1. Pretest Group Means and Standard Deviations**

Measurements	Treatment Pretest Mean	Treatment Pretest SD	Control Pretest Mean	Control Pretest SD
Weight (lbs)	161.20	33.59	163.23	31.57
Blood Pressure Systolic	143.67	21.91	146.07	24.18
Blood Pressure Diastolic	84.41	15.19	82.96	10.29

The descriptive statistics in Table 2 present the mean and standard deviation (SD) of the posttest data for this study for both the treatment and control groups. The posttest for the treatment group measured the dependent variable weight with a mean of 159.33 lbs. with the SD of 33.13; whereas the posttest for the control group's same dependent variable had a mean of 165.43 lbs. with a SD of 31.52. The posttest results for the treatment group for Blood Pressure-Systolic calculated a mean of 136.89 and SD of 21.69; and the control group calculated a mean of 147.57 and SD of 21.33. Again, the treatment group's mean decreased at the end of the study and the control group had a minor increase. The posttest for the treatment group for Blood Pressure-Diastolic had a mean of 79.59 and SD of 16.05, and the control group had a mean of 85.89 and SD of 11.35. The treatment group decreased the measurement of Blood Pressure-Diastolic significantly; while the control group increased the measurement and variance in the posttest.

Measurements	Treatment Posttest Mean	Treatment Posttest SD	Control Posttest Mean	Control Posttest SD
Weight (lbs)	159.33	33.13	165.43	31.52
Blood Pressure Systolic	136.89	21.69	147.57	21.33
Blood Pressure Diastolic	79.59	16.05	85.89	11.35

For all three dependent variables, the control group showed negative growth from the pretest to the posttest. The treatment group showed positive gains from pretest to posttest. While central tendencies determined that pedometers could have had a motivating influence on the treatment group, ANCOVA analysis showed no statistical significant difference.

An ANCOVA assessment was chosen to analyze the differences the effects of exercise had on the selected variables. The prediction that differences in results were related to the selected physiological variables of the treatment group and from the variables of the control group were tested.

ANCOVA tests were performed on data mean summaries. An ANCOVA was used to test for differences between groups, with the posttest measurements as the dependent variable and the pretest measurements as the covariate variables.

Table 3 presents the summary ANCOVA results for the variables tested from the control and the treatment groups. The total posttest score with total measured pretest scores as the covariate indicated that the posttest treatment (adjusted means = 160.46) was significantly higher ( $F = 25.60$ ,  $p < .05$ ) than those of the control posttest group (adjusted means = 164.18) for weight loss. The posttest treatment (adjusted means = 137.9) was significantly higher ( $F = 9.79$ ,  $p < .05$ ) than those of the control posttest (adjusted means = 146.6) for systolic blood pressure and the posttest treatment (adjusted means = 78.93) was significantly higher ( $F = 13.87$ ,  $p < .05$ ) than those of the control posttest (adjusted means = 86.53) for diastolic blood pressure.

All measurements produced positive change as determined by the ANCOVA analysis. The null hypothesis was rejected for all variables. Statistical significance was supported for weight, systolic and diastolic blood pressure.

Weight		Pretest		Posttest		
				Obtained		Adjusted
Group	n	Mean	SD	Mean	SD	Mean
Treatment	27	161.20	33.59	159.33	33.13	160.46
Control	27	163.23	31.57	165.43	31.52	164.18
$p < .05$		$F = 25.60$				
Stolic BP		Pretest		Posttest		
				Obtained		Adjusted
Group	n	Mean	SD	Mean	SD	Mean
Treatment	27	143.67	21.91	136.89	21.69	137.9
Control	28	146.07	24.18	147.57	21.33	146.6
$p < .05$		$F = 9.79$				
Diastolic BP		Pretest		Posttest		
				Obtained		Adjusted
Group	n	Mean	SD	Mean	SD	Mean
Treatment	27	84.41	15.19	79.59	16.05	79.93
Control	28	82.96	10.29	85.89	11.35	86.53
$p < .05$		$F = 13.87$				

Participants in both groups were informed at the concluding meeting that all participants would receive a pedometer as an unexpected "thank you" for participation. Qualitative comments made by the participants and the community center administrator, in reaction to the study, are presented in Appendix A.

## Discussion

The study lasted twelve weeks and studied two different variables for change (weight and blood pressure). The null hypothesis stated that there would be no difference in results from the pretest to the posttest in both the control and treatment groups for the weight, systolic and diastolic blood pressure. Both measurements produced positive change as determined by the ANCOVA analysis. Statistical significance was not proven for the following variables: BMI and resting heart rate.

Based upon the investigation, the following findings are presented: The null hypothesis was rejected for the following variables: weight, systolic and diastolic blood pressure. For the control group, weight, systolic and diastolic blood pressure variables increased, while the treatment group demonstrated a pattern of progression. Additionally, the comments (presented in Appendix A) revealed a positive experience by both groups, a desire by the treatment group participants to continue walking, and a desire by the control group participants to obtain and use pedometers.

## Conclusions and Recommendations

The results indicate that the use of pedometers supports positive gains in health for an elderly female Mexican-American population. The variables investigated were associated with chronic diseases and any improvement will lower health risk. Programs like a low-impact pedometer walking program can contribute to a healthy older population. The statistically significant progress indicated by the

participants' physical measures demonstrate the importance of some type of physical activity in any population.

It is recommended that the use of pedometers be employed as an enticement to either increase or commence an exercise program. Future investigations of this type should add additional stipulations for participants, such as specific exercise routines and nutritional changes to facilitate improvement of these and other selected variables used in similar studies. It is also recommended that a similar investigation, such as this study, be extended over a longer duration. Utilization of aids, incentives and/or other physiological variables is recommended when studying an elderly population.

## References

- American Heart Association. (2009). Exercise (physical activity) for older people and those with disabilities. Retrieved from <http://www.americanheart.org/presenter.jhtml?identifier=4557>
- Carlson, S. A., Fulton, J. E., Schoenborn, C. A., & Loustalot, F. (2010). Trend and prevalence estimates based on the 2008 Physical Activity Guidelines for Americans. *American Journal of Preventive Medicine*, 39, 305–313.
- Corbitt, C.B. (2004). Are 10,000 steps alone enough to enjoy health benefits of exercise? *AAHPERD Physical Activity Today*, 10, 20-201.
- Crespo, C.J., & Arbesman, J. (2003). Obesity in the United States. *Physicians and Sports Medicine*, 11, 22-23.
- Dasgupta, K., Rosenberg, E., & Daskalopoulou, S. S. (2014). Monitoring to improve arterial health through step count prescription in type 2 diabetes and hypertension: Trial design and methods. *Cardiovascular Diabetology*, 13, 7
- Flegal, K.M., Carroll, M.D, Ogden, C.L., & Curtin, L.R. (2010). Prevalence of overweight and obesity in the United States, 1999–2008. *Journal of the American Medical Association*, 3, 235-241.
- Flegal, K.M., Graubard B.L., Williamson, D.F., & Gail, M.H. (2005). Excess deaths associated with underweight, overweight and obesity. *Journal of the American Medical Association*, 15, 1861-1867.
- Gonzalez-Barrera, A., Lopez, M.H., Passel, J.S., & Taylor, P. (2013). *The path not taken: Two-thirds of legal Mexican immigrants are not U.S. citizens*. Washington, DC: Pew Hispanic Center.
- Guendelman, S., Ritterman-Weintraub, M.L., Fernald, L.C., & Kaufer-Horwitz, M. (2011). Weight perceptions among overweight and obese women: A US-Mexico binational perspective. *Obesity (Silver Spring)*, 12, 2440-2443.
- Guinn, B, & Vincent, V. (2008). Activity determinants among Mexican American women in a border setting. *American Journal of Health Education*, 39, 13-17.
- Kriska, A.M., & Rexroad, A.R. (1998). The role of physical activity in minority populations. *Women's Health Issues*, 2, 98–103.
- MacMillan, F., Kirk, A., Mutrie, N., Matthews, L., Robertson, K., & Saunders, D.H. (2014). A systematic review of physical activity and sedentary behavior intervention studies in youth with type 1 diabetes: study characteristics, intervention design, and efficacy. *Pediatric Diabetes*, 15, 175-189.
- Mokdad, A.H., Marks, J.S., Stroup, D.F., & Gerberding, J.L. (2004). Actual causes of death in the United States. *Journal of the American Medical Association*, 10, 1238-1245.
- Moore, N. (2004). Make it a Habit. *Women's Health*, 5, 71.
- Neighbors, C.J., Marquez, D.X., & Marcus, B.H. (2008). Leisure-time physical activity disparities among Hispanic subgroups in the United States. *American Journal of Public Health*, 98, 1460–1464.
- Ogden, C.L., Carroll, M.D., Curtin, L.R., McDowell, M.A., Tabak, C.J., & Flegal, K.M. (2006). Prevalence of overweight and obesity in the United States, 1999–2004. *Journal of the American Medical Association*, 13, 1549–1555.
- Pang, W., Wai, P.M., Tsai, M.K., & Chen, C.H. (2014). Minimal amount of exercise to prolong life to walk, to run, or just mix it up? *Journal of the American College of Cardiology*, 5, 482-484.
- Plies, J.R., Ward, B.W., & Lucas, J.W. (2010). Summary health statistics for U.S. adults: National Health Interview Survey. *Vital Health Statistics*, 10, 249.
- Swenson, C.J., Marshall, J.A., & Mikulich-Gilbertson, S.K. (2005). Physical activity in older, rural, Hispanic, and non-Hispanic white adults. *Medicine & Science in Sports Exercise*, 37, 995–1002.
- Tudor-Locke, C., Swift, D.L., Schuna, J.M., Dragg, A.T., Davis, A.B., Martin, C.K., Johnson, W.D., & Church, T.S. (2014). WalkMore: A randomized controlled trial of pedometer-based interventions differing on intensity messages. *VBM Public Health*, 14, 168.
- U.S. Census Bureau. (2010). Census Data. Retrieved from <http://2010.census.gov/2010census/data/index.php> Accessed September 14, 2011
- U.S. Census Bureau Statistical Abstract. (2011). Age-adjusted percentage of persons engaging in physical activity and fitness by selected characteristic: 2008. Retrieved from: <https://www.census.gov/compendia/statab/2011/tables/11s0208.pdf>
- Walker, L.O., Cheng, H., & Brown, A. (2014). Birth outcomes of Hispanic women and risks or strengths associated with ethnicity and Texas Border residence. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 43, 422-434.
- World Health Organization (2012) World health statistics. Retrieved from: [http://bvs.insp.mx/rsp/\\_files/File/Normas\\_oct2014.pdf](http://bvs.insp.mx/rsp/_files/File/Normas_oct2014.pdf)
- World Health Organization global info base. (2005). WHO Global comparable estimates. Retrieved from [http://www.who.int/ncd\\_surveillance/infobase/en/](http://www.who.int/ncd_surveillance/infobase/en/)

## Appendix A. Qualitative Comments

- “A program that helps individuals learn about exercise is great. With this information, we give them the tools to hopefully convince them that exercise is an important part of being elder.” (Community Center Administrator)
- “The participants lost weight not only because of the pedometer but because they had the will power to actually go out there and walk.” (Community Center Administrator)

- “The information was relevant to the study and helped me better understand the benefits of exercise.” (Treatment Group Participant)
- “At first I didn’t understand the concept of the pedometer, but as I learned its function, I understood its value.” (Treatment Group Participant)
- “I will keep using the pedometer to increase the amount of exercise that I do.” (Treatment Group Participant)
- “If I would have had one of these (pedometer) I would have walked more just to see if I could increase the amount of walking I do.” (Control Group Participant)
- “Not only are we getting useful information but you are also giving us the tools to get there; this pedometer is encouragement enough to stay with the program for a long time.” (Treatment Group Participant)
- “No wonder Irma lost weight, she had encouragement that we didn’t.” (Control Group Participant)
- “We are grateful that you took the time to come and help us learn the basics of nutrition and exercise, which will benefit us in the long run.” (Treatment Group Participant)
- “The participants who didn’t have a pedometer were especially glad that you came through and gave them one, it encouraged them to keep their exercise level up and to strive to lose some of the extra pounds that the other ladies had lost.” (Community Center Administrator)

### Author Biographies

**Dr. Zasha Romero** is an assistant professor at The University of Texas-Rio Grande Valley, where he directs the MS in Kinesiology program and teaches at the graduate and undergraduate level.

**Dr. Sandy Kimbrough** is a professor at Texas A&M University-Commerce, where she directs the PETE program and teaches Motor Behavior.

# TOSY Nominations

## TAHPERD Outstanding Student of the Year

TOSY is TAHPERD’s recognition of students of TAHPERD members that are outstanding in our disciplines of health, physical education, recreation, and dance. The only criterion for the recognition is the recommendation of the student’s teacher (TAHPERD member).

Any current Professional TAHPERD member can submit two students per year for recognition by completing the application form. The TAHPERD member will receive a certificate recognizing the student as a TOSY (TAHPERD Outstanding Student of the Year). The certificate can be presented to the student by the TAHPERD member in a manner that will be conducive with their school environment. For example, during an end of the year awards ceremony, school field days, or individually.

The deadline for submitting an application is **March 2, 2020**. All certificates will be completed and returned to the TAHPERD member no later than March 31, 2020. If there are special needs that require a certificate prior to this date, please contact Lynda Alvarado, [Lynda@tahperd.org](mailto:Lynda@tahperd.org), and arrangements will be made.

### Online TOSY submissions:

[www.tahperd.org/WEB/online/Contacts/ContactLayouts/TOSY.aspx](http://www.tahperd.org/WEB/online/Contacts/ContactLayouts/TOSY.aspx)



## Guidelines for Authors

Authors who are professionals or pursuing study in the areas of health, physical education, recreation, and dance are encouraged to submit a manuscript for reviews. Authors need not be professional writers. Submissions are also accepted for teaching activities for the *Ideas that Make the Grade* section. This provides a less formal and less structured writing outlet.

Please follow the guidelines below to the extent that they apply to your manuscript. The *TAHPERD Journal* is published three times annually, in fall, spring, and summer, by the Texas Association for Health, Physical Education, Recreation, and Dance. Submissions are accepted throughout the year. A blind review process is used and manuscripts are reviewed on the basis of area of interest, expertise, and qualification in relation to the content of the manuscript. Graduate students are encouraged to submit. Email the manuscript saved in Microsoft Word to Rose Haggerty, Executive Director, TAHPERD, [rose@tahperd.org](mailto:rose@tahperd.org). Manuscripts must meet the following guidelines. There is a 90 day review process except during winter holidays when it is extended to 120 days.

**Manuscript:** Using APA 6th Edition, the manuscript must be emailed and saved in Microsoft Word. It should be written in third person, 2,500 words (eight pages) or less, double spaced, 1 inch margins, pages numbered, and lines numbered. A brief biography (two to three sentences) for each author must be provided at the end of the manuscript.

The *TAHPERD Journal* has a publication rate of 41% and is available on the TAHPERD website to all interested.

**Abstract:** Using APA 6th Edition, provide a brief abstract of the manuscript.

**Documentation:** References should be listed in APA biographical style at the end of the article and arranged in alphabetical order by the author's last name. Each reference cited in the text must be listed and only those cited should be listed as references. Documentation within the text should be made by placing the name and date of the cited reference within parentheses at the appropriate point, i.e., at the end of a direct quote or after the author's name for indirect quotes.

**Tables:** Use tables for reporting extensive statistical information. Data in tables should not be duplicated or extensively discussed in the text. Titles of tables should be short, yet adequately describe the contents. Each table should be numbered, typed on a separate page, and reference made within the text as to where it should be placed.

**Illustrations:** Pictures, graphs, or drawings break the monotonous look of the article and add to its readability. Use them where appropriate. Original photos and artwork should be provided for final production of the article. Each illustration should be numbered and captions provided.

**Author's Statement:** The author must provide a signed statement certifying that the article has not previously been published or submitted for publication elsewhere, either in identical or modified form.

## 2019 CONVENTION T-SHIRTS

TAHPERD members have the option to pre-order their 2019 Annual Convention t-shirt to ensure you get the size you want.

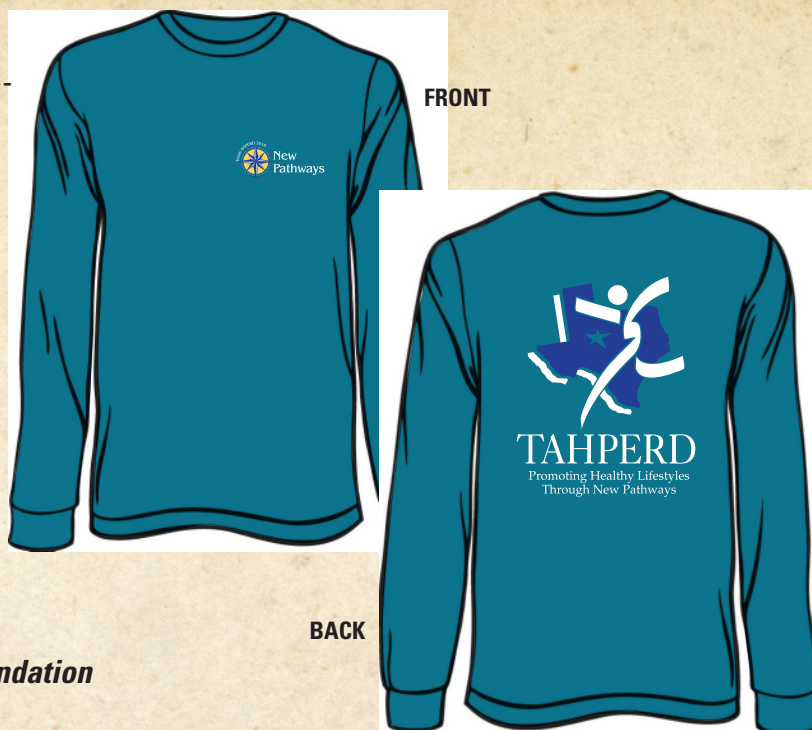
The 2019 theme, "New Pathways" is clearly depicted on a teal 100% cotton long sleeve t-shirt.

Sizes small through 3XL are available in these unisex shirts.

**ORDER YOUR 2019 T-SHIRT TODAY!**

See the convention registration form on page 31 to place your order!

***All profits from t-shirt sales go to the Foundation for student scholarships.***



## Adapted Physical Education National Standards Examination to be Administered in Arlington with On-Site Registration Available

Deborah Buswell, Stephen F. Austin State University

You may or may not be aware that there is a National Certification for Adapted Physical Educators. Many organizations support this certification including the American Association for Physical Activity and Recreation, American Association of School Administrators, Adapted Physical Activity Council, National Association of State Directors of Special Education, National Association of Sport and Physical Education, and the National Association of Secondary School Principals. More and more school districts in the State of Texas are requiring individuals teaching adapted physical education to pass the Adapted Physical Education National Standards (APENS) Exam. Texas has been strong in the promotion and delivery of APE but it is important that individuals providing physical education services to students with disabilities meet at least a minimal standard of competency. Even if your school district does not require certification, passing the APENS examination, and subsequent status as a Certified Adapted Physical Educator, is one way for our profession to insure accountability in teaching students with disabilities.

