



Serving You

This year's KAHPERD theme is "Serving You". I believe there is nothing more important than serving others. No matter your role within our KAHPERD Family, from executive board member to newly registered member our mission is the same; KAHPERD members seek to promote and advocate for healthy, active Kansans, and one of the ways to advocate is to serve. According Nipun Mehta (2011) there are five reasons to serve. 1. Serve to discover abundance: the radical shift from "me" to "we." As I read this "we" are the ones that influence our industry and we are the people who can offer others the support to reach Kansans because simply put one cannot do it alone. 2. Serve to express gratitude. There are plenty of people who helped us get to where we are at. The best way to give back is to give forward and service is the best way to give it forward. 3. Serve to transform yourself; it is a way of training ourselves to change from being self-centered to other centered and it is the others we are trying to reach. 4. Serve to honor our profound interconnection, simply put as members of KAHPERD we are connected by what we do. To serve connects us with other KAHPERD members because it is good to be reminded that we are not alone. 5. Serve to align with natural unfolding, which means the more one serves, the more one sees the needs of our state. Serving is what we all do every day with those we work with in our classrooms, gyms, health clubs, clinics and recreation centers. Now it is time to reach a greater audience and by serving we can reach that audience, the entire population of Kansas.





Table of Contents

Welcome to the Convention.....	3
Convention Committees.....	4
Special Thanks.....	5
KAHPERD Executive Council.....	6-7
Voting Slate.....	8
Special Guest Presenters.....	9-10
KAHPERD Award Winning Presenters.....	11
KAHPERD Program At-A-Glance.....	12-15
KAHPERD Program.....	15-29
Index - Convention Sessions Listed by Topic	30-36
KAHPERD Past Presidents	37
KAHPERD Past Award Recipients	38-44
Exhibitors	45-48
KAHPERD Mission Statement.....	49
HPER Gym Maps/ESU Campus Map.....	50-52

The Teachers College

Welcome to Emporia

KAPHERD members, it is always wonderful for Emporia State University to welcome you back to campus! The opportunity to host the Kansas Association for Health, Physical Education, Recreation, and Dance annual convention is one our faculty relish.

A number of changes have occurred at Emporia State University since the last time the KAPHERD convention was here. Some of them are cosmetic upgrades to landscaping and buildings. Others are redefining the campus for our students, faculty, and campus. For example, enjoy your sessions in our newly renovated Memorial Union and take some time to tour this building.

The faculty of the Health, Physical Education, and Recreation department are committed to the professional development of their students, colleagues, and themselves and recognizes the importance and value of strong professional organizations in meeting those development needs. That commitment has resulted in two recent honors for HPER faculty. In 2011, Joella Mehrhof received the Margie Hanson National Outstanding Elementary Physical Educator Award from the American Alliance for Health, Physical Education, Recreation and Dance. In April, past AAHPERD President Vicki Worrell was inducted into the North American Society for Physical Education, Health, Dance and Sport.

What you do every day matters so much to every student you teach! The knowledge and skills your students learn about physical activity is the primary ingredient to a life of health and productivity. Thank you for your vital contributions to society and best wishes for a memorable convention.



Michael D. Shonrock, PhD, President
Emporia State University



Kenneth A. Weaver, PhD, Dean
The Teachers College
Emporia State University

The Department of Health, Physical Education and Recreation

The Health, Physical Education and Recreation (HPER) Department at Emporia State University welcomes the KAHPERD Convention attendees. The HPER faculty and staff are very excited about hosting the 2013 convention. We hope you find your time on our campus to be an enjoyable and rewarding experience.

The theme for this year's KAHPERD Convention is "Serving You". The faculty in the HPER Department at Emporia State University has a long and impressive reputation of service to the profession. The HPER Department has hosted several past KAHPERD conventions, as well as numerous in-services and workshops. The current HPER faculty includes six past KAHPERD presidents, two past AAHPERD presidents, and numerous state, regional, and national award recipients. In addition, the current KAHPERD President, Convention Manager, and Executive Director are all members of the faculty in the HPER Department at Emporia State University.

With all this service and committed professional attitude, we are expecting great things for the 2013 KAHPERD Convention. Welcome to campus.



Shawna Shane, Ed.D.
Associate Professor and Interim Chair
Department of Health, Physical Education and Recreation
Emporia State University

KAHPERD Convention Committees

KAHPERD thanks the following individuals for their tireless work in planning this convention.

Convention Site Team Chair	Matt Howe
KAHPERD Convention Manager	April Huddleston
KAHPERD Executive Director	Vicki Worrell
Awards	Brenda Bowmen, KAHPERD Awards Committee Chair, Kathy Kochersperger, Patty Weber, Shellie Stahly
Banquet	Sunnin Keosybounheuang, Joan Brewer
Convention Program	April Huddleston, Joella Mehrhof, Blake Taylor
On-line Convention Handouts	Blake Taylor
Door Prizes	Joella Mehrhof, Vicki Worrell, Brittany Johnson, Shawna Shane, April Huddleston
Equipment	Lauren Loucks, Amy Townsend
Exhibits	Shawna Shane
Health Fair	Tiffany Orth
Hospitality	Clint Longacre, Joella Mehrhof
Housing	Matt Howe
KAHPERD Webmaster	David Price
Outside Funding	Vicki Worrell, Joella Mehrhof, Darrel Lang
Parking	Paul Luebbers
Registration	April Huddleston, Diane Mangus, Matt Howe
Retirees	Deon Hall, Norma Hodges
Socials	Erin Blocker
Signs	Jen Thomas, Erin Blocker
Technology	Mike Butler, Tyler Goad
Volunteers	Joella Mehrhof

Special Thanks

We would like to sincerely thank all of the convention sponsors for their generous donations:

- Emporia Convention and Visitors Bureau
- Emporia State University Athletics Department
- High Gear Cyclery, Inc., Emporia, KS
- HOP, Emporia, KS
- Kansas City Royals
- Kansas City T-Bones
- Kansas Department of Health and Environment
- Kansas Department of Education: Child Nutrition & Wellness
- Midwest Dairy Council
- MOVABLE, Llc
- New Balance Athletic Shoe, Inc.
- Polar
- Rael Hodgson State Farm Insurance
- Sportime
- TigerTails, USA
- Wichita State University Athletics Department
- WalMart

Special Thanks to:

KAHPERD Executive Council

Executive Director

Vicki Worrell
Department of HPER
Emporia State University
Emporia, KS



President

Damon Leiss
Department of HPER
Emporia State University
Emporia, KS



President-Elect

Kim Morrissey
Dodge Elementary
Wichita, KS



Past-President

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Journal Editor

Joyce Ellis
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Performance
Fort Hays State University
Hays, KS



Parliamentarian

Scott Gorman
Department of HHPR
Pittsburg State University
Pittsburg, KS



Member at Large

Jill Cundiff
Lakewood Middle School
Overland Park, KS



2012-2013 Slate of Officers and Chairs Voting Guide

Executive Council Members

President-Elect – Wendy Scholten

Secretary – Karla Stenzel

Journal Editor -- TBD

Special Guests for the 2013 KAHPERD Convention

Jason Busche – 2013 NASPE National Middle School Teacher of the Year



Jason Busche taught K-8 physical education in Anthony, Kansas for 6 years and served on the Executive Committee for KAHPERD. He is currently an instructor at Northwestern Oklahoma State University in Alva, Oklahoma. Jason was known as the “Grant King” in Kansas. He was the recipient of numerous grants including an \$8,000 Harper County grant for a climbing wall, a \$3,000 N.A.S.P grant recipient for archery equipment, and a \$2,500 AAHPERD Hoops/Jump Rope for Heart grant. He also received grants for Socci, Trikkes, Indo Boards, Slacklines, stability balls, tennis equipment, resistance bands and reaction balls. He was the 2009 KAHPERD Young Professional of the Year, the 2011 National Hoops for Heart Coordinator of the year, the 2011 KAHPERD Middle School Teacher of the Year, the 2013 Central District Middle School Teacher of the year and the 2013 NASPE National Middle School Teacher of the Year.

Patty Kestell - 2013 NASPE National Elementary Teacher of the Year



Patty Kestell has been an educator in Cedarburg, Wisconsin for 23 years. She has taught at the elementary, middle school, and high school level in physical education and health and currently teaches physical education to K-5 students at Thorson Elementary School in Cedarburg. She was named the 2013 NASPE Central District Elementary Physical Education Teacher of the Year as well as the 2013 NASPE National Elementary Physical Education Teacher of the Year. She is also the Health Coordinator for the Cedarburg School District and is responsible for Health, Physical Education, and Human Growth and Development Curriculum support within the district. She also serves as the Employee and Student Wellness Coordinator. She works with an Employee Wellness Committee to provide activities, screenings, and resources to the district staff. She also serves on the Student Physical Activity and Nutrition Committee to carry out the district student wellness policy.

Dennis Docheff – 2011-12 NASPE President



Dennis Docheff has been an educator for over thirty years. His experience includes teaching, administration, and coaching at the elementary, middle school, high school, and university levels. Dennis’ areas of expertise include teaching and coaching effectiveness, and administration. Dennis has provided over 250 professional presentations and has 150 publications; recently publishing a third book, *Pathway to Excellence: A Christian Approach to Coaching*. Highlights of Dennis’ career include a three-year teaching stint at the United States Military Academy at West Point, NASPE President from 2011-12, Past-President of the Central District AAHPERD, and receiving the AAHPERD Honor Award.

Karen Dowd 1996-97 AAHPERD President



Karen Dowd received her doctorate in Higher Education Administration/Health and Physical Education from Oklahoma State University. She retired from the University of Central Oklahoma in 2002 after 27 ½ years of service which included Professor/Associate Vice President and Chief of Staff, Office of Academic Affairs; Assistant Dean, College of Education; Chairperson, Department of Kinesiology and Health Studies; Associate Athletic Director; Academic Program Coordinator. Karen has been the Executive Director for the Florida Alliance for Health Physical Education Recreation and Dance (FAHPERD) since 2005. She was also the Executive Director for Oklahoma AHPERD from 1984 – 2001. During the 1996-97 year, she served as AAHPERD President. She was inducted into the North American Society for Health, Physical Education, Recreation, Sport and Dance Professionals in 2007. She has received the AAHPERD Honor Award, the Southern District Honor Award, and the Oklahoma AHPERD Honor Award. The Karen J. Dowd Scholarship, established by Oklahoma AHPERD in 1997, continues to be awarded annually.

Bob Fitzpatrick – 2007 NASPE Eastern District Elementary Teacher of the Year



Bob Fitzpatrick is an award-winning physical education teacher and was named the 2007 NASPE Eastern District Elementary Teacher of the Year. He has over 36 years of teaching, coaching and administrative experience, and has been recognized nationally by the United States Ski Association. Bob has developed many unique teaching tools including the invention of The IditaHarness (An Adventure Challenge Activity) and accompanying activity guide which is now distributed through Sportime LLC, Norcross, GA. He is founder of Nordic Adventure Camps, serves as VP of MAHPERD, the Massachusetts' affiliate of AAHPERD and is a contributing author to several professional magazines including *Sports and Recreational Activities, 14ed.* McGraw-Hill. In addition, he is the author of, *Energize Your PHYSICAL EDUCATION PROGRAM: Innovative, Cutting-Edge Teaching Strategies, Activities, Tools, and Assessments (Grades 6-12).*

Lisa Perry - National Physical Education and Physical Activity Advisor, Alliance for a Healthier Generation



Lisa serves the Alliance for a Healthier Generation as the National Physical Education/Physical Activity Advisor. She provides content expertise, professional development and brokers resources for physical educators and classroom teachers. Her experience includes 25 years in the physical education field. Prior to joining the Alliance, Lisa served as the Senior Consultant for physical activity, nutrition, tobacco and sun safety for the Colorado Department of Education. She has developed and implemented strategies and training to support teachers, schools and districts to utilize best practices for physical activity, physical education, nutrition education and tobacco prevention. She also worked as an exercise physiologist at a health and weight management center for overweight women, where she provided instruction on the principles of exercise, strength training, physical activity and behavior modification.

Ray Petty – President of Kansas Accessible Sports, Inc.



Ray Petty has been involved in the disability rights movement for over 30 years. He served as Legislative Liaison for the Kansas Commission on Disability Concerns and was Executive Director of two independent living centers in Kansas, during which time he lobbied on many disability-related laws in Kansas as well as on federal legislation including the Civil Rights Restoration Act, the Fair Housing Act Amendments of 1988, and the Americans with Disabilities Act. He joined the Great Plains ADA Center in the mid-1990's and has provided training, technical assistance, and consultation throughout a four-state region. He is President of Kansas Accessible Sports, Inc. and plays and coaches wheelchair basketball and softball – and serves as President of the Midwest Conference of the National Wheelchair Basketball Association.

