

**2004 IAHPERD State Convention  
Tentative Convention Program  
University of Northern Iowa, Cedar Falls, IA**

(Note: The following is a TENTATIVE program schedule. Changes will occur prior to the Convention date)

**Friday, November 5<sup>th</sup>, 2004**

**6:00 – 9:30 PM** IAHPERD Legislative Council Dinner meeting

**9:30 – 11:30 PM** President's Reception

**Saturday, November 6<sup>th</sup>, 2004**

**7:00 – 8:00 – registration and exhibits (continental breakfast provided)**

**Breakout Session One 8:00 – 8:50**

1. **Research into Practice: Motor Learning in the Gymnasium**(elem/sec) Jennifer Waldron  
Practical applications of research based principles and concepts.
2. **Adventure Education Activities** (sec) Bev Ahern  
Participants will learn how to do the following activities as well as teach teachers to teach to the Teachable moment. Hula Hoop activities, tearing labels, number game, trolleys, trust walk and many others.
3. **Sportsmanship in Physical Education** (sec) Jim Hall  
Teaching Sportsmanship and cooperation to our physical education classes through games
4. **The KIN-BALL® Sport** (elem/sec) Annie Veillette  
The session will initiate the participant to the new sport of KIN-BALL. The session will help the PE teachers to implant this unique activity in their schools. KIN-BALL consists of 3 teams with 4 players playing simultaneously with the ultra-light 4' KIN-BALL. KIN-Ball is based on cooperation, sportsmanship, technical abilities and physical development.
5. **Nutriactive Lifestyle Camp-A Supplement to the School Curriculum** Iradge Ahrabi-Fard  
The Nutriactive Healthy Lifestyle camp for children in grades K-2 will be explained and recent research data discussed

**OPENING GENERAL SESSION 9:00 – 10:00 Judy Young**  
“Will Physical Education Be Left behind?: Implications of NCLB Legislation”

**VISIT EXHIBITS 10:00 – 10:20**

**WRC 84**

**Breakout Session Two 10:25 – 11:15**

- 6 **Implementing A Speed and Power Development Program** (sec) Andi Ludwig/Holly Anderson  
Explosive power training is a highly structured weight training program that enhances strength and power development for both male and female students. Program design and lesson implementation ideas will be shared.
7. **Research into Practice: Exercise Physiology in the Gymnasium** (elem/sec) Kevin Finn  
Practical application of research based principles and concepts.

**8. Healthy in minutes: Health Lessons that Can Be Taught in A Few Minutes** Deb Stephenson

If you don't have time to teach health, or if you are expected to teach it within your PE classes, this session will include quick activities and lessons that can be taught in a few minutes.

**9. Take It Outside (Resources for Teaching Outdoor Skills)**(double session) Barb Gigar

An overview of outdoor skills materials available from the Iowa DNR will be presented. Participants will get to participate in selected activities from the introductory outdoor skills, canoeing/kayaking, and fishing modules.

**10. Fitness Fest** (double session) (elem/sec) Karen Roesler & Lois Mauch

Challenge your program by participating in a Fitness Fest! These activities will challenge your students' minds and bodies with the use of self-directed fitness. Your students will take ownership in their own personal fitness by applying technology while you educate them on the health and fitness concepts they need to know. Appropriate for grades 3 – 12.

**11. Trends and Issues in Health and Physical Education** Judy Young  
(Teacher Prep in Health and Physical Education workshop)**Breakout Session Three 11:25-12:15****12. Research into Practice: Sport Psychology in the gymnasium** (sec) Mick Mack  
Practical applications of research based principles and concepts**13. Create A Brain Friendly Classroom** (elem/sec) Marilyn Phelan

Current brain research reinforces much that we know about hands-on-learning, about positive climate, about classroom structures, and about movement and humor. Concrete connections between brain research and student learning from the national Brain Expo Conference will be shared.