On December 7, 2019, the APENS Examination will be administered in Arlington during the TAHPERD Annual Convention and on-site registrations will be accepted. The examination will be from 8:30 – 11:30 am in the Yacht Club Room, located outside next to the outdoor pool at the Sheraton Hotel. If you are pre-registered for the exam (see below) you should arrive no later than 8:15 am. If you are registering on-site you should arrive at 8:00 am to complete the Examination Application (Part 1) prior to the 8:30 am start of the examination (see below for on-site registration information). ***Please check eligibility requirements carefully prior to committing to sit for the exam as the new criteria now includes 12 credit hours specifically addressing the needs of individuals with disabilities. Up to three of these credits may be awarded through documented professional experience in APE and three from a related field.***

The examination and certification application is divided into a two-part process. Part One: Examination Application is a short application requesting basic information necessary to sit for the examination, including test site choices; personal and biographical information; and the application and examination terms. Part Two: Certification Application consists of the remainder of the application process, which is necessary in order to receive certification after passing the examination. This includes: a current license or certificate to teach physical education; verification of 200 hours teaching experience and/or practica hours providing direct instruction in physical education to individuals with disabilities; the endorsement of a supervisor or administrator; academic preparation information (including official transcripts from each college/university attended which now include 12 credit hours in APE); and verification and notarization of the application. Individuals may wait until receiving their examination results before submitting Part Two, or submit both Part One and Part Two together, prior to the examination.

### Two options are available for registering for the examination in Arlington:

**Pre-registration** – To receive an application packet call 1-607-753-4969, email [chairman@apens.org](mailto:chairman@apens.org) or go to the APENS website [www.apens.org](http://www.apens.org) and print out the application materials. Part One of the Examination Application must be completed prior to the exam. The Examination Application and the \$150 examination fee must be received in the APENS Office no later than November 7, 2019 if you are pre-registering. Applicants pre-registering must bring a photo ID in order to be admitted on the day of the exam. Reminder: Upon passing the examination, you will need to submit additional information to receive certification, including: part two of the application, a copy of current teaching certification in physical education, verification of at least 200 hours of experience teaching physical education directly to individuals with disabilities, and official transcripts from each college/university attended. Please check eligibility requirements carefully prior to committing to sit for the exam as the new criteria now includes 12 credit hours specifically addressing the needs of individuals with disabilities. Up to three of these credits may be awarded through documented professional experience in APE and three from a related field.

**On-site Registration** – Register on-site in Arlington. Registration for the APENS Exam in Arlington will take place from 8:00 – 8:20 am in the Yacht Club Room, located outside next to the outdoor pool at the Sheraton Hotel. The exam will start at 8:30 am and all candidates must be in the room at that time. Individuals registering on-site must complete Part One of the Examination Application, provide the \$150 examination fee (check or money orders only should be made payable to APENS), and have a photo ID to be admitted to the examination. Reminder: Upon passing the examination, you will need to submit additional information to receive certification, including: part two of the application, a copy of current teaching certification in physical education, verification of at least 200 hours of experience teaching physical education directly to individuals with disabilities, and official transcripts from each college/university attended. ***Please check eligibility requirements carefully prior to committing to sit for the exam as the new criteria now includes 12 credit hours specifically addressing the needs of individuals with disabilities. Up to three of these credits may be awarded through documented professional experience in APE and three from a related field.***

Potential certification candidates should also be aware of two additional options that are available for individuals who do not meet our current examination and certification criteria (i.e., Part Two: Certification Application). These individuals can apply to become a Certified Adapted Physical Educator (CAPE) without taking the examination if they meet the alternative criteria described in Section #2 of the application. This information is available on the APENS website [www.apens.org](http://www.apens.org).

## 2020 TAHPERD Officer Nominees

### President-elect



**Barbara Polansky**  
Brock ISD



**Lisa Schneider**  
Houston ISD

### Area Division Vice President-elect

**Timothy Miller**  
Pasadena ISD

### College Division Vice President-elect

**Dr Steve Prewitt** & **Dr John Smith**  
Texas A&M Commerce      Texas A&M San Antonio

### Dance Division Vice President-elect

**Hilary Rinella**  
Dallas ISD

### General Division Vice President-elect

**Felicia Ceaser-White** & **Wendy Harsin**  
Houston ISD      Dallas ISD

### Health Division Vice President-elect

**Dr. Michael Sandlin** & **Becky Simmons**  
Texas A&M University      Beaumont ISD

### Physical Education Division Vice President-elect

**Ana Cisneros** & **Chris Nichols**  
University of Texas at El Paso      Garland ISD

### Recreation Division Vice President-elect

**Ernest Celaya** & **Russell Chavez**  
Northeast ISD      Judson ISD



## 2019 TAhPERD Award Recipients

Make your plans now to honor these TAhPERD award recipients at the 96th Annual Convention in Arlington. The Awards Dinner honoring these individuals will be Friday, December 6, 2019 at the Sheraton Hotel. Please go online at [www.tahperd.org](http://www.tahperd.org) or see page 33 to register for the convention and purchase your Awards Dinner tickets.

### David K. Brace Award



**Mario Reyna**  
McAllen ISD

### Dance Heritage



**Shelley Cushman**  
University of North Texas

### Honor Award



**Richard Almstedt**  
Lone Star College System

### Teachers of the Year



**Dance: K-12**  
**Karla Vilely Hardaway**  
Carrollton-Farmers Branch ISD



**Dr. Linda Hilgenbrinck**  
Denton ISD



**Dance: College**  
**Alexandra Pooley**  
Texas A&M University



**Dr. Kayla Peak**  
Tarleton State University



**Health Education: K-12**  
**Susie Blucher**  
North East ISD

### Scholar



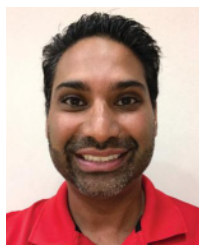
**Dr. Xiangli Gu**  
University of Texas at Arlington



**Health Education: College**  
**Dr. Michael Sandlin**  
Texas A&M University



## Teachers of the Year (continued)



**Physical Education: Elementary**  
**Kashif Aleem**  
Katy ISD



**Physical Education: Middle School**  
**Maureen Nelligan**  
KIPP Austin Public Schools



**Physical Education: High School**  
**Mervin Pellerin**  
Aldine ISD



**Physical Education: College**  
**Dr. Carlos Cervantes**  
Huston-Tillotson University

## Administrators of the Year



**College**  
**Dr. Paul Fikes**  
Wayland Baptist University

## Emerging Professional of the Year



**Justin McCullick**  
Prosper ISD

## Recreation Professional of the Year



**Pete Silvius**  
Seguin ISD

## Distinguished Service



**It's Time Texas**

## Student Scholarship Recipients



**Roberto Rodriguez**  
Texas State University



**Jaimilynn Pittman**  
Tarleton State University



**Carlos Silva**  
University of Texas at El Paso

## TAHPERD Awards

Members are encouraged to honor and recognize their colleagues by nominating those qualified for one of the TAHPERD awards listed below. Please make your nominations via the web ([www.tahperd.org](http://www.tahperd.org)) or 1-800-880-7300.

### DAVID K. BRACE AWARD

The David K. Brace Award is for individuals who are clearly outstanding in the profession, who exemplify the best in service, teaching, and/or administration, who are recognized by members as noteworthy leaders, and whose lives and contributions inspire others. The criteria are:

1. Served the HPERD profession for a minimum of twenty (20) years in Texas.
2. Member of TAHPERD for ten (10) years immediately preceding nomination.
3. Received a state, district, or national award for professional contributions.
4. Clearly outstanding in the profession and have exemplified the best in service, teaching, and/or administration.
5. Provide documented evidence of extensive professional involvement in an associated national organization such as SHAPE America.
6. Has received the Honor Award.

### HONOR AWARD

The Honor Award is for significant contributions to health education, physical education, recreation, and/or dance. The criteria are:

1. Served the profession for a minimum of ten (10) years in Texas.
2. Member of TAHPERD for five (5) years immediately preceding nomination.
3. Significant contributions to health education, physical education, recreation, and/or dance through one or more of the following: excellence in teaching; outstanding administrative achievement; significant contribution to researcher creative endeavors; leadership in professional organizations at state, district, and national levels to include TAHPERD; contribution to professional literature; and outstanding community service.

### TAHPERD SCHOLAR AWARD

In order to be considered, an individual must have been a member of TAHPERD for the five years preceding nomination. The selection will be based on qualifications in terms of training and experience and on the basis of scholarly activity in publications and presentations at the state and national level.

Nominees must provide the following information:

1. A letter of recommendation
2. Present position and institution
3. Degrees held
4. Professional experience
5. Publications in scholarly journals
6. Presentations at professional meetings

7. Name of person making recommendation

8. Evidence of scholarly creative endeavors

### EDUCATOR/PROFESSIONAL OF THE YEAR AWARDS

TAHPERD recognizes outstanding teaching and professional involvement by selecting and honoring teachers and/or professionals of the year in Health, Physical Education, Recreation, and Dance. Those receiving such recognition are advanced for similar honors awarded by Southern District AAHPERD (13 southern states). Those eligible are forwarded to SHAPE America for consideration for National Awards.

In order to be considered for this award a person must be a TAHPERD member for three (3) successive years prior to nomination. After receiving the names of nominees, each will be asked to document their professional success in a formal application. To be eligible for competition beyond the state level, award recipients must be members of the SHAPE America.

### EMERGING PROFESSIONAL AWARD

The criteria for this award:

1. Must have been working five (5) or fewer years in the profession since obtaining their undergraduate degree with a major/minor in HPERD
2. Recognized excellence in professional duties, i.e., teaching, coaching, administration, etc.
3. Leadership and service to the profession to include contributions made to TAHPERD conventions, workshops, and conferences
4. Contributions made to her/his community
5. Enthusiastic promotion of the HPERD profession
6. Must have been a student or professional member of TAHPERD for two years at time of nomination.

### PATHFINDER AWARD

The TAHPERD Pathfinder Award provides state recognition to women who have demonstrated continuous dedication to the advocacy, recruitment, and enhancement of girls and women in sport and sport leadership in Texas. The presentation for the TAHPERD Pathfinder Award will qualify a TAHPERD member for consideration for the NAGWS national Pathfinder Award. The criteria for this award:

1. Candidates must be a current TAHPERD member and for at least the five (5) years immediately preceding nomination for the award.
2. The female candidate for the Pathfinder Award must have worked for ten (10) or more years in the profession as is evidenced by:
  - a. Recognized excellence and dedication to the advocacy and recruitment of girls and women in sport and sport leadership in the State of Texas.
  - b. Exhibit leadership and service to the profession in girls and women's sport.
  - c. Demonstrate enthusiastic promotion of girls and women's sport within the HPERD profession.

## TRAILBLAZER AWARD

The TAPERD Trailblazer Award is to provide state recognition to TAPERD members who have demonstrated continuous dedication to the advocacy, recruitment, and enhancement of male and/or female sport and sport leadership in Texas.

The criteria for this award:

1. Candidates must be a current TAPERD member and for at least the five (5) years immediately preceding nomination for the award.
2. The candidate for the Trailblazer Award must have worked for ten (10) or more years in the profession as is evidenced by:
  - a. Recognized excellence and dedication to the advocacy and recruitment of athletes in male and/or female sport and sport leadership in the State of Texas.
  - b. Exhibit leadership and service to the profession in male and/or female sport.
  - c. Demonstrate enthusiastic promotion of male and/or female sport within the HPERD profession.

## ADMINISTRATOR OF THE YEAR AWARDS

The Administrator of the Year Award honors those individuals who have dedicated themselves to excellence as administrators or supervisors, in contributions to their profession, and in service to the mission of TAPERD. These individuals exemplify the highest standards in accomplishment and innovation, and in strong and vigorous leadership.

1. Candidates must be a current TAPERD member and for at least the five (5) years immediately preceding nomination for the award.
2. The candidate shall serve as a K-12 or college/university administrator/supervisor of the disciplines for health, physical education, recreation, and/or dance for five (5) or more years.

3. Demonstrate leadership in HPERD disciplines at the local and state levels.
4. Demonstrate advocacy for quality education in the HPERD disciplines.
5. Demonstrate significant contributions to
  - a. curriculum development,
  - b. technology,
  - c. innovation,
  - d. staff development,
  - e. program improvement,
  - f. resource development in HPERD disciplines.

## DANCE HERITAGE AWARD

The TAPERD Dance Heritage Award is established to provide state recognition to elite TAPERD members who have demonstrated continuous leadership and dedication to the advocacy and enhancement of dance in Texas.

The criteria for this award:

1. Candidates must be TAPERD members for at least the five (5) years immediately preceding nomination for the award.
2. Candidates must have worked for ten (10) or more years in the profession as is evidenced by
  - a. Recognized excellence in education, choreography, performance or scholarship in dance
  - b. Leadership and service to professional organizations to include TAPERD
  - c. Enthusiastic promotion of dance within the HPERD profession
  - d. Involvement in community outreach programs

## Honor your Colleagues

**Nominate them for a TAPERD Award**

2020 Award Nominations are Open!  
Nominations will only be accepted Online.  
See above for award descriptions.

Visit [www.tahperd.org](http://www.tahperd.org) to make your nominations  
**DEADLINE: February 1, 2020**

## Call for Volunteers

TAPERD is a member-driven association which means the members establish and implement the mission, goals, and strategies for the association and needs volunteers to serve as officers and committee members. TAPERD **needs over 500 volunteers every year** to operate efficiently. If you would like to become actively involved in TAPERD please email your name and interest area to [rose@tahperd.org](mailto:rose@tahperd.org).

### Areas of Greatest Volunteer Need:

Officers & Committee Members  
Manuscript Reviewers (Research Level)  
Event Volunteers

***Volunteer to Help TAPERD Grow!***





Welcome to the



# "Y-Ties" ELASTIC LACES FUNDRAISER

Teachers/Coaches/Student Councils/PTOs/PTAs

Start an 'in-school' fundraiser  
with **NO** money 'up-front' today!



Earn  
**\$500<sup>00</sup>** to  
**\$2,500**  
or more!



## Here's how it works!

"Y-Ties" sell for \$5/pair,  
you keep half!

**No 'up-front' costs – pay when done!**

Your participation in this fundraiser will support TAHPERD.  
Please use code TXYT19 when signing up.

---

The "Y-Ties" complete 'Starter Kit' makes it easy . . .

**Everything is included:**

300–500 pairs of "Y-Ties" elastic laces – over 45 school colors & combinations!

FREE Kids Comix and cool stickers for every student!

Parent 'send-home' flyers & order envelopes, 2 Part DVD,

Lace Instructions, Posters, "Y-Ties" signs and more!

**RETURN UNSOLD PRODUCTS**

200 minimum pair goal . . . easy and fun!

---



# Special Thanks to Our 2019 Convention Partner & Sponsors



# GOPHER

advancing  
health  
equity **etr.**

**IT'S  
TIME  
TEXAS**

TEXAS IS  
BEST WHEN  
TEXANS ARE  
HEALTHY



Sponsor of  
Texas Teacher  
of the Year



## When you can see time disappear, you can conquer it.

**INTRODUCING** the new Time Timer® MAX visual timer.

Check it out  
in person!

Booth #300



17" timer can be seen from anywhere  
in the gym, court, or field

Included dry erase face and multiple  
duration settings for maximum  
flexibility in activities

“Students are more focused, less time will  
be wasted, more time will be on task,  
and more practice will be had ultimately  
improving the skill practiced. It teaches  
students how to pace themselves.”

Paula Bowen | Elementary PE Teacher, Austin ISD

**TIME TIMER®**  
[timetimer.com/max](http://timetimer.com/max)

The Alliance for a Healthier Generation is a catalyst for children's health. The Alliance works with schools, companies, community organizations, healthcare professionals and families to transform the conditions and systems that lead to healthier kids. The goal is to reduce the prevalence of childhood obesity and to empower kids to develop lifelong, healthy habits. The Alliance collaborates with and empowers people and leaders to transform the environments that can make a difference in a child's health: homes, schools, doctor's offices and communities. Their Healthy Schools Program brings parents, school staff, and students together to turn campuses into healthier places.