DawnElla Rust – Southern District AHPERD University Health Educator of the Year, 2006.



DawnElla Rust has been the Community Health Professor and the Health Science Program Coordinator in the Department of Kinesiology and Health Science at Stephen F. Austin State University since 1997. In her professional career she has been an Exercise Specialist for patients with diabetes and a wellness coordinator for a community college. DawnElla was the 1997-98 Oklahoma Association of Health, Physical Education, Recreation, and Dance Health Educator of the Year. She was an initial inductee for the Emporia State University Department of HPER Hall of Fame in 2003. In 2005, she was the Texas AHPERD University Health Educator of the Year, and she was also the Southern District AHPERD University Health Educator of the Year in 2006. She has also served as President of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD) in 2007.

2013 KAHPERD Convention Presenters Include Over 35 Award Winning Physical Education, Health, and Dance Educators!!

The following award winning educators are either presenting or co-presenting in Emporia:

National Teachers of the Year

Jason Busche	2013 NASPE Middle School Teacher of the Year
Patty Kestell	2013 NASPE National Elementary Teacher of the Year
Kathy Wagner	2008 NASPE National Elementary Teacher of the Year
Cindy Combs	2006 National Adapted Teacher of the Year
Rhonda Holt	2000 NASPE National Elementary Teacher of the Year
Vicki Worrell	1993 NASPE National Elementary Teacher of the Year

National District Teachers of the Year

Margery Thompson	2012 NASPE Central District Adapted Teacher of the Year
Bob Fitzpatrick	2007 NASPE Eastern District Elementary Teacher of the Year
Joyce Ellis	2001 NASPE Central District Middle School Teacher of the Year
Jean Drennan	1999 NASPE Central District High School Teacher of the Year
Jill Cundiff	1998 NASPE Central District Elementary Teacher of the Year

KAHPERD State Educators of the Year and Award Winners

Catherine Arellano	2012 Middle School Teacher of the Year
Joan Bolt	2002 Elementary Teacher of the Year
Joan Brewer	2004 Vicki J. Worrell Service Award
Mark Dix	2001 Young Professional Educator of the Year
Marlys Gwaltney	2012 Jump Rope for Heart Coordinator of the Year
Scott Gorman	1999 Honor Award Recipient
Rob Hefley	2012 Wayne Osness Honor Award
Shelly Hoffman	2010 Model School Award Recipient
Matt Holopirek	2008 Young Professional Award
Janice Jewett	2004 Recreation Professional of the Year
Damon Leiss	2011 Recreation Professional of the Year
Joella Mehrhof	1998 Dance Educator of the Year
Kim Morrissey	2009 Elementary Teacher of the Year
Susan Oldfather	2004 Elementary Teacher of the Year
John Oppliger	1999 Service Award Recipient
Cindy Rabinowitz	2012 Elementary Teacher of the Year
Travis Rogers	2012 High School Teacher of the Year
Wendy Scholten	2011 Wayne Osness Honor Award Recipient
Julia Spresser	2008 Dance Educator of the Year
Karla Stenzel	2009 Vicki J. Worrell Service Award Recipient
Bill Stobart	2012 Recreation Professional of the Year
Jessica Stewart	2011 Young Professional Educator of the Year
Blake Taylor	2011 Model School Award Recipient
Amy Townsend	2009 Health Educator of the Year
Claudia Welch	2004 High School Teacher of the Year

Program at a Glance

Thursday, November 7th

Open Workout Time: 6:00am – 11:00 am, ESU Student Recreation Center				
2013 KAHPERD Convention Registration: 7:00 am – 9:30 am, ESU Student Recreation Center				
EXHIBITS OPEN: 7:30 am – 3:30 pm, ESU Student Recreation Center				
OPENING SESSION: 8:00 am – 8:20 am, ESU Student Recreation Center				
THURSDAY BREAKOUT SESSIONS: 8:30 – 9:20 am				
Gym C: Session 1 Doing More with Less: Simple Fun Activities Margery Thompson	Gym D: Session 2 TRX Suspension Training Krystal Say/Brad Clark	Gym E: Session 3 Badminton and Paddle sports in limited spaces Randy Kempe	Dance Studio: Session 4 Everybody Dance Now! Amy Avery	Student Rec Gym: Session 5 Be a PE Champ Patty Kestell
Room 201: Session 6 Meaningful Assessment in PE Steve Brown	Room 204: Session 7 Project Based Teaching Practices in Health Erin Blocker	Room 205: Session 8 Kansas Kids Fitness Day: Planning 101 Karla Stenzel/others	Room 206: Session 9 Using Your School Website to Promote PE Scott Enge	
ESU Recreation Center Front Doors: Special Session Retiree Gathering 9:30-11:15 am				
THURSDAY BREAKOUT SESSIONS: 9:30 – 10:20 am				
Gym C: Session 10 Adventure Course: All Abilities Participating Cindy Combs	Gym D: Session 11 Let's Move Active Kansas Schools Rhonda Holt/others	Gym E: Session 12 Welcome to High School PE Travis Rogers	Dance Studio: Session 13 Simple Swing Steps Janice Jewett, Julia Spresser, Jenna Wendt	Student Rec Gym: Session 14 Elementary PE Rocks, Skips, Runs, & Throws Joella Mehrhof/ESU Students
Room 201: Session 15 Fueled Up: Ready to Be Healthy Wendy Scholten/others	Room 204: Session 16 Presidential Youth Fitness Program Joyce Ellis/Jill Cundiff	Room 205: Session 17 Earth Matters: Hands on Ideas for Health Education DawnElla Rust	Room 206: Session 18 Fitnessgram Version 10 Overview Kathy Read	Gym A: Session 19 Good Form Running Debbie Johnson
THURSDAY BREAKOUT SESSIONS: 10:30 – 11:20 am				
Gym C: Session 20 Managing in Motion Bill Stinson	Gym D: Session 21 TRX Curriculum Brad Clark/Krystal Say	Gym E: Session 22 PE Prairie Games Clint Longacre, Damon Leiss, Denise Hodges	Dance Studio: Session 23 Field Days to Remember Marlys Gwaltney	Student Rec Gym Lunch Set-Up
Room 201: Session 24 Operation Impact! Patty Kestell	Room 204: Session 25 Online Health: Developing the Right Fit Shelley Stone	Room 205: Session 26 LMAS FIT-Integrating Physical Education and Music Shellie Stahly	Room 206: Session 27 Student Now: President Later Past AAHPERD/CD/State Past Presidents	
11:15 to 12:30		11:20 – 12:50		
7th Annual Joint Projects Luncheon Meet at HPER Front Door upper level Sauder Alumni Center – 1500 Highland Street (By Invitation Only)		Student Rec Center Gym: LUNCH: Visit Exhibits Midwest Dairy Council Introduces a new Program View/Participate in Wheelchair Games		

THURSDAY BREAKOUT SESSIONS: 1:00 – 1:50 pm				
Gym C: Session 28 Strategies for Building a Student Centered PE Class Bob FitzPatrick	Gym D: Session 29 Let the Good Times Roll Angela Redfern/Devin Schwartz	Gym E: Session 30 Frisbee Horseshoes Shannon Grate/Mark Dix	Dance Studio: Session 31 Let's Get Quackin' and Other Fun Routines Kathy Wagner	Student Rec Gym: Session 32 Wheelchair Games Ray Petty
Room 201: Session 33 National Coaching Standards Be a Better Coach? Mark Stanbrough/Bill Stinson	Room 204: Session 34 Building and Using Interactive Instruction Guides Joe Kern	Room 205: Session 35 Student Teaching 101 Tyler Goad/Tiffany Orth	Room 206: Session 36 Health Trip Campaign and Student Learning Karen Doyle/others	
THURSDAY BREAKOUT SESSIONS: 2:00 – 2:50 pm				
Gym C: Session 37 Yabadabadoo Adventure Activities Scott Gorman/Shelly Grimes	Gym D: Session 38 Progression in Teaching Tennis Skills Scott Enge	Gym E: Session 39 Move It, Move It Jaime McVey	Gym B: Session 40 Polar GoFit Matt Holopirek/Jean Drennan	Student Rec Gym: Session 41 Come and Play H-Ball Rob Hefley, John Oppliger, Bill Stobart
Room 201: Session 42 Bam! Kick Health Ed and Marketing Up a Notch Jennifer Thomas	Spin Lab: Session 43 Experience a Spin Cycle Class Amy Townsend	Room 205: Session 44 Coaching the Female Athlete: Good, Bad, Ugly Erin Blocker	Room 206: Session 45 Overcoming Barriers to Let's Move Mark Thompson/others	
THURSDAY BREAKOUT SESSIONS: 3:00 – 3:50 pm				
Gym C: Session 46 Elementary Activities and More Stan Ewy	Gym D: Session 47 Superstar Challenge Tiffany Orth	Gym E: Session 48 Got High Expectations? Thinking Outside the Box Sandra Ortiz/Kim Wright		Student Rec Gym: Session 50 Tchoukball Karl Ely/Todd Junker
Room 201: Session 51 Get Fired Up! Exciting news about JRFH and HH Nikki Medina	Room 204: Session 52 Can I Have Some More Bikini Please? Karla Stenzel/others	Room 205: Session 53 Creativity in the Classroom and Beyond Laura Covert	Room 206: Session 54 Whole Brain Amy Stanislawski	
Special Session #1 - Future Professionals/Build Your Best Sundae's: 3:50 – 4:30 pm -- Gym D				
President's Social/Appreciation Awards: 5:15-6:15 pm in ESU Memorial Union – Veterans Hall of Honor (2nd Floor)				
KAHPERD Awards Banquet: 6:15 – 8:45 pm in ESU Memorial Union – Webb Hall (2nd Floor)				
KAHPERD After PARTY: 8:00 – midnight – Mulready's (Downtown)				

Friday, November 8th

Open Workout Time: 6:00 – 7:00 am, ESU Student Recreation Center				
Special Session #2 - ESU HPER Club Health Fair:, 8:00 am – 12 pm, Gym B				
FRIDAY BREAKOUT SESSIONS: 8:30 – 9:20 am				
Gym C: Session 55 Recreational Games Meet Core/Functional Strength Bob FitzPatrick/Jason Busche	Gym D: Session 56 They're How Old? What Do I Do Now? Jaime McVey	Gym E: Session 57 Foam Coated Balls are Not Just for Dodgeball Jill Cundiff/Randy Kempe	Dance Studio: Session 58 Zumba Fit Julia Spresser, Janice Jewett, Shelly Grimes	
Room 201: Session 59 Bully Prevention Kent Reed	Room 204: Session 60 Cloud Computing is a Real Deal Mike Butler	Room 205: Session 61 K-Fit: What, Why, How? Mark Thompson, Abbie Ungle, Jennifer Church	Room 206: Session 62 Coaches of the Past Making Better Coaches for Today Dennis Docheff	
FRIDAY BREAKOUT SESSIONS: 9:30 – 10:20 am				
Gym C: Session 63 Lead Up Games for Traditional Sports Scott Enge	Gym D: Session 64 Chicken Math, Parachute and Jumbo Ball Ideas Cindy Rabinowitz	Gym E: Session 65 Tools to Teach Special Pops Amy Townsend/Jayne Lindstrom	Dance Studio: Session 66 Elementary Rhythms for Ballroom Dance Dennis McCormick Jr.	
	Room 204: Session 68 Obesity as a Disease Kim Kato	Room 205: Session 69 Thinking Outside the Rope Marlys Gwaltney	Room 206: Session 70 Alliance for a Healthier Generation Gretchen Patch/Lisa Perry	
FRIDAY BREAKOUT SESSIONS: 10:30 – 11:20 am				
Gym C: Session 71 PE is a Balancing Act Jason Busche	Gym D: Session 72 Sport Stacking and Speed Stacking Jackie Hall/Traci Crusinberry	Gym E: Session 73 Pickleball: Hot and Sweaty Dan Hoffman/Roger Trimmell		
Room 201 Set-up for Council	Room 204: Session 75 Teach Your District About Brain Breaks Diane Wyatt/Bill Christner	Room 205: Session 76 Slow Down: Benefits of a Built Environment DawnElla Rust	Room 206: Session 77 LMAKS 3yr Participants Meeting Rhonda Holt/Mark Thompson	
11:30 am – 12:30 pm CLOSING CEREMONIES – STUDENT REC CENTER				
1:00-4:00pm			1:00-4:00pm	
Room 204: Post-Convention #1 K-Fit Training Mark Thompson and Jennifer Church (Free)			Room 205/Gym B: Post Convention #2 Alliance for a Healthier Generation's 2013 Kansas Summit, with sponsored lunch Lisa Perry and Gretchen Patch (Free)	

Program Session Description

THURSDAY: 8:30 – 9:20 am

Session 1

For: Elementary, Middle, Secondary, Future Professionals

Doing More With Less: Simple, Fun Activities Using Little to No Equipment <i>Margery Thompson</i>	GYM C
Budget cuts? Large classes? Come ready to think and move as we go through elementary activities using free, cheap, and plentiful items.	