**14. Take It Outside (Resources for Teaching Outdoor Skills)** Barb Gigar  
A continuation of the previous hour's session.**15. Fitness Fest** Karen Roesler & Lois Mauch  
A continuation of the previous hour's session.**16. Tracking Standards and benchmarks and Curriculum Alignment**(sec) Bev Ahern/Eileen Gengler  
A simple and effective method used to track standards and benchmarks and keeping track of student data will be discussed. The focus is one measuring the strengths and weaknesses of students and teachers.**17. Iowa Professional Development Model** Judy Jeffery  
(Teacher Prep in Health and Physical Education workshop)**LUNCH/AWARD PROGRAM 12:30 – 1:30****Commons Ballroom****Breakout Session Four 1:40 – 2:30****18. Research into Practice: Biomechanics in the gymnasium** (sec) Nancy Hamilton  
Practical applications of research principles and concepts**19. Safe Sport Settings: Learning From Litigation** (sec) James Coon  
Claims of negligence in sport settings from failure to supervise, warn, provide safe equipment and facilities, as well as other topics represent the primary focus of this session. Can we learn to provide safe environments for athletes and students while inspecting recent litigation? Yes!

20. **Two Birds, One Stone: Teaching Health Concepts through Physical Activity** Susan Roberts-Dobie  
How can you teach health concepts like disease prevention or nutrition through physical activity? It's easier than it sounds. Come hear a health educator's ideas for using physical activity in the elementary school as a means to teach health. Plan to move!
21. **Using handheld Computers in Physical Education** (sec) Eileen Gengler/Bev Ahern  
This simple data collection replaces the clipboard and gives all the options the excel program has on your computer. Participants will be shown how to set up bowling scores, figure student averages and handicaps and keep track of top performances among other valuable time saving tips.
22. **Educational Disc Golf Experience (The E.D.G.E.)** (elem/sec) Jay & Des Reading  
The EDGE project has brought together educators and World-Class disc golfers to create a 3<sup>rd</sup>-12<sup>th</sup> grade curriculum for teaching the lifetime wellness activity of disc golf. Demonstrations will include disc golf concepts, equipment and benefits. World Champion disc golfers will exhibit their talents that will also include audience participation.
23. **Electronic Portfolios** Mandy Anderson  
(Teacher Prep in Health and Physical Education workshop)
24. **National Board Certification** Lois A. Boeyink Find out what  
a difference it will make in your teaching. Details will be given on what needs to go into a portfolio and how it can be done in a school year.

### Breakout Session Five 2:40 – 3:30

25. **World Class Physical Education on A One-Dollar Investment** (elem/sec) Ed Thomas  
Rising Prices and shrinking budgets are compelling teachers to determine the absolute best use of limited financial resources. This presentation will introduce some ideas for developing a world-class physical education program on a one-dollar investment. Each participant will receive a brand new one dollar bill.
26. **Lighten Up Iowa & Go The Distance: A Progress Report** Lynn Allen/Tim Lane  
Participants will be presented with information on the progress and the future plans for both Lighten Up Iowa and Go The Distance. This will include efforts to promote a All Iowa Activity day and the growing interest in a Lighten Up American effort.
27. **OMNIKIN® Cooperative Games** (elem/sec) Annie Veillette  
This session will initiate participants to the latest OMNIKIN cooperative games played with the lightweight multicolor balls, ULTRA ball and AIR balls (all sizes). The new cooperative games are guaranteed to be a hit with your students.
28. **Everything You Wanted to Know About Pitching Fast-Pitch Softball** (sec) Tom Bakey  
Session deals with the fundamentals of pitching softball. The basics will be covered as well as drills to teach to improve your high school or youth pitchers.
29. **Ethical Dilemmas in Sport: Creating Solutions Before They Occur.**(sec) Dennis Docheff  
This session provides coaches with a step-by-step method of developing a personal philosophy of coaching. This philosophy reduces stress during ethical dilemmas; giving answers to difficult questions before the season begins.
30. **Is the Teacher/Coach Model Still Viable?** Joe Thompson  
(Teacher Prep in Health and Physical Education workshop)
31. **On the move with Speed Stacks** (elem) Lori Smith

Come join the fun with learning cooperative fitness activities using the Speed Stacks cups. This presentation will have you up and moving with some of the favorite activities from Malcolm Price laboratory School. Door Prizes are also included!

