Friday, December 3, 2021 
9:00am–1:30pm

LOCATION
In-person at the *NEW*
Kinesiology Building
830 N. University Ave
Ann Arbor, MI 48109

COST
$50 per person
$40 pre-workshop certification (optional)
$10.50 SCECHs (optional)

REGISTRATION LINK: myumi.ch/0W3yl

ABOUT THE HEALTH & FITNESS WORKSHOP
The Health and Fitness Workshop is held annually, in December, for K-12 health and physical education teachers, and fitness professionals. The goal of the workshop is to provide ready-to-implement ideas and practices to take right back to the classroom or professional arena in the areas of health, physical education, sports and athletics, professional development, and adapted activity.

SCHEDULE
7:30-9:00am Pre-workshop (optional)
9:00-10:00am Keynote address (all participants attend)
10:10-11:10am Session 1 (attend the session for which you’ve registered)
11:20-12:20pm Session 2 (attend the session for which you’ve registered)
12:30-1:30pm Session 3 (attend the session for which you’ve registered)

PARKING INFORMATION
Please plan for extra time, as parking can be difficult on campus. You are responsible for your own parking fees. Maynard Street (MAP) is a structure within a short walking distance. More parking information can be found: https://campusinfo.umich.edu/article/parking-0
WORKSHOP INFORMATION

• Enter using the North University Ave doors, and head up the short flight of stairs. Check-in at the workshop table located on the 2nd floor, in the Commons area. (MAP)

• Pre-Workshop check-in begins at 7:00am. This session will begin promptly at 7:30am. Late arrivals will NOT receive certification. Workshop check-in begins at 8:30am.

• Participants attend a total of 4 sessions. Everyone attends the keynote presentation, and participants select ONE presentation from the three remaining sessions during registration. Class size is limited, so please make sure to attend only the sessions you’ve enrolled in.

• Pre-workshop American Red Cross Adult & Pediatric CPR/AED/1st Aid certification class is available and may be selected during the registration process.

• Registration is through Eventbrite only. Accepted forms of payment: Visa, MasterCard, American Express, and Discover.

• You will receive a confirmation email after your registration is complete, if you do not receive this you have not registered for the workshop.

• Participants will be required to complete the ResponsiBLUE Guest questionnaire prior to entering the building, and a mask is required indoors. Wear active apparel.

2021 KEYNOTE ADDRESS

Erik Bakich, Head Coach
University of Michigan Baseball

Erik Bakich has been the head coach of Michigan Baseball since 2012. He has guided Michigan's oldest sports program to a number-one overall ranking in the top-25 polls, an NCAA Runner-Up finish, three NCAA Tournament bids, a Big Ten Conference Tournament title, and seven Big Ten Tournament appearances. During his time at the helm, Michigan has had 35 players selected in the Major League Baseball Draft, along with 41 All-America selections, 49 Big Ten Conference team selections, one Big Ten Player of the Year, and 43 Academic All-Big Ten selections. Bakich was named the Skip Bertman National Coach of the Year in 2019.
WEARABLE TECHNOLOGY & SPORTS ANALYTICS

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

SESSION 1: 10:10-11:10am    ROOM: 2440    AUDIENCE: Secondary

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.”

ASSESSMENT OF SPORT-RELATED CONCUSSION

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

SESSION 2: 11:20-12:20pm    ROOM: 2281    AUDIENCE: Secondary

Description of Presentation: This presentation will discuss the most recent international standards for the evaluation of sport related concussion. Symptoms, motor control and neurocognitive assessments will be discussed.
Description of Presentation: To help develop a whole child, integrating social emotional learning (SEL) skills into teaching physical education lessons is an innovative instructional approach. First, we will discuss the Crosswalk for SHAPE America National Standards & Grade Level Outcomes for K-12 Physical Education and CASEL Social and Emotional Learning Core. Then, we will identify the current curriculum gaps in enhancing SEL skills and competencies. Next, we will present ideas for integrating SEL skills into PE lessons to enhance quality of PE teaching and learning and to promote a Whole-Child development concurrently.