## Congratulations to the 74 Healthiest Schools in Texas!

### **Achieve Early College High School**

McAllen Independent School District | McAllen | Bronze

### **Baylor College of Medicine Biotech Academy at Rusk**

Houston Independent School District | Houston | Bronze

### **Ben Milam Elementary School**

McAllen Independent School District | McAllen | Silver

### **Blanche Moore Elementary School**

Corpus Christi Independent School District  
Corpus Christi | Bronze

### **Bunker Hill Elementary School**

Spring Branch Independent School District | Houston | Bronze

### **Castro Elementary School**

Mission Consolidated Independent School District  
Mission | Silver

### **Cedar Brook Elementary School**

Spring Branch Independent School District | Houston | Bronze

### **Colonial Hills Elementary School**

North East Independent School District | San Antonio | Gold

### **Corina Pena Elementary School**

La Joya Independent School District | Penitas | Bronze

### **Diaz - Villarreal Elementary School**

La Joya Independent School District | Mission | Bronze

### **Dr. Americo Paredes Elementary School**

La Joya Independent School District | Mission | Bronze

### **Dr. J. A. Garcia Elementary School**

Corpus Christi Independent School District  
Corpus Christi | Bronze

### **Dr. Pablo Perez Elementary School**

McAllen Independent School District | McAllen | Silver

### **Dr. Palmira Mendiola Elementary School**

La Joya Independent School District | Mission | Bronze

### **E. B. Reyna Elementary School**

La Joya Independent School District | Palmview | Bronze

### **Eligio Kika De La Garza School**

La Joya Independent School District | Mission | Bronze

### **Elodia R. Chapa Elementary School**

La Joya Independent School District | Mission | Bronze

### **Emiliano Zapata Elementary School**

La Joya Independent School District | Mission | Bronze

### **Evangelina Garza Elementary School**

La Joya Independent School District | Mission | Bronze

### **Frostwood Elementary School**

Spring Branch Independent School District | Houston | Bronze

### **Goodwin Frazier Elementary School**

Comal Independent School District | New Braunfels | Bronze

### **Guillermo Flores Elementary School**

La Joya Independent School District | Mission | Bronze

### **Harvey Turner Elementary School**

Pasadena Independent School District | Pasadena | Silver

### **Henry B. Gonzalez Elementary School**

La Joya Independent School District | Mission | Bronze

### **Hollibrook Elementary School**

Spring Branch Independent School District | Houston | Bronze

### **Homer J. Morris Middle School**

McAllen Independent School District | McAllen | Silver

### **IDEA Brownsville Academy**

IDEA Public Schools | Brownsville | Bronze

### **IDEA Frontier College Prep**

IDEA Public Schools | Brownsville | Bronze

### **IDEA McAllen Academy**

IDEA Public Schools | McAllen | Silver

### **IDEA McAllen College Prep**

IDEA Public Schools | McAllen | Bronze

### **IDEA Pflugerville Academy**

IDEA Public Schools | Pflugerville | Bronze

### **IDEA Pflugerville College Prep**

IDEA Public Schools | Pflugerville | Bronze

### **IDEA Weslaco Pike Academy**

IDEA Public Schools | Weslaco | Bronze

**J. F. Kennedy Elementary School**

La Joya Independent School District | Penitas | Bronze

**James Nikki Rowe High School**

McAllen Independent School District | McAllen | Bronze

**Jimmy Carter Early College High School**

La Joya Independent School District | La Joya | Bronze

**Jose De Escandon Elementary School**

La Joya Independent School District | Mission | Bronze

**Joya Juarez-Lincoln High School**

La Joya Independent School District | Mission | Bronze

**Juan N. Seguin Elementary School**

La Joya Independent School District | Mission | Bronze

**La Joya Senior High School**

La Joya Independent School District | La Joya | Bronze

**Lamar Academy**

McAllen Independent School District | McAllen | Bronze

**Leo J. Leo Elementary School**

La Joya Independent School District | Mission | Bronze

**Leonelo H. Gonzalez Elementary School**

McAllen Independent School District | McAllen | Bronze

**Lloyd M. Bentsen Elementary School**

La Joya Independent School District | Mission | Bronze

**Lorenzo De Zavala Elementary School**Corpus Christi Independent School District  
Corpus Christi | Bronze**Marcell Elementary School**Mission Consolidated Independent School District  
Mission | Silver**McAllen High School**

McAllen Independent School District | McAllen | Bronze

**Memorial Drive Elementary School**

Spring Branch Independent School District | Houston | Bronze

**Memorial High School**

McAllen Independent School District | McAllen | Bronze

**Mission Collegiate High School**Mission Consolidated Independent School District  
Alton | Silver**Narciso Cavazos Elementary School**

La Joya Independent School District | Mission | Bronze

**Palmview High School**

La Joya Independent School District | Mission | Bronze

**Patricio Perez Elementary School**

La Joya Independent School District | Mission | Bronze

**Piney Point Elementary School**

Houston Independent School District | Houston | Bronze

**Rahe Bulverde Elementary School**

Comal Independent School District | Bulverde | Bronze

**Raquel Cavazos Elementary School**Mission Consolidated Independent School District  
Mission | Silver**Rebecca Creek Elementary School**

Comal Independent School District | Spring Branch | Bronze

**Red Bluff Elementary School**

Pasadena Independent School District | Pasadena | Silver

**Rosendo Benavides Elementary School**

La Joya Independent School District | Sullivan City | Bronze

**Rucker Elementary School**

Houston Independent School District | Houston | Bronze

**Salinas STEM Early College School**

La Joya Independent School District | La Joya | Bronze

**Sam Fordyce Elementary School**

La Joya Independent School District | Sullivan City | Bronze

**Sam Houston Elementary School**

McAllen Independent School District | McAllen | Silver

**Smithson Valley Middle School**

Comal Independent School District | Spring Branch | Bronze

**South Houston High School**

Pasadena Independent School District | South Houston | Bronze

**Sparks Elementary School**

Pasadena Independent School District | Pasadena | Silver

**T. G. Allen Elementary School**Corpus Christi Independent School District  
Corpus Christi | Bronze**Tabasco Elementary School**

La Joya Independent School District | La Joya | Bronze

**Theodore Roosevelt Elementary School**

McAllen Independent School District | McAllen | Silver

**Thigpen-Zavala Elementary School**

McAllen Independent School District | McAllen | Silver

**Treasure Forest Elementary School**

Spring Branch Independent School District | Houston | Bronze

**Victor Fields Elementary School**

McAllen Independent School District | McAllen | Silver

**William J. Clinton Elementary School**

La Joya Independent School District | Penitas | Bronze

**Woodlawn Elementary School**Corpus Christi Independent School District  
Corpus Christi | Silver**Woodrow Wilson Elementary School**

McAllen Independent School District | McAllen | Bronze



# From the Heart of TAHPERD

“From the Heart of TAHPERD” project is a way for TAHPERD to give back to the communities that so graciously support our association and host our convention.

## Charity Name:

Safe Haven

## What to Bring:

Unwrapped gifts appropriate for children – newborn through 14 years of age

You will receive a raffle ticket for every donation you make, so the more donations you make the better your chances are to win the drawing that will take place at the Third General Session on Saturday morning.

**The prize will be a FREE trip to next year's  
2020 Annual Convention in Corpus Christi.**

## Included in the package is:

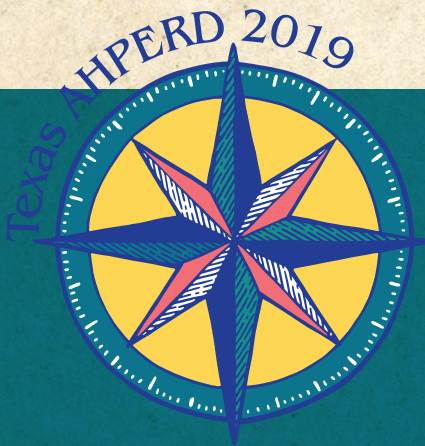
*(Total value of \$700)*

- **FREE Convention Registration** ◀
- **Complimentary 3-Night Hotel Accommodations** ◀
- **\$150 in Spending Money** ◀

*Need not be present to win.*

Please plan to take part in this very special event and say thanks to the communities of Arlington and surrounding areas.





# New Pathways

## TAHPERD'S 96th Annual Convention

**December 4 – 7, 2019**

**ESPORTS STADIUM ARLINGTON + EXPO CENTER | ARLINGTON, TEXAS**

**Overall Schedule & Administrator's Day - Page 27**

**Hotel Information - Page 28**

**Keynote Speakers - Page 30**

**Convention Registration Form - Page 33**

**TAHPERD 2018 Teachers of the Year - Page 35**

**Division Section Elections - Page 36**

**Meetings, Meal Functions & Socials - Page 37**

**Convention Program Details - Page 38**

**Visit [www.tahperd.org](http://www.tahperd.org) for the most up-to-date Convention Info**



# GENERAL CONVENTION INFORMATION

**Badges:** The Convention badge is required for admission to the Exhibit Hall and to all meetings. Lost badges will be replaced for a fee of \$1.00. All money collected for badge replacement will help support the Student Scholarship Fund.

**Continuing Professional Education Credits:** Maximum number of hours available Thursday through Saturday – 19.5 hours. Each registration packet will contain a CPE form and instructions for how to complete it.

**Cancellation/Refund Policy:** Cancellations must be made in writing and postmarked no later than November 18, 2019. Send requests to the TAHPERD Office. All cancellations are subject to a 25% processing fee. No refunds will be issued on requests made after November 18, 2019. Refunds will be issued within 6-8 weeks after the convention.

**Guest Registration:** No pre-registration available. All guests must check-in at the Onsite Registration Desk. An attendee who is a HPERD professional or student must be a member of TAHPERD and pay the appropriate convention fees for full participation in the convention sessions and events. A guest will only be allowed entry to the exhibit hall, general sessions, and socials.

**Awards Dinner Ticket Exchange:** Seating for the Awards Dinner must be reserved at the Hospitality/Information Booth located in the registration area. Attendees must present an Awards Dinner Ticket at the Hospitality/Information Booth in exchange for a Seating Ticket. Pre-purchased tickets will be enclosed in the attendee's registration packet. Attendees are encouraged to purchase all tickets when pre-registering, as only a limited number are available.

**Food Services:** Food concessions will be available during convention hours at various concession areas throughout the Esports Stadium Arlington + Expo Center. Information on restaurants will be available at the Hospitality/Information Booth and can also be found on the Arlington CVB web site: [www.arlington.org/restaurants](http://www.arlington.org/restaurants).

## Onsite Registration Hours:

Wednesday	3:00 pm – 8:00 pm
Thursday	7:00 am – 5:00 pm
Friday	7:00 am – 5:00 pm
Saturday	7:00 am – 12:00 pm

**Exhibit Hall Hours:** Visit with over 100 exhibitors at the 96th Annual Convention. They offer a variety of outstanding services and products for your consideration.

## Exhibit Hall Hours:

Wednesday	6:00 pm – 8:00 pm
Thursday	8:00 am – 4:00 pm
Friday	8:00 am – 4:00 pm

### Pre-Registration Fees: (on or before November 1)

Professional Registration Fee .....	\$170
Associate Registration Fee.....	\$170
Retired Registration Fee .....	\$45
Student Registration Fee.....	\$35
Emeritus Registration Fee.....	NC

### On-site Registration Fees: (after November 1)

Professional Registration Fee .....	\$190
Associate Registration Fee.....	\$190
Retired Registration Fee .....	\$55
Student Registration Fee.....	\$45
Emeritus Registration Fee.....	NC

### TAHPERD Membership Fees:

Professional Member .....	\$70
Professional 5-Year Membership.....	\$304.50
Associate Member .....	\$60
Retired Member .....	\$30
Student Member .....	\$20

### Tickets:

Awards Dinner .....	\$65
Dance Division Social .....	\$20
K-12 Administrator's Breakfast.....	\$10
Student Lunch .....	\$5

### Other Fees:

Activity Handout Manual .....	\$40
2019 Convention T-shirt.....	\$20

# OVERALL CONVENTION SCHEDULE

*Convention events will be held at the Sheraton Hotel and the Esports Stadium Arlington + Expo Center (formerly known as the Arlington Convention Center.)*

## Wednesday | December 4, 2019

Board of Directors Meeting	9:30 a.m. – 5:00 p.m.
Registration Desk Open	3:00 p.m. – 8:00 p.m.
Exhibit Hall Open	6:00 p.m. – 8:00 p.m.

## Thursday | December 5, 2019

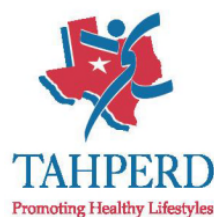
Registration Desk Open	7:00 a.m. – 5:00 p.m.
K-12 Administrators Breakfast	8:00 a.m. – 10:00 a.m.
Program Presentations	8:00 a.m. – 3:30 p.m.
Committee Meetings	8:00 a.m. – 3:30 p.m.
Exhibit Hall Open	8:00 a.m. – 4:00 p.m.
Student Lunch & Activities	11:00 a.m. – 1:00 p.m.
First General Session	3:45 p.m. – 5:00 p.m.
Dance Division Social	6:00 p.m. – 7:00 p.m.
Representative Assembly	6:30 p.m. – 9:00 p.m.

## Friday | December 6, 2019

Registration Desk Open	7:00 a.m. – 5:00 p.m.
Program Presentations	8:00 a.m. – 3:30 p.m.
Committee Meetings	8:00 a.m. – 2:15 p.m.
Exhibit Hall Open	8:00 a.m. – 4:00 p.m.
Kaleidoscope Concert	11:30 a.m. – 1:00 p.m.
President's Luncheon (By Invitation Only)	11:30 a.m. – 1:00 p.m.
2020 Convention Kick-Off Meeting	2:00 p.m. – 3:00 p.m.
Second General Session	3:45 p.m. – 5:00 p.m.
Awards Dinner	7:00 p.m. – 9:00 p.m.
TAHPERD Social	8:00 p.m. – 11:30 p.m.

## Saturday | December 7, 2019

Registration Desk Open	7:30 a.m. – 12:00 p.m.
Program Presentations	8:00 a.m. – 10:15 a.m.
APENS Exam	8:30 a.m. – 11:30 a.m.
Third General Session	10:30 a.m. – 12:00 p.m.



## Administrator's Day Events Friday, December 6

On behalf of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), THANK YOU for supporting your health/physical education teachers. Allowing opportunities for these teachers to enhance their personal and professional growth by attending TAHPERD professional development events is commendable. TAHPERD was founded in 1923 and is the only association in Texas serving education in four disciplines—health, physical education, recreation, and dance.

TAHPERD has created a unique track designed specifically for administrators. Take advantage of this targeted day of events and programs to get the most out of your 2019 Convention experience.

TAHPERD is offering a complimentary registration as an incentive for school/district level administrators attending the convention. Principals and superintendents are encouraged to attend and engage in sessions alongside members from your school and/or district.

### 9:15 a.m. – 10:15 a.m.

Social Emotional Learning (SEL) through Health/Physical Education

### 10:30 a.m. – 11:30 a.m.

Children's Health is our Nation's Wealth – The Cooper Institute

### RSVP:

Email [rose@tahperd.org](mailto:rose@tahperd.org)

With your and/or your designee's Name, Title, Department, and School District

# HOTEL INFORMATION

**Please refer to the TAhPERD 2019 Annual Convention when making your reservations to receive the following Convention Hotel rates.**

TAHPERD asks all attendees to make your reservations at these designated Convention Hotels as long as rooms are available.

Our use of the meeting space and convention facilities and services is dependent upon rooms utilized by our attendees.

When our room block commitments are not fulfilled, TAHPERD is contractually obligated to pay financial penalties to our hotels.

**Convention Center fees are being supported in part by our Convention Hotel's room revenue.**

*Due to the Big 12 Football Championship game on Saturday, December 7, TAHPERD has only reserved a small block of rooms at the Sheraton Hotel for Saturday night at the group rate. Once this block is sold out, the room rate will increase for attendees staying over on Saturday night. No other Convention Hotels have rooms blocked for Saturday.*

## **Sheraton Arlington Hotel** *(Headquarters Hotel)*

1500 Convention Center Drive | Arlington, TX 76011 | **(817) 261-8200**

Single/King Bed (1-2) people: \$122 | Double/Queen Beds (1-4) people: \$122

**Check-in:** 3:00 p.m.

## **Hilton Arlington Hotel**

2401 East Lamar Boulevard  
Arlington, TX 76006  
**(817) 640-3322**

Single/King Bed (1-2 people): \$120

Double/Queen Beds (1-4 ppl): \$120

**Check-in:** 4:00 p.m.

## **Crowne Plaza Suites Arlington**

700 Avenue H. East  
Arlington, TX 76011  
**(817) 394-5000**

Single/King Bed (1-2 people): \$117

Double/Double Beds (1-4 ppl): \$117

**Check-in:** 3:00 p.m.

## **Hawthorn Suites by Wyndham**

2401 Brookhollow Plaza Drive  
Arlington, TX 76006  
**(817) 640-1188**

Single/King Bed (1-2 people): \$119

Double/Double Beds (1-4 ppl): \$119

**Check-in:** 2:00 p.m.

### ***THE INFORMATION BELOW APPLIES TO ALL FOUR CONVENTION HOTELS***

**Cancellation:** Cancellations must be made at least 24 hours prior to the check-in time in order to avoid a charge of one night's room and tax.

**Check-out:** 12:00 p.m.

**Deposits:** Reservations must be guaranteed by a major credit card or first night's full deposit.

**Parking:** Self-parking is complimentary

**Cut-Off Date:** All reservations must be made by the cut-off date of **November 11, 2019** in order to receive these Convention rates. Reservations made after **November 11, 2019** at any of these hotels will be accepted on a space and rate available basis.

#### **These additional fees will be added to all Convention rates:**

Management District Assessment Fee – \$1.90

Arlington Tourism Public Improvement Fee – 2% of hotel rate (taxable)

Hotel Occupancy Tax – 15 %

*Individuals who are tax-exempt must inquire with the hotel regarding the hotel's procedures for handling tax-exempt guests.*

### **Ground Transportation from Airports and Within the City:**

**Local Shuttle Bus Service:** All Convention Hotels participate in the Arlington Entertainment District Trolley Service. Trolley service is provided only to registered guests of the participating hotel. Trolleys run between District hotels and certain entertainment venues within the I-30 entertainment corridor. The trolley does not provide a stop-on-demand transit service outside the scope of its predetermined routes and stops. Riders may be asked to present a hotel key on boarding a trolley. Trolleys are wheel-chair accessible.

**Click here for additional services:** [https://www.arlingtontx.gov/residents/city\\_services/transportation](https://www.arlingtontx.gov/residents/city_services/transportation)

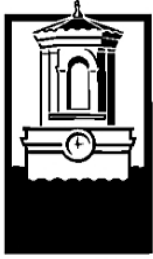
**Local Airports:** For those attendees who will be flying, the two major airport options are the Dallas/Fort Worth International Airport and the Dallas Love Field Airport.

**Airport Transportation:** All Convention hotels provide complimentary shuttle service to and from the D/FW Airport only. Attendees must contact hotels directly for time of service.



# Affordable Online Master's Degree

*Sport Management  
100% Online*



**TEXAS A&M  
UNIVERSITY  
KINGSVILLE®**

HEALTH AND KINESIOLOGY

**[www.tamuk.edu/hkn](http://www.tamuk.edu/hkn)**

*Stop by our booth at the  
Annual Convention in Arlington!*

# TOUR de TAHPERD

**8:00 - 10:00 a.m.**

**Saturday | December 7, 2019**

Riders will meet at River Legacy Parks on Rose Brown May Pkwy and will follow the West Fork Trinity River on a paved trail. No experience required other than the ability to ride a bike!

**Bike & Certified Helmet Required!**

*Please dress appropriately for the weather  
and bring water. The ride will take place  
weather permitting.*

Check the appropriate box on the  
Convention Registration Form.



**New  
Pathways**

## SAVE THE DATE!

TAHPERD 96th Annual Convention  
**Administrator's Day**  
**Friday, December 6, 2019**

Sheraton Hotel | Arlington, Texas

# ATTENTION STUDENTS!

**Student Lunch & Activities  
at the 2019 Convention**

**Thursday, December 5**  
11:00 a.m. – 1:00 p.m.

*Don't miss the fun activities the  
Student Section has planned.*

Check the appropriate box on the  
Convention Registration Form.

**Lunch ticket is only \$5.00!**

## KEYNOTE SPEAKERS



**Baker Harrell, PhD**  
Founder: It's Time Texas

Dr. Baker Harrell's background and expertise in collective action, health promotion, and social marketing support the efforts of It's Time Texas – a statewide health and wellness nonprofit organization that Baker founded in 2014. Since its founding, It's Time Texas (ITT) has become a recognized leader of the movement to establish a culture of health in Texas. This year, ITT will empower more than 1 million Texans to lead healthier lives, build healthier communities, and contribute to a healthier state.

Baker's prior ventures in the public health arena have received the Best Practices Health and Fitness Award from the Texas Department of State Health Services and a Most Promising Initiative award from the Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation.

Baker is an alumnus of UT Austin, where he earned his Master's and doctoral degrees in Health Education. His transdisciplinary academic research focused on social change approaches to improve health, and it was out of this research, coupled with his personal experiences as an overweight child, that It's Time Texas was born.



**Catherine A. Sanderson**  
Manwell Family Professor of  
Life Sciences (Psychology),  
Amherst College

She received a bachelor's degree in psychology, with a specialization in Health and Development, from Stanford University, and received both masters and doctoral degrees in psychology from Princeton University.

