



31st Annual **HEALTH & FITNESS WORKSHOP**

31st Annual Health & Fitness Workshop

Friday, December 5, 2025 • 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

\$90 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	Session 1 (attend the session for which you've registered)
9:00-9:50am	Session 2 (attend the session for which you've registered)
10:00-10:50am	Session 3 (attend the session for which you've registered)
11:00am-12:00pm	Keynote address (all participants attend)
12:00pm	Sign out, turn in completed SCECH form and pay for SCECHs

PARKING INFORMATION

Please **plan for extra time to park and walk to the SKB**. You are responsible for your own parking fees. Maynard Street ([map](#)) and Liberty Square ([information](#)) are structures within a short (5-minute) walking distance. Most of the street parking near the SKB has been removed, plan to park in a structure.



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WORKSHOP INFORMATION

- Use the North University Ave. entrance (across from Hill Auditorium) and head up the short flight of stairs to the 2nd floor.
- **Workshop check-in begins at 7:30am.** Check in at the workshop table located on the 2nd 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 sessions 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

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. ***



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2025 KEYNOTE ADDRESS

Panel of University of Michigan Varsity Coaches

The following coaches will speak about how they have created and maintained a positive culture surrounding their program. They will also address supporting, encouraging and promoting positive leadership among their student athletes.

Baseball Coach – [Tracy Smith](#)

Tracy is entering his 3rd season as head coach of the University of Michigan Baseball team. In his 27 years of head coaching experience, he has 865 wins and has produced 90 MLB Draft picks, including the No. 1 overall pick of the 2020 Draft, Spencer Torkelson. Tracy was named the NCBWA National Coach of the Year in 2013.

Women's Golf Coach – [Jan Dowling](#)

Jan was named the fifth women's golf coach in U-M history in the fall of 2013. Throughout her 11 seasons with the University of Michigan, Dowling has made seven NCAA postseason invitations with six team regional appearances and one invited individual. Under Jan's leadership, the Wolverines were runners-up at the 2021 Big Ten Championships and in 2022 were crowned as Big Ten Champions. The title in 2022 helped Jan to be named as Big Ten Coach of the Year.

Men's Gymnastics Coach – [Yuan Xiao](#)

Entering his 21st season with the Wolverine staff and his fifth year as Michigan's head coach in 2026, Yuan Xiao has established himself as one of the most accomplished coaches in collegiate and international gymnastics. The Wolverines have captured four consecutive Big Ten Tournament Titles, three regular season titles, and an NCAA Championship (2025) under Xiao's leadership.

Softball Coach – [Bonnie Tholl](#)

Bonnie was a four-year starter at shortstop and graduated from the University of Michigan in 1991. After spending 29 years as an assistant coach for the Wolverines softball team, she is now entering her 4th season as head coach. She led the team to back-to-back Big Ten Tournament Titles in 2024 and 2025. Entering her 33rd overall season on the Michigan coaching staff, Tholl has contributed to nearly all of the program's postseason success, including 22 Big Ten regular-season titles since 1995, 11 Big Ten Tournament crowns, 29 NCAA Tournament appearances and 12 NCAA Women's College World Series appearances.

Men's Tennis Coach – [Sean Maymi](#)

After two stints as associate head coach of the Wolverines, Sean was named as the head coach of the University of Michigan's men's tennis program in July 2023. In that first season, he led Michigan to an appearance in the NCAA tournament after finishing as the runners-up in the Big Ten. During the fall, Maymi and the Wolverines qualified for the ITA National Indoor Championship after winning the ITA Kick-Off.

Track & Field – Associate Head Coach [Jenni Ashcroft](#)

Jenni enters her ninth year with U-M for the 2025-26 season, overseeing the jumping events and combined events for both the men and women's teams through the 2021-22 academic year and taking on an associate coach role beginning with the 2022-23 season. She has coached or assisted in coaching four NCAA Champions, 50 All-Americans (11 at Michigan) and 17 conference champions (4 at Michigan)

H&FW SESSION 1

8:00-8:50AM

RICK DEKEON'S CRAZY GAMES

Jon-Lamar Hamilton

Katie Hamilton

JoAnn Rushdan

Physical Education Teachers, Ann Arbor Public Schools



SESSION: 1

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.

INSTRUCTIONAL STRATEGIES, MODIFICATIONS, AND ACCOMMODATIONS FOR PHYSICAL EDUCATION AND ADAPTED PHYSICAL EDUCATION

Delia Powell

Adapted Physical Education Service Provider, Washtenaw Intermediate School District

SESSION: 1

ROOM: 2070

AUDIENCE: Any

Description of Presentation: This session provides practical strategies, modifications, and accommodations to support students with disabilities in physical education and adapted physical education. Participants will learn how to create inclusive, engaging lessons that promote access, participation, and success for all learners through evidence-based practices and individualized supports.



