Wednesday, November 6, 2013

9:00-4:00 SPARK Training Embassy

Thursday, November 7, 2013

8:00-3:00 Registration Lobby
9:00-4:00 Exhibits Open Lobby
8:30-11:30 Elementary Workshop Ambassador
11:30-12:00 Refreshment Break Lobby
12:30-1:20 Session #1 -
1:30-2:20 Session #2 -
2:30-3:30 General Session Ambassador III-IV
3:30-4:00 Refreshment Break Lobby
3:30-4:00 Meet & Greet Envoy/Consulate/Diplomat
4:10-5:00 Session #3 -
5:00-6:00 Super Stars Competition Ambassador III-IV
6:30-7:30 All Convention Banquet Banquet
7:30-9:00 Silent Auction/B-I-N-G-O Banquet
10:00-??? Convention Dance Banquet

Friday, November 8, 2013

7:00-8:20 ArkAHPERD Board Breakfast Ambassador III
8:00-11:00 Registration Lobby
8:30-9:20 Session #4 -
9:00-Noon Exhibits Open, Refreshments Lobby
9:30-10:20 Session #5 -
10:30-11:20 Session #6 -
11:30-1:30 ArkAHPERD Awards Luncheon Ambassador

* Banquet (Banquet Room) indicates combination of Ambassador I - IV.
2013 ArkAHPERD CONVENTION PROGRAM

WEDNESDAY, November 6
9:00 - 4:00 SPARK TRAINING Embassy

THURSDAY, NOVEMBER 7
8:30 - 11:30 PRECONVENTION WORKSHOP Ambassador

Physical Education Workshop
J. D. Hughes

11:30 - 12:00 REFRESHMENTS Lobby

Thank you to our 2013 Convention Platinum Exhibitors

American Heart Association®

Learn and Live℠

Dillard’s
The Style of Your Life.

Arkansas Governor’s Council on Fitness

Moving To Success

School Specialty
Physical Education & Wellness

SPARK™
SESSION 1

12:30 - 1:20

Research Section

Location

Ambassador I

“Open Forum of Research”

“Utilization of the Full Depth Squat and Its Effect on Vertical Jump Performance”
Ryan Tibbets
Ouachita Baptist University

“The Relationship Between Short and Long Distance Swimming Performance and Repeated Sprint Ability, and the Effects on Heart Rate”
Kody Moffatt
Ouachita Baptist University

“An ACL Prevention Workout Plan to Reduce Knee Injuries to Active Students and Athletes”
Colt Fason
Ouachita Baptist University

“How Does Psychology Factor Into The Rehabilitation of Shoulder Injuries?”
Monica Delvin Smith
Ouachita Baptist University

“Does Kinesio Tape Help with the Range of Motion of the Shoulder?”
Teresa Mursuli
Ouachita Baptist University
Exercise Science Section

“Kettlebell Exercises for Power and Coordination” - This presentation will discuss and demonstrate key kettlebell exercises that effectively develop explosive strength and intermuscular coordination. Light audience participation is encouraged.

Presenters: Brian Lyons and J.J. Mayo, Arkansas Tech University
Presider: Shellie Hanna, Exercise Science Chair

Future Professionals Section

“Passing the PLT” - The focus of this session is to provide undergraduate students insight into the current Praxis II Principles of Learning and Teaching (PLT) test. Test changes and strategies will be discussed to assist student PLT preparation.

Presenters: Andy Mooneyhan and Lance Bryant, Arkansas State University
Presider: Carl Wise, Arkansas State University

Physical Education Division

“Into the Outdoors With Your Curricula” - Too often students sit in the classroom hearing about science, social studies, and core content while authentic, exciting, real-life experience is waiting just outside the classroom walls. The curriculum developed by Dr. Varnell provides instruction that will allow every teacher to integrate real-world experience into their students' education.

