## NAKHE 2020 Annual Conference

## **Event Schedule**

## Wed, Jan 08, 2020

## 9:00am

NAKHE Board Meeting ② 9:00am - 1:00pm, Jan 8 **9** Juniper I/II

## 1:00pm

Registration Check In/Help ② 1:00pm - 7:00pm, Jan 8 ♀ Ocotillo Foyer

## 3:00pm

## Interviews, Contracts, Negotiations, and Hiring Decisions of the Pre-Tenure Faculty Member Senior Admin Panel

② 3:00pm - 4:00pm, Jan 8 ♀ Ocotillo II

> Moderated by Jesse Germain (United States Military Academy at West Point) & Steve Estes (Middle Tennessee State University) Panel includes Shelley Holden (South Alabama), Gary Ligouri (Rhode Island), Mark Tillman (Kennesaw State), Carrie Sampson Moore (MIT), & Tim Baghurst (Florida State)

## 4:00pm

**Break** 3 4:00pm - 4:10pm, Jan 8

## 4:10pm

## Department Head Certification (DHCT Training): Reports and Discussion moderated by Jesse Germain & Steve Estes

**④** 4:10pm - 5:00pm, Jan 8

## ♥ Ocotillo II

Moderated by Jesse Germain (United States Military Academy at West Point) and Steve Estes (Middle Tennessee State University).

## 5:00pm

Reception/Social – Fellow Awards & Plenary Address by President Betty Block ② 5:00pm - 7:00pm, Jan 8 **Q** Miramonte Terrace

## Receptions & Meals

Social Sponsored by: Betty and Steve Estes Fellow Awards Sponsored by: Richard Oates

## Thu, Jan 09, 2020

7:00am

### **Registration Check In/Help**

⑦ 7:00am - 3:00pm, Jan 9♥ Ocotillo Foyer

## Taylor & Francis Editorial Board Meeting – QUEST

⑦ 7:00am - 8:30am, Jan 9

**♀**Juniper I/II

## 8:30am

## National Organizations Meeting (by invitation only) ② 8:30am - 10:00am, Jan 9

**Q** Date Palm

## **Presentations Session I**

🕑 8:30am - 9:45am, Jan 9

Ironwood I	Area: General	Moderated by Sean Bulger
Ironwood II	Area: PETE	Moderated by Melissa Jensen
Ironwood III	Area: HE and Admin	Moderated by Shelley Holden
Ocotillo I	Area: Sports & Coaching	Moderated by Donna Woolard
Ocotillo II	Area: IPAP	Moderated by Andrea Short

## Collaborative Online International Learning (COIL) in Kinesiology: The Possibilities and Pitfalls of Virtual Mobility

② 8:30am - 8:50am, Jan 9 ♀ Ironwood I

## General

To reach more students, institutions of higher learning are adopting a more global perspective. Parallel to this institutional trend are efforts by university faculty to critically evaluate current instructional practices with special attention paid to how academic programs can produce learners who are equipped to contribute to an increasingly diverse society and global economy. The purpose of this presentation is to share the lessons learned from one college's globalization efforts using Collaborative Online International Learning (COIL). Based on the concept of virtual mobility, the COIL framework incorporates the following principles: (1) collaborative opportunities for students and teachers at multiple institutions, (2) use of online technology to enhance connectivity, (3) inclusion of international dimensions, and (4) integration in already established learning processes. This effort to "internationalize at home" is expected to provide increased access and lower-cost approaches to global learning, strengthen inter-institutional partnerships, and promote study abroad and international recruitment.

Authors: Sean Bulger, Dana Voelker, Emi Tsuda, James Wyant, Scott Barnicle, West Virginia University

### 📢 Speaker



Sean Bulger Associate Dean for Graduate and Online Education, West Virginia University

Field Systems Analysis: Passing Teacher Performance Assessments in Physical Education ② 8:30am - 8:50am, Jan 9 ♀ Ironwood II



Defining expertise in physical education is the first step in knowing what a quality teaching performance constitutes. Field Systems Analysis, a systematic observation tool, assesses this expertise definition and examines the teaching exhibitions' entire event-field for multiple concurrent behaviors occurring in realtime. This form of analysis provides both teacher educators and teacher candidates with a richer description of "what is going on in the gym" and invaluable information regarding the specific teaching performance. This session will detail what information has been gained regarding this form of analysis and how it leads to passing teacher performance assessments specific to teacher licensure. Authors: Jamie Gilbert, William Davis, Athens State University

#### 📢 Speakers



Jamie Gilbert Athens State University



William Davis Professor, Athens State University

## Innovative Approaches to Increasing Retention and Graduation at a Minority-Serving Institution

② 8:30am - 8:50am, Jan 9
♥ Ironwood III

#### HE and Admin

Although students across the US are enrolling into four-year minority-serving institutions at increasing rates, they remain at high risk of not completing their degree programs. In particular, freshman enrolled as kinesiology majors at an urban University on the West Coast of California have demonstrated staggeringly low retention and graduation rates since 2005, with approximately 45% dropping out and only 5% graduating at the four-year mark. In response to this long-standing crisis, a team of researchers within the college developed a freshman survey intended to inform a targeted, retention effort overhaul. In response to students' self-reported needs, a peer mentorship program, innovative outreach laboratories, and activities designed to enhance student-faculty connectedness were implemented. Freshmen retention increased by 10% following this effort. This presentation will describe the student responses to the survey, interventions implemented, implications of such interventions, and suggests future direction. Authors: Sierra Cordova, Cristina Mancera, Ray De Leon, California State University Los Angeles

#### 📢 Speakers



Sierra Cordova California State University Los Angeles



Cristina Mancera Cal State LA

Using Concepts from Self-Determination Theory to Enhance an Already-Existing Coach Assessment: CoachDISC and Autonomy Support 2 8:30am - 8:50am, Jan 9

• Ocotillo I

## Sports & Coaching

The purpose of this study was to determine the existence of autonomy supportive coaching characteristics

within the CoachDISC evaluation system. Expert researchers in autonomy support with a familiarity with sport coaching were recruited for this study (N = 11 participants; 4 males, 7 females; Mage = 40.45, SDage = 8.27). Participants had on average 12 years of experience in working with self-determination theory in both research and applied settings. After gathering demographic information, each participant was asked to complete a full CoachDISC profile as if they were an autonomy-supportive coach. Across all categories (dominance, influence, steadiness, and conscientiousness) a distinct profile emerged, verified via intraclass correlation, ICC = .97, p < .001. These results indicate that an autonomy-supportive profile exists, which allows CoachDISC administrators to include autonomy-supportive coaching in overall feedback given to coaches.

Authors: Jody Langdon, Diane Benish, Georgia Southern University; Elizabeth Masen, Athlete Assessments / University of the Sunshine Coast

#### ♥ Speakers



Jody Langdon Associate Professor, Georgia Southern University



Elizabeth Masen Client Director / PhD Student, Athlete Assessments / University of the Sunshine Coast

## Promoting Kinesiology and Program Entrepreneurship through an Online Physical Activity Course

② 8:30am - 8:50am, Jan 9 ♀ Ocotillo II

#### IPAP

Active Auburn is a two credit hour elective course offered by the School of Kinesiology at Auburn University. Students utilize a wearable fitness tracker and complete online modules to enhance understanding of physical activity participation. Active Auburn is taught by graduate teaching assistants and annual enrollment exceeds 1,800 students, with the majority coming to us from other units on campus. Students are permitted to repeat the course once if desired. Active Auburn is a significant revenue generator which is instrumental in funding unit needs such as graduate student assistantships and professional travel for faculty. The Active Auburn course supports the mission of the School of Kinesiology by working to improve the health of society through research, outreach, and teaching. This presentation will trace the origins of Active Auburn and its evolution from humble beginnings into one of the highest revenue generating and most sought after courses at Auburn University.

