

**2007 OAHPERD Convention Featured Events**  
***“LIVE THE ADVENTURE”***

**Thursday, October 11, 2007**

**8:15-9:00 a.m.**

**Registration for Morning Workshops**

Convention Center/Great Hall

Presiders: Mark Giese and Vanessa Anton

**9:00 a.m. – 12:00 p.m.**

**Leadership and Success Workshop**

This workshop is designed for coaches, physical educators and future professionals interested in learning various techniques that will enhance their success in the field of sports. Topics will include hands-on information regarding sport psychology, motivation, leadership and much more. Sessions will be dynamic, engaging and action packed!

**9:00 – 9:50**

**Understanding Imagery in Sport: Seeing is Believing!**

The use of imagery processes in regulation and enhancement of sports performance will be discussed. The positive effects of imagery have been accepted widely as contributing to performance enhancement in sport. This session will outline a “how-to” guide for using imagery with athletes and teams. Steps will be discussed that will enable coaches and teachers to set up a sport imagery program for their athletes.

Presenter: Stefanie Latham, Oklahoma City University

Salon B

**10:00 – 10:50**

**Coaching Mental Toughness**

During this session participants will discuss what mental toughness is and how to get it. It will help coaches develop athletes who are determined, focused, and confident and will perform to their potential even under pressure!

Presenter: Stefanie Latham, Oklahoma City University

Salon B

**The Importance of Dynamic Stretching in Explosive Sports**

Presenters: Amy Townsend and Lauren Loucks, Emporia State University

Salon A

**11:00 – 11:50**

**Team-Building Games for Leadership Success**

Presenter: Stefanie Latham, Oklahoma City University

Salon B

**Agility and Speed for Athletic Teams Conditioning Training**

Salon A

**8:30 a.m. – 12:00 p.m.**

**Physical Education Curriculum Analysis Tool (PECAT) Training**

The Physical Education Curriculum Analysis Tool (PECAT) helps school districts conduct a clear, complete, and consistent analysis of written physical education curricula, based upon national physical education standards. The PECAT is also customizable to

the analysis can help school districts enhance existing curricula, develop their own curricula, or select a published curriculum, for the delivery of quality physical education in schools. (CDC)

Presenter: Clay Sherman, California State University, Fullerton, CA

Provided by: Centers for Disease Control and Prevention

**Salon A**

**12:15 - 1:00 p.m.**

**Registration for Afternoon Workshops**

Convention Center/Great Hall

Presiders: Mark Giese and Vanessa Anton

**1:30 - 4:00 p.m.**

**Early Childhood Workshop: CAT Paws—Everybody Clap Your Hands**

Moving your way to a beautiful day! In the workshop, games, rhymes, songs, and stories will be experienced and played. Participants will learn how to create their own rhyme stories and how to make reading and movement a part of every day, helping children learn and grow.

Presenter: Lee Towell, San Antonio, TX

Presider: Kathy Hixon

**Salons B, C, and D**

**Kid Shield: Self Defense Skills**

Participants will learn self defense strategies that can be incorporated into elementary physical education programs. They will learn to teach children to “put on the armor of knowledge”.

Presenter: Darlynda Brightwell, Pewitt Elementary School, Omaha, TX

**Salon O**

**4:15 - 5:15 p.m.**

**Higher Education Session / Fitness Testing in Oklahoma**

Presenter: Judy Duncan

Presiders: Trey Cone and Jan Drummond

**Salon B**

**4:45 - 6:45 p.m.**

**Convention Social**

Everyone is invited to come and visit with friends and colleagues.

**Salon A**

**7:00-9:00 p.m.**

**Honors and Awards Banquet**

Presider: Chad Kinder

**Royal Ballroom**

**Friday October 12, 2007**

**7:00 – 7:50 a.m.**

**Jump Rope/Hoops for Heart Breakfast**

Presider: Lu Edwards

**Salons E and F**

**7:30 a.m. – 12:00 p.m.**

**Convention Registration**

Remember polls will close at noon. If you haven't already voted, drop off your ballot at the registration table.

Presider: Mark Giese and Vanessa Anton

**Great Hall**

**8:30 a.m. – 3:30 p.m.**

**Exhibits**

Presider: Linda Hillsabeck

**Salons O, M and N**

**8:00 – 8:50 a.m.**

**Opening General Session**

Presider: Chad Kinder

**Salons C and D**

**9:00 – 10:50 a.m.**

**Wilderness Survival Skills**

This session is designed to expose the participants to fundamental skills associated with wilderness survival. Discussion/demonstration will include such topics as fire starting, snaring, and food gathering. Participants will construct ropes from native plant materials.