Presenters: Curtis Varnell, Western Arkansas Education Coop
Presider: John Kutko, ArkAHPERD Elementary PE Chair

Athletics & Sports Division

“Sport-Centric Boarding Schools, Arkansas Activities Association Membership Examination” - This session discusses and examines the growing influence of sport-centric scholastic boarding schools and looks at application of the Arkansas Activities Association constitution and bylaws to project a possible AAA membership decision of a sport-focused boarding school in Arkansas.

Presenter: Andrew Schneider, David LaVetter, Arkansas State Univ
Presider: Tyler Hays, Arkansas State University
#6 Athletics & Sports Division

“Interesting and Lesser Known Facts about Sports” - One way to build an interest in a sport is to present information which stimulates curiosity. Participants will have an opportunity to answer questions about sport and win prizes. Prizes will be awarded to the group with the highest score.

Presenter: Dean Gorman, Sharon Hunt, Paul Calleja, Jack Kern, University of Arkansas
Presider: Riley Denham, University of Arkansas

#7 Health Division

“Community Health Promotion Ideas” - Conway Regional Health Center is on the cutting edge of developing opportunities for communities to become more physically active. Learn from the experts how to make your community a more active place.

Presenters: Rance Bryant, Conway Regional Health Center
Presider: Jamie Oitker, ArkAHPERD TOY Awards

#8 Physical Education Division

“Expanding Adapted Physical Education Beyond the Classroom” - This session takes a look at the infusion of organizations such as Special Olympics into the adapted physical education curriculum.

Presenters: Valarie Hilson, Arkansas State University
Presider: Logan Hart, Arkansas State University

#9 Elementary Physical Education Section

“IPad Apps for Elementary Physical Education” - This session will show what apps are available to use in elementary physical education and how to use them. Simple tricks for operating an iPad will also be demonstrated.

Presenters: Tanae Berry, Springdale Schools
Presider: Meredith Cupp, University of Arkansas
SESSION 2

1:30 – 2:20

#10 General Division

Embassy Suites Dining Room

“In Invitation to Know More About ArkAHPERD”- This is a session to meet executive committee members and get information on any proposed changes and an opportunity to make suggestions.

Presenter: Bennie Prince, UALR, Andy Mooneyhan, ASU, and Brett Stone, College of the Ozarks
Presider: Lance Bryant, ArkAHPERD VP General Division

#11 Physical Education Division

Ambassador I

“Integrating Physical Therapy and Physical Education”- This session will provide physical educators with treatment strategies in physical therapy. Moreover, this session will provide information on how to integrate these activities into the physical education classroom. Also to be discussed are strategies that will help physical educators work professionally with physical therapists.

Presenter: Consuella Flurry, Little Angels Physical Therapy Clinic
Presider: Pamela Calhoun, University of Arkansas

#12 Elementary Physical Education Section

Ambassador II

“Let’s Have a Ball! Pickleball and District-Wide Activities for Elementary”- This session will discuss age appropriate pickleball activities for elementary students. We will also be discussing how Russellville School District hosts a 3rd grade Kickball Tournament and 4th grade Track Meet annually. We have done it, and you can, too!

Presenters: Cathryn Gaines, Tami Robinson, Robert Pruitt, Julie Oxendine, Karin Cude, and Cherish Holt, Russellville Schools
Presider: Cody Wyatt, Arkansas Tech University
#13 Athletic Training Division  Ambassador V

“Advanced Shoulder and Elbow Strengthening Techniques for Throwing/Overhead Athletes” - This discussion will focus on techniques and exercises that will help the overhead/throwing athlete improve performance, increase endurance, and prevent injury.

Presenter: Chad Floyd, The University of the Ozarks
Presider: Jazzlyn Craven, University of Arkansas

#14 Physical Education Division  Ambassador VI

“Strategies for Convincing School Leaders the Importance of Adopting K-5 PE Curriculum” The presenter has been a physical education teacher and an administrator at the school, district and state levels. His insight will provide teachers with the strategies they need to convince school leaders why it is important to use a comprehensive, developmental physical education curriculum.

