



29th Annual **HEALTH & FITNESS WORKSHOP**

Friday, December 2, 2022 9:00am–1:30pm

ABOUT THE HEALTH & FITNESS WORKSHOP

The Health and Fitness Workshop is held annually, in December. 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, fitness, inclusive and adapted activity.

LOCATION

University of Michigan
[School of Kinesiology](#)
830 N. University Ave
Ann Arbor, MI 48109

COST

\$60 per person
\$40 pre-workshop certification (optional)
\$10.50 SCECHs (optional)

REGISTRATION

Register now: <https://myumi.ch/qApNe> Please register in advance, on [Eventbrite](#). We are unable to accept checks or walk-in registrations.

SCHEDULE

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

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 (5-10 minute) walking distance. More parking information can be found at campusinfo.umich.edu/article/parking-0.



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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 masks are recommended indoors. Wear active apparel.

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. You must sign-in upon arrival at the SCECH table.
3. At the completion of the workshop, please report to the SCECH table to turn in the completed form, 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.



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2022 KEYNOTE ADDRESS

John Beilein

Former Head Coach, Michigan Men's Basketball

With four decades of college basketball coaching experience, Coach John Beilein is considered one of the best tactical basketball minds in the country. Beilein has compiled a career record of 829-468 (.639) during his years as a collegiate head coach. He has recorded 20-plus win seasons on 23 occasions and has finished with a winning record in 35 seasons, placing him in the top 10 for career victories among active Division I head coaches. Beilein has 20 career postseason appearances—13 in the NCAA Division I Tournament, six in the NIT, and one in the NCAA Division II Tournament. With the nine trips to the Big Dance with U-M, Beilein is one of 14 coaches to have taken four different schools to the NCAA Tournament—Canisius (1996), Richmond (1998), West Virginia (2005, '06), and Michigan (2009, '11, '12, '13, '14, '16, '17, '18, '19). In 12 seasons in Ann Arbor, Beilein built the Wolverines into one of the nation's elite programs, taking U-M to a pair of national championship game appearances (2013, '18) while also becoming the winningest coach in school history. Beilein is also a seasoned expert in the art of leadership, and has spoken across campus about the role that resiliency plays in success.



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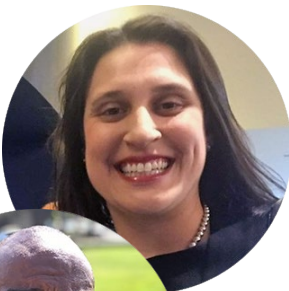
PSYCHOLOGICAL RESILIENCE: BUILDING SELF-CONFIDENCE & ENHANCING PERFORMANCE

Tom George, PhD

Clinical Assistant Professor, Applied Exercise Science & Sport Management
University of Michigan

SESSION: 3 ROOM: 2500 AUDIENCE: Elementary & Secondary

Description of Presentation: This presentation will focus on the factors and skills that are associated with adopting a positive, optimistic and confident approach to movement-related tasks. Specifically, the presentation will discuss important "ingredients" for developing psychological resilience when confronted by disadvantageous or adverse situations. Suggestions about the ways in which teachers and coaches can instill psychological resilience in their students and athletes will be covered, with a special emphasis on the role and value of teaching and encouraging positive self-talk.



RICK DEKEON'S CRAZY GAMES

Katie Hamilton, MS

Jon-Lamar Hamilton, BS

JoAnn Rushdan, MS

Physical Education Teachers
Ann Arbor Public Schools



SESSION: 1 ROOM: 2600 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.



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FITNESS FUN & QUICK ACTIVITIES FOR ELEMENTARY PHYSICAL EDUCATION

Darcy Knoll, MS

Physical Education Teacher, Ann Arbor Public Schools
President, SHAPE Michigan

SESSION: 2 ROOM: 2281 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.



ACL INJURY: CONCEQUENSCES & PREVENTION STRATEGIES

Adam Lepley

Clinical Associate Professor, Applied Exercise Science, Athletic Training,
& Movement Science
Director, Michigan Performance Research Laboratory (MiPR)
University of Michigan

SESSION: 2 ROOM: 1030 AUDIENCE: Secondary

Description of Presentation: The risk of ACL injuries in sports, and the impact these injuries have on athlete performance and short/long-term health will be discussed, along with the current evidence surrounding ACL injury prevention programs and risk reduction strategies used in sport.