Her research has received grant funding from the National Science Foundation and the National Institute of Health. Professor Sanderson has published over 25 journal articles and book chapters in addition to four college textbooks, middle school and high school health textbooks, and a trade book on parenting. Her latest trade book, *The Positive Shift*, examines how mindset influences happiness, health, and even how long we live. In 2012, she was named one of the country's top 300 professors by the Princeton Review.

Professor Sanderson speaks regularly for public and corporate audiences on topics such as the science of happiness, the power of emotional intelligence, the mind-body connection, and the psychology of good and evil. These talks have been featured in numerous mainstream media outlets, including *The Washington Post*, *The Boston Globe*, *The Atlantic*, *CNN*, and *CBS Sunday Morning with Jane Pauley*.

Her latest book, *Why We Act: Turning Bystanders Into Moral Rebels* (Harvard University Press), examines why good people so often stay silent or do nothing in the face of wrongdoing.

Catherine lives with her husband, Bart Hollander, and three children – Andrew, Robert, and Caroline – in Hadley, Massachusetts.



**Jamie Sparks**

National School Health  
Program Manager: ETR

Jamie Sparks is the National School Health Program Manager for ETR and is the current President of SHAPE America. In addition, Jamie has served on various leadership roles with the state board for the Kentucky Association for Health, Physical Education, Recreation and Dance (KAHPERD) including the 2014 Vice President of Physical Education, the 2016 President, and is currently the Executive Director.

Sparks spent eight years as the Coordinated School Health Director for the Kentucky Department of Education from 2010-2018. During this time, he nationally served on the board of directors with the American School Health Association from 2014-2016. He served on both the advocacy and the professional development committees. Sparks has been a member of The Society of State Leaders for Health and Physical Education and chaired the communication/social media committee. Jamie was a member of the health council for SHAPE America Southern District in 2015 and in 2016 was elected as a Member-At-Large to their Leadership Council.

## DIVISION CO-SPONSORS

In the program listing beginning on page 38, you will notice that many programs have been co-sponsored by more than one division this year.

Take this opportunity to attend programs from other divisions that you may not typically attend.

This is a great way to gain new information and meet new people.



# New Pathways

health.moves.minds.™

# The NEW Service-Learning Program for Schools!

LAUNCHING FALL 2019!



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

#### FEATURES:

- ✓ Safe and secure digital fundraising platform with a dedicated page for your school to help raise funds for your health & physical education program.
- ✓ Communication and outreach tools to help you spread the word.
- ✓ Family and community engagement resources.

## 50% of all funds raised go back to your school!

Learn more or register your school today!

[healthmovesminds.org](http://healthmovesminds.org)



# TAHPERD 96TH ANNUAL CONVENTION

DECEMBER 4 – 7, 2019 | ESPORTS STADIUM ARLINGTON + EXPO CENTER | ARLINGTON, TEXAS

## REGISTRANT CONTACT INFORMATION

Name (First, MI, Last)

Work Phone Number

Name to appear on badge (first name only)

Today's Date

Home Phone Number

ISD/University/Other Employer

Cell Phone Number

Campus/School Name

Email

Home Mailing Address

If a Current/Previous TAHPERD Member

Member ID#

Exp. Date

City/State/Zip

Special Needs (dietary or physical requiring special accommodations)

### ALL ATTENDEES MUST BE CURRENT TAHPERD MEMBERS

(If you are not a current TAHPERD member, please see the Membership & Renewal Fees on the reverse side of this page.)

By registering for this convention, I hold harmless TAHPERD, the Esports Stadium Arlington + Expo Center staff, and the attendees participating in the convention for any and all liability damages that may stem as a result of participating in this convention. I understand that TAHPERD and the Esports Stadium Arlington + Expo Center assumes no liability for loss or damage to any person or property.

**Parents:** Because of legal liability and the concerns of other professionals, children are not allowed at the convention unless they are part of a scheduled program or activity.

## CANCELLATION, REFUND & NO SHOW POLICY

Cancellations must be made in writing and postmarked no later than **November 18, 2019**. Send requests to TAHPERD Office. All cancellations are subject to a **25% processing fee**. **NO CANCELLATIONS** will be accepted **after November 18, 2019**.

**NO SHOW POLICY:** Pre-registered attendees who are unable to attend the convention will only be mailed the items they had pre-purchased (i.e.: Activity Handout Manual). No additional materials will be mailed.

## REGISTRATION SUBMISSION

Pre-registration will end on November 18, 2019. After November 18 please register online or onsite in Arlington.

### Mail to:

TAHPERD Annual Convention  
7910 Cameron Road | Austin, TX 78754

**Fax to:** 512.459.1290

**Scan to:** lynda@tahperd.org

### Register Online:

Visit [www.tahperd.org](http://www.tahperd.org)

### Questions?

Call 512.459.1299 or 800.880.7300

PLEASE COMPLETE BOTH SIDES OF THIS REGISTRATION FORM

REGISTRANT NAME: \_\_\_\_\_

PAGE 2

## CONVENTION REGISTRATION FEES

ATTENDEE REGISTRATION FEES	EARLY BIRD FEE On/Before October 1	PRE-REGISTRATION FEE On/Before November 1	REGISTRATION FEE After November 1	
<b>Professional Member</b> Certified teachers and professionals	<input type="checkbox"/> <b>E</b> \$150	<input type="checkbox"/> \$170	<input type="checkbox"/> \$190	\$ _____
<b>Associate Member</b> Non-certified teachers and personnel	<input type="checkbox"/> <b>X</b> \$150	<input type="checkbox"/> \$170	<input type="checkbox"/> \$190	\$ _____
<b>Student Member</b> Full time student	<input type="checkbox"/> <b>P</b> \$35	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45	\$ _____
<b>Retired Member</b>	<input type="checkbox"/> <b>I</b> \$45	<input type="checkbox"/> \$45	<input type="checkbox"/> \$55	\$ _____
<b>Emeritus Member</b>	<input type="checkbox"/> <b>R</b> NC	<input type="checkbox"/> NC	<input type="checkbox"/> NC	\$ _____
<b>Out of State Visitor</b> Must be member of state HPERD Association	<input type="checkbox"/> <b>E</b> NC	<input type="checkbox"/> NC	<input type="checkbox"/> NC	\$ _____
	<input type="checkbox"/> <b>D</b> \$150	<input type="checkbox"/> \$170	<input type="checkbox"/> \$190	\$ _____

## MEMBERSHIP &amp; RENEWAL FEES

<b>Professional Membership</b> (1-year membership) Certified teachers and professionals	<input type="checkbox"/> \$70	\$ _____
<b>Professional 5-Year Membership</b> (5-year membership) Certified teachers and professionals	<input type="checkbox"/> \$304.50	\$ _____
<b>Associate Member</b> Non-certified teachers and personnel	<input type="checkbox"/> \$60	\$ _____
<b>Student Member</b> (1-year membership) Full time student	<input type="checkbox"/> \$20	\$ _____
<b>Retired Membership</b> (1-year membership) Requires pre-approval through the TAHPERD Office	<input type="checkbox"/> \$30	\$ _____

## METHOD OF PAYMENT

☐ Check enclosed payable to TAHPERD

Check Number \_\_\_\_\_ \$ \_\_\_\_\_  
Amount

☐ Charge \$ \_\_\_\_\_ to:  
Amount

☐ MasterCard ☐ Visa ☐ Discover ☐ American Express

Credit Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ CSC (3 digits) \_\_\_\_\_  
\_\_\_\_\_

**If Paying with a school purchase order, please read the following:**

- All schools district checks must include a copy of each attendee's registration form.
- Original or Copy of original PO required.
- Requisitions for POs are NOT accepted as payment.
- Purchase orders will NOT be accepted on-site.

**PAYMENT CONFIRMATION:**

A confirmation of payment will be emailed to the email address provided on page 1. A receipt will be included in each attendee onsite packet.

## OTHER FEES

*Indicate quantity on line provided*

Activity Handout Manual.....	\$40	\$ _____
Awards Dinner Ticket.....	\$65	\$ _____
Dance Division Social Ticket.....	\$20	\$ _____
K-12 Admin. Breakfast Ticket.....	\$10	\$ _____
Student Lunch Ticket.....	\$5	\$ _____
Tour de TAHPERD ( <i>Bicycle Tour</i> ).....	NC	\$ _____
<b>Participants must provide their own bike and helmets</b>		
2019 Convention T-Shirt.....	\$20	\$ _____
<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL		

TOTAL \$ \_\_\_\_\_

**For TAHPERD Office us ONLY:**

# Don't Miss the 2018 TAHPERD Teachers of the Year Presentations



**Graeme Cox**

**2018 TAHPERD University Physical Educator of the Year**

Thursday – 7:00 – 8:00 a.m. – Wake Up with Hatha Yoga – Exhibit Hall 4

Friday – 8:00 – 9:00 a.m. – Lee College Boot Camp – Exhibit Hall 4

**Stephanie Faulkner**

**2018 TAHPERD Adapted Physical Education Teacher of the Year**

Thursday – 9:15 – 10:15 a.m. – Resources Galore and More – Champions Ballroom

Thursday – 1:15 – 2:15 p.m. – Who, What, When, Where, Why of Water Safety in PE  
– Champions Ballroom



**Dr. Sandy Kimbrough**

**2018 TAHPERD Scholar**

Thursday – 10:30 – 11:30 a.m. – Scholarships, Students, or Service? YES! – World Series

**Chris Nichols**

**2018 TAHPERD Elementary Physical Education Teacher of the Year**

Thursday – 1:15 – 2:15 p.m. – Are You a HIIT with Your Kids? – Stadiums 2&3

Friday – 8:00 – 9:00 a.m. – Criss Cross Will Make You JUMP JUMP! – Stadiums 2&3



**Hilary Rinella**

**2018 TAHPERD K-12 Dance Educator of the Year**

Thursday – 8:00 – 9:00 a.m. – Integrating Literacy into Dance & Spirit Courses – Hall of Fame

Friday – 10:30 – 11:30 a.m. – Jazz it Up! – Hall of Fame

## Division Section Elections

The following business meetings are scheduled to allow for election of section officers and to conduct other section and division business. All meetings will be held at the Sheraton Hotel and the Esports Stadium Arlington + Expo Center (formerly known as the Arlington Convention Center.)

### Area Division:

#### All Areas 1 – 12

Thursday, December 5 | 1:15 – 2:15 pm | Stadiums 2&3

### College Division:

#### College Administrators Section

Friday, December 6 | 8:00 – 9:00 am  
Sheraton Hotel | Yacht Club

#### Lifetime Wellness Section

Friday, December 6 | 10:30 – 11:30 am | Exhibit Hall 4

#### Professional Preparation Section

Thursday, December 5 | 2:30 – 3:30 pm  
Sheraton Hotel | Champions Ballroom

#### Research Section

Friday, December 6 | 9:00 – 11:00 am  
Sheraton Hotel | Champions Ballroom Foyer

#### Sport Management Section

Thursday, December 5 | 1:15 – 2:15 pm  
Sheraton Hotel | World Series

#### Student Section

Thursday, December 5 | 11:00 am – 1:00 pm  
Sheraton Hotel | Plaza on the Hill

### Dance Division:

#### Dance Aesthetics Section

Friday, December 6 | 11:30 am – 1:00 pm | Stadium 4

#### Dance Cultural, Social & Wellness Forms Section

Friday, December 6 | 11:30 am – 1:00 pm | Stadium 4

#### Dance Pedagogy Section

Friday, December 6 | 11:30 am – 1:00 pm | Stadium 4

#### Dance Performance Section

Friday, December 6 | 11:30 am – 1:00 pm | Stadium 4

### General Division:

#### Assessment & Evaluation Section

Friday, December 6 | 10:30 – 11:30 am  
Sheraton Hotel | Stanley Cup

#### Diversity Section

Friday, December 6 | 10:30 – 11:30 am  
Sheraton Hotel | Stanley Cup

### Instructional Technology Section

Friday, December 6 | 10:30 – 11:30 am  
Sheraton Hotel | Stanley Cup

### K-12 Administrators Section

Thursday, December 5 | 8:00 – 10:00 am  
Sheraton Hotel | Stanley Cup

### Health Division:

#### Community Health Education Section

Friday, December 6 | 9:15 – 10:15 am  
Sheraton Hotel | Super Bowl

#### Health Instructional Program Section

Friday, December 6 | 9:15 – 10:15 am  
Sheraton Hotel | Super Bowl

#### Health Professional Education Section

Thursday, December 5 | 10:30 – 11:30 am  
Sheraton Hotel | Super Bowl

#### Health Promotion Section

Thursday, December 5 | 10:30 – 11:30 am  
Sheraton Hotel | Super Bowl

### Physical Education Division:

#### Adapted Physical Education Section

Friday, December 6 | 8:00 – 9:00 am  
Sheraton Hotel – World Series

#### Early Childhood Education Section

Thursday, December 5 | 9:15 – 10:15 am | Exhibit Hall 3

#### Elementary Physical Education Section

Thursday, December 5 | 9:15 – 10:15 am | Stadium 4

#### Middle & High School Physical Education Section

Thursday, December 5 | 2:30 – 3:30 pm | Stadiums 2&3

#### Sports Section

Thursday, December 5 | 8:00 – 9:00 am | Stadiums 2&3

### Recreation Division:

#### Adventure Education Section

Friday, December 6 | 10:30 – 11:30 am  
Sheraton Hotel | Triple Crown

#### Leisure Activities & Sports Section

Thursday, December 5 | 1:15 – 2:15 pm | Exhibit Hall 4

#### Outdoor Education Section

Thursday, December 5 | 10:30 – 11:30 am  
Sheraton Hotel | Yacht Club

#### Water Sports Section

Thursday, December 5 | 1:15 – 2:15 pm  
Sheraton Hotel | Champions Ballroom



## Schedule of Business Meetings, Socials & Meal Functions

All meetings, socials, and meal functions will be held at either the Sheraton Hotel or the Esports Stadium Arlington + Expo Center (formerly known as the Arlington Convention Center.)

## Special TAPERD Events

### Meet the Exhibitors – Opening Convention Event

Wednesday, December 4  
6:00 – 8:00 pm | Exhibit Hall 1

### TAPERD Social

Friday, December 6 | 8:00 – 11:30 pm  
Stadiums 2&3

## Business Meetings

### Board Meeting

Wednesday, December 4  
9:30 am – 5:00 pm  
Sheraton | Champions Ballroom I  
*Attendees on their own for breakfast.*

### Representative Assembly Meeting Delegate Check-in

Thursday, December 5 | 6:30 – 7:00 pm  
Sheraton | Champions Ballroom

### Representative Assembly Meeting

Thursday, December 5 | 7:00 – 9:00 pm  
Sheraton | Champions Ballroom

## Other Association Business Meetings

### Area Division Officers Meeting

Wednesday, December 4  
5:00 – 6:00 pm  
Sheraton | Yacht Club

### 2020 Convention Kick-Off Meeting

Friday, December 6 | 2:00 – 3:00 pm  
Sheraton | Plaza on the Hill

## Committee Meetings

### Adapted Physical Activity Committee

Thursday, December 5  
11:45 am – 1:00 pm  
Sheraton | Wimbledon

### Advocacy Committee

Friday, December 6 | 8:00 – 9:00 am  
Sheraton | Wimbledon

### Awards Committee

Thursday, December 5 | 1:15 – 2:15 pm  
Sheraton | Masters Boardroom

### College Committee

Thursday, December 5 | 8:00 – 9:00 am  
Sheraton | Masters Boardroom

### Dance Committee

Friday, December 6 | 1:15 – 2:15 pm  
Sheraton | Wimbledon

### Editorial Board

Thursday, December 5 | 2:30 – 3:30 pm  
Sheraton | Masters Boardroom

### Exemplary School Committee

Friday, December 6 | 1:15 – 2:15 pm  
Sheraton | Masters Boardroom

### Finance Committee (*Joint Meeting with Foundation & Trustees*)

Thursday, December 5 | 9:15 – 10:15 am  
Sheraton | Wimbledon

### Foundation (*Joint Meeting with Finance & Trustees*)

Thursday, December 5 | 9:15 – 10:15 am  
Sheraton | Wimbledon

### Future Directions Committee

Friday, December 6 | 8:00 – 9:00 am  
Sheraton | Masters Boardroom

### K-12 Administrators Committee

Thursday, December 5  
10:30 – 11:30 am  
Sheraton | Masters Boardroom

### Health Education Committee

Thursday, December 5 | 2:30 – 3:30 pm  
Sheraton | Wimbledon

### Nominating Committee Chairs & Members Joint Meeting

Friday, December 6 | 9:15 – 10:15 am  
Sheraton | Wimbledon

### Personnel Committee

Thursday, December 5  
10:30 – 11:30 am  
Sheraton | Wimbledon

## Physical Education Committee & Division Officers

Thursday, December 5  
11:45 am – 1:00 pm  
Sheraton | Masters Boardroom

## Recreation Committee & Division Officers

Friday, December 6 | 6:45 – 7:45 am  
Sheraton | Lobby Restaurant  
*Breakfast will be paid for by TAPERD*

### Rules Review Committee

Friday, December 6 | 10:30 – 11:30 am  
Sheraton | Masters Boardroom

### Scholar Committee

Thursday, December 5 | 9:15 – 10:15 am  
Sheraton | Masters Boardroom

### Social Media Committee

Friday, December 6 | 9:15 – 10:15 am  
Sheraton | Masters Boardroom

### Sports Leadership Committee

Friday, December 6 | 10:30 – 11:30 am  
Sheraton | Wimbledon

### Trustees (*Joint Meeting with Finance & Foundation*)

Thursday, December 5 | 9:15 – 10:15 am  
Sheraton | Wimbledon

## Ticketed Meal Functions

### K-12 Administrators Breakfast

*Sponsored by ETR*  
Thursday, December 5 | 8:00 – 10:00 am  
Sheraton | Stanley Cup

### College Student Lunch & Activities

Thursday, December 5 | 11:00 – 1:00 pm  
Sheraton | Plaza on the Hill

### Dance Division Social

Thursday, December 5 | 6:00 – 7:00 pm  
Sheraton – Yacht Club

### Presidents Luncheon

*(By Invitation Only)*  
Friday, December 6 | 11:30 am – 1:00 pm  
Sheraton | Lobby Bar

### Awards Dinner

Friday, December 6 | 7:00 – 9:00 pm  
Sheraton | Champions Ballroom

# CONVENTION PROGRAM DETAILS

## Wednesday, December 4, 2019

All education programming will be held at the Esports Stadium Arlington + Expo Center (formerly known as the Arlington Convention Center) unless otherwise specified. One clock hour equals one CPE hour. Programs longer than one clock hour are designated next to the program description.

**9:30 am – 5:00 pm** *Sheraton Hotel, Champions Ballroom I*

### TAHPERD Board of Directors Meeting

*(Board Members on their own for breakfast)*

**3:00 pm – 8:00 pm**  
**Registration Desk Open**

*Gaming Gallery*

**6:00 pm – 8:00 pm**  
**Meet the Exhibitors**

*Exhibit Hall 1*

Opening Convention Event  
Exhibit Hall Opening!