Presenter: Dan Young, Moving To Success
Presider: Frank Dorsey, University of Arkansas, Pine Bluff

#15 Athletics I Sports Division  Ambassador VII

“Heat Illness Prevention During Extracurricular Activities” This session will provide tips for working with athletes and parents to help prevent heat illness and keep athletes safe.

Presenter: Rhonda Fincher, Kendrick Fincher Hydration Foundation
Presider: Keanna Jordan, University of Arkansas, Pine Bluff

#16 Higher Education Section  Envoy

“ADE and Teacher Licensure Program Information” - This presentation will focus on licensure updates, testing, and competencies for programs and ALPs for teacher licensing institutions.

Presenters: Mike Lucas, Karli Saracini,
Arkansas Department of Education
Presider: Kevin Billings, University of Arkansas
#17  Physical Education Division/Higher Ed Section

“Team-Based Learning in Coaching Theory” - Attendees will participate in Team-Based Learning (TBL) activities presented in a coaching theory class. The objective of TBL is to help students apply course concepts rather than simply recall information.

Presenter: Rockie Pederson, Arkansas Tech University
Presider: Caitlin Dewweall, Arkansas Tech University

#18  Higher Education Section

“Walking in the Steps of Olympic Athletes” - This session will present highlights of a journey through the history of the Olympic Games made by students and faculty from Harding University during the summer of 2012. Attendees can expect to learn how to organize an international trip for students using experiential learning, while hearing of the journey to Olympia, Athens, Paris, Rome, Munich and London. The tour culminated with attending events at the 2012 Olympic Games in London.

Presenters: Jessica Moore and J.D. Yingling, Harding University
Presider: Michael Wieland, University of Arkansas, Pine Bluff

#19  Health Division

“Physical Activity, Hunger and Nutrition - Impact on Students” This presentation will give an overview of hunger in schools, how it affects students academically and physically, and finally, a review of intervention strategies, resources and support for school health and PE professionals.

Presenters: Lori Dather, Midwest Dairy Council, and Vivian Nicholsan, Arkansas Hunger Relief Alliance
Presider: Jarren Jefferson, University of Arkansas, Pine Bluff

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**Be a Board Member!!!**

Consider running for a Board position! We are always needing leaders in our profession to serve ArkAHPERD.
### 2:30 - 3:30  
**Ambassador III-IV**

### ALL CONVENTION  
**GENERAL SESSION**

Welcome from the President: Bennie Prince  
From the Executive Director: Andy Mooneyhan

### 3:30 - 4:00  
**VISIT THE EXHIBITS/REFRESHMENTS**  
**Lobby**

### 3:30 - 4:00  
**See below**

### Meet & Greet

- Elementary Physical Education Meeting- Consulate II  
- Higher Education Department Chairs Meeting- Envoy  
- Secondary Physical Education Meeting-Consulate I  
- Middle School Physical Education Meeting-Diplomat

### SESSION 3

### 4:10 - 5:00  
**Location**

<table>
<thead>
<tr>
<th>#20</th>
<th>Jump/Hoops for Heart Section</th>
<th>Ambassador I</th>
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</table>
|     | "Little Dribblers: They May Be Little But Everyone Starts Sometime"-This program explains how to set up and run a Little Dribblers Program in conjunction with Hoops for Heart. | Presenter: Karla Ault, Vilonia School District  
Presider: Whitney Deckard, Arkansas Tech University |

Help promote MEMBERSHIP in ArkAHPERD!!!  
Help us fight obesity through a strong Arkansas PE Association  
Ask those in your area to become a MEMBER!!!
#21 **Elementary Physical Education**

“Table Top Olympics”–This session shows how you can have an “Olympic” competition using tops of tables or desks, depending on your circumstance. This would be a great indoor, rainy day activity as well.

