



# 30th Annual **HEALTH & FITNESS WORKSHOP**

**Friday, December 6, 2024 • 8:00am–12:00pm**

## 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.

## LOCATION

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

## COST

\$85 per person  
\$10.50 SCECHs (optional)

## REGISTRATION

Please register in advance on CVENT using [this link](#). **We are unable to accept checks or walk-in registrations.**

## SCHEDULE

7:30-8:00am	Registration (Sign in for SCECHs)
8:00-8:50am	<a href="#">Session 1</a> (attend the session for which you've registered)
9:00-9:50am	<a href="#">Session 2</a> (attend the session for which you've registered)
10:00-10:50am	<a href="#">Session 3</a> (attend the session for which you've registered)
11:00am-12:00pm	Keynote address (all participants attend)
12:00pm	Sign out, turn in completed form and pay for SCECHs

## 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-minute) walking distance. Additional parking available near the SoK building can be found on [this map](#).



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## WORKSHOP INFORMATION

- Enter using the North University Ave. doors and head up the short flight of stairs.
- **Workshop check-in begins at 7:30am.** Check in at the workshop table located on the 2<sup>nd</sup> floor, near the stairs at the North University entrance ([map](#)).
- Participants will attend a total of 4 sessions. Each participant will select **ONE** presentation to attend for each of the first three session and everyone attends the keynote presentation (Session 4). Sessions will be selected during registration. Class size is limited, so please make sure to attend only the sessions you've enrolled in.
- Registration is through [CVENT only](#). Accepted forms of payment: Visa, MasterCard, 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.*
- Contact us with any questions: [healthfitnessworkshop-requests@umich.edu](mailto:healthfitnessworkshop-requests@umich.edu)

## 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 that you will receive at the time of check in. 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 (\$10.00 check payable to WISD or exact cash, or \$10.50 PayPal).

**\*\*\* 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. This workshop will offer 4 SCECHs.\*\*\*



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## 2024 KEYNOTE ADDRESS

### University of Michigan Athletic Counseling Team

The Athletic Counseling Team at the University of Michigan is a dynamic, diverse team of licensed professionals embedded in the Michigan Athletic Department. The Athletics Counseling Team (ACT) consists of Social Workers, Professional Counselors and Psychologists cross-trained to provide a full spectrum of care and meet the unique needs of Division I Varsity Student-Athletes. Athletic Counselors are trained in many treatment modalities and come with a wide variety of experiences to meet the mental health and mental performance needs of varsity athletes on the campus of the University of Michigan.

Coaches, teachers and mentors are some of the most influential people in a young person's life. When a young person has a coach, teacher or mentor who understands and demonstrates care and curiosity about their whole health – including their mental wellness – it increases the likelihood that the young person will seek help when needed. The University of Michigan Athletic Counseling Team will share trauma informed, diverse strategies on how to talk about mental wellness with young people, what to look for, and how to address concerns. They will share tips on how to create a culture of safety within a team or group setting. In addition, they will share what an Athletic Counseling Team does in a Division I Athletic Department and talk about Mental Health trends and needs for this generation of student-athletes.

Kelly Pahle



Kevyn Monier



Dr. Keon Stewart



Joshua Jackson



Brandy Gresham



Emily Cooper





## ORGANIZATION AND MANAGEMENT IN THE PHYSICAL EDUCATION SETTING

**Jennifer Garcia**

Health and Physical Educator, Ann Arbor Public Schools



**Jon-Lamar Hamilton**

Physical Education Teacher, Ann Arbor Public Schools

**SESSION: 1 ROOM: 4600 AUDIENCE: Any**

**Description of Presentation:** This presentation will provide management strategies to help keep class time efficient and organized. Added into this presentation there will be some secondary game ideas you can take back to play with your students.



## WORKING WITH AN ASL INTERPRETER

**CasieAnn Watson**

ASL Interpreter and University of Michigan Disability Equity Office



**Kacey Lundgren**

ASL Interpreter and University of Michigan Disability Equity Office

**SESSION: 1 ROOM: 2281 AUDIENCE: Any**

**Description of Presentation:** This presentation overviews the difference between ASL and English, how to work effectively with an ASL interpreter and tips to engage with deaf and hard of hearing students.



## TRANSFORMATIVE SEL STRATEGIES FOR IMPLEMENTATION

**Sarah Giddings**

SEL Coordinator, Washtenaw ISD | Associate Director, WAVE Program



**Kelley Cusmano**

Rochester Community Schools, Michigan Teacher of the Year 2024-25

**SESSION: 1 ROOM: 2080 AUDIENCE: Any**

**Description of Presentation:** In this presentation, we will discuss the definition and context of transformative SEL and practical ways to infuse transformative SEL into practices for positive student & staff well-being.