HOW HIGH SCHOOL POWERLIFTING MAKES ALL SPORTS BETTER

Nick Lusk

Head Powerlifting Coach and PE/Health Teacher, Troy Athens High School



SESSION: 1

ROOM: 2200

AUDIENCE: Secondary

Description of Presentation: During this presentation Coach Lusk will discuss how powerlifting improves an athlete's performance on their athletic playing field. He will focus on how powerlifting improves an athlete's physical strength, lifting technique, injury prevention, mental & physical toughness and increase confidence. Along with the likely hood to become a multi-sport athlete or take kids that have never been a part of a team and turn them into athletes & members of a team. Whether a small farm town or large D1 high school, Coach Lusk will explain how powerlifting is beneficial to all schools' athletic departments.

PRACTICAL VIDEO CREATION FOR EARLY CHILDHOOD MOVEMENT: FROM SCREEN TO SKILL

Dr. Kara Palmer

Clinical Assistant Professor, School of Kinesiology, University of Michigan



SESSION: 1

ROOM: 2500

AUDIENCE: Any

Description of Presentation: In this session, you will discover practical ways to use and create online videos that teach motor skills and encourage physical activity in young children. Drawing on insights from the "Motor Skills at Playtime" (eMAP) project, we'll explore helpful design strategies—like Achievement Goal Theory and essential e-health features—that you can use in your own video content. Leave with clear tips and easy tools to start building your own video library right away!

PREPARE STUDENTS FOR SUCCESS: SPORT SKILLS, FITNESS, AND AGILITY

Lou Lerma

Physical Education Teacher, Pottersville Elementary School



SESSION: 2

ROOM: 4600

AUDIENCE: Elementary

Description of Presentation: Understand the nature of failure and build confidence with movement. Discussion of what you should be doing before your students ever touch a ball, eye-hand coordination (balloons, scarves, bean bags, fluff balls, yarn balls), agility, balance, coordination, and space awareness (jump rope, fundamental motor skills). Also, I will be giving an introduction to basketball curriculum, dribbling, set shot, and layups. This presentation is K-2nd specific but applicable to 3rd-5th and upper levels.

CONCUSSIONS

Dr. Steven Broglio

Professor and Director of the Concussion Center, School of Kinesiology, University of Michigan



SESSION: 2

ROOM: 2070

AUDIENCE: Secondary

Description of Presentation: This session will describe the fundamentals of concussion, covering injury identification and management. We'll also provide practical guidance on safely returning students to the classroom and activity after a concussion.

ORGANIZATION AND MANAGEMENT IN THE PHYSICAL EDUCATION SETTING

Jennifer Garcia

Health and Physical Education Teacher, Ann Arbor Public Schools



SESSION: 2

ROOM: 2200

AUDIENCE: Any

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

SUPPORTING LEARNERS' SENSORY, MOTOR, AND ATTENTIONAL NEEDS IN THE CLASSROOM AND BEYOND

Dr. Haylie Miller

Assistant Professor, School of Kinesiology, University of Michigan



SESSION: 2

ROOM: 2050

AUDIENCE: Any

Description of Presentation: The sensory, motor, and attentional support needs of learners are increasingly diverse in today's educational and recreational communities. It can be challenging for instructors to meet these needs, especially when they are incongruent. In this session, we will discuss ways to use universal design principles to make health and fitness activities accessible and engaging in the classroom, the gym, and outdoors.

H&FW SESSION 3

10:00-10:50AM

CROSSFIT – ADAPTIVE ATHLETE EXPERIENCE

Elina Villemure

CrossFit Athlete, CrossFit L1 Coach, Adaptive and Inclusive Trainer



SESSION: 3

ROOM: 4600

AUDIENCE: Any

Description of Presentation: This presentation will provide 4 different movements for 4 different impairments (seated, lower extremity, upper extremity and visual). We will begin with an overview of the Adaptive Athlete Experience then move into warmup, stations, demonstrations and closing statements. You will be shown safe and efficient ways for modifying and adapting movements so that all students can have equitable experiences.

ENHANCING THE MICHIGAN MODEL FOR HEALTH CURRICULUM WITH MOVEMENT

Anna Schwartz

InPACT Program Facilitator and Graduate Student, School of Kinesiology, University of Michigan



SESSION: 3

ROOM: 2070

AUDIENCE: Elementary

Description of Presentation: This session will introduce the integration of the Interrupting Prolonged sitting with ACTivity (InPACT) classroom physical activity program with the Michigan Model for Health™ (MMH) curriculum. Participants will learn how to use the InPACT-MMH integration guide to incorporate exercise snacks into MMH lessons and explore the resources available to engage families. This session will also give participants an opportunity to share feedback on how this integrated curriculum can be effectively implemented in elementary schools.

SECONDARY GAMES AND ACTIVITIES

Jon-Lamar Hamilton

Katie Hamilton

JoAnn Rushdan

Physical Education Teachers, Ann Arbor Public Schools



SESSION: 3

ROOM: 2500

AUDIENCE: Secondary

Description of Presentation: Participants will explore a variety of games and activities designed specifically for the secondary PE setting, primarily middle school. Although this session will not take place in a gym environment, attendees will be encouraged to share their own variations and modifications. Collaboration will be a key focus, allowing everyone to learn from one another and leave with practical, ready-to-use activities for their PE classrooms.