Presenters: Pam Keese, Harding Academy
Presider: Ehldane Labitad, University of Arkansas

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#22 **Elementary Physical Education**

“Sport Stacking with Speed Stacks: Teaching Techniques for the 3-3-3, 3-6-3 and Cycle Stacks” – Learn the proper Sport Stacking teaching techniques for the 3-3-3, 3-6-3 and Cycle Stacks. Training tips and activities to enhance stacking skills will be demonstrated and practiced. First time participants will receive a FREE set of Speed Stacks, instructional DVE and information.

Presenter: Cathryn Gaines, Russellville Public Schools
Presider: Cody Wyatt, Arkansas Tech University

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#23 **Athletics & Sports Division**

“Legal Responsibilities in School Extracurricular Activities: Reviewing Applicable Case Law” – Selected legal cases corresponding to the legal duties (NASPE and ASEP standards) will be discussed to help minimize liability related to high school coaching and physical education. Participation in this session will help participants’ awareness of the potential school liability based on common law.

Presenter: David LaVetter, Arkansas State University
Presider: Jerime Henderson, Arkansas State University

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#24 **Dance Division**

“Harlem Shake, Physical Activity and Technology”–This session will demonstrate how one rhythmical class incorporated the Harlem Shake and technology in with physical education.

Presenter: Hollie Huckabee, Arkansas State University
Presider: Carl Wise, Arkansas State University
#25 Higher Education Section

“Expanding PETE Students’ Perceptions - Engaging Pre-Service Teachers in Collaborative Activities” - Come hear how two PETE programs collaborate to engage PSTs in professional development activities. PST outcomes from participation as well as technology apps will be presented.

Presenters: Rockie Pederson, Arkansas Tech University, and Roina Baquera-Shaw, The University of Texas at El Paso
Presider: Caitlin Dewveall, Arkansas Tech University

#26 Super Stars Competition

Bring it on!!! Bring a team to the challenge. Teams will compete in 2 physical challenges and 2 mental challenges. Prizes will be awarded for top three places.
Presenters: Chad Sanders, Will Torrence, and UAPB HPER Club

6:30-12:00 ALL CONVENTION BANQUET

Evening of Entertainment
Join us for an evening of FUN!!!
Dinner and Silent Auction 6:30-7:30
B-I-N-G-O 7:30-9:00
All Convention Dance 10:00-???

Silent Auction
This year’s silent auction will begin Thursday evening at 6:30 and continue until 7:30 in the Banquet room. Come Early to see the GREAT items!!!
FRIDAY, NOVEMBER 8

<table>
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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 – 8:20</td>
<td>ArkAHPERD Board BREAKFAST</td>
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<td>Ambassador III</td>
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<td>All current and newly elected board members are to attend</td>
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### SESSION 4

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<th>Time</th>
<th>Event</th>
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<tr>
<td>8:30 – 9:20</td>
<td><strong>Elementary Physical Education/Jump Rope for Heart</strong></td>
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<td>Ambassador II</td>
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<td></td>
<td><strong>“Creating a Jump Rope Routine”</strong> - This session will provide</td>
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<td>step-by-step instructions on how to create a school jump rope team</td>
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<td>routine. Music, formation, and presentation will be discussed.</td>
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<td></td>
<td>Presenter: Courtney Cancienne, Pulaski County Special School District</td>
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<td>Presider: Jordan Foyer, University of Arkansas, Pine Bluff</td>
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<th>Time</th>
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<tr>
<td></td>
<td><strong>Elementary Physical Education Section</strong></td>
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<td>Ambassador IV</td>
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<td></td>
<td><strong>“Teaching Game Tactics Increases Physical Activity”</strong> - This</td>
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<td>presentation will explore how to effectively integrate tactical</td>
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<td>actions with motor skill progression.</td>
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<td>Presenter: Dan Young, Moving to Success</td>
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<td>Presider: Jarren Jefferson, University of Arkansas, Pine Bluff</td>
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<th>Time</th>
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<td></td>
<td><strong>Physical Education Division</strong></td>
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<td>Ambassador V</td>
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<td></td>
<td><strong>“Wake Up Your Body with Yoga/Pilates”</strong> - Come to this</td>
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<td>session to participate in an easy workout that can be modified into</td>
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<td>the gym for any age group.</td>
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<td></td>
<td>Presenter: Agneta Sibrava, Arkansas State University</td>
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<td>Presider: Tyler Hays, Arkansas State University</td>
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#30 Physical Education Division  
“Orienteering 101” - This session will show how to teach maps and compasses to elementary children.