Session 2

For Middle, Secondary, Future Professionals, Health Promotion, Recreation, Coaching

TRX Suspension Training <i>Krystal Say and Brad Clark</i>	GYM D
This session will apply the science of how TRX ST develops strength, balance, flexibility and core stability into a variety of exercises.	

Session 3

For Elementary, Middle, Secondary, Future Professionals, Adapted

Teaching Badminton and Paddle Sports in a Limited Space <i>Randy Kempe</i>	GYM E
Learn ways to teach modify badminton and paddle sports in limited spaces.	

Session 4

For Elementary, Middle, Secondary, Future Professionals, Recreation, Dance

Everybody Dance Now <i>Amy Avery</i>	Dance Studio
Incorporate fun and easy hip hop/dance moves to get your student motivated, energized and sweaty.	

Session 5

For Elementary, Middle, Future Professionals, Adapted

Be a PE Champ <i>Patty Kestell - Elementary TOY 2013</i>	Student REC. GYM
Creative health-related fitness activities integrating MyPlate	

Session 6

For Elementary, Middle, Secondary, Future Professionals, Adapted

Meaningful Assessment in Physical Education <i>Steve Brown</i>	Room 201
This session will include a discussion of types of assessment and available tools for assessing students in physical education. Included are: Fitness Gram; a variety of skill checklists; evaluation rubrics; and technology and online resources for assessment (iPad, video, heart rate monitors, pedometers, choosemyplate.gov, etc.).	

Session 7

For Middle, Secondary, Future Professionals, Health Promotion, Health

Project-Based Teaching Practices in Health Education: Innovative Hands On Teaching Methodologies

Room 204

Erin Blocker

Project-based teaching practices allow students to actively practice and improve their own personal health on variety of dimensions. The presentation will involve actual hands on activities for participants to experience, ask questions and evaluate. Educators will have the opportunity to “be the student” in an active learning environment.

Session 8

For Elementary, Future Professionals, Recreation, Adapted

Kansas Kids Fitness Day Event Planning 101

Room 205

Karla Stenzel, Kim Morrissey, Diane Smith, Larry Becker, Karl Eby, Casey McConnell, Shelly Hoffman, Susan Oldfather

If you have considered hosting a Kansas Kids Fitness Day event in your community or school but are not sure where to begin, this session will give you the information and tools to plan and hold a successful event. Resources, activities and procedures will be shared by teachers from Wichita who host the largest event for third graders throughout the state.

Session 9

For Elementary, Middle, Secondary, Future Professionals, Health, Coaching, Adapted

Using Your School Website to Promote Your Physical Education Program

Room 206

Scott M. Enge

This session will show how to use your school webpage to promote your physical education program. Such items as announcing upcoming events, giving student-led demonstrations, and discussing fitness programs are just a few of the opportunities that will be discussed.

THURSDAY: 9:30 – 10:20 am

Session 10

For Elementary, Middle, Secondary, Future Professionals, Adapted

Adventure Course Collaboration = All Abilities Participating

GYM C

Cindy Combs

The adventure world is for everyone. Come see and learn ideas to turn an adventure course into an accessible recreation activity for all abilities – able bodied and disabled. This project was funded in part by a KAHPERD grant.

Session 11

For Elementary, Middle, Secondary, Future Professionals, Recreation, Adapted

Let’s Move Active Kansas Schools

GYM D

Rhonda Holt, Joan Bolt, Katherine Arellano, Todd Junker, Shellie Stahly, Claudia Welch

This session will highlight numerous successful physical activity strategies that have been implemented across the state. Come and learn some fun ways to increase physical activity in your own school!!

Session 12

For Middle, Secondary, Future Professionals

Welcome to High School PE <i>Travis Rogers</i>	GYM E
First Day Freshman Year - Yikes! We all know what it feels like to “entertain” our students that first week or the last few minutes of class. Come see some quick and interesting ways to break the ice with kids and team build into a successful school year.	

Session 13

For Elementary, Middle, Secondary, Future Professionals, Recreation, Dance

Simple Swing Steps <i>Janice Jewett, Julia Spresser, Jenna Wendt</i>	Dance Studio
Come dance! Learn simple swing steps that you can use with a variety of music genres including country western, big band and popular music. Work with your music/drama teacher to incorporate these into a performance or just have fun with the steps!	

Session 14

For Elementary, Middle, Future Professionals, Recreation, Dance

ELEMENTARY PE ROCKS. . . and skips, and runs, and throws. . <i>Joella Mebrhof, Haley Marchant, Taylor Scott, Alaina Fairbanks, Amanda Gerety, Sam Ranney, and John Boss</i>	Student REC. GYM
This session will provide learning activities that enhance social skills and integrate elementary school level content areas. Also included are quick assessment strategies, ways to increase practice time, and social/partner activities.	

Session 15

For Elementary, Middle, Secondary, Future Professionals, Recreation, Adapted

Fueled Up... Ready to be Healthy? <i>Wendy Scholten, Bridget Sheehan, and Jessica Usdansky</i>	Room 201
This session will help you encourage and teach students and families how to be healthier individuals through the Fuel Up to Play 60 program. This is a six step program through the National Football League and National Dairy Council. Schools who participate in this program can apply for up to \$4,000 in grant money to help teach students about healthy eating and daily physical activity.	

Session 16

For Elementary, Middle, Secondary, Future Professionals, Recreation, Adapted

Presidential Youth Fitness Program: Understanding the Changes and Opportunities <i>Joyce Ellis and Jill Cundiff</i>	Room 204
This session will highlight the new President's Youth Fitness Program and provide participants an opportunity to become familiar with what is new in fitness assessment as well as share information on potential training and grants.	

Session 17

For Middle, Secondary, Future Professionals, Health Promotion, Health

Earth Matters: Hands-on Ideas for Health Education <i>Dannella Rust</i>	Room 205
During this truly interactive presentation participants will “take home” teaching strategies for discussing the world and national population trends and their impact on the Planet Earth. Participants will leave with a FREE DVD, lesson plans, and worksheets.	

Session 18

For Elementary, Middle, Secondary, Future Professionals,

Fitnessgram Version 10 Overview <i>Kathy Read</i>	Room 206
Learn about Fitnessgram® Version 10, developed by The Cooper Institute in partnership with NFL Play60®, and published by Human Kinetics. This session will provide information on the new PACER calculation and BMI standards. Learn the keys to data mining/interpretation using Fitnessgram® reports and export of data.	

Session 19

For Elementary, Middle, Secondary, Future Professionals, Recreation

Good Form Running <i>Debbie Johnson</i>	GYM A
This session will break down running into four points. These can be used to help teachers and students learn the correct form to improve their running.	

Special Session 9:30-11:15 am

Retiree Gathering <i>Norma Hodges</i>	Student Rec Entrance
Join your fellow retirees for a cup of coffee at the Granada and -a sweet surprise from the Sweet Granada. The new Emporia Arts Center is right next door. Transportation to the Granada will be provided.	

THURSDAY: 10:30 – 11:20 am

Session 20

For Pre-School, Elementary, Future Professionals

Managing in Motion: Teaching Strategies Emphasizing Focus and Self-Control Development in Pre K-Grade 2 <i>Bill Stinson</i>	GYM C
This session will focus on developmental essentials of an early childhood education setting of life skills and self-control. A variety of limited movement management techniques for the Pre K – Grade 2 students will be discussed to reinforce early childhood life skills.	

Session 21

For Middle, Secondary, Future Professionals, Health Promotion, Recreation, Coaching

TRX Suspension Curriculum <i>Brad Clark and Krystal Say</i>	GYM D
This session will cover the exclusive fusion between NASPE standards and outcomes with TRX ST in a school's curriculum format.	

Session 22

For Elementary, Middle, Secondary, Future Professionals, Recreation

PE Games Played on the Kansas Prairie During the 1800's <i>Clinton Longacre, Damon Leiss, and Denise Hodges</i>	GYM E
Put a little Kansas prairie spice in your physical education program. You will really be mixing a little history and a lot of fun to your physical education classes (plus the folks in Topeka will love you for it)! Need some ideas for that special event or a week of physical education activities to salute our rich Kansas past? Then please join us for this interactive session for information, ideas, the opportunity to try the games yourself, and even a little fun.	

Session 23

For Elementary, Future Professionals, Recreation

A Field Day to Remember <i>Marlys Gwaltney</i>	Dance Studio
Not everyone is the fastest, strongest and most athletic. In this session, the following will be presented: challenge games that will appeal to your competitive students; active games that get students moving and having fun; lower intensity activities for students who need a break or to slow down; and hands-on take home crafts that don't break the bank.	

Session 24

For Elementary, Middle, Secondary, Future Professionals, Coaching, Technology

Operation Impact! Using iPad Video Analysis in PE <i>Patty Kestell - Elementary TOY 2013</i>	Room 201
Seeing is believing! Check out the power of video analysis and discover the immediate impact you can make in physical education. Learn to use video analysis as peer-related and self-directed activities. Coaches Eye and CoachMyVideo apps will be highlighted in this session	

Session 25

For Middle, Secondary, Future Professionals, Health Promotion, Health, Technology

Online Health - Developing the Right Fit for Your Program <i>Shelley Stone</i>	Room 204
Methods to develop a high school health online program and discuss whether online learning is right for your population. The program includes developing parent involvement, student research and social interaction.	

Session 26

For Elementary, Future Professionals, Dance

LMAS – FIT-integrating Physical Education and Music <i>Shellie Stabby</i>	Room 205
Learn how to work with your music teacher to develop a dual program to support LMAS	

Session 27

For Future Professionals

Student Now: President Later <i>Vicki Worrell, Karen Dowd, DawnElla Rust, Dennis Docheff, Meggin DeMoss, Joyce Ellis and Blake Taylor</i>	Room 206
State, District and National AAHPERD Presidents and Past-Presidents will share ideas with future professionals on getting and staying actively involved in the profession. This is a "don't miss" session for students. Come and learn from these high level professional leaders. Stay and have your picture taken!!!	

LUNCH in the Student Recreation Center 11:20 – 12:50	Student Rec Center
Visit the Exhibits Midwest Dairy Council Introduces a new AAHPERD Program View and Participate in the Wheelchair Games	

7th Annual Joint Projects Luncheon By Invitation (ONLY) 11:15-12:50	Sauder Alumni Center
Meet at Front Door of HPER Building Upper Level	

THURSDAY: 1:00 – 1:50 pm

Session 28

For Elementary, Middle, Secondary, Future Professionals

Strategies for Building a Student-Centered PE Class <i>Bob FitzPatrick</i>	GYM C
This session will offer many strategies for developing a class that is student-centered and highly motivating to student learning. Using implicit learning techniques, visuals, student-choice and student-constructed rubrics, will empower your students well beyond their elementary years.	

Session 29

For Elementary, Middle, Secondary, Future Professionals, Recreation

Let the Good Times Roll <i>Angela Redfern and Devin Schwartz</i>	GYM D
Come join us to learn the best games ever!! If you love to have fun and need some quick ideas for activities to do with your students, this is the session for you!! Also, we'll let you in on some tricks to keep your kids behaving instead of driving you crazy.	

Session 30

For Elementary, Middle, Secondary, Future Professionals, Recreation, Adapted

Frisbee Horseshoes <i>Shannon Grate and Mark Dix</i>	GYM E
This is a fun game played with a Frisbee and PVC pipe. Great game of friendly competition that emphasizes teamwork and sportsmanship.	

Session 31

For Elementary, Future Professionals, Dance

Let's Get Quackin'...and Other Fun Routines <i>Kathy Wagner</i>	Dance Studio
This session will have participants up and dancing to fun routines like <i>Let's Get Quackin', Dynamite, Thankful, Sea Cruise, and Chicka, Chicka, Boom Boom</i> . We'll use fun equipment like duck whistles, sparkle wands, and parachutes. Some of the routines require no equipment at all and make wonderful presentations for programs. No dance experience is required for this session but you will need a sense of humor!	

Session 32

For Elementary, Middle, Secondary, Future Professionals, Recreation, Adapted

Wheelchair Games <i>Ray Petty</i>	Student REC. GYM
Learning the basics to wheelchair games.	

Session 33

For Middle, Secondary, Future Professionals, Coaching

Will The National Coaching Standards Help Make Me a Better Coach? What Are They? How Will They Help? <i>Mark Stanbrough and Bill Stinson</i>	Room 201
Coaching can be considered both an art and a science. Coaches, athletic directors and administrators should be clear on what effective coaches should know, value, and be able to do. However, many coaches and administrators are not familiar with or even aware that National Coaching Standards exist. This interactive presentation will look at the valuable resource of the eight domains of the National Standards for Sport Coaches. Participants will interact with others to discuss the different standards that reflect the scope of coaching responsibilities.	