POWER OF PLAY

Jamie Chester, BS
Regional Pro Trainer, Playworks

Description of Presentation: 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

SESSION 1: 10:10-11:10am   ROOM: 2240   AUDIENCE: Elementary & Secondary

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.

RICK DEKEON’S CRAZY GAMES

Katie Hamilton, MS
Jon-Lamar Hamilton, BS
JoAnn Rushdan, MS
Physical Education Teachers, Ann Arbor Public Schools

SESSION 3: 12:30-1:30pm   ROOM: 4600   AUDIENCE: Elementary

Description of Presentation: Participants will be exposed to a variety of games and activities that either have been created by the legendary Rick Dekeon, or have been developed through his inspiration. These games and activities can be used for a variety of age groups and have been proven favorites among students. There will be very little sitting in this session as you will be asked to get up and participate. Come ready to play and leave with games that you will be able to incorporate into your curriculum immediately.
InPACT: FOSTERING HEALTHY SCHOOLS, HOMES, & COMMUNITIES THROUGH MOVEMENT

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

Lexie Beemer, MS
Penelope Friday, MPH
PhD students, University of Michigan

SESSION 1: 10:10-11:10am   ROOM: 2281   AUDIENCE: Elementary & Secondary

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.

FITNESS FUN FOR ELEMENTARY PHYSICAL EDUCATION

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

SESSION 2: 11:20-12:20pm   ROOM: 4600   AUDIENCE: Elementary

Description of Presentation: Fitness ideas and lessons will be demonstrated to be utilized in Elementary Physical Education. Session will also include concepts and management ideas to maximize student engagement and participation time.
THE ART & SCIENCE OF SUPPORTING STUDENTS WITH SPECIAL NEEDS

Suzi Naguib, PhD
Clinical Director, Sunfield Center
Clinical Director, Sprouted Sage Center

SESSION 3: 12:30-1:30pm  ROOM: 2281  AUDIENCE: Elementary & Secondary

Description of Presentation: Participants will learn evidence based strategies that have been found to be effective in assisting students with special needs.

INTEGRATING SOCIAL EMOTIONAL PEDAGOGY, CULTURALLY RELEVANT INSTRUCTION, & TRAUMA-INFORMED CARE

Jaye Peterson, PhD
Assistant Principal, Ann Arbor Public Schools

SESSION 3: 12:30-1:30pm  ROOM: 2240  AUDIENCE: Secondary

Description of Presentation: 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!
SPORTS-SPECIFICITY IS OVERRATED: A PRACTICAL APPROACH TO LONG-TERM ATHLETE DEVELOPMENT

Michael Stack, BS
CEO & Exercise Physiologist, Applied Fitness Solutions


Description of Presentation: Many athletes we coach will not play at the professional or even the college level, yet a proper foundation of fitness can be forged to ensure lifelong health and vitality, while at the same time maximizing performance. This presentation is will discuss a practical approach to comprehensive athlete development that stewards the young athlete through various stages of physical and motor development. Special attention will be paid to identifying and addressing underlying movement dysfunction, developing a base of strength, and acquisition of foundational motor skills necessary to succeed in sport. Coaches will leave with a practical framework they can apply across of broad range of ages, ability levels, and sports.

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

Jason Willard, MS
Teacher, Ann Arbor Public Schools

SESSION 1: 10:10-11:10am  ROOM: 4600  AUDIENCE: Elementary & Secondary

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.
MICHIGAN DEPARTMENT OF EDUCATION  
STATE CONTINUING EDUCATION CLOCK HOURS (SCECHs)  

For anyone wishing to obtain Michigan Department of Education SCECHs, please follow these directions:

1. Fill out the Participant Data form. 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. Click here for instructions to find your PIC.
2. Complete the registration portion of the State Continuing Education Clock Hours form.
3. You must sign-in upon arrival at the SCECH table
4. At the completion of the workshop, please report to the SCECH table to turn in completed forms, sign-out, and provide payment ($10.50 cash, check payable to WISD, or PayPal ONLY).

*** It is your responsibility to turn in all the required documentation and payment at the conclusion of the Workshop. 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.