



WEARABLE TECHNOLOGY AND SPORTS ANALYTICS

Pete Bodary, PhD

Clinical Assistant Professor, Applied Exercise Science & Movement Science
Director, Innovative Teaching & Learning
University of Michigan

Description of Presentation: We will discuss different types of wearable devices that are used by athletes and teams to improve training and recovery. We will also discuss what types of sensors are used within the wearable devices and how the data coming from these sensors can provide insights, such as training intensity and or physiologic “readiness”.



InPACT: FOSTERING HEALTHY SCHOOLS, HOMES, AND COMMUNITIES THROUGH MOVEMENT

Rebecca Hasson, PhD

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

Description of Presentation: In an effort to increase physical activity opportunities for children across the state, the University of Michigan has developed the Interrupting Prolonged sitting with ACTivity (InPACT) programs. This session will provide an overview of the classroom, family, and community components of the program and showcase how health and physical can utilize the program to promote physical activity in their districts.



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

Description of Presentation: 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.



SMALL-SIDED GAMES AND CONCEPTS TO PROMOTE SPORTS IN PHYSICAL EDUCATION

Jason Willard, MS

Teacher, Ann Arbor Public Schools

Description of Presentation: Sport development and promotion can and should be part of a well-rounded physical education program. This session will introduce some small-sided games and sport concepts that teachers will be able to use in elementary and secondary physical education courses.