Session 34

For Elementary, Middle, Secondary, Future Professionals, Health, Technology

Building and Using Interactive Instruction Guides <i>Joe Kern</i>	Room 204
Put your instructions, tips, and special challenges into the hands of your students by organizing multimedia-rich resources into an instruction guide that students can navigate at their own pace. Reduce the amount of re-explaining you do in a typical class period, and give students more time to develop their skills. This workshop will show you how classrooms equipped with laptops, tablets, or even students' own smartphones, can deliver information to students through QR codes and ThingLink interactive images.	

Session 35

For Future Professionals

Student Teaching 101: What They Can't Teach You in Class <i>Tyler Goad and Tiffany Orth</i>	Room 205
In this session, you will be introduced to various scenarios that occur in elementary/secondary physical and health education classes. Within groups, students will be presented the scenarios to discuss and formulate possible solutions for each situation. The presenters will then facilitate a discussion with the entire group regarding each scenario. They will also share the real stories behind each of the situations.	

Session 36

For Middle, Secondary, Future Professionals, Health Promotion, Health

Kansas Citrusity: A Health Trip Campaign Connects to Student Learning <i>Karen Doyle, Cathi Horton, and Jennifer Tallman</i>	Room 206
Kansas Citrusity was a spinoff from WELCOA's Health Trip campaign designed to take participants to some familiar, but not-so familiar cities. Kansas Citrusity was a special stop designed by Cleveland's Master of Science in Health Promotion students in cooperation with the University's Wellness Team. In this session, see how a class project complemented worksite wellness initiatives.	

THURSDAY: 2:00 – 2:50 pm

Session 37

For Elementary, Middle, Secondary, Future Professionals, Recreation

Yabadabadoo Adventure Activities <i>Scott Gorman and Shelby Grimes</i>	GYM C
This session will introduce a variety of Project Adventure based activities that can be used in the classroom, gym or ropes course. Focus will be on improving communication, cooperation, trust and doing so in a fun environment for our students. Come and plan on having some very active FUN!	

Session 38

For Elementary, Middle, Future Professionals, Recreation, Adapted

Progressions in Teaching Tennis Skills K-8 <i>Scott M. Enge</i>	GYM D
Coach Enge is a certified tennis pro through the USPTA. He will teach how to progress small children into tennis players using a variety of teaching and skill methods including: hand/eye receiving skills, racquet skill games, swing patterns, contact point, verbal cues, cooperative/partner skills, and team cooperative play.	

Session 39

For Pre-School, Elementary, Future Professionals, Recreation

Move It, Move It!!! <i>Jaime McVey</i>	GYM E
Are you looking for quick and easy games to spark up your program? In this session, you will gain knowledge of various lessons that will get your students moving as soon as they walk through the door. Come ready to MOVE, MOVE, MOVE!!! PreK-6 th Grade Lessons Ideas.	

Session 40

For Middle, Secondary, Future Professionals

Polar GoFit <i>Matt Holopirek and Jean Drennan</i>	GYM B
“Polar GoFit” is one of the newest waves of technology to hit the PE classroom. Polar GoFit provides the use of HR transmitters, eliminating the need of a downloading data individually from each watch. Using an iPad or iPhone (within 150 ft. of a transmitter), a student’s HR information is automatically transmitted and downloaded into a personal file, provided by the “Polar GoFit” App as each student is activity engaged.	

Session 41

For Middle, Secondary, Future Professionals, Recreation

Come Play H-ball <i>Rob Hefley, John Oppliger and Bill Stobart</i>	Student REC. GYM
H-BALL is a game developed by a KAHPERD member that is being played all over this country and even in a few foreign lands. It was developed as an alternative activity to games like Dodgeball and can be played with just a ball and a gym floor. It is easily adaptable for any age group from elementary kids to adults. H-Ball can be played coed or same gender teams with any skill level or variable numbers to fit your class needs. Come play and learn this fun and active game!	

Session 42

For Secondary, Future Professionals, Health Promotion, Health

Bam! How to Take Your Health Education/Marketing Tools and Kick Them Up a Notch... <i>Jennifer Thomas</i>	Room 201
Participants will learn the latest methods and free resources for creating health education and marketing materials that are eye-catching, easy-to-follow, and memorable!	

Session 43

For Middle, Secondary, Coaching

Experience A Spin Cycle Class <i>Amy Townsend</i>	Spin Lab
Have you always wanted to try a spin cycle class? NOW is the time! The session is limited to 20 participants, but others may view the class from above. The Spin Lab is located on the bottom floor of the PE Building. Viewing is from the Gym level hallway. Get ready for a workout!	

Session 44

For Middle, Secondary, Future Professionals, Coaching

Coaching the Female Athlete: The Good, The Bad & The Ugly <i>Erin Blocker</i>	Room 205
This session addresses the differences between coaching men and women/boys and girls in the athletic sector. While this presentation is focused on coaching, the topic can be easily related to classroom teaching as well.	

Session 45

For Elementary, Middle, Secondary, Future Professionals

Overcoming Barriers to Let's Move! <i>Mark Thompson, Todd Junker, and Jennifer Church</i>	Room 206
Kansas has taken the lead, nationally, in training physical educators on Let's Move in School through the Let's Move! Active Kansas Schools (LMAKS) project. Over 200 Kansas physical educators have been trained on this initiative and are actively working in their schools to enhance their physical education programs and increase physical activity. However, many barriers exist to implementing Let's Move in School, including lack of administrative support and resistance from the "traditional" approach to classroom teaching. Participants will learn from a Kansas physical educator teacher how he has faced and overcome challenges such as these in his schools to create a culture that emphasizes physical activity for both students and staff.	

THURSDAY: 3:00 – 3:50 pm

Session 46

For Elementary, Future Professionals, Recreation

Elementary Activities and More! <i>Stan Eny</i>	GYM C
This session will include activities that have been found to be successful. Included are resources that can be used in your program, as well as ideas on cup stacking, Jump Rope for Heart field day, grant ideas, and I-pad usage.	

Session 47

For Future Professionals

Super Star Challenge <i>Tiffany Orth</i>	GYM D
An active presentation in which teams of four participate/compete in various integrative activities.	

Session 48

For Elementary, Middle, Future Professionals, Adapted

GOT HIGH EXPECTATIONS? Think outside the box! <i>Sandra Ortiz and Kim Wright</i>	GYM E
<i>Got High Expectations</i> will give physical educators strategies to keep all students engaged in the classroom. This session will show new ways to instruct all students to be active participants, as well as be able to advocate for sportsmanship including students with a variety of special needs. Additionally, emphasis will be on how to involve support staff to lead activities, small groups, stations, and lead-up games with adaptation so everyone can be involved. These concepts will increase student participation while encouraging a healthy outlook on group interactions.	

Session 50

For Middle, Secondary, Future Professionals, Recreation

Tchoukball <i>Karl Ely and Todd Junker</i>	Student REC. GYM
Learn a fast paced throw and catch game unlike any game you have ever played before. This great game is for middle and high school age students.	

Session 51

For Elementary, Middle, Secondary

Get Fired Up! Exciting News About Jump Rope & Hoops For Heart <i>Nikki Medina and AHA Youth Market Directors</i>	Room 201
The American Heart Association has made some exciting changes to the prize structure and teacher resources that are available. Learn about instant gratification thank you gifts for your students, meet all of the Lifesaver Ducks, and check out the new online tools.	

Session 52

For Elementary, Future Professionals, Health Promotion, Health

Can I Have Some More BIKINI Please? <i>Karla Stenzel, Vicki Hoffman, Richard Johnson, Demarla Martinez, Cindy Johnson, Kim Morrissey, Andrew Cherry, and Vicki Mester</i>	Room 204
Come to this session and gather information that will allow you to go back to your school and provide to your students and teachers the biggest positive impact you could ever imagine! Presenters have participated in the federally funded <i>Fresh Fruit and Vegetable Program</i> for the past two years at their schools in Wichita.	

Session 53

For Elementary, Middle, Secondary, Future Professionals, Recreation, Adapted

Creativity in the Classroom and Beyond <i>Laura Covert</i>	Room 205
As recreation specialists and physical educators, most of us have many games and activities, but can get stuck in a rut. During this session, techniques to add creative twists to games will be discussed and implemented.	

Session 54

For Elementary, Middle, Secondary, Future Professionals, Adapted

Whole Brain <i>Amy Stanislawski</i>	Room 206
Whole Brain Teaching is an exciting opportunity for students to learn in a difference, more exciting approach. Students use gestures and body movements to learn vocabulary for all curricular areas. Whole brain teaching makes learning FUN and memorable by keeping kids engaged, yet having high expectations	

THURSDAY: 3:50 – 4:30 pm

Special Session #1

For Future Professionals

Build Your Sundae's Best <i>Jayne Lindstrom</i>	Gym D
All current student members are asked to join us for this ice cream social! Along with the "sundae," we will have an interactive gathering focusing on networking and how to improve your professional development resume. Students will also vote on a new Future Professional Chair-Elect.	

FRIDAY: 8:00 – 12:00 pm

Special Session #2

For Elementary, Middle, Secondary, Future Professional, Health, Recreation, Coaching

ESU HPER Club Health Fair <i>Dr. Jennifer Thomas and Tiffany Orth</i>	Gym B
ESU HPER Club will provide interactive activities and displays, samples, educational materials, and prizes for the 2013 KAHPERD attendees. This will include displays of healthy foods and beverages, recipes to sample (smoothies, salads, etc.), as well as handouts, recipe cards, wallet inserts, etc. Drawings for health- and fitness-related prizes will take place throughout the event, including eco-friendly water bottles, back massagers, etc.	

FRIDAY: 8:30 – 9:20 am

Session 55

For Middle, Secondary, Future Professionals, Health Promotion, Recreation, Coaching

Recreational Sports Meet Core/Functional Strength for Middle and High School Students <i>Bob FitzPatrick and Jason Busche - Middle School TOY 2013</i>	GYM C
This session will offer strategies for instituting recreational sports through fitness training. Sports like kayaking, surfing, skiing, swimming, rowing, board sports (skate, snow and paddle) disc golf, and more will be integrated into functional training sessions using equipment teachers already have in their closets. These activities target a standards-based approach using student-centered instruction for a highly motivating approach which ALL students will enjoy. Leave with instructions to make your own kayak ergs for about \$3.00 each. This will be a hands-on activity session.	

Session 56

For Pre-School, Elementary, Future Professionals

They're How Old? What Do I Do Now? <i>Jaime McVey</i>	GYM D
Do you teach Pre-school and Kindergarten but have no idea what to teach? If the young ones aren't your thing and you need ideas, come to this session! Teaching lessons that are fun, interactive and very engaging will be offered.	

Session 57

For Elementary, Middle, Secondary, Future Professionals

Foam Coated Balls are Not Just for Dodgeball <i>Jill Cundiff and Randy Kempe</i>	GYM E
Simple fun and effective ball drills with foam coated balls and playground balls. Drills will increase strength, balance, tossing, and throwing. These activities fit with the National Physical Education Standards. Fun games and warm up activities will be included. Come join the fun!	

Session 58

For Middle, Secondary, Future Professionals, Health Promotion, Recreation, Dance

Zumba Fit <i>Julia Spresser, Janice Jewett and Shelly Grimes</i>	Dance Studio
Get fit while you learn Hi-Lo Latin Aerobics. Come ready move, laugh, and shake to Latin and world music. You will learn a variety of choreography and steps such as: cumbia, raggeaton, bellydance or bollywood, salsa, merengue, hip hop etc... Participants will be provided with 'choreography maps' so that they can remember their favorite routines and share them with their students and clients. Don't miss the new choreography and the fun.	

Session 59

For Elementary, Middle, Secondary, Future Professionals, Health Promotion, Recreation,

Bullying Prevention in Kansas <i>Kent Reed</i>	Room 201
This session will be an overview of KSDE Climate and Culture nine initiatives that will also encompass our bullying prevention strategies.	

Session 60

For Middle, Secondary, Future Professionals, Health Promotion, Recreation, Technology

Cloud Computing is the Real Deal <i>Mike Butler</i>	Room 204
This session will introduce a description of the current state of cloud computing including what it is, how to use it, why to use it, and which one to choose. Information on using cloud computing on mobile devices, PCs, and websites will be presented. Presentation will be geared towards the usefulness of cloud computing for teachers.	