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RUGBY IN THE OLYMPICS AND BEYOND

Mark Mantych, MEd, NSLS, KDP

Physical Education Teacher

Detroit Public Schools Community District

Detroit Lions Alternative Middle School

SESSION: 2 ROOM: 4600 AUDIENCE: Elementary & Secondary

Description of Presentation: Teams around the world have already started competing for a chance to qualify for the 2024 Rugby Olympic games. The European players started learning how to play rugby in elementary school, while most players in the United States do not get a chance to compete until they get to college. We have an opportunity to plant the rugby seed into our student's minds now so they can build a love of the game and allow our young athletes to see a path that can help them be ready to play in college, which could lead to playing Major League Rugby and possibly participate in the Olympics. This presentation will discuss rugby, show various rugby skills, and we will play lead-up activities that will spark our students' interests while emphasizing the importance of teamwork. Wear comfortable clothes and be ready to have fun!



IMPLEMENTING THE CROSSFIT "MAGIC" IN SCHOOL

Ryan McStockard

Owner

Fit2Live

SESSION: 3 ROOM: 4600 AUDIENCE: Elementary & Secondary

Description of Presentation: Learn how to create a supportive, inclusive and effective class environment for your students to learn and develop essential and natural functional movements all while building their foundation in health! This will be an active, hands-on lecture appropriate for all ages and skillsets.



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INTERNAL VS. EXTERNAL CUEING FOR YOUTH

Pedro Mendez, MS

Strength & Conditioning Fellow
University of Michigan

SESSION: 1 ROOM: 1030 AUDIENCE: Elementary & Secondary

Description of Presentation: This session will help individuals differentiate the differences between internal and external instructions and cues for youth athletes and students. I will discuss the pros and cons for each type of instruction.



BEYOND THE GYM: MOTOR PROBLEMS AND THEIR FUNCTIONAL IMPACT IN NEURODIVERGENCE

Haylie Miller, PhD

Assistant Professor, Movement Science
Director, Motor & Visual Development Laboratory
University of Michigan

SESSION: 1 ROOM: 2281 AUDIENCE: Elementary & Secondary

Description of Presentation: In this presentation, attendees will learn about common motor problems and differences observed in neurodivergent children, adolescents, and adults, as well as the downstream influence of these differences on functional ability, participation, and daily living skills.



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PROMOTING PARTICIPATION IN ADAPTED PHYSICAL EDUCATION: A COLLABORATIVE PARTNERSHIP WITH SPECIAL OLYMPICS

Samantha Miller

Doctoral Student
Wayne State University

SESSION: 3 ROOM: 1030 AUDIENCE: Elementary & Secondary

Description of Presentation: In this presentation, a framework for bolstering participation in APE will be shared. A framework which includes three stakeholder roles from a school district, a higher education institution, and Special Olympics will be outlined and strategies for steps to replicate will be recommended.



DEVELOPING MUSCULAR STRENGTH IN YOUNG ATHLETES: THE RATE-LIMITER TO SPORTS PERFORMANCE

Michael Stack, BS

CEO & Exercise Physiologist
Applied Fitness Solutions

SESSION: 2 ROOM: 2500 AUDIENCE: Elementary & Secondary

Description of Presentation: If you explore the many facets of sports-specific fitness that predict success, and injury-free sports performance, muscular strength is the common denominator. The proper development of muscular strength based on developmental level can be complex and often misunderstood. This presentation seeks to demystify and simplify the progressive periodization model that can be used for all athletes, at all levels of development, to optimize strength, reduce injury risk, and improve sports performance.



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

Jason Willard, MS

Teacher

Ann Arbor Public Schools

SESSION: 1 ROOM: 4600 AUDIENCE: Elementary & Secondary

Description of Presentation: We place a high value on cardio, strength and flexibility (health related fitness) in our PE programs. Skill-Related Fitness is very important too. This session will sample plenty of games/activities that highlight the 6 components of SRF: Power, Balance, Coordination, Agility, Reaction Time and Speed.