## **VISIT EXHIBITS 3:30 – 3:50**

**WRC 84**

### **Breakout Session Six 3:55 – 4:45**

32. **Research into Practice: Pedagogy in the Gymnasium** (sec) Carol Phillips/Chris Edginton  
Practical application of research principles and concepts
33. **Hip Hop in Your PE Classes** (sec) Deb Stephenson  
Hip Hop combinations you can take back and teach to your classes. Music suggestions; participants will learn combinations of movement that can stand alone or be put together for a dance. Applicable for Jr and Senior high.
34. **In the beginning there was “Steal the B.A.C.O.N.”** (elem) Lois Boeyink  
This session will begin with some offensive and defensive activities. In addition to relating to the 6 National Standards, the “unwritten” standard will be stressed for an emotional, socially, safe environment.
35. **Predicting a 1 RM bench press from a submaximal Effort** (sec) Joe Thompson/Jeff O’Gara  
A model has been developed for predicting 1 RM bench press using a modification of the Borg Rating of Perceived Exertion Scale. This model relies on a moderate effort to predict a 1 RM, and thus reduces or eliminates post activity soreness commonly associated with ascertaining a 1 RM.
36. **Simple Ideas on How to Run a Successful Jump or hoops Event** (elem/sec) Jan Grenko/Margaret Beuter & Jen Neubauer  
A sharing session with coordinators to exchange ideas on what has made their events successful. Quick and easy ways to use for your existing event or help in starting a new jump or Hoop event.
37. **Getting Started in Your Profession** Bob Nutgrass  
Audience outcome will be useful tools they can use for interviews to land the first job. Students will be able to put course work into practical use OR how to take course work and put it into practical use in the gymnasium on that first job. Meet national and Central District leaders in the profession.

## **Dinner and Evening Entertainment 5:00 – 8:00**

**WRC 84**

Wrap up a busy day with a relaxing, informal, “down-home” bar-b-que. Talk with old friends and meet new ones. The evening entertainment will begin with performances by the “UNI Orchestis Dance Company” and the UNI “International Dance Theatre”. The second component of the evening entertainment will have tears of laughter falling from your eyes from the performances of “Half-Masted 3.2”, a comedy improv troupe. You’ll decide the props and topics, they’ll provide the fun. They have performed many times, always to rave reviews. From the Waterloo Courier: “They’re funny, quick-witted and their audience has no idea what’s coming next.” You will love Half-Masted!

## **A Night on the Town 8:00 - ????** **Downtown, Main Street Cedar Falls**

The city of Cedar Falls is looking forward to rolling out the red carpet to the IAHPERD convention attendees. Arrangements have been made for you to spend some time on Cedar Falls’ Great American Main Street. You’ll enjoy special time and attention in this nationally recognized arts and entertainment district where shopkeepers will welcome you with special desserts and coffees at your choice of several unique restaurants. You’ll also have the option of sampling special wine, cheese and chocolate tasting throughout the evening. Stroll the charming serpentine-shaped Main Street, which is lined with antique lamp posts, unique gift shops, galleries and eateries and stop in for a peek of the newly renovated lobby and guest rooms in the black Hawk Hotel, the oldest continuously operated hotel in the state of Iowa.

## Sunday, November 7<sup>th</sup>

**7:00 AM – 8:00 AM      Registration and exhibits      WRC 84**

**7:15 – 8:00 Hoops For Heart 10<sup>th</sup> Anniversary Breakfast (open to all convention participants)      WRC 84**

### **Breakout Session Seven 8:00 – 8:50**

**38. Standards, Benchmarks, Standard Based Report Cards... As Easy as 1..2..3.. (elem/sec)**  
Karen Roesler/Lois Mauch

Assessments using excel and word designed to introduce you to hands-on assessments activities you can apply the minute you return using developmentally appropriate practices, which will allow for individual goal setting and success in your classes. This standards based assessment is designed so that everyone will have a small part in the assessment of the benchmarks as they progress from elementary to secondary.

**39. Putting Fun Back into Basketball FUNDamentals (elem/sec)      Sandy Slade**

Teaching Basketball Fundamentals can be frustrating. Sandy makes it easy to understand. Be prepared to have a great time in this one-of-a-kind session.

**40. Activity Assessment and Promotion Tools within the FITNESSGRAM Software      Greg Welk**

This half-day workshop will provide guidelines for how to use the ACTIVITYGRAM assessment and the Pedometer/activity Log in the FITNESSGRAM software. The inclusion of these assessments and activities can enhance the promotion of physical activity in children by helping them be more aware of and involved in physical activity outside of school.