Authors: Sheri J. Brock, Robin Thornburg-Brock, Jessica Grimes, Brenna Cosgrove, Auburn University

#### ♥ Speakers



Sheri Brock Associate Professor, Auburn University



Jessica Grimes Graduate Teaching Assistant, Auburn University



Brenna Cosgrove Graduate Teaching Assistant, Auburn University

## 8:50am

## Creating Professional Standards for Doctoral Education in Kinesiology: Embracing Diversity Rather Than Imposing Conformity

2 8:50am - 9:10am, Jan 9

lronwood I

## General

The mission of NAKHE is to "foster leadership in kinesiology administration and policy related to teaching, scholarship and service in higher education" (https://www.nakhe.org/mission.html). Interestingly, this policy mission is not mentioned in subsequent goals and objectives in the Strategic Plan

(https://www.nakhe.org/\_Library/\_documents/NAKHE\_Strategic\_Plan.pdf). The point is not to blame NAKHE where we as members are responsible for what the organization does (or does not do). This paper is a call to action with explicit steps for the implementation of standards for doctoral preparation in kinesiology. Embracing explicit standards will result in the elimination of some programs, validation of already strong programs, and enhanced quality in other programs. Focal is the creation of professional standards in the context of a future that requires quality in the form of adaptive competence while resources decline and with accountability in defense of allegations of academic fraud while facilitating diversity rather than imposing conformity.

Author: Murray Mitchell, University of South Carolina

### 📢 Speaker



Murray Mitchell University of South Carolina

## Diverse Neighbors: A University-Public School Collaboration

④ 8:50am - 9:10am, Jan 9
♥ Ironwood II

## PETE

To enhance preservice physical educators' pedagogical knowledge on teaching children of diverse backgrounds, a Northeastern U.S. university partnered with a local elementary school (77% students on free/reduced lunch) to implement a 3-week golf program. During 2018-2019, 59 preservice educators assisted in the implementation of the golf program at the elementary school culminating with a field visit by the children to the university. Based on Kolb's theory of experiential learning, the preservice educators reflected on their experiences through written self-reflections and in-class discussions. The interaction between university and elementary students improved preservice educators' ability to relate and communicate with racially and socioeconomically diverse students, while the elementary students became aware of community resources and the possibility of attending college one day. Implementing in Fall 2019 Phase II consists of preservice educators in a fitness methods class visiting the same elementary school to teach innovative fitness lessons and assist in FitnessGram assessments. Authors: Tanleng Goh, Jan Bishop, Central Connecticut State University

#### 📢 Speakers



Tanleng Goh Assistant Professor, Central Connecticut State University



Jan Bishop Associate Professor, Central CT State University

## Long Term Investment Strategies to Grow our Greatest Asset

② 8:50am - 9:10am, Jan 9
♥ Ironwood III

## HE and Admin

In this session, focus will be on identifying a consistent approach to delivering long-term growth in students and faculty as they emerge in and extend from our programs as our greatest asset. Taking a page out of financial portfolio investing, "the longer you invest, the more likely you will be able to weather low market periods". How do we effectively invest long term in human capital? By all accounts, creating a leadership investment plan over the long-term should historically pay off. How can we do that effectively? The future of kinesiology depends significantly on the ways in which people navigate their careers and set their professional goals. In this session, we will discuss strategies and consider ideas that motivate others to lead and drive change while ensuring we have stable and successful contributors in a changing and sometimes volatile landscape.

Author: Melinda Campbell, Meredith College

### 📢 Speaker



Melinda Campbell Professor, Department Head for NHHP, Meredith College

## College Coaches' Decision Making and Leadership Effect on Tennis Student Athletes @ 8:50am - 9:10am, Jan 9

♥ Ocotillo I

## Sports & Coaching

"Decision making can be observed as the intellectual process resulting in the selection of a belief or a course of action among several different options. Every decision making process produces a final choice that may or may not prompt action" (Kaya, 2014). In this study, we evaluated and observed college tennis practices, team results, and coach's leadership skills at four different DI and DIII schools in the Northeast. The purpose of this study was to observe, analyze, and learn which leadership skills lead to winning teams. Does a more transactional or more transformational coach lead to better results? In the end, having a well detailed and thought-out practice plan does not necessarily lead to winning results. Coaches who had a more laid back, not so organized, with unplanned practice plans, had teams that performed better in match play.

Authors: Lauren Holzberg, Valdosta State University; Galen Morton, Chippewa Valley Technical College: Eugene F. Asola, Valdosta State University

#### **♥** Speakers



Lauren Holzberg Kinesiology and Physical Education Instructor, Valdosta State University



Galen Morton Instructor, Chippewa Valley Technical College



Eugene Asola Associate Professor & Interim Dept Head of KSPE, Valdosta State University

Leading the University with Inclusive Excellence Education in Wellness Programs

② 8:50am - 9:10am, Jan 9 ♥ Ocotillo II

## IPAP

Infusing Inclusive Excellence Education into Wellness programs can be a big win for the program, department, university, and most of all, the students. This presentation will highlight how one midsized university linked the university requirements into their required wellness program. Using already an existing course management platform, learning modules were created to meet the needs of the student included adding two learning modules: Sexual Assault and Gender Violence (U Got This) and Diversity and Inclusion. Wellness faculty cannot be experts in every aspect of wellness, and commonly new instructors and graduate teaching assistants shy away from these tough topics. But with using campus resources and national programming, Wellness Programs can bolster their impact on campus along with strengthening their value by integrating university requirement into the Wellness Program. Authors: Bridget Melton, Robert Clouse, Georgia Southern University

#### 📢 Speakers



Bridget Melton Professor, Georgia Southern University



Robert Clouse Georgia Southern University

## 9:10am

## Leveraging Technology to Increase Engagement in the Higher Education Classroom ② 9:10am - 9:30am, Jan 9

lronwood I

## General

Preparing digitally literate professionals requires instruction, practice, and feedback on best practices for professional usage of social media, engagement platforms, as well as networking, communication, and learning opportunities. This session will highlight results of inquiry related to implementing Twitter as an instructional strategy. Additionally, participants will be provided with practical strategies for utilizing technology to enhance engagement and instruction in each course while simultaneously increasing student digital competencies for all students and intentionally addressing the digital divide for historically oppressed learners.

Author: Martha James-Hassan, Morgan State University

#### 📢 Speaker



Martha James-Hassan Assistant Professor, Morgan State University

## Changing Perceptions Through a Home School Based Physical Education Program @ 9:10am - 9:30am, Jan 9

lronwood II

### PETE

The physical education program at Oklahoma State University has collaborated with the local home school community to provide a weekly physical education class utilizing university PETE students as the instructors during spring semesters. This involvement has led to increased visibility and engagement within the community. This increased visibility has afforded our program more opportunities to share the importance

and fun of physical education. Author: Melissa Jensen, Oklahoma State University

#### 📢 Speaker



Melissa Jensen Visiting Lecturer, Oklahoma State University

## Money, Money, Where Are You?

② 9:10am - 9:30am, Jan 9 ♥ Ironwood III

## HE and Admin

Faculty members at a university have 3 areas of involvement: teaching,, research, and service. As kinesiology evolves, the main drivers of that evolution are utilizing all three means to disseminate the information. As the state appropriations have dwindled in the past decade, universities are left with the headaches of finding new sources of funding. In many instances, faculty are encouraged to seek outside funding for research and colleges are courting outside donors to establish endowed professorships or sponsored laboratories. As large state universities with name recognition are managing, regional state institutions are struggling to find solutions. This session will discuss ways two regional universities (in different states) and two positions (administrator and faculty) are addressing this challenge. Examples of initiatives will be discussed and input from other professionals will be welcome for discussion. Authors: Vanessa Fiaud, West Texas A&M University; Shelley Holden, Shelley Holden

### ♥ Speakers



Vanessa Fiaud Associate Professor / Graduate Program Coordinator / Biomechanics Lab Director, West Texas A



Shelley Holden Associate Professor and Chair, South Alabama

## Lead Change and Increase Impact: Uniting Wellness Stakeholders

② 9:10am - 9:30am, Jan 9 ♥ Ocotillo II

## IPAP

Wellness stakeholders are emerging across campus to better care for our students. Many resources are being added such as psychologists, counselors, and support groups for students experiencing challenges. Instructional Physical Activity Programs (IPAP) have an important and unique role to create proactive approaches to intentionally teach wellness skills to equip students with tools to navigate their college experience in a healthy way.

Wellness can be defined in many ways. What is important is that your definition is inclusive and meets the needs and priorities of your campus. MIT has developed six flavors of wellness to date: Nutrition, Stress Management, Sport Nutrition, Healthy Relationships, Meditation and Healthy Finance. This presentation will share how these courses were of created through a collaborative approach and how they are maintained. The course structure and content will also be shared.

