



**SCHOOL OF KINESIOLOGY
COMMUNITY PROGRAMS**
UNIVERSITY OF MICHIGAN

UNIVERSITY OF MICHIGAN

23rd Annual **HEALTH & FITNESS WORKSHOP**

Friday, December 2, 2016

8:30 am–2:30 pm, 8:00 am check in, 6:45 am check in for participants attending the Pre-Workshop Session

REGISTER ONLINE ► <http://healthfitnessregistration.eventbrite.com>

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2016 KEYNOTE

CSPAP, CS-what?, CS-how?: Empowering Teacher Leaders of Active Learning Schools

Russell L. Carson, PhD

Associate Professor, University of Northern Colorado

LOCATION

Central Campus Recreation
Building (CCRB)
401 Washtenaw Avenue,
Ann Arbor, MI 48109-2214

COST

Cost is \$75

SCECH

Participants attending all
sessions can receive State
Continuing Education Clock
Hours (SCECH) through the
State of Michigan.

HEALTH & FITNESS 2016 COURSES

PRE-WORKSHOP **P** 7:00–8:30 AM

Child & Adult CPR/AED & First Aid*

Kerry Winkelseth, Instructor, U-M School of Kinesiology

This course is for participants who are confident in their skills and therefore require little to no review led by an instructor. This course covers recognizing and caring for breathing, cardiac emergencies in adults and children and use of an Automated External Defibrillator (AED). Also, this course will cover basic first aid care including wounds, sudden illness and minor injuries to muscles, bones and joints. Participants will earn Child & Adult CPR/AED and First Aid certifications. **Participants need to pay an additional \$19 on top of the Health & Fitness Workshop fee to cover the cost of the certification.*

SESSION ONE **1** 8:40–9:40 AM

A New Day for PE/HE! Understanding the ESSA, and the NEW State Legislative Action Center!

Roger Jackson, Executive Director/Chief Operating Officer – SHAPE Michigan

Physical Education and Health Education are included in the definition of a “Well Rounded Education” in the Every Student Succeeds Act! (ESSA). Every district has to submit a “needs assessment” to the state. Are you making sure that HPE are included? Are we now able to get professional development funds? What grant programs are available that might help in my district?

Find out how ESSA can impact your district and how you can help inform and influence federal and state elected officials. Also, see how easy it is to be an advocate with the SHAPE Michigan and SHAPE America Legislative Action Centers! *Appropriate for elementary and secondary teachers.*

Teaching Elementary Physical Education... Ideas and Activities!

Darcy Knoll, Elementary Physical Education Teacher, Ann Arbor Public Schools

Observe classroom management skills and techniques to utilize in an elementary PE setting. Learn how to maximize use of class time with effective transitions and other strategies to increase student participation and learning time. Concepts will help eliminate behavioral problems and the amount of time for activities and lessons will be enhanced. *Appropriate for elementary teachers.*

Raising the Bar to Reduce Risk-Taking Behaviors in Youth

Mary Beno, Regional School Health Coordinator, Livingston ESA/Washtenaw ISD

Interactive teaching strategies will be provided to fully engage both teacher and learner in the prevention of behaviors that put youth at risk in adopting healthy lifestyles. What are those behaviors that put our youth at risk? What can we teach in the classroom that is meaningful and likely to change behavior? Utilizing State and local data, we will examine the CDC's six risk taking behaviors and target those behaviors that put our youth at highest risk. Participants will then practice interactive activities that can be used in the classroom. The use of the Whole School, Whole Community, Whole Child Model (WSCC) approach to health and learning will also be discussed. *Appropriate for elementary and secondary teachers.*

Breaking Fitness and Movement Skills Plateaus: From Ruts to Results!

Brian Tass, President of SHAPE Michigan & CEO of Brian Tass Fitness INC

We see periods in our teaching of fitness or skill work where progress just seems terribly slow, but there is no reason it should completely stop. In this workshop, I cover common reasons why a student is not getting better and how to turn it up again. I will present some cutting-edge training concepts to tighten up on technique, timing and tracking progress that will spark results. *Appropriate for elementary and secondary teachers.*

SESSION TWO **2** 9:50–10:50 AM

Multi-Directional Agility Training

Jason Cole, Assistant Strength & Conditioning Coach Olympic Sports, University of Michigan

Designing and implementing strategies to improve acceleration, deceleration and change of direction for sport. *Appropriate for secondary teachers.*

Latin Dance in PE!