Don't miss the fun activities & exciting entertainment

## Thursday, December 5, 2019

**7:00 am – 5:00 pm**  
**Registration Desk Open**

*Gaming Gallery*

**7:00 am – 8:00 am**

### RECREATION DIVISION

*Gaming Gallery*

#### OUTDOOR EDUCATION SECTION

*Meet at TAHPERD Registration in Gaming Gallery*

**Presentation:** Walking Around the Ballpark: Texas Rangers Style – *Chris R. Peurifoy*

**Abstract:** Rise and shine for a morning walk around the Ballpark in Arlington.

**Activity:** Audience Participation

### COLLEGE DIVISION

*Exhibit Hall 4*

#### LIFETIME WELLNESS SECTION

**Presentation:** Wake Up with Hatha Yoga – *Graeme E. Cox, 2018 TAHPERD University Physical Educator of the Year*

**Abstract:** Start your day with an easy stretching and Hatha Yoga workout. Attendees need to bring a mat!

**Activity:** Audience Participation

**8:00 am – 4:00 pm**  
**Exhibit Hall Open**

*Exhibit Hall 1*

**8:00 am – 10:00 am**

### GENERAL DIVISION

*Sheraton Hotel, Stanley Cup*

#### K-12 ADMINISTRATORS SECTION

**Presentation:** K-12 Administrators Breakfast & Round Table Discussion – *Kendric M. Smith, Sydne C. Marshall, and Helen M. Wagner*

**Abstract:** Open invitation to all K-12 Administrators, Directors, Coordinators, and Lead Teachers. Walk away with instant Leadership ideas, tools, and strategies. Attendees must purchase tickets in advance to receive the breakfast. Breakfast tickets will not be sold on site.

**Activity:** Audience Participation

**Business:** Section Elections

*Breakfast Sponsored by ETR Associates*

**8:00 am – 9:00 am**

### PHYSICAL EDUCATION DIVISION

*Stadiums 2&3*

#### SPORTS & MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION SECTIONS

**Presentation:** Putting Fun into Fitness – *Xavier L. Sampson*

**Abstract:** This session will incorporate the idea of fun and enjoyment through various activities that are engaging and encouraging for promoting daily physical activity.

**Activity:** Audience Participation

**Business:** Sports Section Elections

### PHYSICAL EDUCATION DIVISION

*Stadium 4*

#### ELEMENTARY, MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION SECTIONS

**Presentation:** Simple Progressions and Activities for Teaching Successful Gymnastics Lessons – *Janet A. Cochran, Caitlin Crane, Julie Hutchens, and Destiny Studer*

**Abstract:** Hands on experience with teaching proper progressions for Gymnastics skills plus activities that allow for safe and correct spotting techniques.

**Activity:** Audience Participation

### EXHIBITOR SHOWCASE

*Exhibit Hall 2*

Toledo PE Supply

**Presentation:** 45K: Teaching Kindergarten for 45 Minutes! – *Dr. Curt Hinson*

**Abstract:** What do you do with dozens of kindergarten students for 45 minutes? This presentation provides you with numerous movement activities to engage all of them.

**Activity:** Audience Participation

### PHYSICAL EDUCATION DIVISION

*Exhibit Hall 3*

#### ELEMENTARY PHYSICAL EDUCATION SECTION

**Presentation:** Educational FUNdamentals – *Michael J. Daleo, Noel Ibarra, and Kevin Blake McLendon*

**Abstract:** An integration of core classroom content in a dynamic physical education setting.

**Activity:** Audience Participation/Performance

## RECREATION & PHYSICAL

### EDUCATION DIVISIONS

*Exhibit Hall 4*

ADVENTURE EDUCATION & ELEMENTARY,  
MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION  
SECTIONS

**Presentation:** Hooked on PE – *Robert M. Brashear, Timothy J. Mueller, Rex A. Peebles, and Scott J. Power*

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

**Activity:** Audience Participation

### RECREATION DIVISION *Sheraton Hotel, Champions* OUTDOOR EDUCATION SECTION *Ballroom*

**Presentation:** Basic ATV/UTV Safety for Kids and Adults – *Adam G. Rodriguez*

**Abstract:** We will discuss the basic ATV/UTV safety information for kids and adults and recommendations for appropriate riding age for particular ATV size.

**Activity:** Audience Participation/Lecture

### DANCE DIVISION *Sheraton Hotel, Hall of Fame* DANCE PEDAGOGY SECTION

**Presentation:** Integrating Literacy into Dance & Spirit Courses – *Jaime Calvillo, Juliana T. Williams, and Hilary C. Rinella, 2018 TAHPERD K-12 Dance Educator of the Year*

**Abstract:** Explore ways to integrate reading, writing, listening and speaking activities into your daily routine.

**Activity:** Audience Participation/Lecture

### COLLEGE & PHYSICAL *Sheraton Hotel, World Series* EDUCATION DIVISIONS

SPORT MANAGEMENT & ADAPTED PHYSICAL  
EDUCATION SECTIONS

**Presentation:** Using a Wheelchair Basketball Tournament to Improve Perceptions of Individuals with Disabilities: A Quantitative Analysis – *Dr. Dean O. Culpepper, Dr. Steve Prewitt, and Dr. Anthony Rosselli*

**Abstract:** This presentation presents the results of a quantitative study examining the ability of a wheelchair basketball tournament to improve perceptions towards individuals with disabilities.

**Activity:** Lecture

### COLLEGE DIVISION *Sheraton Hotel, Triple Crown* STUDENT SECTION

**Presentation:** Using Peer Health Educators to Increase Comfort Level with Sexuality Topics in Pre-Professional Health Students – *Lauren Dorsett and Dr. Rhonda N. Rahn*

**Abstract:** This presentation will demonstrate how peer health educators can be a unique tool to increase comfort with sexuality topics in pre-professional health students.

**Activity:** Lecture

## HEALTH DIVISION

*Sheraton Hotel, Super Bowl*

HEALTH PROFESSIONAL EDUCATION SECTION

**Presentation:** The United States of Opioid Crisis: What We Should Know and What Should We Do – *Dr. Michael E. Sandlin*

**Abstract:** This program will alert participants to the use and abuse of opioids and tips on how to inform students to the seriousness of consuming pain medications.

**Activity:** Audience Participation/Lecture

### RECREATION DIVISION *Crowne Plaza Hotel,* WATER SPORTS SECTION *Indoor Pool*

**Presentation:** Water Fitness Fun for Everyone – Bootcamp Style – *Kerri L. Puhl*

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

**Activity:** Audience Participation

9:15 am – 10:15 am

### PHYSICAL EDUCATION DIVISION *Stadiums 2&3* MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION SECTION

**Presentation:** Strategies and Techniques for Improving Flag Football in Your PE Class – *William D. Ford and Tracy Waters*

**Abstract:** Participants will learn various strategies and techniques on how to implement or improve their flag football instruction during the Physical Education class.

**Activity:** Audience Participation

### PHYSICAL EDUCATION DIVISION *Stadium 4* ELEMENTARY PHYSICAL EDUCATION SECTION

**Presentation:** Come Make PATHWAYS to FUN with Spring Branch ISD!!! – *Anne Daily, Audrey E. Hollmann, and Amber N. Reynolds*

**Abstract:** Come learn exciting warm-ups, games and activities to take back to your gym to make your students smile and want to come back for more!!!

**Activity:** Audience Participation

**Business:** Section Elections

### EXHIBITOR SHOWCASE *Exhibit Hall 2* GOPHER Sport

**Presentation:** READY, SET, ACTION TAKE 2! – *Chris Nichols, 2018 Elementary Physical Education Teacher of the Year*

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

**Activity:** Audience Participation

# CONVENTION PROGRAM DETAILS

## PHYSICAL EDUCATION DIVISION *Exhibit Hall 3*

### EARLY CHILDHOOD EDUCATION SECTION

**Presentation:** Teaming Up for Pre-K Success! – *Dr. Jennifer N. Ahrens, Tiffany E. Lopez, and Marty W. Leonard*

**Abstract:** This active session focuses on preparation of pre-kindergarten students for elementary school by incorporating literacy and numeracy skills in games and activities in the gym.

**Activity:** Audience Participation

**Business:** Section Elections

## GENERAL & PHYSICAL EDUCATION DIVISIONS *Exhibit Hall 4*

### INSTRUCTIONAL TECHNOLOGY SECTION

**Presentation:** Rise of the Machines: Future PE Classroom with Drones – *Dr. Xiaofen Deng Keating and Minjae Kim*

**Abstract:** This presentation provides suggestive ways to use drones in Physical Education class and introduces drone functions for self-assessment strategies.

**Activity:** Audience Participation

## PHYSICAL EDUCATION DIVISION *Sheraton Hotel, Champions Ballroom*

### ADAPTED PHYSICAL EDUCATION, EARLY CHILDHOOD EDUCATION, ELEMENTARY, MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION & SPORTS SECTIONS

**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

## DANCE DIVISION *Sheraton Hotel, Hall of Fame*

### DANCE CULTURAL, SOCIAL & WELLNESS FORMS SECTION

**Presentation:** Moviendo Las Caderas #2 (Moving the Hips) – *Sandra Arreola*

**Abstract:** The class will move between high and low intensity dance moves designed to get your heart rate up. The emphasis will be to move to the music and have fun regardless of your fitness level. There will be easy to follow routines along with some challenging pieces.

**Activity:** Audience Participation

## COLLEGE DIVISION *Sheraton Hotel, World Series*

### 2018 FIRST PLACE PROFESSIONAL RESEARCH WINNER

**Presentation:** New Principles for Functional Training – *Gene B. Power, 2018 First Place Professional Research Winner*

**Abstract:** This presentation will focus on the introduction and application of a new and unique set of movement principles specific to the promotion of functional fitness. By implementing these innovative guidelines, the individual will be better able to achieve positive adaptations in movement competency and physical work capacity in a more authentic, natural manner that is directly related to fundamental human activities. Recommendations for program planning modifications as well as exercise selections will be discussed, with an emphasis on audience feedback, input and involvement.

**Activity:** Audience Participation/Lecture

## GENERAL DIVISION *Sheraton Hotel, Triple Crown*

### DIVERSITY SECTION

**Presentation:** Tap into TAHPERD – Know Before You Go – *Rex A. Peebles*

**Abstract:** An interactive introduction for first time attendees but open to all. Learn to navigate the Convention layout, schedule, Convention app, choose sessions and make new friends.

**Activity:** Audience Participation/Lecture

## HEALTH DIVISION *Sheraton Hotel, Super Bowl*

### HEALTH PROFESSIONAL EDUCATION SECTION

**Presentation:** The Future of Health Education: New Pathways towards Better Understanding – *Dr. Henry H. Ross*

**Abstract:** This presentation will shed light on where health promotion and education are headed in the next 25 years.

**Activity:** Lecture

## RECREATION DIVISION *Sheraton Hotel, Yacht Club*

### LEISURE ACTIVITIES & SPORTS SECTION

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

**Abstract:** Seek an adventure in a new game, to few!! You may want to take your students in an adventure on those Texas rainy days and testing days.

**Activity:** Audience Participation



## RECREATION DIVISION

*Crowne Plaza Hotel,*

### WATER SPORTS SECTION

*Indoor Pool*

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

**Abstract:** Attendees will learn the mechanics of snorkeling. Skills include breath control submerging, equalizing, and clearing safely.

**Activity:** Audience Participation

**10:30 am – 11:30 am**

## PHYSICAL EDUCATION DIVISION

*Stadiums 2&3*

### MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION SECTION

**Presentation:** Incorporating Scottish Highland Games into Your Program – *Dr. Steve Prewitt*

**Abstract:** Come see how to “strengthen” your PE program by infusing a Scottish Highland and Strongman unit into your curriculum.

**Activity:** Audience Participation/Lecture

## PHYSICAL EDUCATION DIVISION

*Stadium 4*

### MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION SECTION

**Presentation:** Fitness Activities to Energize Your Students – *Angela Stark, 2018 SHAPE America® Southern District Middle School Physical Education Teacher of the Year*

**Abstract:** In this active session, be ready to sweat as the 2018 Southern District Middle School Physical Education Teacher of the Year teaches you fitness activities that focus on cardiovascular endurance, flexibility, muscular strength, and muscular endurance while using little or no equipment, that also helps you maximize time your Physical Education class.

**Activity:** Audience Participation

## EXHIBITOR SHOWCASE

*Exhibit Hall 2*

Palos Sports

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

**Abstract:** Fun new teacher created games that focus on movement, strategy, teamwork, and State and National Standards. Great for medium/large class sizes wanting a high activity level.

**Activity:** Audience Participation

## PHYSICAL EDUCATION DIVISION

*Exhibit Hall 3*

### ELEMENTARY PHYSICAL EDUCATION SECTION

**Presentation:** Let’s PLAY! Activities to Get Your Students Thinking and Moving – *Kelly L. Zerby*

**Abstract:** New games – new challenges! We have some for you! Your K-5 students will love the fun!

**Activity:** Audience Participation

## HEALTH DIVISION

*Exhibit Hall 4*

### HEALTH PROMOTION SECTION

**Presentation:** MavFit Taichi: Moving for Better Health and Quality of Life – *Dr. Xiangli Gu, Jie Zhang, and Xiaoxia Zhang*

**Abstract:** This session will introduce Taichi routines and the health benefits. Learning instruction and practice with potential implementation plans in school and community settings will be provided.

**Activity:** Audience Participation/Performance

## EXHIBITOR SHOWCASE

*Sheraton Hotel,*

*USTA Texas*

*Champions Ballroom*

**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

## DANCE DIVISION

*Sheraton Hotel, Hall of Fame*

### DANCE PEDAGOGY SECTION

**Presentation:** Getting Ready for College Dance: How HS Dance Can Support – *Kaysie S. Brown and Juliana T. Williams*

**Abstract:** High School dance educators and college professors will be given the space to share needs and ideals of their programs.

**Activity:** Lecture

## COLLEGE, HEALTH, & PHYSICAL EDUCATION DIVISIONS

*Sheraton Hotel, World Series*

### 2018 TAPERD SCHOLAR

**Presentation:** Scholarship, Students, or Service? YES! –  
*Dr. Sandy K. Kimbrough, 2018 TAPERD Scholar*

**Abstract:** Excellence in research, teaching and professional involvement CAN (not only) coexist, but be complementary!

**Activity:** Lecture

## GENERAL DIVISION

*Sheraton Hotel, Triple Crown*

### ASSESSMENT & EVALUATION SECTION

**Presentation:** All We are is Steps in the Wind – *Dr. Dean O. Culpepper and Dr. Lorraine Killion*

**Abstract:** A look at how steps per minute can help meet your 50% physical activity guidelines and the one-third MVPA guidelines.

**Activity:** Lecture

# CONVENTION PROGRAM DETAILS

## HEALTH DIVISION *Sheraton Hotel, Super Bowl*

HEALTH PROFESSIONAL EDUCATION &  
HEALTH PROMOTION SECTIONS

**Presentation:** Human Trafficking – *Delia L. Thibodeaux*

**Abstract:** This presentation will raise youth and adult awareness of what constitutes human trafficking and exploration. Examples will be provided to help recognize the recruitment tactics and understand vulnerabilities.

Options on where to get help will also be discussed.

**Activity:** Audience Participation

**Business:** Health Professional Education & Health Promotion Section Elections

## RECREATION DIVISION *Sheraton Hotel, Yacht Club*

OUTDOOR EDUCATION SECTION

**Presentation:** Caching our Pathways of Success! – *Luis A.*

*Castillo, Mary Lou Trinidad, and Ytszel Trinidad*

**Abstract:** High-tech scavenger hunt with the involvement of a smart-phone or simply your five senses and teamwork.

One will experience nature in a whole new way with keen eyesight!

**Activity:** Audience Participation

**Business:** Section Elections

## RECREATION DIVISION *Crowne Plaza Hotel,*

WATER SPORTS SECTION *Indoor Pool*

**Presentation:** Noodles & Dumbbells with Rich & Joel –

*Richard H. Almstedt and Dr. Joel A. Bloom*

**Abstract:** Come and enjoy a fabulous aquatic workout! Ideal cardio-strength workout. Perfect for seniors, rehabilitation and special needs populations.

**Activity:** Audience Participation

*Don't Miss These Lunch Time Programs!*

## 11:00 am – 1:00 pm *Sheraton Hotel, Plaza on the Hill*

TAHPERD College Student Lunch & Activities

Food, Games & Student Section Elections

*Attendees must purchase ticket for lunch.*

## 11:45 am – 12:45 pm

## EXHIBITOR SHOWCASE *Sheraton Hotel, Champions*

Texas Beef Council dba Beef Loving Texans *Ballroom*

**Presentation:** MyPlate in Motion – *Amy Foster and Jackie Dobson*

**Abstract:** Participants will learn how to teach MyPlate and basic nutrition through fun games and activities and leave with new ideas on implementing Health into the PE class.

**Activity:** Audience Participation/Lecture

## 1:15 pm – 3:30 pm

(2 hours of CPE)

## RECREATION & PHYSICAL

*Meet in Sheraton*

## EDUCATION DIVISIONS

*Hotel Lobby*

ADVENTURE EDUCATION & MIDDLE & HIGH  
SCHOOL PHYSICAL EDUCATION SECTIONS

**Presentation:** TRoFE Turns 21!!! (TAHPERD Race on Foot Expedition) – *Dr. Sandy K. Kimbrough*

**Abstract:** Think of it as a short “Amazing Race.” Dress comfortably; bring a teammate with a sense of adventure, your phones, a little cash, and a pen. Join the tradition!!! Prizes for 1st place, 2nd place, and more! New this year! VIA!!!

**Activity:** Audience Participation

## 1:15 pm – 2:15 pm

## PHYSICAL EDUCATION &

*Stadiums 2&3*

## AREA DIVISIONS

ELEMENTARY, MIDDLE & HIGH SCHOOL  
PHYSICAL EDUCATION SECTIONS

**Presentation:** Are You a HIIT with Your Kids? – *Mary A.*

*Ball and Chris A. Nichols, 2018 TAHPERD Elementary Physical Education Teacher of the Year*

**Abstract:** Physical Educators looking for a way to rev up the fitness levels of their students will learn how to incorporate HIIT elements into physical education.

**Activity:** Audience Participation

**Business:** All Area Division Section Elections

## EXHIBITOR SHOWCASE

*Exhibit Hall 2*

RampShot

**Presentation:** RampShot – A Fun and Active Twist on Corn Hole! – *Josh Bonventre and Kevin Texeira*

**Abstract:** RampShot is a fun new game where participants play toss and/or catch for points and has been described as a more active and exciting twist on traditional corn hole!