Author: Carrie Sampson Moore, Massachusetts Institute of Technology



Carrie Sampson Moore Massachusetts Institute of Technology

## 9:30am

Wrap-up Questions ② 9:30am - 9:45am, Jan 9 ♥ Ironwood I

General

## Wrap-up Questions ② 9:30am - 9:45am, Jan 9 **9** Ironwood II

PETE

Wrap-up Questions ② 9:30am - 9:45am, Jan 9 ♥ Ironwood III

HE and Admin

Wrap-up Questions ② 9:30am - 9:45am, Jan 9 **9** Ocotillo I

Sports & Coaching

## Wrap-up Questions 9:30am - 9:45am, Jan 9 Ocotillo II

IPAP

## 9:45am

**Break** ② 9:45am - 10:00am, Jan 9

## 10:00am

## **Presentations Session II**

🕑 10:00am - 11:30am, Jan 9

Ironwood IArea: GeneralModerated by Jesse GermainIronwood IIArea: PETEModerated by Joe DeutschIronwood IIIArea: HE and AdminModerated by Betty BlockOcotillo IArea: Phys/Health/ATModerated by Amy StringerOcotillo IIArea: IPAPModerated by Carrie Moore

CANCELED - BE YOU | BE FIT - CANCELED (a) 10:00am - 10:20am, Jan 9 (c) Ironwood I

General

Implementing the Health.Moves.Minds Curriculum into your PETE Program

## ② 10:00am - 10:20am, Jan 9 ♥ Ironwood II

## PETE

The Health.Moves.Minds curriculum is a new emotional health program from SHAPE America. Emotional issues are becoming more and more prevalent in students' lives and as physical educators, we need to help address these for them and give them tools for success. Depression, anxiety, bullying, are just some of the examples of emotional health concerns that students deal with. Attendees will learn about the program, the fundraising component associated with it, and ideas on how to implement the program into their PETE programs.

Author: Joe Deutsch, North Dakota State University

#### 📢 Speaker



Joe Deutsch Associate Professor, North Dakota State University

## Departmental Unity Through Cross-Curricular Collaboration @ 10:00am - 10:20am, Jan 9

lronwood III

## HE and Admin

Change is an inevitable part of any organization. Yet, though organizational members understand this inevitability, reaction to change ranges from total acceptance to complete denial. When change occurs, it is reasonable to expect any number of different reactions which may lead to conflict within the organization. The purpose of this presentation is to discuss a specific case of change in one Kinesiology department and how an unorthodox approach in the world of academia, as well as the transition from a change manager to a change leader (Bruhm, 2004) allowed for a department to move from operating as individual disciplines to utilizing an ongoing cross-curricular collaboration aimed at uniting a department with a common mission designed to play on the strengths of each discipline within the field of Kinesiology. Authors: Jeremy Elliott, Mike Craw, David Kyle, University of Alabama in Huntsville

### 📢 Speakers



Jeremy Elliott Assistant Professor, University of Alabama in Huntsville



Mike Craw University of Alabama in Huntsville

## Becoming a Clinical Scholar in Athletic Training

🖸 10:00am - 10:20am, Jan 9

Ocotillo I

### Ex Phys/Health/AT

When the Commission on the Accreditation of Athletic Training Education (CAATE) released their 2020 Standards for Accreditation, they expressed the goal of creating athletic trainers who used evidence to inform practice, systems of quality improvement, and data to drive informed decisions. Within CAATE's standards, it was also stated that graduates of athletic training programs need to possess the skills to collect and analyze patient-reported and clinician-rated outcomes. These practices may ensure that athletic trainers are effective and efficient practitioners, but this data that is being collected may be of benefit to other practicing athletic trainers. Indeed, athletic trainers should also concern themselves with the far reaching effects that disseminating their research through publication and presentation can have on the profession. This presentation will seek to encourage this form of clinical scholarship, while also providing suggestions for how to navigate budgets, time constraints, and other potential barriers to clinical scholarship.

Authors: Andrew Cage, Brandon Warner, University of North Carolina Greensboro

♥ Speakers



Andrew Cage University of North Carolina, Greensboro & The University of Texas at Tyler



Brandon Warner Associate Professor and Program Director, Grand Canyon University

## **Documenting Program Excellence: Building a Portfolio for IPAP Faculty** (2) 10:00am - 10:20am, Jan 9

♥ Ocotillo II

## IPAP

Part one of "Documenting Program Excellence" will highlight how IPAP faculty, coordinators, and directors can display evidence of teaching excellence and outstanding scholarship within their institution. This interactive presentation will highlight the effective use of traditional types of data (student rating of instructors, course evaluations, committee counts, etc.) as well as more non-traditional evidence (e.g., contact hours, formative feedback, outside instructor evaluations, etc.) of effective IPAP programming. Additionally, the presenters will disseminate information concerning lines of research that have advocated for IPAP and possible future directions. The presenters are leaders in the IPAP field and will share their best practices along with soliciting examples from the audience.

Authors: Jared Russell, Auburn University; Carrie Sampson Moore, Massachusetts Institute of Technology; Bridget Melton, Georgia Southern University; Kevin Casebolt, East Stroudsburg University

## 📢 Speakers



Jared Russell College of Education - Director of Student Development, Auburn University



Carrie Sampson Moore Massachusetts Institute of Technology



Bridget Melton Professor, Georgia Southern University



Kevin Casebolt Professor Physical Education Teacher Education, East Stroudsburg University

## 10:20am

Combat Warriors: Fighting Sexual Harassment and Sexual Assault at Our Nation's Military

## Academy ② 10:20am - 10:40am, Jan 9 ♀ Ironwood I

## General

Being leaders of change requires firm resolve and perseverance in the face of the most difficult challenges. This presentation will outline how the Corps of Cadets at West Point is working with Academy leadership to eliminate the scourge of sexual harassment/sexual assault and ensure a safe and appropriate academic environment for all students. It will include results of a self-study as well as strategies for improvement. Presenters will interact with all participants to share best practices and assist one another in eliminating sexual harassment and sexual assault on our campuses.

Authors: Jesse Germain, Michael Turner, United States Military Academy at West Point

## 📢 Speakers



Jesse Germain Director of Kinesiology, United States Military Academy at West Point



Michael Turner United States Military Academy at West Point

## Local Communities and PETE Faculty Expertise Forming 10:20am - 10:40am, Jan 9

lronwood II

## PETE

University partnerships with community organizations take on many forms. In this session we will describe a few examples of how faculty have been leaders of change thru partnerships, plans for future partnerships, and explore future possibilities. The partnerships that will be described feature a partnership between PETE program coursework and local school afterschool programs, wellness days, international sport days, coaching clinics, and golf mastery and more.

Authors: K.C. Diedrich, Elmhurst College; Glenn Miller, Baylor University; Charlie Goehl, Elmhurst College

### ♥ Speakers



Krista Diedrich Associate Professor, Elmhurst College



Glenn Miller Professor, Baylor University



Charlie Goehl Professor Chair Department of Kinesiology, Elmhurst College

Leader-Mentor Grant Experience ⊙ 10:20am - 10:40am, Jan 9 ♀ Ironwood III

HE and Admin

The purpose of this presentation is to provide details of the experience afforded by the 2019 NAKHE Leadership Mentor Grant. Dr. Jennifer Bunn received the grant to shadow Dr. Colin Wilborn, Executive Dean of the Mayborn College of Health Sciences at the University of Mary Hardin-Baylor. This presentation will provide the details of the week-long shadowing experience that will take place September 16-20, 2019. The experience will include a Dean's Council meeting, Provost's meeting, and meetings with the Mayborn College Dean, Associate Dean, Director of Research, and Exercise and Sport Science Graduate Studies Director. The goals of the experience include: experiencing the schedule and tasks of an upper level administrator, learning about the preparation and planning necessary to execute daily tasks, and learning about the intricacies of institutional decision-making, policy, and budgetary considerations. Dr. Wilborn and Dr. Bunn will provide details of their experiences as the mentor and mentee respectively. Authors: Colin Wilborn, University of Mary Hardin-Baylor; Jen Bunn, Campbell University

#### r Speaker



Jen Bunn Campbell University

The Challenges of Conducting Research in a Lab School for Middle School-aged Children ② 10:20am - 10:40am, Jan 9 ♀ Ocotillo I

## Ex Phys/Health/AT

As an exercise physiologist, applying scientific premises in a field setting is ultimately the goal. Each aspect of what is determined in a laboratory as some level is intended to make a difference the public sector. One such scenario is the application of the scholarly proven scientific merits of high intensity interval training (HIIT) to children in a school environment. The benefits of HIIT are well-documented in the literature and should make a notable contribution to the field of physical education in schools. Yet, it is imperative that the HIIT benefits be studied before full implementation in and PE curriculum be considered. Too often laboratory-mined results are not easily replicated in a field setting. This presentation will provide its audience with the challenges met when attempting to demonstrate the benefits of HIIT to middle school aged children. Also presented will be potential solutions to these challenges.