Session 61

For Elementary, Middle, Secondary, Future Professionals, Health

K-FIT: What, Why, and How? <i>Mark Thompson, Abbie Ungle, and Jennifer Church</i>	Room 205
Many physical educators have heard about, been trained on, and implemented Kansas Fitness Information Tracking (K-FIT). However, some questions remain unanswered. This presentation will offer not only answers to the “what, why, and how” questions about K-FIT from those who administer the project, but also insight from a practitioner who is implementing K-FIT. Participants will learn what potential challenges to implementation exist, why a physical educator would want to incorporate fitness testing, and how K-FIT is used to enhance a school’s physical education program.	

Session 62

For Secondary, Future Professionals, Coaching

Coaches of the Past Making Better Coaches Today and Tomorrow <i>Dennis M. Docheff</i>	Room 206
Can we learn from legendary coaches? This session examines the practices of coaches of the past and attempts to apply their principles to coaching today. Attendees are challenged to utilize “teaching tips” from Vince Lombardi, Knute Rockne, John Wooden, and Bill Walsh.	

FRIDAY: 9:30 – 10:20 am

Session 63

For Elementary, Middle, Future Professionals, Recreation

Lead-up Games for Traditional Sports: Grade 3-8 <i>Scott M. Enge</i>	GYM C
This session is geared toward teaching game skills in a cooperative play atmosphere so all children will learn the basic skills and objectives to traditional games such as “Two-base baseball”; “Alligator Catch Frisbee”; “Football Relays”; and “Around the World Tennis”.	

Session 64

For Elementary, Future Professionals

Chicken Math, Parachute Routines and Jumbo Ball Ideas <i>Cindy Rabinowitz</i>	GYM D
Have ever needed a new, fun and exciting idea to integrate math into your classroom. Well, then chicken math is for you! Throw chickens on the parachute and have your students shaking and jumping while adding and subtracting. You will also be treated to two parachute routines, one with a snowman (could it be Frosty) and one with “Nemo”. Also, join us for several other jumbo ball ideas that we have tweaked for our classes	

Session 65

For Elementary, Middle, Secondary, Future Professionals, Recreation, Adapted

Tools to Teach Special Populations <i>Jayme Lindstrom and Amy Townsend</i>	GYM E
Do you want hands-on experience with students with varying abilities? Come in to work with Emporia students of all ages! This session will leave you feeling better equipped to cater to students with special needs in your gym.	

Session 66

For Elementary, Middle, Future Professionals, Recreation, Dance

Elementary School Rhythms for Ballroom Dance <i>Dennis McCormick, Jr.</i>	Dance Studio
This session is a comprehensive look at elementary school level dance program that is labeled the Theatre Arts and Dance (TAD) for 5 th grade students. The range of dances that will be presented are individual, group, partner, and multiple partner dances like a modified mixer. In addition, there are also great multi-cultural selections that are fun and challenging, as well as ways to help students to keep rhythm. This is a participation seminar so come ready to move and learn that “dance” class isn’t so bad and in fact, if you present it correctly, everyone will have a wonderful time moving in athletic ways to music.	

Session 68

For Elementary, Middle, Secondary, Future Professionals, Health Promotion, Health

Obesity as a Disease: Debating the Pros and Cons in a Classroom <i>Kim Kato</i>	Room 204
This session will focus on the pros and cons of declaring obesity a disease and demonstrate effective health classroom debating activities. With the American Medical Association’s (2013) recent decision of declaring obesity as a disease, a discussion has erupted amongst doctors, health professionals, and educators about what this means for the future of obesity (AMA, 2013). Debating and discussing such controversial health topics serves as an effective teaching tool in the classroom. The session will discuss the information surrounding the disease label on obesity and then the audience will actively participate in a classroom debate.	

Session 69

For Elementary, Middle, Future Professionals, Recreation

Thinking Outside the Rope <i>Marlys Gwaltney</i>	Room 205
Jump Rope for Heart can be intimidating and challenging for coordinators of young elementary age students. These jumping and heart related activities do not involve a jump rope, but would be perfect for your event. An outline of how to prepare and organize your Jump Rope for Heart program will also be addressed.	

Session 70

For Elementary, Middle, Secondary, Future Professionals, Health

Join the Movement: Let’s Move! Active Schools <i>Lisa Perry, National Physical Education and Physical Activity Advisor, Alliance for a Healthier Generation.</i>	Room 206
You’ve heard the buzz about Let’s Move Active Schools (LMAS), but do you really know how it can help your school? Join us to learn what LMAS is, the benefits, and how you can leverage it to improve physical activity in your school.	

FRIDAY: 10:30 – 11:20 am

Session 71

For Elementary, Middle, Secondary, Future Professionals, Recreation

PE is a Balancing Act!	GYM C
<i>Jason Busche - Middle School TOY 2013</i>	
During this session, we will be using cutting edge equipment to engage all students at all levels. We will address core training, muscular/strength training, and balance training using Indo Boards.	

Session 72

For Elementary, Middle, Future Professionals, Recreation

Sport Stacking and Speed Stacking	GYM D
<i>Jackie Hall and Traci Crusinberry</i>	
In this session, learn the proper Sport Stacking teaching techniques for the 3-3-3, 3-6-3, and Cycle Stacks. Learn how to incorporate these into health and skill related fitness activities which can be included in your daily physical education program.	

Session 73

For Middle, Secondary, Future Professionals, Recreation

Pickleball: Hot and Sweaty	GYM E
<i>Dan Hoffman and Roger Trimmell</i>	
Learn to play pickleball, rules, technique, and strategy.	

Session 75

For Elementary, Middle, Future Professionals, Health

Teach Your District About Brain Breaks	Room 204
<i>Diane Wyatt and Bill Christner</i>	
What are brain breaks? How do you get your schools to use them? This session will have a discussion on brain breaks and what they are. Examples on them and how to present to your districts staff will be offered.	

Session 76

For Middle, Secondary, Future Professionals, Health Promotion, Recreation, Health

Slow Down – Benefits of a Built Environment	Room 205
<i>DannElla Rust</i>	
During this interactive presentation participants will first define a built environment. Secondly, the presentation will describe how to create a community where healthy is the easy choice – a place where vehicles, pedestrians, and bicyclists have the “right of way!”	

Session 77

3rd Year LMAKS Participants Meeting	Room 206
<i>Rhonda Holt and Mark Thompson</i>	
This meeting is for all participants who attended the LMAKS trainings held in Maize and Topeka during the summer. Updates will be provided and participants will meet with their mentors.	

Closing Ceremony 11:30 am Student Recreation Center	Student Rec Center
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Post-Convention Workshops

Friday 1:00-4:00 pm

(Free) Post-Convention Workshop #1

Elementary, Middle, High

Alliance for a Healthier Generation's 2013 Kansas Summit: Activate Your Colleagues! (Promoting Physical Activity in Your School) <i>Lisa Perry, National Physical Education and Physical Activity Advisor, and Gretchen Patch, Healthy Schools Program Manager, Alliance for a Healthier Generation.</i>	Room 205 Gym B
During this professional development workshop, participants will explore simple physical activity breaks and the integration of physical activity into core content classes. The workshop is specifically designed to prepare PE teachers to share strategies and resources with classroom colleagues to provide more physical activity to students throughout the school day. <u>Sponsored lunch provided</u>	

Friday 1:00-4:00 pm

(Free) Post-Convention Workshop #2

Elementary, Middle, High

K-FIT Training <i>Mark Thompson, Healthy Kansas Schools Project Director – KSDE</i> <i>Jennifer Church, Healthy Kansas Schools Program Manager - KDHE</i>	Room 204
A free training on Kansas Fitness Information Tracking (K-FIT) is being offered on Friday afternoon after the conclusion of the KAHPERD conference. K-FIT is a Kansas Health Foundation funded project that provides training on and use of Fitnessgram® to physical educators across Kansas. Join the 600+ and growing Kansas schools that have already been trained and become a “K-FITter”! You will be able to conduct fitness testing on your students, generate fitness reports, and track the progress of your students and your PE program. The training will be provided by Healthy Kansas Schools staff and will cover registration for K-FIT, the use of Fitnessgram®, and the testing protocols of the fitness assessments selected for K-FIT.	

KAHPERD Convention Program

2013 Convention Sessions by Topic Index

Each session has a number at the top of their descriptive box listed in this program booklet. The corresponding numbers of specific sessions are listed below at the right of the title in the following topic areas. The bar below lists the numbers of sessions for each half day of the convention.



#1-27 Thursday AM	#28-54 Thursday PM	#55-77 Friday AM
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Adapted

ADA Badminton and Tennis #3
Be a PE Champ #5
Meaningful Assessment in Physical Education #6
Kansas Kids Fitness Day Event Planning 101 #8
Using Your School Website to Promote Your Physical Education Program #9
Adventure Course Collaboration = All Abilities Participating #10
Let's Move Active Kansas Schools #11
Fueled Up... Ready to be Healthy? #15
Presidential Youth Fitness Program: Understanding the Changes and Opportunities #16
Frisbee Horseshoes #30
Wheelchair Games #32
Progressions in Teaching Tennis Skills K-8 #38
GOT HIGH EXPECTATIONS? Think outside the box! #49
Creativity in the Classroom and Beyond #53
Whole Brain #54
Tools to Teach Special Populations #65

Coaching

TRX Suspension Training #2
Using Your School Website to Promote Your Physical Education Program #9
TRX Suspension Curriculum #21
Operation Impact! Using iPad Video Analysis in PE #24
Will The National Coaching Standards Help Make Me a Better Coach? #33
Experience A Spin Cycle Class #43
Coaching the Female Athlete: The Good, The Bad & The Ugly #44
Recreational Sports Meet Core/Functional Strength for Middle and High School Students #55
Coaches of the Past Making Better Coaches Today and Tomorrow #62

Dance

Everybody Dance Now #4
Simple Swing Steps #13
ELEMENTARY PE ROCKS. . . and skips, and runs, and throws #14
LMAS – FIT-integrating Physical Education and Music #26
Let's Get Quackin'...and Other Fun Routines #31
Zumba Fit #58
Elementary School Rhythms for Ballroom Dance #66

Elementary

Doing More with Less: Simple, Fun Activities Using Little to No Equipment #1
ADA Badminton and Tennis #3
Everybody Dance Now #4
Be a PE Champ #5
Meaningful Assessment in Physical Education #6

Kansas Kids Fitness Day Event Planning 101 #8
 Using Your School Website to Promote Your Physical Education Program #9
 Adventure Course Collaboration = All Abilities Participating #10
 Let's Move Active Kansas Schools #11
 Simple Swing Steps#13
 ELEMENTARY PE ROCKS. . . and skips, and runs, and throws #14
 Fueled Up... Ready to be Healthy? #15
 Presidential Youth Fitness Program: Understanding the Changes and Opportunities #16
 Fitnessgram Version 10 Overview #18
 Good Form Running #19
 Managing in Motion: Teaching Strategies Emphasizing Focus and Self-Control Development in Pre K-2,#20
 PE Games Played on the Kansas Prairie During the 1800's #22
 A Field Day to Remember #23
 Operation Impact! Using iPad Video Analysis in PE #24
 LMAS – FIT-integrating Physical Education and Music #26
 Strategies for Building a Student-Centered PE Class #28
 Let the Good Times Roll #29
 Frisbee Horseshoes #30
 Let's Get Quackin'...and Other Fun Routines #31
 Wheelchair Games #32
 Building and Using Interactive Instruction Guides #34
 Yabadabadoo Adventure Activities #37
 Progressions in Teaching Tennis Skills K-8 #38
 Move It, Move It!!! #39
 Overcoming Barriers to Let's Move! #45
Elementary Activities and More! #46
 GOT HIGH EXPECTATIONS? Think outside the box! #49
 Tchoukball #51
 Get Fired Up! Exciting News About Jump Rope & Hoops For Heart # 51
 Can I Have Some More BIKINI Please? #52
 Creativity in the Classroom and Beyond #53
 Whole Brain #54
 They're How Old? What Do I Do Now? #56
 Foam Coated Balls are Not Just for Dodgeball #57
 Zumba Fit #58
 Bullying Prevention in Kansas #59
 K-FIT: What, Why, and How? #61
 Lead-up Games for Traditional Sports: Grade 3-8 #63
 Chicken Math, Parachute Routines and Jumbo Ball Ideas #64
 Tools to Teach Special Populations #65
 Elementary School Rhythms for Ballroom Dance #66
 Obesity as a Disease: Debating the Pros and Cons in a Classroom #68
 Thinking Outside the Rope #69
 Join the Movement: Let's Move! Active Schools #70
 PE is a Balancing Act! #71
 Sport Stacking and Speed Stacking #72
 Teach Your District About Brain Breaks #75
 Alliance for a Healthier Generation's 2013 Kansas Summit: Activate Your Colleagues! (Promoting Physical Activity in Your School) #1 Post-Convention Workshop
 K-FIT Training #2 Post-Convention Workshop

Future Professionals

Student Now: President Later #27
 Student Teaching 101: What They Can't Teach You in Class #35
 Super Star Challenge #47
 Build Your Sundae's Best #Special Session