**Activity:** Audience Participation

## PHYSICAL EDUCATION DIVISION

*Exhibit Hall 3*

ELEMENTARY PHYSICAL EDUCATION SECTION

**Presentation:** Mission Possible: How to Keep Quality

Instruction with “Impossible” Situations – *Jennifer R. Ford*

**Abstract:** This session will focus on how to have quality physical education classes in just about any setting, under any circumstances.

**Activity:** Audience Participation

## RECREATION DIVISION

*Exhibit Hall 4*

### LEISURE ACTIVITIES & SPORTS SECTION

**Presentation:** Paracord Bracelet and Keychain Creations –

*Jill R. Cupp, Laurie A. Friesenhahn, and Teresa A. Machu*

**Abstract:** Participants will create their own bracelet or keychain with paracord that is provided by the presenters.

**Activity:** Audience Participation

**Business:** Section Elections

## RECREATION & PHYSICAL EDUCATION DIVISIONS

*Sheraton Hotel, Champions Ballroom*

### WATER SPORTS & ELEMENTARY PHYSICAL EDUCATION SECTIONS

**Presentation:** Who What When Where Why of Water Safety in PE – *Stephanie D. Faulkner, 2018 TAPERD Adapted Physical Education Teacher of the Year*

**Abstract:** Tired of scanning the internet for hours in search of activities, ideas, and lessons on water safety? Come add to your teaching library.

**Activity:** Audience Participation/Lecture

**Business:** Water Sports Section Elections

## DANCE DIVISION

*Sheraton Hotel, Hall of Fame*

### DANCE PEDAGOGY SECTION

**Presentation:** Student Feedback Session – *Andrea Alvarez and Kaysie S. Brown*

**Abstract:** Participants will learn the Liz Lerman Critical Response Process and will be guided through the process in order to provide feedback for student choreography.

**Activity:** Audience Participation/Performance/Lecture

## COLLEGE DIVISION

*Sheraton Hotel, World Series*

### SPORT MANAGEMENT SECTION

**Presentation:** How Generations Can Impact Using Social Media in Recruiting – *Dr. Chet Martin, Dr. Kayla A. Peak, and Billy Jack Ray*

**Abstract:** How to most effectively use social media for recruitment based off of the generational gap between faculty and students.

**Activity:** Lecture

**Business:** Section Elections

## HEALTH & GENERAL DIVISIONS

*Sheraton Hotel, Triple Crown*

### HEALTH PROMOTION &

### INSTRUCTIONAL TECHNOLOGY SECTIONS

**Presentation:** Social Media and Adolescent Obesity – *Dr. Lisa L. Alastuey and Dr. Tara M. Tietjen-Smith*

**Abstract:** This session will address current social media trends and its correlation with adolescent obesity. Pros and cons of social media will be discussed and resources on social media and health for adolescents will be provided.

**Activity:** Lecture

## PHYSICAL EDUCATION DIVISION

*Sheraton Hotel,*

### SPORTS & ELEMENTARY, MIDDLE &

*Super Bowl*

### HIGH SCHOOL PHYSICAL EDUCATION SECTIONS

**Presentation:** It's Time for Change: It's Time for TrueSport!!

– *Dr. Rosanne S. Keathley, Dr. Judy R. Sandlin, and Dr. Michael E. Sandlin*

**Abstract:** It's time to change things for the better in youth sports. This program will discuss transforming youth sport into a life-changing, value-driven, positive experience beyond the playing field.

**Activity:** Lecture

## GENERAL & PHYSICAL EDUCATION DIVISIONS

*Sheraton Hotel, Yacht Club*

### INSTRUCTIONAL TECHNOLOGY SECTION

**Presentation:** Flipping the Practice of Kinesiology: Flipgrid in Physical Education – *Dr. Stacia Miller, Dr. Sandra K. Shawver, and Carrie D. Taylor*

**Abstract:** Presenters will be explaining and demonstrating Flipgrid instructional technology, and will discuss strategies for using it in the Kinesiology setting.

**Activity:** Audience Participation

**2:30 pm – 3:30 pm**

## PHYSICAL EDUCATION DIVISION

*Stadiums 2&3*

### MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION SECTION

**Presentation:** Volleyball for All! No Net, No Tryout, No Standing Around – *Jeffrey A. Colburn and Ashley Phelps*

**Abstract:** Learn fun and unique volleyball games geared towards elementary and middle school students. Interested in spicing up your volleyball unit? Like thinking outside the box? Then this volleyball session is for you!

**Activity:** Audience Participation

**Business:** Section Elections

## EXHIBITOR SHOWCASE

*Exhibit Hall 2*

### Wild Sports

**Presentation:** Fitness Games & Skill Activities with Flying Discs – *Dr. Curt Hinson*

**Abstract:** This presentation offers a variety of games and activities for developing fitness and motor skills using the flying disc game Kan Jam.

**Activity:** Audience Participation

# CONVENTION PROGRAM DETAILS

## PHYSICAL EDUCATION DIVISION *Exhibit Hall 3*

### ELEMENTARY PHYSICAL EDUCATION SECTION

**Presentation:** Benefits of Connecting Vocabulary and Movement Concepts for Children Aged 5-7 – *Dr. Mihae Bae and Sharon Rice*

**Abstract:** This session will introduce vocabulary to describe movement or physical activity to help children aged 5-7 see connections between physical activity and language.

**Activity:** Audience Participation/Performance

## GENERAL DIVISION *Exhibit Hall 4*

### INSTRUCTIONAL TECHNOLOGY SECTION

**Presentation:** Top Tweets to Teach from Twitter – Part 2 – *Kashif S. Aleem and Rex A. Peebles*

**Abstract:** FOLLOW US!!! Presenters will share some popular Twitter tweets of games, activities, and technology ideas that you won't want to wait to use in your classroom.

**Activity:** Audience Participation

## COLLEGE & PHYSICAL EDUCATION DIVISIONS *Sheraton Hotel, Champions Ballroom*

### PROFESSIONAL PREPARATION & ELEMENTARY PHYSICAL EDUCATION SECTIONS

**Presentation:** Chair Exercise: A Lesson in Movement & Memory Drills – *Denise Woodard*

**Abstract:** Need a movement break but no time to stop a lesson? Learn to integrate movement with memory drills.

**Activity:** Audience Participation

**Business:** Professional Preparation Section Elections

## DANCE & PHYSICAL EDUCATION DIVISIONS *Sheraton Hotel, Hall of Fame*

### DANCE AESTHETICS SECTION

**Presentation:** Rap Tap! – *Jaime Calvillo*

**Abstract:** No tap shoes? Never tapped before? No problem! Rhythm tap is for everyone! Learn basic tap fundamentals to the beats of popular hip-hop music.

**Activity:** Audience Participation

## PHYSICAL EDUCATION DIVISION *Sheraton Hotel, World Series* ADPATED PHYSICAL EDUCATION SECTION

**Presentation:** There's a Wheelchair in My Gym. Now What? – *Marisa A. Schuller-Sodders*

**Abstract:** A teacher's toolkit for addressing the needs of students with disabilities, getting them off of the sidelines and into the game.

**Activity:** Audience Participation/Lecture

## COLLEGE DIVISION *Sheraton Hotel, Triple Crown*

### COLLEGE ADMINISTRATORS SECTION

**Presentation:** Steps to Creating a Personal Training Certificate at Community Colleges – *Carolyn M. Mauck and Kristy Urbick*

**Abstract:** This presentation will include the process for developing and implementing a level 1 certificate program at the Community College level.

**Activity:** Lecture

## HEALTH & COLLEGE DIVISIONS *Sheraton Hotel, Super Bowl* HEALTH INSTRUCTIONAL PROGRAM SECTION

**Presentation:** Practices for Improving Emotional & Physical Wellbeing: Benefits of Mindfulness – *Dr. Rosanne S. Keathley, Dr. Judy R. Sandlin, and Dr. Michael E. Sandlin*

**Abstract:** This program will introduce the practice of mindfulness. More specifically, the program will demonstrate how the practice of mindfulness contributes to emotional, physical, and overall wellbeing.

**Activity:** Audience Participation/Lecture

## EXHIBITOR SHOWCASE *Sheraton Hotel, Stanley Cup* Everlast Climbing Industries, Inc.

**Presentation:** Traverse Climbing Wall Activities & Tips – *Kevin Sudeith*

**Abstract:** Discover new ways to use your traverse climbing wall! Learn fun climbing activities, safety protocols and best practices that will enhance your climbing program.

**Activity:** Lecture

## EXHIBITOR SHOWCASE *Sheraton Hotel, Yacht Club* Marathon Kids

**Presentation:** Digital Lap Tracking with Coach Kyle Black – *Kyle W. Black and Stefanie Ediger*

**Abstract:** This presentation will focus MK's new digital lap tracking platform and how Coach Black uses this to give his peers and community real time data on kid's physical activity.

**Activity:** Lecture



3:45 pm – 5:00 pm

## Lynn & Tillie McCraw First General Session Stadium 4

### Opening Performance:

Students from Rockwall ISD  
Under the direction of *Janice Longino & Janice Stenestreet*, Amy Park Elementary School

### Welcome & Recognition of Special Guests:

*Janice Longino*, President  
2019 TAPERD Board of Directors  
2019 Award Recipients  
SHAPE America CEO: *Stephanie Morris*

### Introduction of Keynote Speaker:

*Janice Longino*, President

### Keynote Speaker:

*Baker Harrell*

### Message from TAPERD:

*Rose Haggerty*, Executive Director

### Announcements:

*Barbara Polansky & Linda Gibbons*,  
Convention Co-Managers

### Closing Remarks:

*Janice Longino*, President

### Area Division Door Prize Drawings

(Must be present to win)

## Friday, December 6, 2019

7:00 am – 5:00 pm

Gaming Gallery

Registration Desk Open

8:00 am – 4:00 pm

Exhibit Hall 1

Exhibit Hall Open

8:00 am – 10:00 am (2 hours of CPE)

RECREATION DIVISION *Meet at River Legacy Park*

ADVENTURE EDUCATION SECTION

**Presentation:** Mountain Biking 101 – Learn the Basics,  
Share the Joy – *Warren Fossett, Pete B. Silvius, and Bob Sanderson*

**Abstract:** Come and enjoy a casual mountain bike ride on an entry level off-road trail at the beautiful River Legacy in Arlington. You will learn the basic knowledge and skills necessary to prepare yourself and your students for successful mountain biking as a like-long, recreational activity. River Legacy Park is located at 701 NW Green Oaks Blvd. about 4.5 mile from the Sheraton Arlington Hotel and the Convention Center. The MTB trailhead is accessed via the Green Oaks Blvd. entrance. Once you enter the park, drive approximately .3 miles and take the first left turn. Follow this road approximately .5 miles to the trail head parking lot, which is on the left. A mountain bike, a certified helmet, water, and your adventurous spirit is all that is required. Riders should leave their hotels no later than 7:40 am to arrive at the River Legacy MTB trailhead for the 8:00 am start time.

**Activity:** Audience Participation

8:00 am – 9:00 am

PHYSICAL EDUCATION DIVISION *Stadiums 2&3*

ELEMENTARY PHYSICAL EDUCATION SECTION

**Presentation:** Criss Cross Will Make You JUMP JUMP! –  
*Shannon J. Irwin and Chris A. Nichols, 2018 TAPERD Elementary Physical Education Teacher of the Year*

**Abstract:** Come learn a new jump rope warm-up, Chinese jump rope, partner jumps, and long rope skills.

**Activity:** Audience Participation

EXHIBITOR SHOWCASE

Exhibit Hall 2

Speed Stacks, Inc.

**Presentation:** Experience Speed Stacks-Skillastics: A Group Activity – *Matt Burk*

**Abstract:** This session will feature movement-based lessons from our comprehensive curriculum to include our group activity kit Skillastics.

**Activity:** Audience Participation

6:00 pm – 7:00 pm

**Dance Division Social** *Sheraton Hotel, Yacht Club*  
*Attendees must purchase ticket to attend.*

6:30 pm – 9:00 pm *Sheraton Hotel, Champions Ballroom*  
**Representative Assembly**

6:30 – 7:00 pm: Delegate Check-in

7:00 – 9:00 pm: Representative Assembly

# CONVENTION PROGRAM DETAILS

## PHYSICAL EDUCATION & DANCE DIVISIONS

*Exhibit Hall 3*

### ELEMENTARY PHYSICAL EDUCATION & DANCE PEDAGOGY SECTIONS

**Presentation:** Create a Pathway...Make a 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

## COLLEGE DIVISION

*Exhibit Hall 4*

### LIFETIME WELLNESS SECTION

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

**Abstract:** Join students from the Lee College Kinesiology Club for a fun, vigorous workout using mostly body weight exercises. You're going to sweat, so bring a towel!

**Activity:** Audience Participation

## EXHIBITOR SHOWCASE

*Sheraton Hotel,*

Dairy MAX, Inc.

*Champions Ballroom*

**Presentation:** Think Your Drink: Determining the Best Beverage for Students – *Sandra Castro and Mary Dickson*

**Abstract:** Come find out the science behind hydration and the best beverage choices for post work out nutrition as well as updates for the Fuel Up to Play 60 Program.

**Activity:** Audience Participation/Lecture

## DANCE DIVISION

*Sheraton Hotel, Hall of Fame*

### DANCE PEDAGOGY SECTION

**Presentation:** NEW National Dance Education Standards Align with Dance TEKS – *Gladys M. Keeton*

**Abstract:** In this session, the National Dance Society's NEW National Dance Education Standards will be introduced and information will be shared with attendees regarding the improvements.

**Activity:** Lecture

## PHYSICAL EDUCATION DIVISION

*Sheraton Hotel,*

### ADAPTED PHYSICAL EDUCATION SECTION

*World Series*

**Presentation:** The Power of Inclusive PE and Unified Sports – *Anna Castro and William K. McGinnis*

**Abstract:** Through the power of Unified Sports, we are able to see stereotypes break down and a fully inclusive environment become a reality in our communities.

**Activity:** Audience Participation/Lecture

**Business:** Section Elections

## COLLEGE DIVISION

*Sheraton Hotel, Triple Crown*

### STUDENT SECTION

**Presentation:** Learning the Do and Do Not's of Professional Interviews – *Dr. Dean O. Culpepper, Dr. Quynh Dao Dang, and Dr. Lorraine Killion*

**Abstract:** Students learn what are tips and some tricks to use during interviews to get a head of other interviewers. Students will learn the Do's and Do Not's by practicing mock interviews.

**Activity:** Lecture

## HEALTH DIVISION

*Sheraton Hotel, Super Bowl*

### HEALTH PROMOTION SECTION

**Presentation:** Wellness through Vision Boards & Health Writing Activities Across the Curriculum – *Amparo Denise Rosales and Irene Gallegos*

**Abstract:** In this two-part session, the speakers will share the hour with Denise Rosales discussing how to use Vision Boards as a visual kinesthetic project to learn about the components of health for achieving wellness. In the second half of the session, Irene Gallegos will demonstrate how Health writing activities will help students increase their vocabulary (Bell Ringers), by using daily word of the day, motivation quotes writing activity, and journal writing activity.

**Activity:** Audience Participation/Lecture

## GENERAL DIVISION

*Sheraton Hotel, Stanley Cup*

### K-12 ADMINISTRATORS SECTION

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

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

**Activity:** Lecture

## COLLEGE DIVISION

*Sheraton Hotel, Yacht Club*

### COLLEGE ADMINISTRATORS SECTION

**Presentation:** Hot Topics in Higher Education – *Patricia A. Donaldson, Dr. Melissa S. Evans, and Dr. Judi S. Phillips*

**Abstract:** This session will be an open discussion between college administrators and all faculty regarding current trends and issues facing colleges and universities. All faculty is strongly encouraged to attend.

**Activity:** Audience Participation/Panel Discussion

**Business:** Section Elections

**9:00 am – 12:00 pm****COLLEGE DIVISION***Sheraton Hotel,***RESEARCH SECTION***Champions Ballroom Foyer***Poster Presentations:** 9:00 am – 12:00 pm**Presider:** *Dr. Xiangli Gu* – Research Section Chair**Poster Judging & Viewing:** 9:00 am – 11:00 am**Continued Poster Viewing:** 11:00 am – 12:00 pm**Business:** Section Elections**Announcement of Poster Winners &****Election Results:** 11:00 am

The lead authors of the following Poster Presentations will be available to answer questions from 9:00 – 11:00 am.

Poster numbers listed by the titles designate the lead author's classification: UG = Undergraduate, G = Graduate, and P = Professional. Abstracts are listed alphabetically by lead author's last name in each classification.

**UG 1 Comparison of Heart Rate Intensity in Practice, Conditioning, and Games in NCAA Division I Basketball Players.**

By *Courtney D Elliott, James R. Hutson, Casey L. Pederson, and Dr. Dustin P. Joubert*, Stephen F. Austin State University.

**UG 2 Impact of Heart Rate Intensity on Shooting Accuracy during Games in NCAA Division I Women Basketball Players.**

By *James R. Hutson, Casey L. Pederson, Courtney D Elliott, and Dr. Dustin P. Joubert*, Stephen F. Austin State University.

**UG 3 The Relationship between Objective and Subjective Markers of Training Stress in NCAA Division I Collegiate Basketball Players.**

By *Casey L. Pederson, Courtney D Elliott, James R. Hutson, and Dr. Dustin P. Joubert*, Stephen F. Austin State University.

**UG 4 Associations Between Fundamental Motor Skills and Academic Behavior in Early Childhood.**

By *Alina Shrestha, Britton Woolsey, Xiaoxia Zhang, and Dr. Xiangli Gu*, The University of Texas – Austin.

**G 5 Health-Related Fitness Self-Testing in College Students.**

By *Xiaolu Liu, Dr. Xiaofen Keating, Brooke Doherty*, The University of Texas – Austin; and *Yijuan Lu*, Zhejiang University – Zhejiang, China.

**G 6 Strategies in Improving Youth Physical Fitness in Japan—Comprehensive Intervention Strategies Based on Family, School and Community.**

By *Yijuan Lu, Kehong Yu*, Zhejiang University – Zhejiang, China; and *Xiaolu Liu*, The University of Texas – Austin.

**G 7 Assessing the Neuropsychological Cognitive Function among Preschoolers: A Pilot Study.** By *Britton Woolsey, Xiaoxia Zhang, and Dr. Xiangli Gu*, The University of Texas – Austin.

**P 8 Comparison of Teen Birth Rates to Median Income, Total Birth Rates, and Various Federal Funding Initiatives Between the Years 2012-2018 of Texas.**

By *Ashlee J. Burt and Dr. Daniel J. Burt*, Texas A&M University – Kingsville.

**P 9 Physical Education Teacher Education Student Beliefs Concerning Appropriate Practices: A Qualitative Approach.**

By *Dr. Liana Davis*, Texas A&M University – Corpus Christi; and *Dr. David Barney*, Brigham Young University – Provo, Utah.

**P 10 Middle School Students' Intrinsic Motivation in Team Sports.**

By *Minhyun Kim and Dr. Jose A. Santiago*, Sam Houston State University.