Authors: Resa Chandler, Amy Stringer, Derek Becker, Western Carolina University

### 📢 Speakers



Resa Chandler Assistant Professor, Western Carolina University



Amy Stringer Assistant Professor, Western Carolina University

## Documenting Program Excellence: Building a Dossier for IPAP Faculty

🕑 10:20am - 10:40am, Jan 9

♥ Ocotillo II

#### IPAP

Part two of "Documenting Program Excellence" will highlight how IPAP faculty, coordinators, and directors can display evidence of effective administration and service relevant to IPAPs. This interactive presentation will highlight the effective means of identifying and documenting measures of effective IPAP administration for upper administration and external evaluators. Additionally, discussions will include how IPAP faculty can develop, implement, and document service time consistent with their respective responsibilities and duties. The presenters are leaders in the IPAP field and will share their best practices along with soliciting

examples from the audience. Authors: Bridget Melton, Georgia Southern University; Kevin Casebolt, East Stroudsburg University; Jared Russell, Auburn University; Carrie Sampson Moore, Massachusetts Institute of Technology

### 📢 Speakers



Bridget Melton Professor, Georgia Southern University



Kevin Casebolt Professor Physical Education Teacher Education, East Stroudsburg University



Jared Russell College of Education - Director of Student Development, Auburn University



Carrie Sampson Moore Massachusetts Institute of Technology

## 10:40am

The Essence of Leadership: Leading beyond the "System" ② 10:40am - 11:00am, Jan 9 ♀ Ironwood I

## General

You have enemies? Good. That means you've stood up for something, sometime in your life. Winston Churchill

Tenured career paths in Higher Education (HE) are clearly mapped out and demand close adherence to the completion of steps to be taken in teaching, research, and service. In this presentation, insights into successful program and department leadership in kinesiology will be discussed and positive recommendations will be shared. Openness to becoming a better leader includes increased awareness of one's own behavioral patterns and judgments; attention to the faculty members' thoughts, needs, and contributions; and focus on maintaining the steady pursuit of the vision that has been set forth collaboratively.

To encourage change in PETE, leaders dare to set a goal to focus on the people, not the maintenance of the (university) system. Aspects of diversity with respect to background, socialization, philosophy, and practices will be addressed and strategies for inclusion will be discussed. Author: Anne Merrem, Adventures in Optimal Being

#### 📢 Speaker



Anne Merrem Owner, Adventures in Optimal Being

Leading Beyond the PETE Program: Lessons from the OPEN and SUNY Cortland Partnership (2) 10:40am - 11:00am, Jan 9 (2) Ironwood II



OPEN is a public service of U.S. Games/BSN Sports that provides free, online, standards-based curriculum resources to physical education teachers across the globe. The OPEN development and dissemination team is hosted at SUNY Cortland, which provides physical space for content development and instructor training, as well as opportunities for collaboration with Cortland's faculty and students. In just five years, OPEN has grown to serve more than 67,000 teachers worldwide with an equity impact on more than 35 million students. The growth of OPEN presents a tremendous opportunity to positively impact physical education programs in schools, particularly those in areas with few resources.

This presentation will share how the partnership between OPEN and SUNY Cortland enhances the resources and training available to practitioners. It will highlight the collaborations between OPEN and Cortland faculty and students in the curriculum development process, applying the PECAT to the OPEN curriculum, and future research projects.

Authors: John Foley, SUNY Cortland; Aaron Hart, OPEN; Lynn Couturier MacDonald, SUNY Cortland

#### 📢 Speakers



John Foley Professor, SUNY Cortland



Aaron Hart OPEN



Lynn Couturier MacDonald Professor, SUNY Cortland

## Promoting Success in Online and Blended Kinesiology Based Courses for Traditional and Transfer Students

② 10:40am - 11:00am, Jan 9 ♥ Ironwood III

#### HE and Admin

More than half of higher education administrators anticipate an increase in transfer student enrollment over the next five years, and around one-third of first-time students will transfer at least once in a six-year period. Transfer students tend to be a more diverse population than their non-transfer peers, and have indicated clear interest in completing hybrid (blended) and fully online coursework. Traditionally a hands-on field, kinesiology courses offered online require instructors to adapt current curriculum requirements and create online coursework that is equally engaging and challenging for the ever-changing student population. This session will articulate and propose strategies for planning core online course requirements to meet the needs of all students, from traditional undergraduate to nontraditional transfer and all populations in between.

Authors: Jamie Gilbert, William Davis, Athens State University

#### 📢 Speakers



Jamie Gilbert Athens State University



William Davis Professor, Athens State University

## Campus, Community, Collaboration: The Health Institute at MSU Denver (2) 10:40am - 11:00am, Jan 9 (2) Ocotillo I

## Ex Phys/Health/AT

Creating a focus on whole-person health and wellness on a University campus and in the community is no small task. This presentation will share the underpinnings of creating a "Health Institute" on the Metropolitan State University of Denver (MSU Denver) campus that is student centered and focused on diversifying the health-care workforce in Colorado. MSU Denver is working toward revolutionizing health in Colorado by working with industry partners to cultivate a whole-person approach to wellness through interdisciplinary collaboration, innovation, and health career navigation. Through new curriculum, future leaders are trained to be adept at serving diverse needs in health-related careers. Life-design advising, new curriculum, scholarships, fundraising, and relationship building will all be discussed. Author: Susan Bertelsen, Metropolitan State University of Denver

#### 📢 Speaker



Susan Bertelsen Professor, Metropolitan State University of Denver

## Matching Institutional Strategic Plans and IPAP Program Learning Outcomes: Advocating as Stakeholders and Strategists

② 10:40am - 11:00am, Jan 9 ♥ Ocotillo II

## IPAP

Currently, there are no commonly accepted program learning outcomes that tie us together as IPAP stakeholders. This roundtable session examines three major issues: Are there commonalities in our IPAP program outcomes that could develop into an organizational positon statement about what is best practice? How do we align our program learning outcomes to institutional strategic plans to maintain our relevancy, legitimacy and credibility? How do we find ways to increase our IPAP program impact factor? Authors: Andrea Short, University of Iowa; Geoff Meek, Bowling Green State University; Lindsey Nanney, University of North Carolina Wilmington

## 📢 Speakers



Geoff Meek Associate Professor, BGSU

## 11:00am

PETE Program Accreditation: Dealing with the Standards Before and After June 30, 2019 ② 11:00am - 11:20am, Jan 9 ♀ Ironwood II

### PETE

On June 30 SHAPE America released a statement indicating that they would no longer act as the SPA for PE and HE program accreditation. This was as we were nearing the end of writing of our PETE program accreditation report for the September 15 deadline. We had overcome a number of major issues related to

the PETE standards and report writing, especially related to Standards 1 and 3. This presentation examines pre-June 30 issues within these standards and the on-going dilemmas of multi-behavioral rubrics. After June 30, as we reeled from the realization that we did not have to submit, we reflected on whether the standards should remain in their current form given the working knowledge we accrued during a difficult period of adjustments. Additionally, as leaders of change we consider, even from an un-submitted report, that there are lessons to be learned.

Authors: Geoff Meek, Pamela Bechtel, Meggan Hartzog, Adrian Turner, Bowling Green State University

#### 📢 Speaker



Geoff Meek Associate Professor, BGSU

## **Building Bridges on Campus: Overcoming University Politics**

🕑 11:00am - 11:20am, Jan 9

lronwood III

## HE and Admin

This presentation will examine and create a conversation about university politics. There are serious challenges to higher education in the 21st century. But before we tackle the politics outside the campus gates, we must get our own academic house in order. To do that, we need to be honest about the politics on campus. And, we need to realize that the political problems across campuses and across the country are actually very similar.

If the problems are similar across campuses, perhaps the solutions might be similar as well. At least talking about the issues and bringing them to light will move the conversation along. Perhaps it is as simple as working to communicate better and compromise more. Perhaps it is as simple as following some basic rules of kindness: empathy for others, seeing the big picture, keeping things in context, and forgiving mistakes. Most importantly, it is about strong leadership.