JoAnn Rushdan, Physical Education Teacher, Mitchell Elementary

Latin dance encompasses dance and aerobic movements performed to upbeat, energetic music. A variety of dance styles are incorporated including: salsa, merengue, hip-hop, cumbia, samba, reggaeton, and many more. There is not just one way to move, all ways are acceptable as long as you are moving and enjoying the sounds of the music! When you leave this Latin dance experience you will be able to set your classroom up in a way where your students will learn how to build confidence in a stimulating experiential classroom. *Appropriate for elementary and secondary teachers.*

Exercise and Psychological Well-Being

Tom George, Assistant Clinical Professor Program Chair, Health & Fitness, University of Michigan School of Kinesiology

Increasing demands of daily life have impacted the overall mental health and psychological well-being of our society. Exercise has clearly been shown to positively impact physical well-being, but more recent research has highlighted the benefits of exercise in reduction of anxiety and depression, enhancement of mood, improvement in self-concept and improvement in the quality of life. This presentation will explore the many psychological benefits of exercise and provide suggestions for using exercise to enhance the psychological well-being of participants. *Appropriate for elementary and secondary teachers.*

Rick Dekeon's Crazy Games!

J.R. Leonard, Elementary Physical Education Teacher, Burns Park, Rob Maier, Elementary Physical Education Teacher, Dicken, Kristi Van Ryn, Elementary Physical Education Teacher, Eberwhite, Katherine Hamilton, Elementary Physical Education Teacher, Allen Elementary

This session will show you games and activities that have either already been created by the legendary Rick Dekeon, or have been developed through his inspiration. These are games and activities that can be used for a variety of age groups and activities that the students love. There will be very little sitting in this session, you will be asked to get up and participate in the activities so that you can get a better feel for how they work. *Appropriate for elementary teachers.*

KEYNOTE **K** 11:00–11:45 AM

All participants will attend the Keynote session.

CSPAP, CS-what?, CS-how?: Empowering Teacher Leaders of Active Learning Schools

Russell L. Carson, PhD, Associate Professor, University of Northern Colorado

SESSION THREE **3** 12:00–1:00 PM

Multi-Directional Agility Training – Hands On Session

Ashley Jackson, Assistant Strength & Conditioning Coach for Olympic Sports, University of Michigan

Continued information for implementation of the Multi-Directional Agility Training into small group/team training adding on to Jason Cole's classroom session. Learn how to confidently teach and demonstrate simple agility concepts and drills to make an immediate impact with any multi-directional sport, athlete or group. *Appropriate for secondary teachers.*

Running-Related Injuries in Youth Athletes

Cristine Agresta, Postdoctoral Research Fellow, Michigan Performance Research Laboratory

This presentation will focus on running-related injuries in youth athletes. More adolescents are participating in running as a sport. As a result, running-related injuries in this population are growing. We will review the common injuries seen in adolescents, discuss early detection of risk factors and running mechanics, and touch upon correction of contributing factors to injury. There will be an emphasis on growth-related issues that are unique to this population and must be considered during assessment and training. *Appropriate for secondary teachers.*

Translating Research into Practice – Effective Instructional Strategies in Adapted Physical Education

Leah Ketcheson, Adjunct Faculty, Wayne State University, Director of Operations, LightUp – A Non Profit Organization

The focus of this presentation will be on the application of research supported strategies from special education into adapted physical education (APE) programs. This workshop is designed to provide concrete instructional strategies that can be applied to assessment, lessons preparation and paraprofessional training within the context of APE. Knowledge gained from this workshop will help to revise and stimulate a new approach to teaching physical education to children with disabilities. *Appropriate for elementary and secondary teachers.*

Designing Dance Curriculum for your Elementary and Secondary PE Classes!

Valerie Stead Potsos, Head Coach, University of Michigan Dance Team

Inspire your students through dance! Incorporate a curriculum that challenges all dance abilities! *Appropriate for elementary and secondary teachers.*

SESSION FOUR **4** 1:10–2:10 PM

Yoga for Tweens and Teens!

JT Quon, Yoga Teacher & Teacher (Masters in Education), University of Michigan Recreational Sports

Yoga has become a staple for many people and is taught at almost every mainstream gym today. Introducing yoga to secondary students will not only provide

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students another means to fitness, but also a healthy coping mechanism and stress reliever. The benefits of incorporating yoga in a teens life are endless. In this workshop, we will explore some reasons why yoga compliments many fitness and sports activities for a teen, the effect of yoga on a teen's brain, mind, and body, as well as some poses that are beneficial for a teen. *Appropriate for secondary teachers.*

Mental Health in Schools Matters!

