

Attend the Arkansas Association of Health, Physical Education, Recreation, and Dance Convention

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, and supporting current and former ATU students and graduates.

Sessions

I attended nine sessions while at the Arkansas Association for Health, Physical Education, Recreation, and Dance November 7th and 8th. 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.

Kettlebell Exercises for Power and Coordination

Two of my colleagues, Drs. Lyons and Mayo presented this session discussing and demonstrating the use of kettlebells to develop explosive strength and intermuscular coordination. I have never worked with or even seen kettlebells used, so this session was very informative to me and will allow me to share information with my classes and some of our coaches regarding this type of training.

ADE and Teacher Licensure Program Information

This presentation focused on licensure updates, testing, and competencies for programs and ALPs for teacher licensing institutions. Since I teach many of the methods' courses in our department, I feel it is very important for me to stay apprised of any new information the Arkansas Department of Education shares regarding licensure. For instance, the codes for the Praxis have changed and the continued push to have only certified persons teach physical education was discussed along with the change regarding tests required for coaching licensure and the difference between getting your coaching endorsement via the AAA (it does not appear on the teaching certificate and some schools require it to be) verses within the program of study. I will share this information with the chair of my department along with my colleagues as they advise our students.

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. In addition, I volunteered during this session to run and was elected as our District II representative for the next three years to serve on the Board of Directors for ArkAHPERD.

Expanding PETE Students' Perceptions – Engaging Pre-Service Teachers in Collaborative Activities

This session was given by my colleague Dr. Rockie Pederson, her former colleague from the University of Texas El Paso, Roina Baquera-Shaw and four of their students. In this session they presented how they are having their students in secondary methods collaborate with each other across state lines through the use of technology such as email, Skype, Twitter, etc. to encourage one another and provide feedback regarding their common assignments within the two classes. I found the session to be very stimulating and could see how I could use such technology in my own classes.

Super Stars Competition

This year we had 56 students from our department attend the state convention and a large number of them participated in the Super Stars Competition in which students from the different universities form teams of six and work to get the best scores on four to six different tasks, and the team with the best overall score gets a plaque and \$100. I went and watched and encouraged our students as they participated. For the first time in school history, Tech took 1st and 3rd places.

All Convention Banquet

The speaker was the President of the Southern AHPERD, and he gave a very motivating speech concerning physical education in the schools. I will especially try to apply his principle of treating all persons with “respect and dignity.”

Stack It, Move It, Use It: Fitness Stacking With Speed Stacks

This session was presented by Catherine Gaines who is an elementary physical education teacher at Center Valley Elementary and graduate from our program. In this program, she demonstrated and had participants engaged in activities to increase physical fitness as well as incorporate the use of cup stacking as a motivational tool. I am always interested in learning new and interesting methods to motivate students to move and become fit and share these with my students.

How to Deliver A High-Impact Presentation

My colleague Dr. JJ Mayo presented how to deliver successful classroom presentation. He discussed the planning and organizational process along with delivery tips, common errors, and the effective use of multimedia. It was beneficial for me to attend his presentation and rethink and rework some of the power point presentations that I give in my lectures.

ArkAHPERD All Convention Awards Luncheon

Catherine Gaines, a former graduate from ATU, won the Elementary Physical Education Teacher of the Year Award for Arkansas. In addition, one of our current majors received an award given to 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 current and former 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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