Health/Health Promotion

Project-Based Teaching Practices in Health Education: Innovative Hands on Teaching Methodologies #7
Using Your School Website to Promote Your Physical Education Program #9
Earth Matters: Hands-on Ideas for Health Education #17
TRX Suspension Curriculum #21
Online Health - Developing the Right Fit for Your Program #25
Building and Using Interactive Instruction Guides #34
Kansas Citrusity: A Health Trip Campaign Connects to Student Learning #36
Bam! How to Take Your Health Education/Marketing Tools and Kick Them Up a Notch... #42
Can I Have Some More BIKINI Please? #52
Recreational Sports Meet Core/Functional Strength for Middle and High School Students #55
Zumba Fit #58
Bullying Prevention in Kansas #59
Cloud Computing is the Real Deal #60
K-FIT: What, Why, and How? #61
Obesity as a Disease: Debating the Pros and Cons in a Classroom #68
Teach Your District about Brain Breaks #75
Slow Down – Benefits of a Built Environment #76

Let's Move Active School/LMAS

Let's Move Active Kansas Schools #11
Fueled Up... Ready to be Healthy? #15
Presidential Youth Fitness Program: Understanding the Changes and Opportunities #16
LMAS – FIT-integrating Physical Education and Music #26
Overcoming Barriers to Let's Move! #45
K-FIT: What, Why, and How? #61
Join the Movement: Let's Move! Active Schools #70
3rd Year LMAKS Participants Meeting #77
Alliance for a Healthier Generation's 2013 Kansas Summit: Activate Your Colleagues! (Promoting Physical Activity in Your School) #1 Post-Convention Workshop
K-FIT Training #2 Post-Convention Workshop

Middle School

TRX Suspension Training #2
ADA Badminton and Tennis #3
Everybody Dance Now #4
Be a PE Champ #5
Meaningful Assessment in Physical Education #6 Project-Based Teaching Practices in Health Education: Innovative Hands On Teaching Methodologies #7
Using Your School Website to Promote Your Physical Education Program #9
Adventure Course Collaboration = All Abilities Participating #10
Let's Move Active Kansas Schools #11
Welcome to High School PE #12
Simple Swing Steps#13
ELEMENTARY PE ROCKS. . . and skips, and runs, and throws #14
Fueled Up... Ready to be Healthy? #15
Presidential Youth Fitness Program: Understanding the Changes and Opportunities #16
Earth Matters: Hands-on Ideas for Health Education #17
Fitnessgram Version 10 Overview #18
Good Form Running #19
TRX Suspension Curriculum #21
PE Games Played on the Kansas Prairie During the 1800's #22
Operation Impact! Using iPad Video Analysis in PE #24
Online Health - Developing the Right Fit for Your Program #25
Strategies for Building a Student-Centered PE Class #28
Let the Good Times Roll #29
Frisbee Horseshoes #30
Wheelchair Games #32
Will The National Coaching Standards Help Make Me a Better Coach? #33

Building and Using Interactive Instruction Guides #34
Kansas Citrusity: A Health Trip Campaign Connects to Student Learning #36
Yabadabadoo Adventure Activities #37
Progressions in Teaching Tennis Skills K-8 #38
Polar GoFit #40
Come Play H-ball #41
Experience A Spin Cycle Class #43
Coaching the Female Athlete: The Good, the Bad & the Ugly #44
Overcoming Barriers to Let's Move! #45
GOT HIGH EXPECTATIONS? Think outside the box! #49
Tchoukball #51
Get Fired Up! Exciting News About Jump Rope & Hoops For Heart # 51
Creativity in the Classroom and Beyond #53
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Elementary School Rhythms for Ballroom Dance #66
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Thinking Outside the Rope #69
Join the Movement: Let's Move! Active Schools #70
PE is a Balancing Act! #71
Sport Stacking and Speed Stacking #72
Pickleball: Hot and Sweaty #73
Teach Your District about Brain Breaks #75
Slow Down – Benefits of a Built Environment #76
Alliance for a Healthier Generation's 2013 Kansas Summit: Activate Your Colleagues! (Promoting Physical Activity in Your School) #1 Post-Convention Workshop
K-FIT Training #2 Post-Convention Workshop

Pre-School

Managing in Motion: Teaching Strategies Emphasizing Focus and Self-Control Development in Pre K-2,#20
Move It, Move It!!! #39
They're How Old? What Do I Do Now? #56

Recreation

TRX Suspension Training #2
Everybody Dance Now #4
Kansas Kids Fitness Day Event Planning 101 #8
Let's Move Active Kansas Schools #11
Simple Swing Steps#13
ELEMENTARY PE ROCKS. . . and skips, and runs, and throws #14
Fueled Up... Ready to be Healthy? #15
Good Form Running #19
TRX Suspension Curriculum #21
PE Games Played on the Kansas Prairie During the 1800's #22
A Field Day to Remember #23
Let the Good Times Roll #29
Frisbee Horseshoes #30
Wheelchair Games #32
Yabadabadoo Adventure Activities #37
Progressions in Teaching Tennis Skills K-8 #38
Move It, Move It!!! #39

Come Play H-ball #41
Elementary Activities and More! #46
Creativity in the Classroom and Beyond #53
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Zumba Fit #58
Bullying Prevention in Kansas #59
Cloud Computing is the Real Deal #60
Lead-up Games for Traditional Sports: Grade 3-8 #63
Tools to Teach Special Populations #65
Elementary School Rhythms for Ballroom Dance #66
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PE is a Balancing Act! #71
Sport Stacking and Speed Stacking #72
Pickleball: Hot and Sweaty #73
Slow Down – Benefits of a Built Environment #76

Secondary

TRX Suspension Training #2
ADA Badminton and Tennis #3
Everybody Dance Now #4
Meaningful Assessment in Physical Education #6
Project-Based Teaching Practices in Health Education: Innovative Hands On Teaching Methodologies #7
Using Your School Website to Promote Your Physical Education Program #9
Adventure Course Collaboration = All Abilities Participating #10
Let's Move Active Kansas Schools #11 Welcome to High School PE #12
Simple Swing Steps #13
Fueled Up... Ready to be Healthy? #15
Presidential Youth Fitness Program: Understanding the Changes and Opportunities #16
Earth Matters: Hands-on Ideas for Health Education #17
Fitnessgram Version 10 Overview #18
Good Form Running #19
TRX Suspension Curriculum #21
PE Games Played on the Kansas Prairie During the 1800's #22
Operation Impact! Using iPad Video Analysis in PE #24
Online Health - Developing the Right Fit for Your Program #25
Strategies for Building a Student-Centered PE Class #28
Let the Good Times Roll #29
Frisbee Horseshoes #30
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Zumba Fit #58
Bullying Prevention in Kansas #59
Cloud Computing is the Real Deal #60
K-FIT: What, Why, and How? #61
Coaches of the Past Making Better Coaches Today and Tomorrow #62
Tools to Teach Special Populations #65
Obesity as a Disease: Debating the Pros and Cons in a Classroom #68
Join the Movement: Let's Move! Active Schools #70
PE is a Balancing Act! #71

Pickleball: Hot and Sweaty #73

Teach Your District about Brain Breaks #75

Slow Down – Benefits of a Built Environment #76

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K-FIT Training #2 Post-Convention Workshop

Technology

Using Your School Website to Promote Your Physical Education Program #9

Operation Impact! Using iPad Video Analysis in PE #24

Online Health - Developing the Right Fit for Your Program #25

Building and Using Interactive Instruction Guides #34

Experience A Spin Cycle Class #43

Coaching the Female Athlete: The Good, The Bad & The Ugly #44

Overcoming Barriers to Let's Move! #45

Tchoukball #51

Get Fired Up! Exciting News about Jump Rope & Hoops For Heart # 51

Cloud Computing is the Real Deal #60

KAHPERD Past Presidents

1920	James Naismith Lawrence	1959	Del Norris Kansas City	1985	Gary Arbogast Hays
1928-32	L.P. Washburn Manhattan	1960	Ruth Sevy Hays	1986	Tom Bryant Pittsburg
1933-34	Merle Henre Kansas City	1961	Roy Groe Wichita	1987	Susan Miller Topeka
1935	Irma Nevins Pittsburg	1962	Helen Hocker Topeka	1988	Darrel Lang Emporia
1936	L.P. Dittmore Topeka	1963	Veryle E. Snyder Manhattan	1989	Jim Stilwell Pittsburg
1937	Thora Ludvickson Wichita	1964	Rosella Towson Wichita	1990	Suzi Cammon Lauer Lawrence
1938	Earl Kauffman Topeka	1965	Tuffy Kellogg Topeka	1991	Judy Heimer Topeka
1939	Helen Saum Manhattan	1966	Marge Stone Emporia	1992	Jerry Stockard Pittsburg
1940	Oren Schearer Garden City	1967	Joe Thornton Winfield	1993	Sandy Meneley Topeka
1941	Edna McCullough Emporia	1968	Jan Nuzman Topeka	1994	Whitey Alpers Hutchinson
1942	C.S. Noll Manhattan	1969	Wayne Osness Lawrence	1995	Scott Gorman Pittsburg
1943-44	Eva Lyman Manhattan	1970	Mary Estes Emporia	1996	Betty Lavery Lenexa
1945-46	R. R. Strait Lawrence	1971	Stan Lauer Topeka	1997-98	John Zody Hays
1947	Sue Unruh Kansas City	1972	Dorothy Martin Emporia	1999	Joella Mehrhof Emporia
1948	Fred Knorr Manhattan	1973	Kelly Rankin Lawrence	2000	Joan Brewer Emporia
1949	Joie Stapleton Lawrence	1974	Sally Henisey Lawrence	2001	Rob Hefley Pittsburg
1950	Walter D. Roy Kansas City	1975	John Bolan Manhattan	2002	Kathy Ermler Emporia
1951	Ann Theilen Wichita	1976	Jean Pyfer Lawrence	2003	Cindy Combs Newton
1952	Henry Shenk Lawrence	1977	Dennis Beitz Manhattan	2004	Jane Hennes Topeka
1953	Sophia Hodshirre Kansas City	1978	Susan True Topeka	2005	Joyce Ellis Hays
1954	Charles Mills Topeka	1979	Mark Giese Shawnee	2006	Vickie Deines Hoxie
1954	Helen Barnett Kansas City	1980	Carole Zebas Lawrence	2007	Meggin DeMoss Rose Hill
1955	George Hawks Kansas City	1981	Mark Pankau Shawnee Mission	2008	Rhonda Holt Wichita
1956	Katherine Geyer Manhattan	1982	Fred Thibault Wichita	2009	Sue Stinson Olathe
1957	Don Henry Lawrence	1983	Vicki Worrell Derby	2010	Jodie Leiss Emporia
1958	June Morell Wichita	1984	Pat McSwegin Emporia	2011	Rick Pappas Wichita
				2012	Blake Taylor Wichita

Past KAHPERD Award Recipients

Honor Award (Renamed – Wayne Osness Honor Award in 2003)

2012	Rob Hefley, Rick Pappas
2011	Wendy Scholten
2010	Mary Lou Anderson
2009	Joyce Ellis
2008	Rhonda Holt, Jannelle Robins-Gaede
2007	Michelle DiLisio
2006	Sandy Meneley, Jane Hennes
2005	Sally Burgess, Julia Marsh
2004	Kathy Ermler, Meggin DeMoss
2003	John Zody
2002	Vickie Deines
2001	Wayne Donaldson
2000	Joella Mehrhof, Doug Munsell
1999	Betty Lavery
1998	Scott Gorman
1997	Bobbie Harris
1996	Vicki Worrell
1995	Glen Lojka
1994	Susan Miller
1993	Don Fuertges
1992	Darrel Lang
1988	Suzi Cammon-Lauer
1987	Garry Patterson
1986	Fred Thibault
1985	Mark Pankau
1984	Carolyn Sias, Jamie Hofmeier, Verneda Edwards
1983	Mark Giese
1982	Sue Bair
1981	Virginia Bevan
1980	Doris Coppock
1979	Ruth Sevy, Margaret Hawk
1978	Marlene Mawson, Whitey Alpers
1977	Dorothy Martin
1976	Miriam “Mickey” Poole
1975	Yvonne Slingerland, Bill Kincaid
1974	David Zook, LeRoyce Maddux, Fred Kohl
1973	Robert Holmer, Pauline Green
1972	Evelyn Triplett, Carol Smith, Stan Lauer, Bob Hower
1971	Laura Tucker, Marie Stockebrand, Mary Estes, Wanda Ecker
1970	Wayne Osness, Jeanette Malone, Rose Lamb, Evalyn Gendel
1969	Joe Thornton, Janet Nuzman, Helen Messenger, Carl Haney, Edward Greenwood
1968	Marge Stone, Emma Ann Palmer
1967	Mary Halbower, Jeanne Galley
1966	Rosella Towson, C.L. “Tuffy” Kellogg
1965	Gladys Taggart
1964	Veryle Snyder, Helen Hocker, George Hawks
1963	Ruby Munzer, Quentin Graves
1962	June Morell, Kathryn McKinney, Donald Henry
1960	T.M. “Mickey” Evans
1959	Katherine Geyer
1958	Joie Stapleton, Henry Shenk, Roy Groe, Helen Fosmire
1957	Ann Theilen, Reginald Stram, Walter Ray, Ed Elbel
1956	Ruth Hoover, Orlis Cox, Helen Barnett
1955	Ardis Hill, L. R. Perry, Eva Lyman
1954	Hazel Cave, Sue Unruh, Strong Hinman, Merle Henre
1953	Edna McCullough
1952	L.P. Dittmore, L.P. Washburn