**P 11 Implementing Service Learning Components into the Undergraduate Adapted Physical Education Course.**

By *Dr. Eun Hye Kwon*, Texas A&M University – San Antonio.

**P 12 Awareness of Fat Soluble Vitamins Toxicity and Its Consumption Pattern among Medical Students.**

By *Dr. Manish Mishra*, Trinity Medical Science University – St. Vincent and the Grenadines, West Indies.

**P 13 Movement Screening and Mobility Training in Community College Students.**

By *Kristy Urbick and Gene Power*, Del Mar College; *Shelby Greene and Dr. James Eldridge*, University of Texas at the Permian Basin; and *Dr. Tinker D. Murray*, Texas State University.

**9:15 am – 10:15 am****PHYSICAL EDUCATION DIVISION** *Stadiums 2&3***ELEMENTARY PHYSICAL EDUCATION SECTION**

**Presentation:** Tips & Tricks: Strategies for Quality PE – *Tracey J. Ely and Jason M. Schafer*

**Abstract:** Great teaching isn't a coincidence. Learn techniques for planning quality PE and effective instruction. This session is great for new teachers and emerging professionals!

**Activity:** Audience Participation

# CONVENTION PROGRAM DETAILS

## EXHIBITOR SHOWCASE

*Exhibit Hall 2*

Omikin, Inc.

**Presentation:** Omnikin Six Balls for Fitness and Fun –  
*Mechelle Nichols*

**Abstract:** Six 18" light-weight, colored balls used for team building, fitness games, and color-team challenges. Attendees will learn how these games promote maximum participation.

**Activity:** Audience Participation

## PHYSICAL EDUCATION DIVISION

*Exhibit Hall 3*

ELEMENTARY, MIDDLE & HIGH SCHOOL  
PHYSICAL EDUCATION SECTIONS

**Presentation:** Join a Rhythm Nation! – *Lisa M. Gregoriew and Juli M. Krepps*

**Abstract:** Come join us for an energy-packed session, getting you moving to music and ready to make your classes part of a Rhythm Nation!

**Activity:** Audience Participation

## PHYSICAL EDUCATION DIVISION

*Exhibit Hall 4*

ELEMENTARY PHYSICAL EDUCATION SECTION

**Presentation:** Cross-Curricular Cubed: Health, ELA and Math in Elementary PE – *Heather Isler*

**Abstract:** Physical Educators ACTIVATE the bodies of students through movement to EDUCATE their minds. Literacy and math are incorporated into Health activities while maintaining maximum participation.

**Activity:** Audience Participation

## EXHIBITOR SHOWCASE

*Sheraton Hotel,*

Interactive Health Technologies

*Champions Ballroom*

**Presentation:** Activities that Matter and the Data to Prove It! – *Bob Knipe and Jennifer Ohlson*

**Abstract:** Evidence-based strategies can increase Moderate to Vigorous Physical Activity in PE classes. Learn how IHT's Spirit System can yield more activity for your students.

**Activity:** Audience Participation/Lecture

## DANCE DIVISION

*Sheraton Hotel, Hall of Fame*

DANCE PEDAGOGY SECTION

**Presentation:** Dance Education, Dance in Education, Education through Dance – *Maria A. Bravo*

**Abstract:** A discussion and sample exercises about the three topics. Come dressed to have fun, and discover another fabulous way in which dance can enrich us all.

**Activity:** Audience Participation

## COLLEGE DIVISION

*Sheraton Hotel, Triple Crown*

PROFESSIONAL PREPARATION SECTION

**Presentation:** Rules of the House – Musings of a 43 Year Teaching Veteran – *Dr. Wendell C. Sadler*

**Abstract:** The speaker will reflect on his teaching and coaching career, plus how the iGeneration contrasts with millennial students.

**Activity:** Lecture

## HEALTH DIVISION

*Sheraton Hotel, Super Bowl*

COMMUNITY HEALTH EDUCATION & HEALTH  
INSTRUCTIONAL PROGRAM SECTIONS

**Presentation:** Let's Have Fun in Health Class Today –  
*Melanie Lynch and Melissa H. Munsell*

**Abstract:** Interactive skills-based health education is a crucial part of any fun and effective health class. This session will provide participants with lessons and activities that will facilitate them to effectively create an energized health class appropriate for all students.

**Activity:** Audience Participation/Lecture

**Business:** Community Health Education & Health  
Instructional Program Section Elections

## GENERAL & HEALTH DIVISIONS

*Sheraton Hotel,*

DIVERSITY & COMMUNITY

*Stanley Cup*

HEALTH EDUCATION SECTIONS

**Presentation:** Inclusive Language and HIV in the  
Transgender Community – *Ashley Innes*

**Abstract:** This presentation will increase participants cultural humility as it relates to the LGBTQ populations. They will learn inclusive language and practices to better meet the needs of the community. It will also provide information on the disproportionate impact of HIV on the Transgender community.

**Activity:** Audience Participation/Lecture

## COLLEGE DIVISION

*Sheraton Hotel, Yacht Club*

COLLEGE ADMINISTRATORS SECTION

**Presentation:** THECB ACGM & Kinesiology FOS Updates – *Carolyn M. Mauck*

**Abstract:** The status of the revised Academic Course Guide Manual will be shared with TAHPERD College Administrators and faculty members from both 2 year and 4 year institutions. The process and procedures governing discipline related ACGM revisions as implemented by the Texas Higher Education Coordinating Board with be shared.

**Activity:** Lecture



**RECREATION DIVISION***Crowne Plaza Hotel,***WATER SPORTS SECTION***Indoor Pool*

**Presentation:** Water Games: Reclaim the Fame – *Denise Woodard*

**Abstract:** Reclaim water fun and fame with water games sure to challenge your fitness level and laughter endurance. I dare you to not smile!

**Activity:** Audience Participation

**10:30 am – 11:30 am**

**PHYSICAL EDUCATION DIVISION***Stadiums 2&3***EARLY CHILDHOOD EDUCATION SECTION**

**Presentation:** DC Cannon Elementary Showcase of Stars! – *Sandy J. Dickerson, Wendy L. Harsin, and Selina Hemphill*

**Abstract:** Come see our Kindergarten and 1st Grade students perform routines with hoops, rings, parachute, shakers, and more!

**Activity:** Performance

**EXHIBITOR SHOWCASE***Exhibit Hall 2*

DrumFIT (USA) Corp

**Presentation:** Exploring the Integrated SEL Concepts in Your Cardio Drumming Program – *Danielle Sherbo*

**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 DIVISION***Exhibit Hall 3***ELEMENTARY PHYSICAL EDUCATION SECTION**

**Presentation:** No Budget, No Space, NO PROBLEM! – *Sean W. Lockridge, Jessica J. Risien, and Pamela D. Straker*

**Abstract:** Come join Texas State Alumni as they present games and activities that require little space, little equipment, and a little budget!

**Activity:** Audience Participation

**COLLEGE DIVISION***Exhibit Hall 4***LIFETIME WELLNESS SECTION**

**Presentation:** VinZen: Mindful Yoga for any Age and Skill – *Stacey H. Bender*

**Abstract:** Come participate in a VinZen Yoga session! Half the session will be a nice Vinyas Flow, with the other half concentrating on relaxation, breathing and mindfulness techniques.

**Activity:** Audience Participation

**Business:** Section Elections

**EXHIBITOR SHOWCASE***Sheraton Hotel,*

Special Olympics Texas

*Champions Ballroom*

**Presentation:** Learn, Practice, Play-UNIFIED, Inclusive Physical Education – *Dalton Hill*

**Abstract:** This presentation will show how to break down traditional barriers that keep people apart, by opening hearts and minds through the aspect of inclusion in Physical Education.

**Activity:** Audience Participation/Performance/Lecture

**DANCE DIVISION***Sheraton Hotel, Hall of Fame***DANCE PEDAGOGY SECTION**

**Presentation:** Jazz It Up! – *Hilary C. Rinella, 2018 TAHPERD K-12 Dance Educator of the Year*

**Abstract:** Participants will get to learn a jazz dance warm-up, across the floor technique and a center combination.

**Activity:** Audience Participation

**RECREATION DIVISION***Sheraton Hotel, Triple Crown***ADVENTURE EDUCATION SECTION**

**Presentation:** Should You Get High in Colorado? – *Dr. Judy R. Sandlin and Dr. Michael E. Sandlin*

**Abstract:** This program will alert participants to the risk of high altitude exercise and strategies in preventing mountain sickness.

**Activity:** Audience Participation/Lecture

**Business:** Section Elections

**HEALTH DIVISION***Sheraton Hotel, Super Bowl***HEALTH INSTRUCTIONAL PROGRAM SECTION**

**Presentation:** Blazing New Pathways to Skills-Based Health Education! – *Melanie Lynch and Melissa H. Munsell*

**Abstract:** This session will give you the roads, trails, and streams of implementing and creating "New Pathways" to skills-based health within your classroom instruction.

**Activity:** Lecture

**GENERAL DIVISION***Sheraton Hotel, Stanley Cup***DIVERSITY, ASSESSMENT & EVALUATION, & INSTRUCTIONAL TECHNOLOGY SECTIONS**

**Presentation:** Foster Care – Dispelling Myths, Understanding Statistics, and Building Relationships – *Morgan Miles*

**Abstract:** Understanding vulnerabilities of students with CPS involvement can lead to improved outcomes and easier classrooms.

**Activity:** Lecture

**Business:** Diversity, Assessment & Evaluation, & Instructional Technology Section Elections

# CONVENTION PROGRAM DETAILS

## PHYSICAL DIVISION *Sheraton Hotel, Yacht Club*

### ADAPTED PHYSICAL EDUCATION SECTION

**Presentation:** "I Can Do It!" in Partners PE – *Justin A. McCullick*

**Abstract:** The I Can Do It! program is designed to encourage children with disabilities to adopt healthy exercise and eating habits through an inclusive and integrated approach that emphasizes the use of mentoring, goal setting, and recognition. Attendees will learn about the I Can Do It! program and how the program can be implemented within an existing Partners PE class.

**Activity:** Audience Participation/Lecture

## RECREATION DIVISION *Crowne Plaza Hotel,*

### WATER SPORTS SECTION *Indoor Pool*

**Presentation:** Liquid Awesome – *Denise Woodard*

**Abstract:** Learn to "Own Your Awesomeness" in the water. Explore how to get a fun, great workout for any fitness or mobility level.

**Activity:** Audience Participation

**11:30 am – 1:00 pm** (1.5 hours of CPE)

## DANCE DIVISION *Stadium 4*

### DANCE PERFORMANCE SECTION

**Presentation:** Kaleidoscope Concert – Coordinated by *Andrea Alvarez, Dance Performance Section Chair*

**Abstract:** A dance concert featuring performances by various elementary, secondary, and college students of TAPERD members.

**Activity:** Performance

**Business:** All Dance Division Section Elections

**11:30 am – 1:00 pm**

**Presidents Luncheon** *Sheraton Hotel, Lobby Bar*  
(By Invitation Only)

**1:15 pm – 2:15 pm**

## PHYSICAL EDUCATION DIVISION *Stadiums 2&3*

### MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION SECTION

**Presentation:** How to Structure Class to Maximize MVPA in PE Class – *Angela Stark, 2018 SHAPE America® Southern District Middle School Physical Education Teacher of the Year*

**Abstract:** In this fast paced session, the 2018 Southern District Middle School Physical Education Teacher of the Year will present on how to structure your classroom using a 4 part lesson, which includes a warm-up, fitness, lesson, and game.

**Activity:** Audience Participation

## DANCE DIVISION

*Stadium 4*

### DANCE PEDAGOGY SECTION

**Presentation:** Rhythm Tap: Preservation Innovation – *Stan Bobo*

**Abstract:** This session will focus on preserving historical tap dance by exploring the work of well-known rhythm tappers Steve Condos and/or Honi Coles. After a brief warm up, extended choreographed sequences will be introduced and practiced.

**Activity:** Audience Participation

## EXHIBITOR SHOWCASE

*Exhibit Hall 2*

Tchoukball, Inc.

**Presentation:** Discover Tchoukball!! – *Todd Keating*

**Abstract:** The growing number of injuries in team sports was the inspiration for the invention of Tchoukball. Attendees will discover why Tchoukball is the safest competitive team sport in PE today!

**Activity:** Audience Participation

## PHYSICAL EDUCATION DIVISION *Exhibit Hall 3*

### EARLY CHILDHOOD EDUCATION, ELEMENTARY, MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION SECTIONS

**Presentation:** Creating New Pathways through Cross-Curricular Activities – *Paula M. Ceaser, Eleanor A. Crocker, Cara M. Grossman, and Nora P. Ryan*

**Abstract:** Come join us and create new pathways for your students using various materials in cross-curricular activities for all levels and abilities.

**Activity:** Audience Participation

## RECREATION DIVISION

*Exhibit Hall 4*

### LEISURE ACTIVITIES & SPORTS SECTION

**Presentation:** Dance Like an Aztec and with Easy to Make Ankle-Shakers! – *Dinah A. Rodriguez*

**Abstract:** Have fun learning how to create Aztec-dancing costumes to enhance the dance. Learn basic Aztec dance steps to the beat of drums and ankle shakers.

**Activity:** Audience Participation

## EXHIBITOR SHOWCASE

*Sheraton Hotel,*

IT'S TIME TEXAS

*Champions Ballroom*

**Presentation:** Generation Healthier Texas: Partnership Between TAPERD & IT'S TIME TEXAS – *Joycelyn Jurado*

**Abstract:** In this session, attendees will learn about the collective cause to raise the healthiest generation in Texas' history. GHT will empower all Texas students to become health champions for their families, schools, and communities.

**Activity:** Audience Participation/Lecture/Panel Discussion

**DANCE DIVISION** *Sheraton Hotel, Hall of Fame***DANCE AESTHETICS SECTION**

**Presentation:** Kaleidoscope Feedback Session – Facilitated by *Jaime Calvillo, Dance Aesthetics Chair*

**Abstract:** A panel of three adjudicators will provide the choreographers and Kaleidoscope performers productive feedback for all those attending the session.

**Activity:** Audience Participation/Panel Discussion

**EXHIBITOR SHOWCASE** *Sheraton Hotel, World Series*

Goodheart-Willcox Publisher

**Presentation:** 10 Ways to Motivate & Activate Learning in Health Class – *Mary McCarley*

**Abstract:** Join Mary McCarley, 2016 SHAPE America® TOY and Goodheart-Wilcox Health Education Content Specialist, as she shares activities and assessments to motivate Middle School and High School students.

**Activity:** Lecture

**COLLEGE DIVISION** *Sheraton Hotel, Triple Crown***STUDENT SECTION**

**Presentation:** Substance Abuse View from a Current College Student – *Dr. Quynh Dao Dang, Alexandria Hanson*

**Abstract:** In this session, a college student will share her perspective of substance abuse on a college campus.

**Activity:** Lecture

**HEALTH DIVISION** *Sheraton Hotel, Super Bowl***HEALTH INSTRUCTIONAL PROGRAM SECTION**

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

**Abstract:** In this session, attendees will learn about CATCH My Breath and how this free program is helping middle and high schools in Texas, and nationwide, prevent youth e-cigarette use.

**Activity:** Audience Participation/Lecture

**HEALTH DIVISION** *Sheraton Hotel, Stanley Cup***HEALTH INSTRUCTIONAL PROGRAM SECTION**

**Presentation:** Parenting and Paternity Awareness (p.a.p.a.) Program – *Hope Ott*

**Abstract:** Raise awareness of the required compliance of HB 2176 codified in Texas Education Code §28.002(p) to incorporate the free Parenting and Paternity Awareness (p.a.p.a.) curriculum in health class.

**Activity:** Audience Participation/Lecture

**GENERAL DIVISION***Sheraton Hotel, Yacht Club***DIVERSITY SECTION**

**Presentation:** Teen Parenting and Incorporating Age Appropriate Sexual Health – *Morgan Miles*

**Abstract:** Sexual health education doesn't have to be scary or intimidating, and teen pregnancy doesn't have to be the end of a student's life.

**Activity:** Audience Participation/Lecture

**2:00 pm – 3:00 pm**

**2020 TAPERD Convention***Sheraton Hotel,***Kick-Off Meeting***Plaza on the Hill*

**Presentation:** All 2019 and 2020 Division Officers, Section Chairs, and newly 2021 elected Division Officers and Section Chairs are invited and encouraged to attend this initial kick-off meeting for the 2020 TAPERD Annual Convention to be held December 2 – 5 in Corpus Christi, Texas. The 2020 TAPERD President, Dr. Odies Wright, will introduce the 2020 TAPERD Officers. Program planning selection procedures will be discussed along with time for questions and answers from TAPERD Office Staff.

**Activity:** Audience Participation

**2:30 pm – 3:30 pm**

**PHYSICAL EDUCATION DIVISION** *Stadiums 2&3***ELEMENTARY PHYSICAL EDUCATION SECTION**

**Presentation:** Think Outside the Envelope and Push the Box – *Loretta Bifarella, 2018 SHAPE America® Eastern District Elementary Physical Education Teacher of the Year*

**Abstract:** Be ready to broaden your perspective! This session will highlight different activities, technology and academic integrations that can easily be duplicated in your own class.

**Activity:** Audience Participation

**EXHIBITOR SHOWCASE***Exhibit Hall 2*

US Games

**Presentation:** Developing “Relationship Skills” and Other Components of SEL (Social/Emotional Learning) in #Physed – *John Jones*

**Abstract:** Do you know who you really teach? Kids are not born with the skills on how to build relationships with other kids as it is a smart phone world and they do not have too. Kids have high expectations for FUN and this session will be just that. Come learn one of the components of Social/Emotional Learning which will focus on how to help your students build “Relationship Skills” and the skill of acknowledging others for their success.

**Activity:** Audience Participation

# CONVENTION PROGRAM DETAILS

## PHYSICAL EDUCATION DIVISION *Exhibit Hall 3*

### ELEMENTARY PHYSICAL EDUCATION SECTION

**Presentation:** Snack Attack: InstaFun while Keeping the Grey Away – *Renee N. Bonin, Robert M. Brashear, Michael N. Hertlein, and Erik W. Woods*

**Abstract:** Join us and learn some exciting instant activities and classroom management strategies for your gym!

**Activity:** Audience Participation

## EXHIBITOR SHOWCASE *Exhibit Hall 4*

### EDGE Disc Golf

**Presentation:** Disc Golf and Other Small Sided Disc Games – *Des Reading and Jay Reading*

**Abstract:** During this activity based presentation, attendees will learn from Disc Golf Hall of Fame members about Disc Golf, Disc LaCrosse and EDGEbee small sided games.

