

**Attend the Arkansas Association of Health, Physical Education, Recreation, and Dance Convention and
Assist in Running the Pre-convention Event: ArkAHPERD Hoops for Heart Tournament**

Report

Professional Development Grant

By

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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, networking, supporting current and former ATU students and graduates, and assisting in running the ArkAHPERD Hoops for Heart Event.

Sessions

I attended seven sessions and participated in and helped run the Hoops for Heart Event while at the Arkansas Association for Health, Physical Education, Recreation, and Dance October 31st-November 2nd. Below is a summary of the sessions and how I will and/or have already used the information from them to enhance my classes, department, and/or scholarship.

ArkAHPERD Hoops for Heart Tournament

This pre-convention event was held at UALR from 4:30-8:00. As a member of the tournament committee, I was responsible for making the brackets, posting the scores, and furnishing the scoreboards and basketballs. The money raised from this event helps support the American Heart Association, and I recruited eight teams from Arkansas Tech to participate in the event and played on one team myself along with several of my colleagues. It is a great opportunity for our students to see that we as faculty practice what we preach both by our support of a worthy cause and by our participation in activity.

Fitness Bootcamps

One former graduate of Arkansas Tech and one current graduate student of ATU presented this session on how to design a fitness “bootcamp,” and the president of the ATU HPE Club presided over the session. I attended and participated in the session in support of our students.

Jump Rope for Heart

Two of our outstanding graduates, Lindsay Robinson Beaton and Cathryn Gaines, presented this session on information on holding traditional, online, and non-traditional Jump Rope for Heart and Hoops for Heart events to raise money for the American Heart Association. Since our students host a Hoops for Heart event here on campus, assist many of the local schools in their Hoops for Heart events, and often host their own events once they graduate, it is helpful for me to stay up to date on any new procedures and/or online events to share with my students and colleagues.

All Convention General Session

Attending the general session allows me to network with colleagues and professionals from other universities around the state and gather information about their programs (problems, concerns, solutions) and share with them about ours.

Baggo Tournament

This participation session was a fun way to interact with students not only from ATU but from all around the state. It also gave our students some ideas for raising money and increasing participation in the ATU HPE Club.

USTA Schools Program & Curriculum for Physical Education Teachers

This was a two-part session in which the persons from the United States Tennis Association presented activities, grant information, and information on how to host professional days for schools. I've shared this information with my colleagues who teach our methods' classes and can share some of the activities with my adapted physical education classes.

Open Forum of Research

It is always helpful for me to attend the poster sessions on the research being conducted around the state. The majority of the presenters were graduate students, and this forum provides a safe and nurturing environment for them to present the results of their final papers, research projects, and/or thesis. I am going to encourage our graduate students to present their action-research papers in the future.

Passing the PLT Praxis Exam

Most of my students in the PE 4203 Adapted Physical Education class are preparing to intern the next semester and thus will have to take and pass the PLT. In my class, I take time to help prepare them for the test, and this session provided some tips and strategies for preparing for and passing this test.

ArkAHPERD All Convention Awards Luncheon

One of our majors received four of the top awards for students in the state in physical education, and ATU also received the Hoops for Heart College Fundraising award for being the university that raised the most money in a Hoops for Heart event . 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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