Authors: Gayle Maddox, Western Carolina University; Betty Block, Texas A&M University Commerce

## 📢 Speakers



Gayle Maddox School of Teaching and Learning, Western Carolina University



Betty Block NAKHE President, Texas A & M

## The North Carolina School Health Training Center - a Win-Win-Win

🕑 11:00am - 11:20am, Jan 9

♥ Ocotillo I

#### Ex Phys/Health/AT

The Youth Risk Behavior Surveillance System data compares the attitudes and practices of school aged children in North Carolina with the rest of the US. A strong influence of these attitudes and practices of children in NC is The North Carolina School Health Training Center. The Center delivers the best and most up-to-date health information and curricula to those who need it most. Funded by grants and the NC Department of Public Instruction, The Center, housed at East Carolina University, educates health educators, school nurses, guidance counselors and school administrators around the state to deliver effective health education including evidence-based curricula to the children of North Carolina. This session will explain the NCSHTC model and the benefits for those involved. Author: Amy Stringer, Western Carolina University

#### 📢 Speaker



Amy Stringer Assistant Professor, Western Carolina University

Measuring the Impact of Elective University Instructional Physical Activity Courses ② 11:00am - 11:20am, Jan 9 ♀ Ocotillo II

## IPAP

This session will report the results of a study in which students enrolled in an elective IPAP course were pre and post tested for physical activity levels and perceptions of physical activity enjoyment using the Godin-Shephard Leisure-Time Physical Activity Questionnaire and the Physical Activity Enjoyment Scale (PACES). Treatment-group participants were enrolled in an elective IPAP course that was either sport-based (e.g., volleyball, tennis) or physical conditioning-based (e.g., aerobic/strength training). Control-group participants were students from the same universities who were not enrolled during that term in an IPAP course. The findings indicated participation in an IPAP course significantly increases the physical activity levels of students and also significantly increases the physical activity enjoyment of students with the most sedentary lifestyles. The presenters will also share additional survey instruments, which may be used in research that determines physical activity level and physical activity enjoyment. Authors: Bernie Goldfine, Kennesaw State University; Grant Hill, California State University Long Beach; Zenong Yin, University of Texas, San Antonio; Kandice Porter, Kennesaw State University

#### ♥ Speakers



Bernie Goldfine Professor, Kennesaw State University



Grant Hill professor, csub long beach

## 11:20am

Wrap-up Questions ② 11:20am - 11:30am, Jan 9 ♀ Ironwood I

General

Wrap-up Questions ② 11:20am - 11:30am, Jan 9 ♥ Ironwood II

PETE

Wrap-up Questions O 11:20am - 11:30am, Jan 9 V Ironwood III

HE and Admin

Wrap-up Questions

④ 11:20am - 11:30am, Jan 9
♥ Ocotillo I

Ex Phys/Health/AT

Wrap-up Questions (2) 11:20am - 11:30am, Jan 9 (2) Ocotillo II

IPAP

## 11:30am

## Break

🕑 11:30am - 12:00pm, Jan 9

## 12:00pm

#### **New Members Luncheon**

2 12:00pm - 2:00pm, Jan 9

♥ Juniper I/II

#### **Receptions & Meals**

Hosted by Brian Culp and Britt Johnson Sponsored by: Mike Metzler, Judy Bischoff, Ann Boyce, Karen DePauw, Ronald Feingold, Beverly Mitchell and James Hannon

#### 1:00pm

## **Poster Presentation Setup**

🕑 1:00pm - 2:00pm, Jan 9

♥ Mesquite I/II

#### Poster Presentations

The maximum dimensions of posters should be 2ft x 4ft in a **portrait** layout.

## 2:00pm

## Presentations Session III

🕑 2:00pm - 3:10pm, Jan 9

Ironwood IArea: GeneralModerated by Justin HaegeleIronwood IIArea: PETEModerated by Betty BloackIronwood IIIArea: HE and AdminModerated by Hans van der MarsOcotillo IArea: CoachingModerated by Charles WilsonOcotillo IIArea: HE & AdminModerated by Doug Hochstetler

## Strategies to be Utilized by Rural University Kinesiology Departments to Successfully Grow Their Brands

② 2:00pm - 2:20pm, Jan 9 ♀ Ironwood I

## General

Any Kinesiology department, its programs, and faculty have a brand whether consciously created or not. The public to which the department serves will talk about its programs, faculty, and endeavors while forming opinions concerning the value of the department as a whole. Branding is about controlling the narrative; about what people say away from you. The essence, identification, attributes, and positioning of the brand are what takes departmental expertise beyond the campus. The purpose of this presentation is to make participants aware of branding strategies that can drive change in a university's service region and beyond. Knowing your brand and what it translates to enables you to build your platform and tell your story. It allows you to be authentic, to know who you are, what you do and why you do it. It enables you to

develop a tagline which incorporates your identity, your audience, and your unique value. Authors: Rick Hardy, Cole Shewmake, John Oppliger, Pittsburg State University

#### rd Speakers



Rick Hardy Assistant Professor, Pittsburg State University



Cole Shewmake Associate Professor, Pittsburg State University



John Oppliger Chair, Pittsburg State University

## Managing the Negative Perceptions of Being a Physical Educator

🕑 2:00pm - 2:20pm, Jan 9

lronwood II

## PETE

This session is designed to discuss stigma and stigma management as it relates to the sub-discipline of physical education. Stigma, according to social scientists, is an attribute, identity, or status that is discrediting or devalued. Often higher education physical educators encounter negative perceptions regarding the relevance of the content and impact of research from colleagues in their own department and across campus. Decision-makers have cut the physical education doctoral programs of some of the most prolific scholars in the field. Undergraduate programs are being dropped as physical education is being cut from school curricula. In order to manage outsiders' perceptions of stigmatized identity, professionals rely on a variety of strategies. These strategies will be discussed with participants. The participants will then be asked to focus on information control as a strategy. How can we re-brand physical education by controlling the narrative about who we are and what we do? How can we interact differently with our colleagues? How can we replace our identity with one that is more positively accepted? Authors: Betty Block, Texas A&M University Commerce; Adelle Monteblanco, Middle Tennessee State University

#### 📢 Speaker



Betty Block NAKHE President, Texas A & M

## Entrepreneurship in Policy Development: It Takes Practice 2:00pm - 2:20pm, Jan 9

♥ Ironwood III

## HE and Admin

The continuing neglect of policy development perpetuates the marginalized status of school physical education. For this to change, the field needs policy entrepreneurship. Capacity for this lies in building competency in the practice of policy development skills among Kinesiology faculty. The public health orientation for school physical education has placed it in the broader context of creating a healthier populace, something that the traditional skill learning orientation has been unable to achieve. Creating competence in and sustained engagement with building strong state-level policies can contribute to creating conditions for effective physical education programming that supports both orientations.

According to Rink (2015), policy development should occur at the state level. We will highlight one example of a successful state-level initiative on ensuring guaranteed daily recess for elementary school-aged students, by sharing the context of this "recess bill", the why behind this focus, and discuss the limitations of such efforts.

Authors: Hans van der Mars, Arizona State University; Jaimie McMullen, University of Northern Colorado

Speakers



Hans van der Mars Professor and Physcial Education Teacher Education - Sport Pedagogy Program Director, Arizona State University



Jaimie McMullen Associate Professor, University of Northern Colorado

## Driving Change in Rural Sport Coaching ② 2:00pm - 2:20pm, Jan 9 **9** Ocotillo I

#### Coaching

Georgia Southern University's NCACE accredited Coaching Education program was recognized as a 2019 Project Play Champion by the Aspen Institute for our commitment to building capacity for coaches in rural, underserved areas. We will share lessons learned from our launch of a coaching clinic series to develop local coaches from middle schools, high schools and recreation centers in the southeastern region of Georgia. This coaching series provides a low-barrier introduction to coaching for new coaches and parents in a nine-county region, as well as sport-specific techniques and training to build coaching capacity. We are also launching an online coach education and resource hub, complete with downloadable coaching tips, tools, and best practices, to expand our impact beyond our immediate region and leverage our status as the second university in the nation to be nationally accredited in coaching education at both the undergraduate and graduate levels.