Presenter: Ryan Haggard, Parks and Recreation Management, Southwestern Oklahoma State University

Presider: Chad Kinder

**Salon C**

**9:00 – 9:50 a.m.**

**Learning Through Incorporating Interdisciplinary Themes into PE**

Participants will learn physical activities that include a cognitive theme. This presentation provides creative ideas for incorporating interdisciplinary themes into your physical education program.

Presenter: Paul House, University of Central Oklahoma

Presider: Sunshine Cowan

**Salon A**

**Exercise in Differing Environments**

Physiological responses to different environments (altitude, heat and humidity, underwater, and cold) will be examined. Acute and chronic adaptations resulting from exercising in different environmental conditions will be discussed. The proper exercise guidelines to avoid health problems associated with exercise training in different environments will be provided.

Presenter: Ahmet Ozturk, Northeastern State University

Presider: Amanda Williams

**Salon E**

**Leave No Trace**

Leave-No-Trace is a method of utilizing low impact techniques by which users of both the front-country (parks and day use areas) and back-country (wilderness) can minimize impacts related to resources. This session will provide a hands-on approach to the seven principles as outlined by Leave-No-Trace and the Center for Outdoor Ethics. Resource procurement will also be discussed as well as the different levels of training provided by Leave-No-Trace.

Presenter: Jerel Cowan, University of Central Oklahoma

Presider: Stephanie Canada

**Salon D**

### **Methods of Teaching Golf to Children in Physical Education**

This is a hands-on session in which participants will learn how to teach basic golf skills to children. It will also focus on classroom management and safety techniques using SNAG™ golf equipment.

Presenter: Terry Anton, Tahlequah, OK

Presenter: Vanessa Anton

**Salon B**

**10:00 – 10:50 a.m.**

### **Fun-Filled Activities for Baseball and Softball**

A series of fun-filled activities in the sport of baseball/softball, including throwing, fielding, and running, will be presented. This presentation concentrates on learning and practicing fundamentals in baseball/softball.

Presenters: Dee Gerlach, Northeastern State University, and Sergio Espinal, Northeastern State University

Presenter: Gerry Pinkston

**Salon B**

### **Safe Routes to School**

Presenters will discuss Safe Route to School SR2S. SR2S is a federal program that encourages state and communities to develop safe routes to school through program and policy implementation, infrastructure construction and offers grant opportunities.

Walk/Bike to School international promotes SR2S, along with promoting fitness through walking or biking to school and supporting a healthier environment.

Presenters: Ernestine Embroh, OK SR2S Coordinator, and Stephanie Canada, Shawnee Public Schools

Presenter: Trey Cone

**Salon E**

### **Free! Outdoor Education Materials and Activities**

Learn how to get free outdoor education materials and activities to use in your physical education curriculum.

Presenter: Darlynda Brightwell, Pewitt Elementary, Omaha, TX

Presenter: Holly Vonderohe

**Salon D**

### **Some Like it Hot: Community Classroom in Rio Bravo, Mexico**

This session provides a model of service learning based on a health promotion intervention carried out by faculty in the University of Central Oklahoma Community Health Program.

Presenters: Diane Rudebock, University of Central Oklahoma, and Sunshine Cowan, University of Central Oklahoma

Presenter: Jan Drummond

**Salon A**

### **Student Question and Answer Panel**

A panel of exercise science, physical education, recreation, dance and health professionals will answer student questions regarding their future field.

Presenter: James (J.D.) Hansen

**Salon F**

**11:00 – 11:50 a.m.**

### **Smooth Move**

Participants will learn non-threatening methods to get students up and dancing in physical

Presenter: Rhea Johnston, Northeastern State University

Presenter: Kathy Hixon

**Salon C**

### **Orienteering: Compass & Mapreading**

A hands-on, interactive session in which participants will learn a method to teach students orienteering. The “Amazing Race” style will be used as participants use critical thinking skills while interpreting clues.

Presenters: Velinda Baker, University of Tulsa, and TU teacher certification students

Presenter: Holly Vonderohe

**Salon B**

### **Initiative Games**

This session is designed to expose the participants to several fun initiative games and problem-solving activities. These activities can lead to many beneficial psycho-social outcomes including increased group cohesion, group trust, group cooperation, communication, compassion and critical thinking.

Presenters: Ryan Haggard, Southwestern State University, and Chad Kinder, Southwestern Oklahoma State University

Presenter: Samantha Summers

**Salon A**

### **Rags to Riches**

From no physical education equipment to extraordinary equipment and what to do with it. PEP recipient will show how their students progressed after grant funding helped improve their physical education experience.

