

**Attend the Arkansas Association of Health, Physical Education, Recreation, and Dance Convention and
Workshop “The Importance of Quality Pre-Service Training for Future Health Education and Physical
Education Teachers”**

Report

Professional Development Grant

By

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March 1, 2010

Purpose

The purpose of attending the conference was to enhance my professional growth by attending professional sessions in the disciplines I teach, maintaining professional contacts, and networking.

Sessions

I attended eight sessions and participated in one workshop while at the Arkansas Association for Health, Physical Education, Recreation, and Dance November 5-6. Below is a summary of the workshop and sessions and how I will and/or have already used the information from them to enhance my classes, department, and/or scholarship.

Importance of Quality Pre-Service Training for Future Health and Physical Education Teachers Workshop

This half day workshop provided a great deal of information on resources that support standards based, skills-based health education and assessment and how Arkansas has formed collaborative partnerships to address childhood obesity by means of implementing quality physical education programs in schools. Since one of the topics we address a great deal in my adapted class is obesity and what health and physical educators can do to help reduce the numbers of persons becoming obese, this workshop gave me many ideas and resources to share in class.

Walking Across America: Exploring our National Parks

The presenter in this session demonstrated how she used pedometers in her elementary physical education class to help her students not only increase their activity time using technology but also learn about the national and state parks thus incorporating math, geography, and fitness into her curriculum. I shared this information with my methods' classes on how to incorporate other subject areas and technology into their physical education classes.

Teacher Created and Student Approved! Easy Dances to Start Your PE Classes

In this session I learned four dances that I'm going to demonstrate to my adapted classes so they can see how to modify dances to include persons with disabilities.

All Convention General Session

During this session the president of ArKAHPERD spoke concerning the state of our profession in Arkansas and then we voted on a new BOD.

Student Superstars Competition

I went and supported our students who participated in the competition and helped with the set up and take down of the stations.

Memoirs of a First Year Teacher

One of our alumni, Cathryn Gaines, presented about some of the trials and tribulations she faced as a first year teacher. Since I teach future teachers, it was helpful to get some information to share with my classes that might save some of my students some stress and prevent some mistakes. Ms. Gaines also had some suggestions as to where to go to look for jobs, etc. Ms. Gaines also allows many of my students observe her from my adapted classes, and I wanted to be sure and support her by attending her presentation.

A Very Successful Hoops for Heart Project

Four of our majors and my colleague, Cindra Roberson, presented how they were able to raise the most money in the state for Hoops for Heart. I went to support my students and colleague.

Use of the Wii in P.E., Adapted, Rehab and Fitness Settings

In this session, the Wii Fit software was demonstrated and a brainstorming session was held regarding the different ways the Wii software could be incorporated into the physical education setting. Because of this session, I had our department purchase a Wii and am incorporating it into my adapted physical education classes to show how this technology can serve students with disabilities. Since technology is a component of our accreditation process, it is important that I find new and better ways to use it in my teaching.

ArkAHPERD All Convention Awards Luncheon

Two of our majors received four of the top awards for students in the state in physical education . I attended to support and recognize our students.

Summary

In summary, this conference was very beneficial to my overall development. I was able to network with professionals in the areas of adapted and pedagogy, support our students in their professional development, get presentation and research ideas, incorporate new information into my classes, and find ways to contribute to the accreditation of our program. I appreciate very much the support and funding I received to attend.

Respectfully submitted,

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