**41. Utilizing technology in Assessment      Carol Phillips/Mary Herring**

This half-day workshop will deal with setting up a mechanism to electronically record attendance, skill grades, fitness tests, etc to be downloaded to a computer. This is a hands-on workshop and is limited to 50 participants.

**42. Developing An Ice Climbing Class: The What's, Why's and How's. (sec) Don Briggs**

Ice climbing is a growing sport in the mid west. This session will discuss the development and delivery of an ice climbing program.

**43. IAHPERD and No Child Left Behind      John Baker & Gary Boeyink**

In 5 years, the bill for No Child left behind will be addressed again. Where does Iowa want to stand? Should we be part of the core? If yes, what will we be accountable for and to whom? If no, can we stand alone? Come and join in on the discussion and give input to IAHPERD council members.

**GENERAL SESSION 9:00 – 10:00      Kathleen Janz**

**“Playful to the Bone: New Insights on Movement and Bone Development in Iowa’s Children”**

**VISIT EXHIBITS 10:00 – 10:20      WRC 84**

### **Breakout Session Eight 10:25 – 11:15**

**44 Managing Problematic Behaviors in the PE Setting (elem/sec)      Sandy Brueswitz**

Common problematic behaviors experienced within the Physical Education setting will be identified. Behavior Management strategies will be shared that are founded in current brain research, and have been tested and proven in nationally recognized programs.

**45 Sex, Drugs and Rock & Roll (sec)**

Korri ClarkWilt

Come and see five lessons dealing with sensitive topics. The lessons are interactive and easy to do.

46. **Music, Fitness and Fun** (elem) Sally Shaver  
Sally will demonstrate and explain about the All Bodies Should Exercise Forever (ABSEF) program which combines music, nutrition and fitness for preschool and elementary students. In addition, she will share other ways to utilize music to encourage fitness and movement.
- 47 **Tchoukball: New, Exciting, Vigorous and Fun** (elem/sec) Pierre-Alain Girardin  
Want something new and exciting that promotes physical activity and the development of skills and strategies within an enjoyable and positive social environment? Seeking a vigorous activity that does not exclude participants, but allows everyone to participate within his/her abilities without interference from other players? Tchoukball is the answer! Join the session and leave enthusiastic about how Tchoukball could become part of your program.
48. **Creative Basketball Activities** (elem/sec) Sandy Slade  
One of the most popular session presenters at state AHPERD conferences, Sandy, "Spin", Slade will guide you through many basketball activities, including Basketball Skillastics, a new teaching tool that will revolutionize your basketball unit.
- 49 **Activity Assessment and Promotion Tools within the FITNESSGRAM Software** Greg Welk  
A continuation of the FITNESSGRAM workshop
50. **Utilizing Technology in Assessment** Carol Phillips/Mary Herring A  
continuation of the technology workshop.
- Breakout Session Nine 11:25 – 12:15**
- 51 **Activity Assessment and Promotion Tools within the FITNESSGRAM Software** Greg Welk  
A continuation of the FITNESSGRAM workshop
- 52 **Medicine Ball Games and Activities** (sec) Valerie Unkrich  
Perhaps none among the many newly rediscovered physical training aids is more versatile and enduring than the medicine ball. Come join the fun and throw around a med ball or two. Fitness and fun are two ingredients used in the games and activities.
- 53 **Using CRISS Strategies in the Health Classroom** Jean Pletchette  
Creating Independence through Student-owned Strategies (CRISS) was created to help students learn more effectively/ The CRISS program is being used by teachers in 43 states. CRISS strategies that have been used successfully to teach Health concepts will be shared.
- 54 **Teaching Without Coercion** Sandy Bruesewitz  
Creating an educational environment that is based on strategies that are brain compatible will be explored. Participants will come to better understand the importance of providing a need satisfying experience for students in the physical setting. Emphasis will be on community building activities and strategies for teaching students how to become more responsible and independent learners.
- 55 **Utilizing technology in Assessment** Carol Phillips/Mary Herring  
A continuation of the technology workshop.
- 56 **Using Technology, Reporting, Assessing and Community-center PE to Promote Healthy Lifestyles (STAR TRAC PE)** (elem) Rick Schupbach  
The problems and resulting consequences of inactivity in children and adults have been identified. Come see how one Iowa school is providing a solution. When kids are challenged to change their fitness lifestyle, it can ignite

an entire community into thinking preventive health. This program utilizes the latest in technology to “energize and educate” children and citizens alike.