Authors: C. H. Wilson, Jr., Bridget Melton, Drew Zwald, Daniel R. Czech, Georgia Southern University

#### ♥ Speakers



Hal Wilson Assistant Professor of Coaching Education, Georgia Southern University



Bridget Melton Professor, Georgia Southern University



Drew Zwald Director of Coaching, Georgia Southern University

We Are -- in This Together: Creating a Retention Strategic Plan ② 2:00pm - 2:20pm, Jan 9 ♥ Ocotillo II

HE and Admin

During the past number of years, the importance of student retention and student success has become crucial for higher education institutions. It is not enough to merely recruit students. Our task, especially for those at land-grant institutions, is to provide opportunities and support structures to help our students succeed and graduate. One route to addressing retention concerns involves developing a unit-wide strategic plan focused on retention. This program provides an overview of the Penn State Lehigh Valley retention strategic planning process. Participants will have the opportunity to ask questions about this particular planning process and also share best practices related to retention and student success. Author: Douglas Hochsteller, Penn State University, Lehigh Valley

#### 📢 Speaker



Douglas Hochstetler Interim Director of Academic Affairs, Penn State University, Lehigh Valley

## 2:20pm

Creating Classroom-Community Advocacy Networks Using Real Time Data ② 2:20pm - 2:40pm, Jan 9 **?** Ironwood I

#### General

Using real time data reports such as Moderate to Vigorous Physical Activity, practitioners are well positioned to create grass root advocacy networks by providing information that supports the pursuit of healthy, active lifestyles. This session describes the technology, training and challenges of implementation in teacher education and the importance of such training to 21st Century teachers and administrators. Author: Debra Berkey, Western Michigan University





Deb Berkey National Council, Phi Epsilon Kappa

## Developing Commitments and Capacity to Learn With, and From, Each Other 2:20pm - 2:40pm, Jan 9

lronwood II

## PETE

This presentation considers how best Physical Education (PE)/ Physical Education Teacher Education (PETE) stakeholders can be held accountable for determining an international framework for strategic planning, proactive leadership, and adaptive designs. Given that equitable accountability means that all PE/PETE stakeholders be legitimised as contributors, critical contributions of partnerships and professional cultures is a main thread to this presentation. Three related considerations are shared and include (i) roles, responsibilities and weakening boundaries of, and between, stakeholders, (ii) support structures and networking as effective practice, and (iii) true partnership and communication across PE/PETE. Author: Ann MacPhail, University of Limerick

**♥** Speaker



Ann MacPhail Professor, University of Limerick

### It Takes A Village: Entrepreneurship in Policy Development

🕑 2:20pm - 2:40pm, Jan 9

## ♥ Ironwood III

## HE and Admin

Physical education requirements vary widely across the United States, and policy development is suggested as the way forward to change current trends (van der Mars, 2018). Changes to policy requires advocacy and legislative action. During the 2019 legislative session, the Society of Health and Physical Educators (SHAPE) Colorado, along with a large coalition of partners advocated for a bill that would provide funding for the implementation of a quality physical education pilot program. The bill passed and was signed into law in May 2019. This successful effort relied heavily on the strength of the coalition that included non-profit organizations, school teachers, district administrators, higher education faculty, and a variety of other community partners. We will highlight this example of a successful state-level physical education legislation. We will share the context of the bill, the why behind this focus, strategies for success and lessons learned from this process.

Authors: Jaimie McMullen, University of Northern Colorado; Hans van der Mars, Arizona State University

#### ♥ Speakers



Jaimie McMullen Associate Professor, University of Northern Colorado



Hans van der Mars Professor and Physcial Education Teacher Education - Sport Pedagogy Program Director, Arizona State University

## What 32 Years of Coaching Taught Me About What's Important in Coaching Education O 2:20pm - 2:40pm, Jan 9

♥ Ocotillo I

### Coaching

Today's coaching education recognizes that the coach is the touchstone of the sport system. Coaching education emphasizes that coaches need a good foundation in applied sport science as well as pedagogical principles and methods. But these foundations and principles are only the beginning. After 32 years of coaching women's college basketball, Mary Weiss has moved from the court into the classroom, serving as the coordinator of the coaching education program at Campbell University. Coach Weiss will share what 32 years of coaching taught her about what's important in coaching education. Authors: Mary Weiss, Donna Woolard, Campbell University

#### 📢 Speakers



Mary Weiss Coordinator of Physical Education and Sport Coaching, Campbell University



Donna Woolard Chair & Professor of Exercise Science, Campbell University

A Brand of Care: Building Soft Skills Through a Traditional Kinesiology Course 2:20pm - 2:40pm, Jan 9

## ♥ Ocotillo II

#### HE and Admin

Maya Angelou said "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Kinesiology professionals who are motivational, communicate effectively, and show compassion for the people in their care are equipped to provide positive experiences for their stakeholders. When these soft skills are employed consistently, a professional will build a brand as a caring and effective practitioner. In this session, two instructors will describe strategies for developing students' soft skills in a course focused on Methods of Physical Activity Instruction. Presenters will discuss course elements of self-reflection, practical experiences, and observations that prompt students to think critically about their instructional approaches and impact. Audience members will be invited to share additional strategies for building soft skills through traditional, instruction-focused courses.

Authors: DeAnne Davis Brooks, Judy Fowler, UNCG

#### 📢 Speaker



DeAnne Davis Brooks UNCG

## 2:40pm

## Using Web of Science to Measure Faculty Productivity: Trend and Momentum 2:40pm - 3:00pm, Jan 9

lronwood I

#### Genera

The Web of Science indexes major journals in most kinesiology-related disciplines, and can provide a meaningful way to present faculty, program, and department research productivity. Using the field of physical education (PE, including adapted PE) as an example, we explored the usability of Web of Science to examine program and faculty productivity. Specifically, we used six major PE-related journals (Adapted Physical Activity Quarterly, European Physical Education Review, Journal of Teaching in Physical Education, Quest, Physical Education & Sport Pedagogy, Research Quarterly for Exercise & Sport.), and operationalized long-term trend as a five year moving average for each program and faculty, as well as the short-term momentum as a two year moving average for selected programs in the nation. These long-term trend and short-term momentum productivity indicators can be used as an indicator to highlight productivity for tenure portfolio submission, and a tool to showcase and brand program research productivity. Authors: Xihe Zhu, Justin A. Haegele, Old Dominion University

## 📢 Speakers



Xihe Zhu Old Dominion University



Justin A. Haegele Assistant Professor, Old Dominion University

**The Role of Critical Friend in Advocating for Change Agency in Kinesiology 2**:40pm - 3:00pm, Jan 9

♥ Ironwood III

#### HE and Admin

This presentation explores the extent to which the role of a "critical friend" prompts us to consider the civic

responsibility of more experienced Kinesiology / PESP colleagues in acknowledging and aiding struggles / challenges experienced by Kinesiology / Physical Education and Sport Pedagogy (PESP) early-career academics, PhD students and school physical education teachers. A "critical friend" may be useful in various educational settings including in the classroom to help teachers improve their teaching practice, as an aspect of professional development initiatives, a tool used between administrators when reflecting on issues encountered, and as a means of mentoring colleagues at various stages of their careers. Appreciating that a critical friend asks critical questions, suggesting new ideas and providing alternative interpretations / perspectives (LaBoskey 2004), we advocate for a reciprocal relationship between effective critical friend practice and change agency dispositions in Kinesiology / PESP early-career academics, PhD students and school physical education teachers.

Authors: Deborah Tannehill, Ann MacPhail, University of Limerick

## Speakers



Dr. Deborah Tannehill Retiree, University of Limerick



Ann MacPhail Professor, University of Limerick

### The Efficiency of High Intensity Interval Training in Physical Education Hours 2:40pm - 3:00pm, Jan 9

## **♀**Ocotillo I

#### Coaching

In many states across the country, a lot of students are allowed to use exemptions and waivers from physical education. This is while the rates of childhood obesity have been rising for decades. According to the recent report by the Centers for Disease Control and Prevention, the rate of obesity has been increased among children, aged 2 to 19, from 14% in 1999 to 18.5% in 2016. Although obesity has shown no sign of diminishing in adolescence population, physical education is losing its status as a priority in schools. Many studies have reported that physical activities improving physical health as well as promoting selfesteem, sharpening concentration and boosting academic performance. However, many schools prioritize academics over physical education. For example, classrooms have been mostly focused on preparing students for standardized tests, which has resulted in cutting physical education hours.

According to the international physical activity guidelines, adolescents, aged 13 to 17, should engage in a minimum of 60 minutes of moderate to vigorous intensity physical activity each day. In addition to the recommended 60 minutes of activity a day, it has been recommended that adolescents should engage in muscle and bone strengthening activities, such as resistance training, on at least three days per week. However, in spite of the well-established benefits of physical education, approximately 80 per cent of adolescents worldwide are not satisfying the current recommendations.