**Activity:** Audience Participation

## HEALTH DIVISION *Sheraton Hotel, Champions Ballroom*

### HEALTH INSTRUCTIONAL PROGRAM SECTION

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

**Abstract:** Instructional activities that can be quickly integrated into the classroom with minimal resources.

**Activity:** Audience Participation/Lecture

## DANCE DIVISION *Sheraton Hotel, Hall of Fame*

### ALL DANCE SECTIONS

**Presentation:** Master Class presented by Invited Dance Division Featured Artist

**Activity:** Audience Participation

## COLLEGE DIVISION *Sheraton, World Series*

### SPORT MANAGEMENT SECTION

**Presentation:** Sport Management Program Recruitment Strategies: A Multi-level Approach – *Dr. Demetrius W. Pearson*

**Abstract:** This presentation highlights successful strategies employed to acquaint physical activity professionals and students with graduate sport management education via alumni, conventional, and innovative recruitment techniques.

**Activity:** Audience Participation/Lecture

## HEALTH DIVISION *Sheraton Hotel, Stanley Cup*

### HEALTH PROMOTION SECTION

**Presentation:** Perseverance = Health School Environment Success – *Terri L. Pitts*

**Abstract:** Colonial Hills is a Title I school (87% low income.) We are a Gold Status School by Healthier Generations. How did this happen?

**Activity:** Lecture

## PHYSICAL EDUCATION *Sheraton Hotel, Yacht Club*

### & GENERAL DIVISIONS

### MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION & INSTRUCTIONAL TECHNOLOGY SECTIONS

**Presentation:** Using Technology-based Self-testing Methods to Evaluate Student Health-related Fitness – *Dr. Xiaofen Deng Keating, Xiaolu Liu, and Rachyl Stephenson*

**Abstract:** Addressing the problematic issues existing in the current youth fitness testing by using emerging technologies can be a possible way to enhance the role of fitness testing in physical education.

**Activity:** Audience Participation

3:45 pm – 5:00 pm

## Second General Session

### *Stadium 4*

#### Opening Performance:

Students from Dallas ISD  
Under the direction of *Juliana Williams*,  
WT White High School

#### Welcome & Introduction:

*Janice Longino*, President

#### Necrology Report:

*Pete Silvius*, Past President

#### Special Guests:

Recognize TAHPERD Past Presidents  
Greetings from SHAPE America

#### TAHPERD Exemplary School Recognition

#### Keynote Speaker:

*Catherine Sanderson*

#### Announcements:

*Barbara Polansky & Linda Gibbons*,  
Convention Co-Managers

#### Closing Remarks:

*Janice Longino*, President

#### Area Division Door Prize Drawings

*(Must be present to win)*



**7:00 pm – 9:00 pm**

**Awards Dinner** *Sheraton Hotel, Champions Ballroom*  
Attendees must have seating ticket to attend.

**8:00 pm – 11:30 pm**

**TAHPERD Social**

*Esports Stadium Arlington + Expo Center – Stadiums 2&3*  
Casino Night, DJ & Dancing

## Saturday, December 7, 2019

**7:00 am – 12:00 pm**

**Registration Desk Open**

*Gaming Gallery*

**8:00 am – 10:00 am** (2 hours of CPE)

**RECREATION DIVISION** *Meet at River Legacy Park*  
**OUTDOOR EDUCATION SECTION**

**Presentation:** Tour De TAHPERD – *Ernesto Celaya*

**Abstract:** Bring your bike, helmet, and water and join the Tour de TAHPERD. Enjoy a beautiful ride along the river in Arlington beginning at River Legacy Park on Rose Brown May Pkwy and follow the West Fork Trinity River on a paved trail. No experience needed other than the ability to ride a bike! Certified Helmet Required. The ride will take place weather permitting. Riders should leave their hotels no later than 7:40 am to arrive at River Legacy Park for an 8:00 am start time.

**Activity:** Audience Participation

**8:00 am – 11:30 am** (3 hour Session)

**PHYSICAL EDUCATION DIVISION** *Sheraton Hotel,*  
**ADAPTED PHYSICAL EDUCATION** *Yacht Club*  
**SECTION**

**Presentation:** Adapted Physical Education National Standards Exam (APENS)

**Abstract:** APENS Exam for individuals seeking certification as an Adapted Physical Educator. Attendees may register on-site from 8:00 – 8:20 am. Exam begins at 8:30 am. (See article on page 14 for more details.)

**Activity:** Test

**Proctor:** Dr. Deborah J. Buswell

**8:00 am – 9:00 am**

**PHYSICAL EDUCATION DIVISION** *Stadiums 2&3*  
**ELEMENTARY PHYSICAL EDUCATION SECTION**

**Presentation:** Rockin' in the Gym – *Benjamin T. Pirillo*

**Abstract:** Are you looking for fun engaging activities your students will enjoy? Come join me as I lead you through kid tested teacher approved activities.

**Activity:** Audience Participation

**PHYSICAL EDUCATION DIVISION** *Exhibit Hall 2*

**MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION SECTION**

**Presentation:** Engaging and Energizing Students with Cooperative Activities – *Cedric C. Cofer and Keith A. Garcia*

**Abstract:** This presentation highlights several successful cooperative learning activities that engage and energize all students.

**Activity:** Audience Participation

**PHYSICAL EDUCATION DIVISION** *Exhibit Hall 3*

**ELEMENTARY PHYSICAL EDUCATION SECTION**

**Presentation:** ACTIVE-ate Coordinated School Health in Your Gym! – *Jacqueline M. Caver, Amber B. Macneish, and Timothy P. Miller*

**Abstract:** Play and learn with Pasadena ISD as we share our favorite PE activities and games that support Coordinated School Health.

**Activity:** Audience Participation

**PHYSICAL EDUCATION DIVISION** *Exhibit Hall 4*

**ELEMENTARY PHYSICAL EDUCATION SECTION**

**Presentation:** Say Yes to Impress: SEL & Cross-Curriculum in the Elementary Gym – *Heather Isler*

**Abstract:** Educators will leave this session with a surge of inspiration and motivation after participating in activities that merge PE, cross-curricular concepts and social-emotional skills.

**Activity:** Audience Participation

**RECREATION DIVISION** *Sheraton Hotel, Hall of Fame*

**LEISURE ACTIVITIES & SPORTS SECTION**

**Presentation:** Come and Learn Yi Jin Jing Qigong for Healthy Tendons and Muscles! – *Dinah A. Rodriguez*

**Abstract:** Learn the classical Yi Jin Jing form to strengthen muscles and tendons. Practicing this form will enhance strength, flexibility, balance, and coordination. Qigong exercises are a fun way to release stress and improve overall health.

**Activity:** Audience Participation

**COLLEGE DIVISION** *Sheraton Hotel, World Series*

**PROFESSIONAL PREPARATION SECTION**

**Presentation:** Becoming and Staying a Collegiate Golfer – *Dr. Quynh Dao Dang and Matt Ward*

**Abstract:** College Coach will inform the audience on how to become a college athlete. University Professor will teach how to stay a student athlete.

**Activity:** Lecture

# CONVENTION PROGRAM DETAILS

## HEALTH DIVISION *Sheraton Hotel, Super Bowl*

### HEALTH INSTRUCTIONAL PROGRAM & COMMUNITY HEALTH EDUCATION SECTIONS

**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 our nation’s youth.

**Activity:** Lecture

**9:15 am – 10:15 am**

## PHYSICAL EDUCATION DIVISION *Stadiums 2&3*

### ELEMENTARY PHYSICAL EDUCATION SECTION

**Presentation:** Give Me 5 – *Loretta Bifarella, 2018 SHAPE America® Eastern District Elementary Physical Educator of the Year*

**Abstract:** “3-2-1 BEEP!” Come join the daily MVPA functional fitness warm up trends taking place at Attica Elementary school inspired by Crossfit Kids.

**Activity:** Audience Participation

## PHYSICAL EDUCATION & GENERAL DIVISIONS *Exhibit Hall 2*

### ELEMENTARY PHYSICAL EDUCATION & INSTRUCTIONAL TECHNOLOGY SECTIONS

**Presentation:** New Pathways to Student Learning in PE, Arlington ISD Style! – *Jeremy R. Parks, Leslie D. Robinson-Fisher, and Jennifer A. Short*

**Abstract:** This session will provide PE activities for increased student engagement, and self-assessment, behavior management, curriculum and technology integration, gamified lesson content and more.

**Activity:** Audience Participation

## PHYSICAL EDUCATION DIVISION *Exhibit Hall 3*

### ELEMENTARY PHYSICAL EDUCATION SECTION

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

**Abstract:** The speaker will share fun and innovative ideas to maximize participation for any size group and budget.

**Activity:** Audience Participation

## PHYSICAL EDUCATION DIVISION *Exhibit Hall 4*

### ELEMENTARY PHYSICAL EDUCATION SECTION

**Presentation:** Cross Curricular PE, ELA, and Math Games for Your Elementary Program – *Kelly L. Zerby*

**Abstract:** We have some fun language arts and math activities to add to your PE program. Simple and effective and fun! Come down and play with us!

**Activity:** Audience Participation

## PHYSICAL EDUCATION & DANCE DIVISIONS *Sheraton Hotel, Hall of Fame*

### ELEMENTARY, MIDDLE & HIGH SCHOOL PHYSICAL EDUCATION & DANCE CULTURAL, SOCIAL & WELLNESS FORMS SECTIONS

**Presentation:** Dancing with the Stars: Let’s Make Dance Social Again – *Gladys M. Keeton*

**Abstract:** Basic footwork, rhythm patters, etiquette partner progressions, and creative approaches for the waltz, fox trot, and several Latin dances to make dance social again.

**Activity:** Audience Participation

## COLLEGE DIVISION *Sheraton Hotel, World Series*

### SPORT MANAGEMENT SECTION

**Presentation:** Sport Management Perspectives at the 2018 NCAA DIII Football National Championship – *Dr. Michael Douglas Kerr*

**Abstract:** This program offers an intriguing, behind-the-scenes examination of facility and event management concepts at the 2018 NCAA DII Football National Championship in Shenandoah, Texas.

**Activity:** Lecture

**10:30 am – 12:00 pm**

## Third General Session *Stadium 4*

### Opening Performance:

TAHPERD Student Members

Under the direction of *Sandy Kimbrough*,  
Texas A&M University-Commerce

**Welcome & Introduction:** *Janice Longino*, President

**Keynote Speaker:** *Jamie Sparks*

**Announcements:** *Barbara Polansky & Linda Gibbons*,  
Convention Co-Managers

**Presentation to “From the Heart of TAHPERD”  
to Safe Haven**

**Convention Co-Managers Recognize**

**Committee Chairs:**

*Barbara Polansky & Linda Gibbons*

**Passing the Mantel of Leadership:**

*Janice Longino to Odies Wright*

**Presentation of the Past President’s Key:**

*Pete Silvius to Janice Longino*

**Introduction of Newly Elected Officers:**

*Odies Wright, President*

**Closing Remarks:** *Odies Wright, President*

**Area Division Door Prize Drawings**

*(Must be present to win)*

# Announcing TAHPERD's Own Fundraiser!



Texas MOVES is a collaborative partnership between TAHPERD and all local educators and administrators. The goal is to encourage and promote movement in the community, support local non-profit organizations whose goals align with TAHPERD's mission, and benefit local and state educational programs.

**Launching October 2019!**



are proud sponsors of



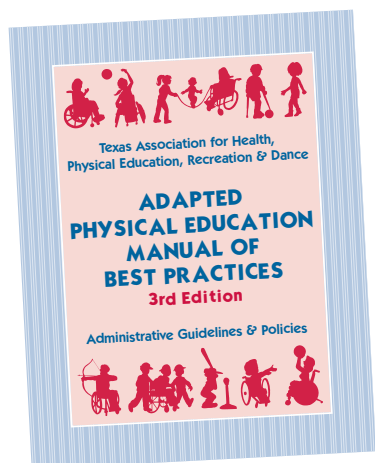
## Teachers of the Year!

In honor of award recipients,  
US Games, BSN Sports, and OPEN  
are providing TAHPERD with:

- 1/4 zip pullovers
- \$200 gift certificates
- Recognition banners
- Teacher of the Year  
Training Webinar



# ADAPTED PHYSICAL EDUCATION MANUAL OF BEST PRACTICES: 3RD EDITION



TAHPERD has produced a REVISED and UPDATED practical, easy-to-use resource guide for implementing Adapted Physical Education into your curriculum.

## New Sections for the 3rd Edition Include:

- Updated Terminology
- NEW Additions to the Appendices: More Assessments, More Examples of IEP's and How to Write Better Goals/Objectives
- Updated FITNESSGRAM and Alternative Assessments
- Explanation of Instructional Personnel
- Examples of Assessment Options
- Explanation of Accommodations and Modifications
- Updated Resources

**SAVE \$5.00 per book when you order 25 or more!**

**For more information call 1.800.880.7300**

**Please allow 10 - 15 days for delivery.**

# \$30

Shipping included

**Texas Association for Health, Physical Education, Recreation & Dance**

## APE MANUAL: 3rd EDITION ORDER FORM

**APE Manual: 3rd Edition**

**Quantity**

APE Manual of Best Practices

\_\_\_\_\_

Total Quantity

\_\_\_\_\_

**x \$30 = \$**

(Total Quantity)

Shipping  
Included

Total Payment Due

### PAYMENT INFORMATION:

☐ Check enclosed payable to TAHPERD

\_\_\_\_\_ \$ \_\_\_\_\_  
Check Number Amount

☐ Purchase Order Enclosed

To pay by check, money order or school purchase order  
mail this form with payment made out to TAHPERD to:

**TAHPERD Office**

**7910 Cameron Road | Austin, Texas 78754**

### Credit Card Payment:

To pay by credit card, fill out this form and fax to the TAHPERD  
State Office at **512.459.1290**.

☐ Charge (Amount) \$ \_\_\_\_\_ to:

☐ MasterCard

☐ Visa

☐ Discover

☐ AMEX

Card Number

Expiration Date

Signature

Name

ISD/University/Other Employer

Campus/School Name

Home Mailing Address

City/State/Zip

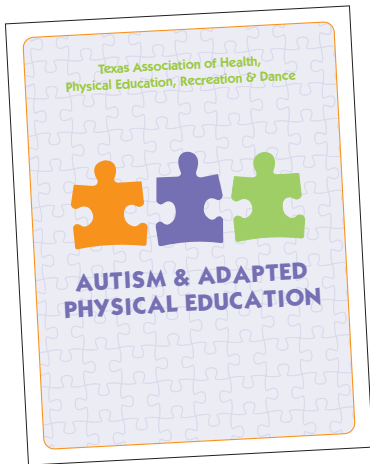
Work Phone

Home Phone

Cell

Email

# AUTISM & ADAPTED PHYSICAL EDUCATION MANUAL



TAHPERD's newest publication is long awaited. This practical, easy to use manual is a have-to-have resource for any teacher working with students in the Autism Spectrum (AS) and especially for physical educators with AS students. The Autism & Adapted Physical Education Manual addresses:

- Specific programs for students on the spectrum
- Assessment instruments
- Problem behaviors
- Physical activities for AS students

## Order Your Copy TODAY!

**SAVE \$5.00 per book when you order 25 or more!**

**For more information call 1.800.880.7300**  
**Please allow 10 - 15 days for delivery.**

# \$30

**Shipping included**

**Texas Association for Health, Physical Education, Recreation & Dance**

## AUTISM & ADAPTED PE MANUAL ORDER FORM

**Autism & Adapted PE Manual**      **Quantity**

Autism Manual \_\_\_\_\_

Total Quantity \_\_\_\_\_

\_\_\_\_\_ **x \$30 = \$** \_\_\_\_\_  
(Total Quantity)      Shipping Included      Total Payment Due

\_\_\_\_\_  
Name

\_\_\_\_\_  
ISD/University/Other Employer

\_\_\_\_\_  
Campus/School Name

\_\_\_\_\_  
Home Mailing Address

\_\_\_\_\_  
City/State/Zip

\_\_\_\_\_  
Work Phone      Home Phone      Cell

\_\_\_\_\_  
Email

### PAYMENT INFORMATION:

☐ Check enclosed payable to TAHPERD

\_\_\_\_\_  
Check Number      \$ \_\_\_\_\_  
Amount

☐ Purchase Order Enclosed

To pay by check, money order or school purchase order  
mail this form with payment made out to TAHPERD to:

**TAHPERD Office**

**7910 Cameron Road | Austin, Texas 78754**

### Credit Card Payment:

To pay by credit card, fill out this form and fax to the TAHPERD  
State Office at **512.459.1290**.

☐ Charge (Amount) \$ \_\_\_\_\_ to:

☐ MasterCard

☐ Visa

☐ Discover

☐ AMEX

\_\_\_\_\_  
Card Number      Expiration Date

\_\_\_\_\_  
Signature

Physical education encourages healthy attitudes, self-confidence and positive behaviors for life. That's why we're committed to providing innovative products and resources designed to help every student enjoy physical activity and develop a lifelong appreciation for health and wellness. We're proud to celebrate excellence in health and physical education and support professional development opportunities at the Texas AHPERD Annual Convention



**Loretta Biffarella**

**Thursday, December 5 – 10:30 a.m.-11:30 a.m.**  
**Friday, December 6 – 1:15- 2:15 p.m.**

- I am a proud wife and mother of two amazing and beautiful young women.
- I have been teaching for 31 years with the past 27 spent at the elementary level.
- 2016 NYS AHPERD Elementary Teacher of the Year
- 2018 SHAPE America Elementary Teacher of the Year Eastern District
- I do not have a blanket model of teaching as I believe there is no "one" way to achieve successful instruction for all. My teaching methodology varies from class to class and year to year.
- I embrace the changes of our profession and always strive to keep the kids first when applying the changes in my classroom.
- My lessons carry a continual emphasis on respect, "Being Nice Matters!". It is wonderful when I see my students demonstrate these traits beyond the gymnasium doors.
- One of my favorite quotes that I carry with me every day comes from Maya Angelou, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel!"



**Angela Stark**

**Friday, December 6 – 2:30 - 3:30 p.m.**  
**Saturday, December 7 – 9:15 -10:15 a.m.**

- SCAPA Health and PE Teacher
- 2016 KAHPERD MS PE Teacher of the Year
- 2016 KAHPERD Distinguished Service Award
- 2017 Southern District Middle School Teacher of the Year
- 2018 SCAPA Bronze Level Healthy School
- 2018 Presenter at the SHAPE America National Convention, Tampa
- Presenter at KAHPERD
- Presenter at Fayette County Public Schools, KY

***Make sure to see these  
great presentations at the  
2019 TAHPERD  
Annual Convention!***



# INVOLVE ALL STUDENTS IN THEIR **SOCIAL**, **EMOTIONAL**, AND **ACADEMIC** GROWTH WITH DRUMFIT

Interactive drumming and rhythm activities activate behaviors that are core to social, emotional and academic development. Drumming is the perfect way to connect people and transcend differences. While it encourages self-expression in the participant, it also promotes cohesiveness as a group as there is teamwork involved in the performance.

## TWO WAYS TO USE DRUMFIT TO SUPPORT **SEL** INITIATIVES:

- Curriculum: routines, games and collaborative team activities built to reinforce SEL competencies.
- Professional Development: District-wide SEL specific Professional Development