Lauren Kazee, LMSW, Mental Health Consultant, Michigan Department of Education

Recent evidence indicates that a child's socio-emotional development plays an essential role in their school readiness, academic success, and overall well-being. Elimination of school supports,

and the growing need for student mental health services creates greater challenges. The Michigan Department of Education is working to address the mental health needs of students through various grant funded programs and initiatives. Participants will gain understanding of the impact of student's mental health on their school success and the ways that MDE is helping to improve that impact. *Appropriate for elementary and secondary teachers.*

Rick Dekeon's Crazy Games!

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Longfellow's WHALE Tales – Teaching Water Safety to K-6

Julie Sigda, Aquatic Specialist, American Red Cross

One way to help reduce drowning incidents among children ages 5 through 12 is to teach water safety education in elementary schools and other youth programs. The American Red Cross created Longfellow's WHALE Tales to help teachers and youth leaders teach children about safe behavior in, on and around the water. *Appropriate for elementary teachers.*

THINGS YOU NEED TO KNOW ABOUT THE WORKSHOP

Register online for the workshop! Registrations will only be accepted online.

► <http://healthfitnessregistration.eventbrite.com>

- Cost is \$75. Accepted forms of payment: Visa, MasterCard & Discover.
- You must select ONE presentation from each session.
- You will receive a confirmation email after your registration is complete, if you do not receive this you have not registered for the Workshop.
- Check in begins at 8:00 AM (If you plan on attending the Pre-Workshop Session you can check in at 6:45 AM).
- Wear active apparel.
- A light breakfast of bagels, fruit and coffee will be provided.
- There is no lunch break, you can pre-order a Jimmy John's box lunch (\$15.00) by November 28th. You will be able to eat this during the Keynote Presentation.
- All participants will attend the Keynote Presentation.
- Please bring either \$10 cash (exact change) or check (made payable to WISD) to the Workshop if you would like to receive Michigan Department of Education for State Continuing Education Clock Hours (SCECH).
- Parking is not provided. Please see the "Parking" page for more information on where to park.



**Go to EventBrite
and Register Quick!**

MICHIGAN DEPARTMENT OF EDUCATION FOR STATE CONTINUING EDUCATION CLOCK HOURS

The School of Kinesiology's Health & Fitness Workshop is excited to offer Michigan Department of Education for State Continuing Education Clock Hours to participants who attend the workshop. If you would like to obtain SCECHs please follow the directions below:

1. Please bring either \$10 cash (exact change) or check (made payable to WISD) to the Health & Fitness Workshop on December 2, 2016.
2. Fill out the Participant Data form in your welcome packet. You **MUST** include a valid email address and your PIC number. This email address should be the same email address used for the MDE Secure Central Registry.
3. Fill out the Registration portion of the State Continuing Education Clock Hours form. If you do NOT have your PIC

number, we will give you a certificate of completion.

4. You will need to sign in during check in at the SCECH's table and sign out at the end of the day at the SCECH's table. During sign out you will be required to pay \$10 cash (exact change) or a check made payable to WISD. You must attend all of your selected sessions in order to receive your SCECHs.
5. At the end of the Health & Fitness Workshop please report to the SCECH's table to turn in your documents, provide payment (\$10 cash (exact change) or a check made payable to WISD) and to sign out. If you do not turn in all the required documentation at the Workshop you will not be eligible for the SCECHs.

If you have any questions regarding SCECHs please ask any School of Kinesiology Health & Fitness Workshop staff member.

It is your responsibility to turn in all the required documentation and payment at the Workshop in order to receive your SCECHs. If you fail to turn in all the necessary documentation, payment and sign in and out at the beginning and end of the day, you will NOT receive SCECHs.

PARKING

You are responsible for your own parking fees. Palmer Drive and Forest Street are two structures near the Central Campus Recreation Building (CCRB). Both take cash, credit and debit. Metered parking surrounding the CCRB is also available.

Please visit http://pts.umich.edu/maps/central_south.pdf for these structure locations.

Palmer Drive Structure

Located on the corner of Palmer Drive and Washtenaw Avenue just north of the CCRB.

Forest Street Structure

650 South Forest Avenue
Ann Arbor, MI 48104