Recently, high intensity interval training (HIIT) has emerged as a relatively novel and time-efficient strategy for improving aerobic and anaerobic fitness in adolescents, which are powerful markers of health. While lower fitness during late adolescence is associated with an increased risk of heart attack and mortality later in life. HIIT refers to a group of short bursts of "all-out" exercises separated by short rest periods, which can improve aspects of mental health and cognitive function, which are important for academic performance. Usually, increasing time demands and academic pressures in the final years of school drive many students to sacrifice their physical activity times for studying. By performing HIIT, however, students may be able to get the maximum physical, psychological and cognitive benefits of physical education in the minimum amount of time. Therefore, performing HIIT can be a great tool to maximize physical fitness with a shorter time commitment, and also positively impact the academic performance.

Authors: Masoud Moghaddam, Oklahoma State University; Timothy Baghurst, Florida State University



Masoud Moghaddam Graduate Teaching/Research Associate, Oklahoma State University



Tim Baghurst Director, FSU COACH: Interdisciplinary Center for Athletic Coaching, Florida State University

## 3:00pm

Wrap-up Questions 3:00pm - 3:10pm, Jan 9 Vironwood I

General

Wrap-up Questions (2) 3:00pm - 3:10pm, Jan 9 (2) Ironwood II

PETE

Wrap-up Questions 3:00pm - 3:10pm, Jan 9 V Ironwood III

HE and Admin

Wrap-up Questions 3:00pm - 3:10pm, Jan 9 Ocotillo I

Coaching

Wrap-up Questions ② 3:00pm - 3:10pm, Jan 9 ♥ Ocotillo II HE and Admin

## 3:10pm

**Break** ③ 3:10pm - 3:30pm, Jan 9

## 3:30pm

Poster Presentations

🕑 3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

Poster Presentations

Joanna Davenport Graduate Student Poster Award will be determined by the Awards Committee.

The maximum dimensions of posters should be 2ft x 4ft in a **portrait** layout.

Leading Beyond the Campus: Addressing Climate Change Through SEL in PETE Programs ② 3:30pm - 4:30pm, Jan 9

## ♥ Mesquite I/II

#### Poster Presentations

Participants will learn about ways to successfully lead change in curbing human-created climate change and incorporating social, emotional learning principles into their PETE programs. Strategies to assist teacher candidates in using accurate science-based pedagogies and appropriate cross-curricular methodologies to teach about human-caused climate change will be shared. Participants will have an opportunity to discuss additional curricular connections and ideas to engage community members.

We have a responsibility to aid physical educators and others in sport, fitness, and physical activity professions to prepare them for the new conditions they will be working in and ways that they can help beyond campus to curb human-created climate change.

Author: Roberta Faust, Eastern Michigan University

#### 📢 Speaker



Bert Faust Professor, Eastern Michigan University

## Clinical Reasoning: A Driver of Change in Kinesiology

🕑 3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

#### Poster Presentations

The way in which clinicians' reason in a clinical scenario has long been studied for the purpose of improving teaching and learning strategies for clinical education. Although our general knowledge in the field of clinical reasoning continues to evolve, there is a dearth of research or grey-literature evidence that it is being applied to kinesiology. We seek to briefly introduce major clinical reasoning theories which speak to the effects of knowledge organization, cognitive processes and context on the development of clinical reasoning ability. Some broad course and curriculum level implications will be identified. The audience will gain literacy in the field to help them kickstart or further their study of clinical reasoning, and encourage them to be change agents armed with an understanding of best practice in clinical education.

#### 📢 Speaker



Rebecca Ataman Doctoral Student, McGill University

## Cultivating Collegiate Innovation Through Experiential Learning Experiences

② 3:30pm - 4:30pm, Jan 9 ♥ Mesquite I/II

#### Poster Presentations

Background- As institutions of higher learning are becoming more diverse and the demand for technically skilled workforce is augmenting, experiential learning is becoming a paramount pedagogy in Kinesiology. Experiential Learning is a pedagogical approach that provides direct skills, knowledge, and experience through outside classroom engagements in the field of study. This investigation explores the benefits derived from this pedagogy approach as students transition to the workforce.

Method- The case study investigates collegiate students, ages 18 and over, from diverse backgrounds. Students perception, engagement, and outcome from the experience were variables guiding the investigation.

Results- Initial analysis of responses indicates that the experience is enlightening, confirm or disconfirm career path, exposes students to a network of professionals within the field, and could create direct pathway to immediate employment following graduation.

Conclusion- Amalgamated with theoretical knowledge, experiential learning appears to provide students with the employability skills needed for success within the field.

#### r Speaker



Michelle Vaughn Kutztown University

## General Physical Education Pre-Service Teachers' Self-Efficacy of Teaching Children with Autism: Before and After a Semester-Long Practicum 2 3:30pm - 4:30pm, Jan 9

• Mesquite I/II

## Poster Presentations

The purpose of this study was to examine the effects of a pre-practicum experience delivering physical education (PE) content to children with Autism Spectrum Disorder (ASD) on PE teacher candidates' self-efficacy toward working with children with disabilities. Participants were general PE teacher education candidates enrolled in a required adapted PE course (n=16). Data were collected using the Pre-Physical Educators' Self-Efficacy Toward Including Students with Disabilities-Autism (PPESEISD-A), artifact collection, and focus group interviews. Analysis of PPESEISD-A responses examined the degree and direction of change in participants' self-efficacy. Focus group data were analyzed using open coding and constant comparison to identify themes across participants. Findings suggest positive changes to teacher candidate self-efficacy planning and delivery of instruction to learners with ASD. Qualitative data highlight key elements of the practicum that facilitated change. Findings from this study have implications for how PETE programs prepare general physical educators to work with students with autism. Authors: Mary L. Henninger, Emily Jones, Illinois State University

#### 📢 Speakers



Mary Henninger Illinois State University



Emily Jones Illinois State University

## How Teaching a Marginalized Subject Influences the Identity Formation of Physical Educators O 3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

## Poster Presentations

Research indicates that physical education is a marginalized subject in schools and that this low status provides negative implications for those who teach it. Much is known about teachers' experiences of marginality, but little is known about how this influences teachers' identity. The purpose of this study was to understand how teaching a marginalized subject influenced the identity formation and development of three physical educators. Identity Theory (Helms, 1998) served as the theoretical framework underpinning design, data collection, and analysis. Data sources included individual interviews and critical incident accounts. Findings revealed three themes: (a) personal and professional identities are intertwined, (b) a strong belief in the importance of demonstrating an authentic self, and (c) a commitment to advocacy for physical education. These results offer insights into how PETE programs can foster positive identity development for pre-service and in-service physical educators.

Authors: Karen Lux Gaudreault, University of New Mexico; Colleen Fadale Colvin, Erie School District

#### 📢 Speaker



Karen Gaudreault University of New Mexico

"What's in It for Me?:" Supporting Physical Education Cooperating Teachers on edTPA @ 3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

## Poster Presentations

In the United States, edTPA serves as the main assessment for teacher licensure in 18 states and 41 other states have at least one univeristy utilizing edTPA (SCALE, 2013). During the pivotal time within the edTPA process, cooperating teachers can provide support for edTPA candidates. However, a few questions arise: Are cooperating teachers familiar with the assessment? Are cooperating teachers aware of what effective edTPA support is, and more so, how can we motivate cooperating teachers to provide effective edTPA support? This presentation will provide ways in which universities can better support cooperating teachers as well as examples of effective incentives for cooperating teachers to better support edTPA candidates during internship.

Authors: Jessica Grimes, Brenna Cosgrove, Sheri J. Brock, Auburn University

#### ♥ Speakers



Jessica Grimes Graduate Teaching Assistant, Auburn University



Brenna Cosgrove Graduate Teaching Assistant, Auburn University



Sheri Brock Associate Professor, Auburn University

## Instructional Effectiveness in Online Kinesiology Courses

3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

### Poster Presentations

Introduction: Very few research studies focusing on instructional effectiveness in online courses, resulting in a narrow theoretical foundation and no content-specific pedagogy. Therefore, the purpose of this study was to examine the instructional effectiveness within online Kinesiology courses.

Method: In order to explore instructor-student alignment, participants were instructors (n=4) and students (n=62) in five online courses in the Kinesiology program. Data included semi-structured interviews, surveys, course content analyses and LMS log information.

Results: Instructors focused on designing valid activities for better learning in the online environment, and their intent of online teaching turned out to be incoherent to students' experience. Both instructors and students depreciated the social aspect of online learning. Several factors affecting instructional decisions and educational experiences were outlined.

