**ALL-IN! DIVERSITY & INCLUSION IN KINESIOLOGY**

*Ketra Armstrong, PhD*

Professor, Sport Management  
Director, Center for Race & Ethnicity in Sport (C-RAES)  
Director, Diversity, Equity, & Inclusion  
University of Michigan

**Date/Time:** Friday, December 4, 2020, from 5-6pm

**Description:** This session will discuss diversity and inclusion in Kinesiology. It will seek to: (a) educate the audience on the fundamental principles of diversity and inclusion, (b) illuminate the uniqueness of Kinesiology as a platform for social justice and racial equality, and (c) inspire the audience to take an active role in promoting the ideals of diversity and inclusion in Kinesiology and related disciplines.
Date/Time: Wednesday, December 2, 2020, from 5-6pm

Description: This semester we have been teaching using a combination of students that are both remote and in-person – and including active learning each class period with teamwork between students that are a combination of remote and in-person. Our class development was part of a larger project supported by the Center of Research on Learning and Teaching (CRLT) at U-M. As a result, we have incorporated several new pedagogical strategies that have improved the course delivery and invigorated the active learning portion of our class time. I suppose I should mention that this class no longer has any high-stakes exams.
ASSESSMENT OF SPORT-RELATED CONCUSSION

Steve Broglio, PhD  
Associate Dean for Graduate Affairs  
Professor, Athletic Training  
University of Michigan

**Date/Time:** Monday, November 30, 2020, from 5-6pm

**Description:** This presentation will discuss the most recent international standards for the evaluation of sport-related concussion. Symptoms, motor control, and neurocognitive assessments will be presented.
THE POWER OF PLAY

Whitney Bunn, BS
Regional Partnership Director, Playworks

Date/Time: Thursday, December 3, 2020, from 5-6pm

Description: The Power of Play workshop introduces the importance of play and lays the foundation for creating a safe, healthy, and respectful environment for all students. This interactive webinar will demonstrate strategies to transform school culture and education by intentionally building social, emotional, physical, and academic skills through play. During the workshop, participants will learn:

- tangible group management strategies, conflict resolution tools, and virtual learning resources that can be implemented immediately.
- an inspired understanding of how recess, play, and physical activity can positively impact school climate and build rapport.
- the ways in which play can be used in the classroom to develop strong social and emotional competencies in elementary students.
MOTIVATION & EXERCISE: WHAT MOVES YOU?

Tom George, PhD
Assistant Professor of Clinical Practice, Applied Exercise Science & Sport Management
Assistant Director, Undergraduate Education
University of Michigan

Date/Time: Monday, November 30, 2020, from 5-6pm

Description: This session will focus on psychological factors related to exercise and physical activity motivation. Current theoretical models will be presented to aid in participants’ understanding of the processes involved in determining physical activity behavior. The theories covered will also provide participants with a validated "blueprint" from which to create effective physical activity plans and/or behavioral interventions.
INPACT: A STATEWIDE PLAN TO PROMOTE YOUTH PHYSICAL ACTIVITY IN MICHIGAN DURING THE COVID-19 PANDEMIC & BEYOND

Rebecca Hasson, PhD
Associate Professor, Movement Science
Director, Childhood Disparities Research Laboratory
University of Michigan

Presentation: Wednesday, December 2, 2020 from 5-6pm

Description of Presentation: In an effort to increase physical activity opportunities for K-12 students during the COVID-19 pandemic, the University of Michigan, Michigan School Health Coordinators’ Association (MiSHCA), the Society of Health and Physical Educators (SHAPE Michigan), Michigan Public Health Institute (MPHI), Michigan Elementary and Middle School Principals Association (MEMPSA), Michigan Department of Education (MDE), and Playworks disseminated Interrupting Prolonged sitting at Home (InPACT@Home). InPACT@Home is an evidence-informed, home-based physical activity program that enables K-12 students to engage in health-enhancing physical activity. Children and youth have access to 20-minute cardio workout videos that are developmentally appropriate and approved by pediatric exercise physiologists and physical education specialists. This session will highlight the preliminary findings of InPACT@Home and showcase how physical education as well as health and fitness professionals can contribute to the program.
**VIRTUAL PHYSICAL EDUCATION**

**Darcy Knoll, MS**  
Teacher, Ann Arbor Public Schools  
President, SHAPE Michigan

**Date/Time:** Tuesday, December 1, 2020, from 5-6pm

**Description:** Physical Education is the most important subject for students during our health pandemic period. Observe and learn about activities and lessons that will engage students as you teach Physical Education virtually. Minimal equipment and the needs of all students are considered with these activities.
INTEGRATING SOCIAL EMOTIONAL PEDAGOGY, CULTURALLY RELEVANT INSTRUCTION, & TRAUMA-INFORMED CARE

Jaye Peterson, PhD
Assistant Principal, Ann Arbor Public Schools

Date/Time: Tuesday, December 1, 2020, from 5-6pm

Description: Do you use a social-emotional approach to teaching and learning? Do you intentionally include curriculum, resources, topics, and instructional practices that are relevant to the non-dominant culture? Do you understand how learning is impeded by trauma and know how to address students that face trauma? Join me for a session that can inform you of these topics and give you ideas to start using in your classroom tomorrow!
PERIODIZATION DURING THE PANDEMIC: OPTIMIZING ATHLETE PROGRAMMING & ENGAGEMENT

Michael Stack, BS
CEO, Applied Fitness Solutions
Exercise Physiologist

Date/Time: Friday, December 4, 2020, from 5-6pm

Description: The COVID-19 pandemic has made our society change its view on how to accomplish even the simplest of everyday tasks; the sports world is certainly no different. Coaches are currently challenged by how to effectively engage and program their athletes in an unknown time with respect to competitive calendar and access to training and practice facilities. This presentation will provide a framework for coaches of all sports to consider how to plan for and effectively address their athletes' strength and conditioning needs during this unique time. Particular emphasis will be given to how to engage athletes outside of the traditional training environment and how to optimize program efficacy and adherence despite limited access to training resources and coaching.
WHAT’S WORTH TEACHING?

Jason Willard, MS
Teacher, Ann Arbor Public Schools

Date/Time: Thursday, December 3, 2020, from 5-6pm

Description: An exploratory, back-to-basics approach to teaching Physical Education online (during a global pandemic). Participants will get one teacher’s perspective on how he went about rediscovering “what’s worth doing?” ~Hellison. Session aims also include showing teachers this revised “curriculum” and discussing primary influences, such as physical activity and equity.