Service Award (Renamed Vicki J. Worrell Service Award in 2004)

2012	Charles Killingsworth, Claudia Welch
2011	Jodie Leiss
2010	Brenda Sharp, Janice Jewett
2009	Karla Stenzel
2008	Joella Mehrhof
2007	John Zody
2006	Wendy Scholten, Darrel Lang
2005	Meggin DeMoss, Rhonda Holt
2004	Joan Brewer, Scott Gorman
2003	Janelle Robins-Gaede
2002	Julia Marsh
2001	Jim Brown
2000	Sandy Bauchmoyer, Glynis Nixon
1999	John Oppliger
1997	Glen Lojka
1996	Betty Lavery
1995	Kathy Ermler
1994	Doug Munsell
1992	Richard Woodson, Betty Pendergast
1986	Suzi Lauer, Susan Miller
1985	Vicki Worrell
1984	Linda Brandenburg
1982	Cramer Reed, Mickey Poole
1981	Charles Corbin
1980	Helen Hocker, Bernie Taylor, Wayne McConnell
1977	Gordon Gray
1976	Alfred Ortolani
1975	Prentice Gudgen, Frank Anneberg

Elementary Teacher of the Year

2012	Cindy Rabinowitz
2011	Janelle Robins-Gaede
2009	Kim Morrissey
2008	Patty Weber
2007	Kathy Wagner (National Recipient)
2006	Sue Stinson
2004	Susan Oldfather
2003	Rick Pappas
2002	Joan Bolt
2001	Bethel Stout
2000	Jane Hennes
1999	Rhonda Holt (National Recipient)
1998	Denise Andrews
1997	Jill Cundiff
1996	Deon Hall
1995	Meggin DeMoss
1994	Judy Heimer
1993	Vicki Worrell (National Recipient)
1992	Jeanne Rucker
1991	Bob Jackson
1990	Jamie Hofmeier

1989 Sandy Meneley
1988 Anita Nichols
1986 Linda Brandenbur

Middle School Teacher of the Year

2012 Catherine Arellano
2011 Jason Busche
2010 Deb Funke
2009 Diane Aaron
2008 Carri Flores
2006 Lori Heger
2004 Aneta Webster
2003 Thomas Rhodes
2001 Joyce Irwin
2000 Joyce Ellis
1999 Brad Haas
1998 Ramie Allison
1997 Sandy Meneley
1996 Harold Spillman

High School Teacher of the Year

2012 Travis Rogers
2011 Connie Ronnebaum
2008 Becky Winter
2007 Candee Stuchlik-Thode
2006 Katie Bacon
2004 Claudia Welch
2003 Merri Copeland
2002 Jane Schneider
2001 Leanna Beal
2000 Brenda Soldani
1999 Cindy Friesen
1998 Jean Drennen
1997 Karen Pickert
1996 Norma Hodges
1995 Michelle DiLisio
1994 Deborah Newkirk
1991 Vickie Deines
1990 Robert Groszek
1988 Doug Moeckel
1986 Bobbie Harris
1985 Donna Fleischacker
1984 Whitey Alpers

Adapted Physical Education Teacher of the Year

2011	Margie Thompson
2010	Suzy Cody
2009	Brenda Bowman
2007	Wendy Trail
2006	Kathy Lysell
2004	Cindy Combs (National Recipient)
2003	Kathy Kochersperger
2002	Carolyn Oborny
2001	Anne Abbott
2000	David Weldon
1999	Sandy Brundgardt
1998	Gary Taylor

Health Educator of the Year Award

2009	Amy Townsend
2004	Kelly Cook
2003	Jennifer Thomas
2002	Shawna Smith
2001	Steve Sedbrook
2000	Jannelle Robins-Gaede
1999	Roy Wohl
1998	Joan Stear
1997	Donna Allen

Health Agency Award

1999	Darrel Lang
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Kathy Ermler Technology Award

2012	Lori Heger
2011	Kathy Ermler

Recreation Award

2012	Bill Stobart
2011	Damon Leiss
2006	Lynn Maska
2005	Dan Ferguson
2004	Janice Jewett
2003	Clinton Longacre
2002	Joel Garavaglia-Maiorano
2001	Chuck Killingsworth

2000	Ron Haag
1999	Glen Lojka

Dance Award

2008	Joan Bolt, Julia Spresser
2004	Alice Curry-Johnson
2000	Sally Burgess
1998	Joella Mehrhof

Young Professional Award

2012	Aaron Davidson
2011	Jessica Stewart
2010	Andrew Cherry
2009	Jason Busche
2008	Matt Holopirek
2007	Andy Battenfield
2006	David Moore
2005	Jessica Martinez
2004	Jodie Leiss
2003	Brenda Sharp
2002	Fonda Strickland
2001	Mark Dix
2000	Hope Tjaden
1999	Kim Presley
1998	Michelle Kuhns
1997	Joan Brewer
1996	Steve Sedbrook
1995	Dick Carty
1992	Mark Craig
1991	Debbie Newkirk, Julie Brogan
1990	Trace Stark
1989	Patty Konzem
1988	Kristi Divinski
1986	Scott Currier
1985	Kaycee Gilmore

NAGWS Pathfinder Award

2011	Merri Copeland
2009	JoAnne Thaw
2008	Norma Hodges
2007	Claudia Welch
2006	Michelle DiLisio
2005	Dolores Oliva
2004	Doris Coppock
2003	Kathy Ermler
2002	Marjorie Stone

2001	Joan Lundstrum Wells
2000	Ethel Rugg
1999	Caroline Howard
1998	Ruby Munzer
1997	Jeanne Galley
1996	Mary Virginia Bevan
1994	Jan Nuzman

Jump Rope for Heart Coordinator of the Year

2012	Marlys Gwaltney
2011	Larry Stockebrand
2010	Charlie Luman
2009	Brenda Sharp
2008	Carla Thurman
2007	Don Funke
2006	Kari Jones
2005	Julie Webb
2000	Kathy Wagner

Hoops for Heart Coordinator of the Year

2012	Susan Oldfather
2011	Peter Blanton
2010	Sara Conner
2009	Crystal McDaniel
2008	Jason Ney
2007	Cindy Freisen
2006	Brent Cain
2005	Cathy Fooshay

Administrator of the Year

2012	Larry Perlman, Irving Elementary School, Wichita
2012	Corey Roy, Eisenhower Elementary School, Wichita
2012	Debbie Tann, Quail Run Elementary School, Lawrence
2011	Jennifer Bright, Community Elementary School, Coffeyville
2011	Keith Custer, Anthony/Harper School District, Anthony
2011	Pam Stead, Enterprise Elementary School, Wichita
2010	Jim Burkhart, Goddard Academy, Goddard
2010	Cindy Chrisman, Washington Elementary, Wichita
2010	Becky O'Hearn, Wichita Collegiate School, Early Childhood Division, Wichita
2010	Robert Reed, Anthony Elementary, Anthony, Kansas
2010	Shawn Springer, Price-Harris Communications Magnet School, Wichita
2010	Kathy Stybr, College Hill Elementary, Wichita
2009	Diane Nickelson, Clearwater East and West, Tammie George, Tonganoxie
2008	Janet Jump, Dodge Literacy Magnet, Wichita
2008	Earl Martin, Director of Elem. Education, Olathe District Schools
2008	Brad Miner, Royster Middle School, Chanute
2007	Sierra Jackson – Fort Riley
2006	Pam Klos – Lawrence Elementary, Wichita

2006	Keith Wilson – Curtis Middle School, Wichita
2004	Shawn Springer – McLean Science/Tech Magnet Elementary, Wichita
2004	Ron Vinduska – Seaman High School, Topeka
2003	Dale Koerner – St. Mary’s Elementary, Ellis
2003	Ron Ronnau – Trueblood Elementary, Conway Springs
2002	Winston Brooks, Mark Evans and Janet Eubank, Wichita Public Schools
2001	Duane Adams – Ruppenthal Middles School, Russel
2001	Debra Edwards – St. George Elementary
2001	Rose Kane – Shallow Water School, Scott City
2001	Dr. J. Karen Ray – Washburn University, Topeka
2000	Mason Enterline – Caldwell Elementary, Wichita
2000	Keith Pauley – Clearwater Middle School, Clearwater
2000	Dr. Tes Mehring, Emporia State University
2000	Dr. Robert Ratzlaff, Vice President of Academic Affairs
1999	Dan Dryer
1998	Dennis Burke – Riverton District
1998	Steve Frazell – Stilwell Elementary

Model/Merit School Award

Year	Name	School	City	Award
2012	Michele Lawson	Highlands Elementary School	Shawnee Mission	Model
2012	Karen Pounds	Scott Community High School	Scott City	Model
2011	Beau Eden and Carla Thurman	Community Elementary School	Coffeyville	Model
2011	Blake Taylor and Brian AraSmith	Lawrence Elementary School	Wichita	Model
2010	Corrin Weaver	Edwardsville Elementary	Edwardsville	Model
2010	Shelly Hoffman & Debbie O’Dell	Franklin Elementary School	Wichita	Model
2010	Catherine Arellano & Tom Rhodes	Coleman Middle School	Wichita	Model
2009	Jeremy Goebel & Ursala Kissinger	Tonganoxie Elementary	Tonganoxie	Model
2009	Jason Busche	Anthony Elementary	Anthony	Merit
2008	Cindy Johnson & Kim Morrissey	Dodge Literacy Magnet Elementary	Wichita	Model
2007	Deanna Owens	Lincoln Central Elementary	Cherryvale	Merit
2006	Diane Wyatt/ Bill Christner	Abilene Middle School	Abilene	Merit
2006	Mary Lou Anderson	Dwight D. Eisenhower Elementary	Ft. Leavenworth	Model
2006	Beau Bragg	Bonner Springs Elementary	Bonner Springs	Model
2003	Brenda Sharp	Cunningham Elementary	Cunningham	
2003	Jane Hennes	Pleasant Hill Elementary	Topeka	Model
2003	Sue Stinson	Apache Elementary	Overland Park	Merit
2002	Vickie Deines	Hoxie High School	Hoxie	Model
2000	Wendy Scholten	Ridgeview Elementary	Olathe	Merit
2000	Meggin DeMoss	Rose Hill Elementary	Rose Hill	Merit
1998	Ramie Allison & Gareth Pritchard	Blue Valley Middle School		
1998	Jane Ziegler	Rushton Elementary	Mission	Merit
1998	Denise Andrews	Oakhill Elementary	Overland Park	Merit
1998	Jeannene Muci	Graber Elementary	Hutchinson	Merit
1998	Shelly Hoffman	Franklin Elementary	Wichita	Merit
1998	Jeanne Rucker	Washington Elementary	Hays	Model
1998	Cindy Friesen	St. John-Hudson	St. John	Model
1998	James Brown	Mary Herbert Elementary	Emporia	Model
1998	Jannelle Robins-Gaede & Martin Cook	Holcomb Elementary	Holcomb	Model
1998	Tracy Shanahan	Crestview Elementary	Merriam	Model

1998	Kathy Limkemann	Pleasant Ridge Elementary	Overland Park	Merit
1998	Betty Lavery	Stillwell Elementary	Blue Valley	Merit
1996	Meggin DeMoss	Seltzer Elementary	Wichita	Model
1993	Judy Heimer	Pleasant Hill Elementary	Topeka	Model

KAHPERD Exhibitors

ADA Badminton & Tennis

Industrial Strength PE Equipment
 Randy Kempe
 Adatennis1@aol.com
 2925 Chrysler Road
 Kansas City, KS 66115
 800-234-0406

Advocare

Nutrition Supplements
 Nate & Arianne Seidl, Independent Distributors
 seidlnate@gmail.com
 189 14th Street
 Osawatomie, KS 66064
 863-241-3727

American Heart Association

www.heart.org
 Nikki Medina, AHA/KAHPERD Liaison
 nikki.medina@heart.org
 316-644-9295

Central District AHPERD

www.aahperd.org/about/districts/central
 Sally Scherrer
 sjscherrer@gmail.com

Cleveland University – Kansas City

Secondary Education
 Karen Doyle
 Karendoyle@cleveland.edu
 10850 Lowell Ave.
 Overland Park, KS 66210
 913-234-0600

Children’s Health Market, Inc.