Presenter: John Kutko, Clarksville Primary School  
Presider: Demarious Sams, University of Arkansas, Pine Bluff

#31 Dance Division  
“Zumba” - Come experience a fun use of dance steps to get your heart rate going. Zumba uses a mixture of Latin, hip hop, and other dance styles to help create a healthier lifestyle. All levels of fitness and coordination are invited!

Presenter: Shellie Hanna, Arkansas Tech University  
Presider: Whitney Deckard, Arkansas Tech University

#32 Elementary Physical Education Section  
“Cross Fit for Children” - This session will be informative about the program called “Cross Fit for Children.” Ideas will be presented about the benefits of this program for school age children. Come learn more!

Presenter: Paul Howey, CrossPointe Academy  
Presider: Keanna Jordan, University of Arkansas, Pine Bluff

#33 Athletics & Sport Division  
“Cross Cultural Marketing” - This session explains the marketing strategies of professional soccer in USA in comparison with European professional soccer. Methods to improve the amateur level of soccer in the USA will also be discussed.

Presenter: Bhargav Sanapala, Arkansas State University  
Presider: Logan Hart, Arkansas State University

#34 Physical Education Division  
“An Apple for the Teacher-In 2013” - Do you have an iPod, iPad, or iPhone? Join us for a bite of the Apple-learn how to maximize the use of your technology and apps in PE.

Presenter: Joan Gillem, SPARK  
Presider: Kevin Billings, University of Arkansas
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<tr>
<th>#35</th>
<th>Dance Division</th>
<th>Ambassador VII</th>
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<tr>
<td>“Move and Groove in the Schools”-Using the ideas of First Lady Michelle Obama’s Let’s Move! Active Schools, this session teaches you how to bring moderate to vigorous activity to the schools through dance. This session is designed for all physical educations at all levels. . . So let’s Move and Groove!</td>
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<td>Presenters: Susan Mayes and Angela Smith-Nix, University of Arkansas</td>
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<td>Presider: Meredith Cupp, University of Arkansas</td>
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<tr>
<th>#36</th>
<th>Physical Education Division</th>
<th>Ambassador V</th>
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<tr>
<td>“APE Games &amp; Activities: PE Considerations and Modifications for Students With Special Needs” - This session will review adapted physical education definitions and laws. There will be a brief discussion of different disabilities and categories, followed by participation in modified games and activities.</td>
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<td>Presenters: Amanda Sullivan, Michael Merrie, and Cole Shewmake, University of Arkansas</td>
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<td>Presider: Ehldane Labitad, University of Arkansas</td>
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<th>#37</th>
<th>Physical Education Division</th>
<th>Ambassador VI</th>
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<tr>
<td>“Stack It, Move It, Use It: Fitness Stacking With Speed Stacks”-Motivate your students to move using Speed Stacks. Experience health and skill related fitness activities which can be included in your daily physical education program. All first time participants will receive a FREE set of Speed Stacks, instructional DVD and information.</td>
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<tr>
<td>Presenter: Lindsay Robinson Beaton, DeWitt Schools</td>
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<td>Presider: Michael Wieland, University of Arkansas, Pine Bluff</td>
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#38 General Division

“Hydration Education for Elementary School Children”-This is a presentation on proper hydration for the body: how much to drink, healthy drink choices, when to drink, and how proper hydration can improve learning.