**57 Educational Disc Golf Experience (The E.D.G.E.) (elem/sec) Jay & Des Reading**

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**CLOSING LUNCHEON 12:30 – 2:00**

Luncheon Speaker: Chuck Huss

**Maucker Union A&B**

**“Reaching for the Top: Mt. Everest”**

**Exhibitors and Sponsors for the 2004 IAHPERD State Convention include the following:**

Wells Fargo Bank

Drake University

Iowa Department of Natural Resources

Jump Rope for Heart/Hoops for Heart

B.R. Sports, LTD

Everlast Climbing Industries

Creative Health Products

Iowa Sports Foundation

USTA, Missouri Valley Section

University Book And Supply

The Children’s Health Market, Inc

EDGE Disc Golf

Sandy “Spin” Slade

Fisherman’s Factory Outlet

Achievee

Image Sport

UNI Athletics

Iowa Soybeans Promotions

Skatetime

NASCO

Tchoukball, Inc.

McGraw Hill

Action Based Learning

American Athletic Inc

Craft Cochran

Lincoln Savings Bank

IAHPERD

Walk4Life, Inc

**Featured Presenters:**

Sandy “Spin” Slade – Sandy is a world-renowned basketball handler, clinician and speaker. For over 17 years, she has entertained audiences throughout the country, from the largest arena to a neighborhood school. She is also considered to be one of the most popular session presenters at State and national Physical Education Conferences throughout the country.

Dr. Kathleen Janz – Dr. Janz is an Associate Professor of Health promotion at the University of Iowa in the Department of Epidemiology. Her work centers on the health aspects of physical activity and fitness, particularly during childhood and adolescence. She is nationally recognized for her work that focuses on population-based activity and fitness research and its application to planning and implementing lifestyle interventions.

Karen Roesler – Karen is from Fargo, North Dakota. She is the 1998 NASPE National Secondary Teacher of the Year, 1993 NAGWS Pathfinder Award Recipient and 1990 Exemplary Physical Education Program Award winner. Most recently, Karen has been involved in the writing and receiving of the Carol White PEP Grant for the past two years. Karen is very involved in the Fargo Public School District where she has taught high school Physical Education for the past 20 years.

Lois Mauch – Lois is a Physical Education Specialist for the Fargo Public School District. She was North Dakota Elementary Physical Education Teacher of the Year in 1990 and North Dakota Middle School Teacher of the Year in 1998. She was also the Central District Middle School Teacher of the Year in 1998. Lois has been honored with the Christa McAuliffe Fellowship Award, one of only a few Physical Education teachers in the nation to have done so. She is the author of two books and various magazine articles.

Jay & Des Reading – Jay and Des have been educators since their graduation from UNI in 1995. They have held four major disc golf titles between them in the last two years, including doubles and women’s World championships. The Readings originally hail from Bettendorf and Woodward, Iowa. They both earned their Bachelor’s degrees while competing in collegiate football and softball at the University of Northern Iowa

Dr. Chuck Huss – Dr. Huss is an Iowa native and a graduate of UNI (chemistry) and the University of Iowa medical school. He has been the Emergency Department Physician for Mercy Hospital in Iowa City for 22 years. Chuck has climbed mountains on six continents, participated in 39 international expeditions and has climbed all 54 14,000 peaks in Colorado. He has also completed 41 marathons, 10 ultramarathons, and 7 ski marathons. In addition, Chuck has wintered over at the South Pole Antarctica and has been to Everest four times.

Dr. Judith Young – Dr. Young serves as the Vice President for Programs of the American Alliance for Health, Physical Education, Recreation & Dance. Young Coordinates and facilitates all aspects of programming for the national associations of the alliance. For 12 years Judy served as the executive director of the National Association for Sport & Physical Education (NASPE), the only national organization representing Pre-K through 12<sup>th</sup> grade physical education teachers, curriculum specialists, and teacher preparation faculty.