## NUTRITION GOAL SETTING AND ATHLETIC PERFORMANCE

**Andrea Darby, MS, RD, CSSD**

Team Performance Dietitian, University of Michigan Athletics

**Hannah Champine, MDN, RD**

Team Performance Dietitian, University of Michigan Athletics



**Chelsea Kalmar, MS, RD**

Team Performance Dietitian, University of Michigan

**SESSION: 1 ROOM: 2600 AUDIENCE: Any**

**Description of Presentation:** During this presentation we will provide nutrition recommendations for athletes, discuss setting realistic goals, and measuring your success.



### DEKEON'S CRAZY GAMES

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



**SESSION: 2**   **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. Come ready to play and leave with games that you will be able to incorporate into your curriculum immediately.



### SMALL CHANGES, BIG IMPACT: PRACTICAL WAYS TO SUPPORT LGBTQ+ STUDENTS IN YOUR PE AND HEALTH CLASSROOMS

**Kim Phillips-Knope, MSW**  
 Project Lead: Michigan Department of Education's LGBTQ+ Students Project

**SESSION: 2**   **ROOM: 2281**   **AUDIENCE: Any**

**Description of Presentation:** In this interactive workshop, we'll explore student experiences and examine best practice approaches to addressing the needs of LGBTQ+ students in PE and Health classes. Participants will leave with concrete strategies and a better understanding of the needs of this student population.



### PREPARING YOUTH ATHLETES FOR THE DEMANDS OF COLLEGIATE LEVEL ATHLETICS

**Jaclynn VanHollebeke**  
 Olympic Strength and Conditioning Fellow, University of Michigan Athletics

**SESSION: 2**   **ROOM: 2080**   **AUDIENCE: Secondary**

**Description of Presentation:** I will discuss what physical capabilities strength and conditioning coaches at the collegiate level look for in incoming athletes. Additionally, I will touch on how individuals working with youth athletes can help to prepare athletes for these demands as they enter collegiate athletics.



### OPTIMIZING HUMAN PERFORMANCE

**Sean Connelly, PT DPT, CSCS, CEP, CES, CPT, LSVT, FDN**  
 Owner and clinic director for Team Rehab Troy 3, professor at Wayne State University

**SESSION: 2**   **ROOM: 2600**   **AUDIENCE: Any**

**Description of Presentation:** We are a nation in decline when it comes to our health, and unfortunately children are more unhealthy than ever. This session will review the most recent research regarding exercise and nutrition. We will review old and current nutrition and exercise recommendations and understand why those have failed us. We will discuss updated recommendations for children and adults that are more effective and efficient than any other program to date.



### ELEMENTARY PHYSICAL EDUCATION WITH A PURPOSE

**Darcy Knoll**

Physical Education Teacher, Ann Arbor Public Schools, SHAPE Michigan

**SESSION: 3 ROOM: 4600 AUDIENCE: Elementary**

**Description of Presentation:** This presentation will focus on how to maximize participation and provide successful opportunities for all students. Observe activities, lesson ideas, and management strategies for Elementary Physical Education



### SIZE INCLUSIVE APPROACHES TO NUTRITION AND PHYSICAL EDUCATION

**Danielle Dros**

Regional School Health Coordinator, Washtenaw Intermediate School District

**SESSION: 3 ROOM: 2281 AUDIENCE: Any**

**Description of Presentation:** This session will prepare educators with information and approaches to nutrition and physical education that help students foster positive relationships with food and movement, prevent disordered eating, and teach to a variety of identities and experiences in the classroom.



### MICRO-ADVENTURES IN ELEMENTARY PE

**Scott Przystas**

Health and Physical Education Teacher, Grand Haven Area Public Schools

**SESSION: 3 ROOM: 2080 AUDIENCE: Elementary**

**Description of Presentation:** In this session, participants will learn the importance of micro-adventures in elementary PE and how it benefits students. The presenter will share tips, tricks and hacks of teaching outside as well as a few of his favorite activities to build character and a growth mindset in addition to creating a community of connection and character in PE.



### ADAPTIVE SPORTS AND INCLUSIVE RECREATION INITIATIVE

**Brian Elliott**

Community Program Coordinator – Adaptive Sports and Fitness, University of Michigan

**Erika Barker**

Monitoring and Evaluation Coordinator - Adaptive Sports and Fitness, University of Michigan



**SESSION: 3 ROOM: 2140 AUDIENCE: Any**

**Description of Presentation:** Bringing adaptive sports to general physical education classes in public schools. Ways to play adaptive sports and get more inclusive.