Presenters: Rhonda Fincher, Kendrick Fincher Hydration Foundation, and Kim Mason, retired Rogers Public Schools
Presider: Pamela Calhoun, University of Arkansas

#39 Physical Education Division

“Grants and Fundraising For Your PE Program During Tough Times”-This presentation will give you the information needed on how to search outside the box for funding for your PE program. We will discuss how to approach your administration and build support for your program through grants, community outreach fundraising, in-house support with your PTA, PE uniform sales, field day events, and more.

Presenter: Deb Walter, Kirksey Middle School, Rogers
Presider: Riley Denham, University of Arkansas

#40 Research Section

“Core Intervention Program For Youth” - This session describes a study that examined the effects of a LPHC (lumbo-pelvic hip complex) neuromuscular strengthening program on at-risk youth using the Tuck Jump Assessment.

Presenter: Terry DeWitt, Ouachita Baptist University
Presider: Jazzlyn Craven, University of Arkansas

#41 Recreation Division

“Cooperation in Outdoor Recreation: Are We Working Together Toward Common Purposes?” - Come hear about a study that measured the extent of cooperation among groups involved with outdoor recreation programs on college campuses. Discussions will include cooperation within secondary schools.

Presenter: Mike Reynolds, Ouachita Baptist University
Presider: Frank Dorsey, University of Arkansas, Pine Bluff
SESSION 6

10:30 – 11:20

#42  Physical Education Division
“Common Core and YOU: Making Connections” - This session will examine the Common Core State Standards Initiative and S.T.E.M. through the eyes of a physical educator. You’ll experience fun activities that optimize learning and make administrators smile.

Presenter: Joan Gillem, SPARK
Presider: Jordan Foyer, University of Arkansas, Pine Bluff

#43  Dance Division
“More Line Dances” - Fun and interactive dance!

Presenter: Carl Wise, Arkansas State University
Presider: Jerime Henderson, Arkansas State University

#44  Physical Education Division
“Running Technique Isn’t Always Natural” - Most everybody can run, but have they been taught how to run properly? This clinic will show the proper techniques of running so that you and your students can run more efficiently, with less discomfort, and maybe even faster simply by improving running form.

Presenter: Steve Guymon, Harding University
Presider: Demarius Sams, University of Arkansas, Pine Bluff

#45  Health Division
“What You Should Know About Sexual Health But Were Afraid to Ask” - Participants will be provided an overview of current sexual health data for Arkansas adolescents, as well as how social media plays a role in influencing our society.

Presider: Leah Queen, ArkAHPERD VP, Health Division
#46 General Division

“The Sleep Deprived Culture We Live In” - Our sleep-deprived culture that we live in is more harmful than most realize. Sleep deprivation affects our young people, college students, and adults. The purpose of this presentation is to point out the physical, emotional, and social dangers, as well as solutions to sleep deprivation.

Presenter: Stephen Burks, Harding University
Presider: John Kutko, ArkAHPERD Elementary PE Chair

#47 Future Professionals Section

“How To Deliver A High-Impact Presentation” - This talk will teach students how to deliver successful classroom presentations. The topics to be discussed include planning and organization, delivery tips, common presentation errors, and the effective use of multimedia.

Presenter: J.J. Mayo, Arkansas Tech University
Presider: Cody Wyatt, Arkansas Tech University

#48 Exercise Science Section

“The Acute Effects of Exercise on Cognitive Function in Older Adults” This session will be an explanation of results from a study utilizing older adults and how their results on memory and cognitive function were affected after performing exercise. Information on how to apply these findings will be included.

Presenters: Shelli Hanna and Rachel Pennington, Arkansas Tech University
Presider: Caitlin Dewveall, Arkansas Tech University

11:30-1:30

ArkAHPERD AWARDS LUNCHEON
Professional and Student Awards
$$$$Deal-or-No Deal $$$$

Ambassador
An ArkAHPERD Thanks to our 2013 Exhibitors

American Heart Association
Arkansas Department of Education
Arkansas Governor's Council on Fitness
Dillard’s of Jonesboro
Moving To Success
SPARK
United States Tennis Association
University of Arkansas-Fayetteville
Y-Ties