Presenter: Misti Mitchell-Bain, Comanche Elementary, Comanche, OK

Presenter: Debbie Traywick

**Salon D**

### **Research Presentations**

1. A comparison of OSAT scores of traditionally and alternatively certified physical education teachers in Oklahoma, Kathy Hixon, Northeastern State University, and Vanessa Anton, Northeastern State University
2. Youth risk behavior survey data among Indian and non-Indian public school students, Mark Giese, Northeastern State University, and Margaret Dobbs, Northeastern State University
3. The effects of attending an early childhood program on cognitive and developmental skills of kindergarten students, Michelle Sweeney, Tony Goetz Elementary, Muskogee, OK (Northeastern State University graduate paper)

Presenter: Rick Shelton

**Salon E**

**12:00 – 1:00 p.m.**

### **Box Lunch**

Registered participants will receive a box lunch. Enjoy your lunch with friends or attending the following sessions.

**12:10 – 12:50 p.m.**

### **Past Presidents Luncheon**

All past presidents are especially invited and encouraged to attend.

Presenter: Gerry Pinkston

**Salon C**

## **Kaleidoscope**

A variety of activity groups will showcase their talents.

Presenter: Rhea Johnston

### **Salon B**

**1:00 – 3:00 p.m.**

#### **Rock Climbing**

Indoor rock-climbing at OKC Rocks in Bricktown--come experience the thrill of climbing on the tallest climbing walls in the United States. Belay techniques will be taught on site. Please dress appropriately for this activity. Comfortable and loose clothing is suggested.

Presenter: Jerel Cowan, University of Central Oklahoma

Presenter: Samantha Summers

**Off site—OKC Rocks in Bricktown**

**1:00 – 1:50 p.m.**

#### **Youth Shield—Self Defense Skills**

Participants will learn self defense skills that can be incorporated into secondary and college physical education programs. (For the elementary version, see Thursday's schedule of workshops.)

Presenter: Darlynda Brightwell, Pewitt Elementary School, Omaha, TX

Presenter: Lu Edwards

### **Salons C and D**

#### **Creating Cohesive Environments for Male and Female Athletes: Gender Differences Do Exist!**

This session will briefly discuss research findings regarding gender and cohesion in sport. Recommendations will be given on how to effectively increase cohesion on sports teams with gender in mind. Discussion will also include how female athletes respond to the gender of their coach.

Presenter: Stefanie Latham, Oklahoma City University

Presenter: J.D. Hansen

### **Salon F**

#### **Yoga for Kids...and YOU!**

Life is full of stress--yours and the kids. Check out the "hands on" experience of teaching Yoga to your kids! This is a great way to release stress for you and your classes. Have fun and enjoy the special experience of yoga first hand. You'll receive printed materials and an explanation of how to teach 12 basic moves of yoga, this comes from NASPE's "Physical Best" book. Handout will be included!

Presenter: Linda Lemley, Edison Preparatory High School, Tulsa, OK

Presenter: Margaret Dobbs

### **Salon E**

#### **Outdoor Adventure**

Outdoor initiatives will be presented and processed in order to facilitate the development of communication and trust skills.

Presenters: Velinda Baker, University of Tulsa, and TU teacher certification students

Presenter: Jan Drummond

### **Salon A**

**2:00 – 2:50 p.m.**

#### **Archery in Schools**

Participants will be introduced to the "In Schools Archery Program" by the Oklahoma

to present the program safely and affectively to students. They will allow participants the opportunity to use the equipment in a shortened version of the training program.

Presenters: Frank Blair, Owasso Eighth Grade Center, Owasso, OK, and Colin Berg, Oklahoma Department of Wildlife, Jenks, OK

Presider: Linda Luther

**Salon B**

**Jump Rope/Hoops for Heart**

Ideas for holding successful Jump Rope for Heart and Hoops for Heart events will be shared. Demo teams will teach and demonstrate a variety of individual and partner jump rope tricks, long ropes and double dutch.

Presider: Lu Edwards

**Salon C and D**

**Healthier Students = Healthier Schools**

This session will provide resources and guidance for the Healthy and Fit Advisory Committees, including the instruction of the Healthy Oklahoma Schools Manual, updated physical education requirements, and information on the Farm to School program.

Presenters: Judy Duncan, Oklahoma State Department; Chris Kirby, Farm to School; and Amekya Pittman, Fit Kids Coalition

Presider: Sunshine Cowan

**Salon E**

**Wilderness First Aid**

This session is designed to expose the participants to the fundamentals of wilderness/backcountry medicine. Emphasis will be placed on patient assessment and evacuation techniques.

Presenters: Chad Kinder, Southwestern Oklahoma State University, and Jim Davis, D.O., Westport Family Medicine, Norman, OK

Presider: Paul House

**Salon A**

**3:00 – 3:30 p.m.**

**Closing General Session**

Announcement and introduction of the new board and council.

Presiders: Chad Kinder and new president, Kathy Hixon

**Salons C and D**