Coordinated Health Education Programs
 www.thegreatbodyshop.net
 Nancy M. Grace
 nancy@thegreatbodyshop.net
 79 Cannon Rd, Ste. 1B
 Wilton, CT 06897
 203-762-2938

Emporia State University

Graduate School Programs
 Liz McLain
 emclain@emporia.edu
 www.emporia.edu/grad
 1200 Commercial, Campus Box 4003
 Emporia, KS 66801
 620-341-5430

Heart Hero

KAHPERD Exhibitors (Continued)

Human Kinetics

Professional Publications
www.humankinetics.com
Jean Edwards
jeane@hkusa.com
1607 N. Market St
Champaign, IL 61820
217-351-5076

Image Sports

T-shirts and Fundraising
www.imagesport.com
Kathy Roberts
kroberts@imagesport.com
1115 SE Westbrooke Dr.
Waukee, IA 50263
515-987-7699

Kansas Action for Healthy Kids

School Physical Activity Programs
Wendy Scholten
wscholtenrv@olatheschools.org
600 W. Van Buren
Chicago, IL 60607
913-530-2149

Kansas Association for Health, Physical Education, Recreation and Dance

www.kahperd.org
4254 N. Sweet Bay
Wichita, KS 67226
316-634-3298

Kansas State Bowling Proprietors Assn.

In-School Bowling Programs
www.bowlkansas.com
Cynthia Thomas
ctmissionbowl@yahoo.com
5399 Martway
Mission, KS 66205
913-638-1817

KS State Dept. of Education—Child Nutrition &

Patricia Gibbons
patriciagibbons@mixedbagdesigns.com
26 W 160 Sandpiper Ct.
Wheaton, IL 60188
630-853-2247

Polar Electra, Inc.

Heart Rate Monitoring System
Traci Wheeler
traci.wheeler@polar.com
1111 Marcus Avenue, Suite 11115
Lake Success, NY 11042
516-474-2370

Southwest Dairy Farmers

Dairy Educational Information
Callie Unruh & Carolyn McKinney
cunruh@southwestdairyfarmers.com
cmckinney@southwestdairyfarmers.com
P.O. Box 936
Sulfer Springs, TX 75483
316-772-1884

Speed Stacks

Cup Stacking
Roger Washburn
rwashburn@speedstacks.com
11 Inverness Way South
Englewood, CO 80112
303-886-4022

KAHPERD Exhibitors (Continued)

Rael Hodgson State Farm Insurance

<http://www.raelhodgson.com/>
1710 E Madison Ave #100,
Derby, KS 67037
316-788-7788

Sportime

Duane Puckett
Regional Vice President / South
School Specialty Inc.
2915 Courtyards Dr, Suite A
Norcross, GA 30071
Duane.Puckett@schoolspecialty.com

STAT!

Health Programming
www.cerner.com/healthekids
Lauren Butler
lauren.butler@cerner.com
2800 Rock Creek Parkway W0911
Kansas City, MO 64117
816-315-7968

USTA Mo Valley – Tennis in Schools

Educational Information on Tennis Programs
Susan Riemann
riemann@movalley.usta.com
457-A South Clay Avenue
St. Louis, MO 63122
913-967-9137

Waddell & Reed, Inc.

Financial Planning Advisors
Matthew Huhnke
mhuhnke@wradvisors.com
1861 N. Rock Road, STE. 100
Wichita, KS 67206
316-652-7005



The KAHPERD MISSION

- KAHPERD members seek to promote and advocate for healthy, active Kansans.

The KAHPERD VISION

- To be the leading advocate in the state of Kansas in promoting healthy, active lifestyles.
- To empower Health, Physical Education, Recreation and Dance professionals to provide leadership in activities that benefit the health of Kansas.

KAHPERD IN ACTION

As one of the oldest professional associations in Kansas, KAHPERD is dedicated to the advancement of professional practice, research and education within the fields of Health, Physical Education, Recreation and Dance. KAHPERD supports, promotes, advocates, develops and creates.

- Professional growth and development opportunities for professional areas.
- Research and scholarship that advances the body of knowledge in the professional areas.
- Public understanding of the need for quality programs in the professional fields of study.
- Policy changes that support health initiatives in the state of Kansas.
- Funding opportunities for innovative projects that promote the KAHPERD mission.

Convention Notes



KANSAS ASSOCIATION FOR
Health • Physical Education • Recreation • Dance

KAHPERD
Winter Workshop
February 5, 2014
Farha Sports Center, Wichita, Kansas

2014 KAHPERD
Convention
October 30-31, 2014
Pittsburg State University
Pittsburg, Kansas

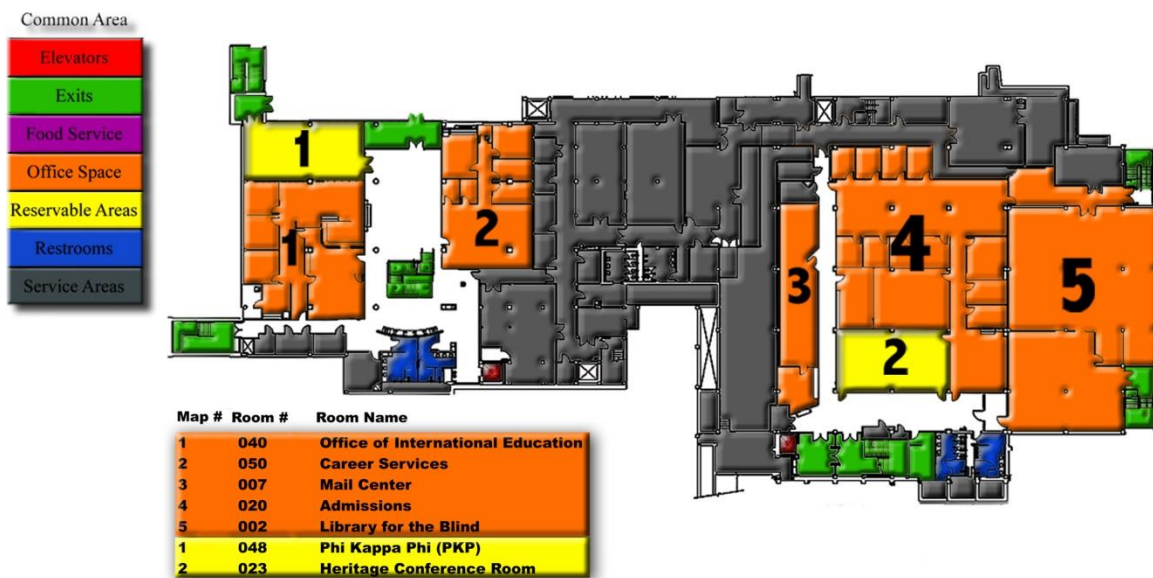
ESU/HPER 1ST FLOOR MAP LINK:

<http://www.kahperd.org/convention/docs/ESU-PHYSICALEDUCATIONFIRSTFLOOR.pdf>

ESU/HPER 2nd FLOOR MAP LINK:

<http://www.kahperd.org/convention/docs/ESU-PHYSICALEDUCATIONSECONDFLOOR.pdf>

Memorial Hall Student Union (Lower level)



Memorial Hall Student Union (1st Floor)



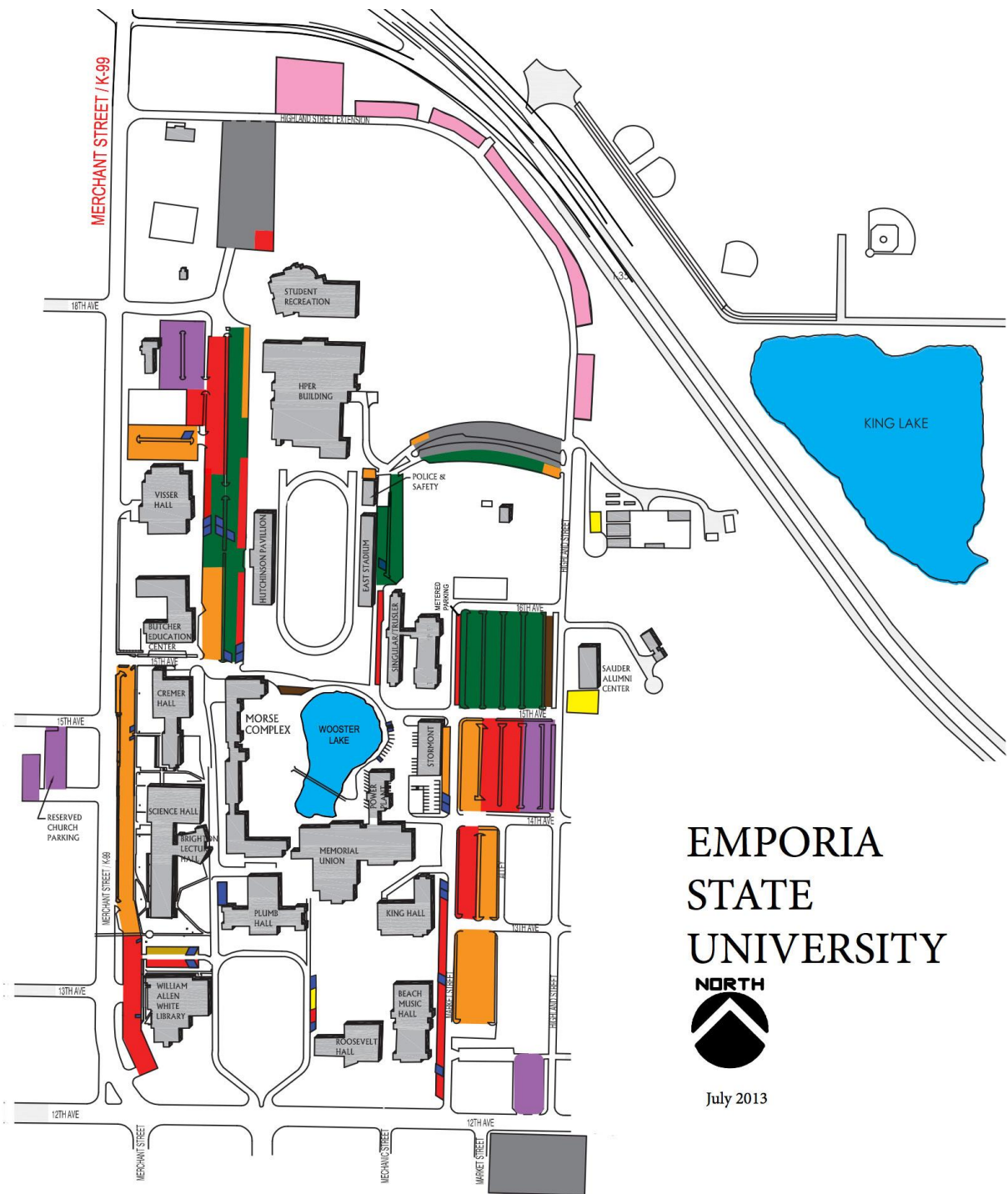
Memorial Hall Student Union (2nd Floor)

- Common Area
- Elevators
 - Exits
 - Food Service
 - Office Space
 - Reservable Areas
 - Restrooms
 - Service Areas

Map #	Room #	Room Name
1	232	Flint Hills
2	233	Kanza
3	234	Great Plains
4	231	Skyline Dining Rm
5	222	Preston Family Rm
6	220	Greek Rm
7	216	Blue Key Leadership RM
8	202	Webb Hall
9	201	Webb Lobby
10	213A	Webb Office A
11	213B	Webb Office B
12	213C	Webb Office C
13	210	Alumni Lounge
14	250	KSTC Ballroom
15	250A	KSN
16	250B	Black and Gold
17	250C	EKSC
18	250D	Miller Rm
19	250E	PDK Rm
20	250F	XI Phi
21	246	Roe R. Cross Rm
22	270	Veterans Hall of Honor












1	260	MU Admin office
2	262	Mike Seely
3	263	Greg Larson
4	267	Admin. Conf. Rm
5	266	Nancy Standiferd
6	265	Janna Stegmaier
7	264	Dave Hendricks



EMPORIA STATE UNIVERSITY



July 2013

PERMIT	FOR USE BY	PERMIT	FOR USE BY	PERMIT	FOR USE BY
	AUTHORIZED BY PRESIDENT		STUDENTS		METERED PARKING
	FACULTY & STAFF		FACULTY, STAFF & STUDENTS		SPECIAL PARKING
	FACULTY, STAFF & STUDENTS		SPECIAL USE DESIGNATION		FREE PARKING