Conclusions: Online instructors relied on behaviorist pedagogy of distance education, and students' educational experience lacked social presence. Technology played a critical role in mediating the instructional dynamics.

Authors: Gi-cheol Kim, Rachel Gurvitch, Georgia State University

#### 📢 Speaker



Gi-cheol Kim Doctoral student, Georgia State University

## PETE Masters Programs in the U.S. and Alignment with Advanced Teaching Standards: Accelerating Enrollment Management Through Leadership Initiatives

🕑 3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

## Poster Presentations

Many PETE masters programs do not base their curriculum directly around SHAPE America's advanced standards designed for the practicing practitioner. Structural variations of PETE masters curriculum ties directly to programmatic enrollment management initiatives. This variation is likely fueled by programs offering initial certification versus directly applying advanced standards to teach current practitioners. Significant themes of leadership development, curriculum mapping, inquiry-based learning, and enrollment management have emerged from recent research surrounding PETE masters programs. There is an increasing need for programs to create concrete enrollment management plans, thus contributing toward the shift in focus toward leadership initiatives. These unique leadership offerings serve to incentivize students by providing an extra measure of quality education to the masters degree-seeking student through a strong emphasis on leadership roles in physical education. Authors: Jamie Gilbert, William Davis, Athens State University

#### **♥** Speakers



Jamie Gilbert Athens State University



William Davis Professor, Athens State University

## Using a Wheelchair Basketball Tournament to Improve Perceptions of Individuals with Disabilities: A Quantitative Analysis

🕑 3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

#### Poster Presentations

The purpose of this study was to examine whether participation in a Wheelchair Basketball tournament fundraiser has an impact on perceptions towards individuals (in general) and athletes (specifically) with disabilities. Findings demonstrate that the more positive the attitudes towards disabled persons, the more positive the attitudes towards disabled persons, the more positive the attitudes towards athletes with disabilities, Pearson's r(255) = .441, p<.001. Furthermore, the overall mean for the ADTOP (M = 75.31, SD = 16.19, t(254) = 15.10, p<.001, d = .95) and Athlete ADTOP overall mean (M = 45, SD = 8.31, t(254) = 28.84, p<.001, d = 1.81) were significantly higher than the midpoints of each scale. Finally, females had significantly more positive attitudes towards both persons with disabilities and athletes with disabilities than males. Implications for improving the Wheelchair Basketball Tournament will also be presented.

Authors: Tony Rosselli, Clay Bolton, Steve Prewitt, Dean Culpepper, Samantha Roberts, Elizabeth Wachira, Texas A&M University - Commerce



Tony Rosselli Associate Professor, Texas A&M University - Commerce



Clay Bolton Texas A&M University - Commerce



Steve Prewitt Assistant Professor & Asst DH, Texas A&M University Commerce

## FitU: Moving Motivation Beyond the Classroom

🕑 3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

### Poster Presentations

The purpose of FitU is to encourage students at Ouachita Baptist University to adopt a healthier lifestyle that includes regular exercise and a healthy diet. The desire of this program is to engage the student body in continued activity that enhances their well-being. An added goal for the program is to create a high impact learning experience for majors in the Kinesiology and Leisure Studies Department that assist with the competition. This program accomplishes these objectives with a competition amongst courses in the university's physical well-being required core.

Students who participate in the FitU competition are assessed on their fitness and health habits before and after. Students take their fitness into their own hands by individually recording each time they participate in exercise and health education throughout the span of the program and receive incentives for participation. An overview of the competition aims and outcomes will be presented.

Authors: Amber Chelette, Amanda Perry, Jasper Sanford, Ouachita Baptist University

#### ♥ Speakers



Amanda Perry Visiting Instructor, Ouachita Baptist University



Jasper Sanford Ouachita Baptist University



Amber Chelette Assistant Professor, Ouachita Baptist University

Trading Spaces, Pedagogies, and Technologies: Developing a University Active Learning Center via Public-Private Partnership

**②** 3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

Poster Presentations

The purpose of the presentation is to share faculty experiences in leading a private-public partnership that transformed a traditional 1,100 square foot computer lab into a 32-seat Active Learning Center (ALC). The ALC challenges faculty to re-imagine student-to-student, student-to-content, and student-to-faculty interactions by shifting greater ownership of the learning environment to students and inviting them to

share information, solve problems, and express ideas using mobile technologies. Students in the ALC are better prepared to meet the expectations of an increasingly interactive and constantly evolving digital world. The ALC enables students to progress towards these higher-order learning outcomes by providing a teaching environment that is fluid (ease-of-transition between formats and activities), interactive (students and faculty collaborate in shared work-spaces), and mobile (range of digital technologies employed). Key take-home messages include: (1) building college and institutional support, (2) working with corporate partners, (3) effective communication, and (4) establishing a related research agenda. Authors: Sean Bulger, Valerie Wayda, Dana Voelker, James Wyant, West Virginia University

#### 📢 Speakers



Sean Bulger Associate Dean for Graduate and Online Education, West Virginia University



Valerie Wayda CPASS Associate Dean, Undergraduate & Academic Affairs, West Virginia University

## A Real World Application of Sport Informatics to Kinesiology Academic Programs

🕑 3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

#### Poster Presentations

The program will discuss and give examples of a Real World Application of Sport Informatics to Kinesiology Based Academic Programs. Dr. Mark Mann, Associate Professor of Kinesiology at Texas Woman's University will discuss the integration of Informatics from the Department of Computer Science at TWU into the M.S.-Kinesiology: Sport Coaching Curriculum to create the M.S. in Sport Informatics Degree Program. Practical Examples of course content development and student career paths will be shared as well. Authors: Mark Mann, Texas Woman's University; Jenn Capps, Emily Matuszewicz, Metropolitan State University of Denver

#### 📢 Speaker



Mark Mann TWU

## Social Media Analytics of Physical Education Professions

② 3:30pm - 4:30pm, Jan 9 ♥ Mesquite I/II

• Mesquite I/II

#### Poster Presentations

Analytics is the discovery, interpretation, and communication of meaningful patterns in data. The purpose of this study was to investigate what interests or keywords were used in conversations among PE profession. Data were collected through Twitter API using a computational approach. Twitter API is the way that the Twitter company allows developers to access data about users and postings. With automated programming script, researchers targeted tweets containing specific hashtags (#physed) and collected 116,084 counts of postings from 06/2018 to 01/2019.

In the "#physed" discourse, 16,528 users were identified, and nearly 70% of their self-description contain words presumed as PE related professions. User analysis also yielded the standing of users who dominated the conversation. With user location analysis, the biggest population located in New Jersey. Based on those findings, the authors concluded that Social Media Analytics would be a possible approach supporting reasonable decision making.

Authors: Gi-cheol Kim, Hyokju Jay Maeng, Georgia State University

#### 📢 Speaker



Gi-cheol Kim Doctoral student, Georgia State University

It's More Than Just a Black Belt: Embodied Learning in Taekwondo Women O 3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

#### Poster Presentations

This presentation focuses on results derived from research in women, embodied learning and participation in Taekwondo. Broadening the scope of adult education by examining learning at the intersection of diverse disciplines such as Adult Education and Kinesiology can contribute to the larger conversation of lifelong learning from a variety of perspectives.

Author: Valerie Cholet, Penn State Berks

#### 📢 Speaker



Valerie Cholet Assistant Teaching Professor, Penn State Berks

## Athletic Privilege & Perceptions of Reform in the NCAA

🕑 3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

## Poster Presentations

The purpose of this study was to examine university students' current perceptions of privilege specific to the student athlete. An additional purpose was to explore university students' perceptions of collegiate athletic reform and ideas to reduce athletic privileges. Students (N= 383) from three NCAA member institutions were surveyed to obtain their opinions in regard to athletic privilege, collegiate athletic reforms, and suggestions for reducing athletic privileges. Participants completed four qualitative open-ended items. Five major themes emerged from students' qualitative responses: In Favor of Reform, No Reform, Academic Privileges, Fringe Benefits, and Social Praise. Results reveal how the intergroup contact theory can promote stronger culture from within athletics prior to any new NCAA reforms. Themes are discussed in relation to the intergroup contact theory and existing literature. Future solutions to enhance intergroup relations between students and student athletes are articulated.

Authors: Suzanne Lawrence, Jeff Eyanson, Robert Mechikoff, Lindsey Cox, Concordia University of Chicago

## 📢 Speakers



Suzanne Lawrence CSUF



Robert A. Mechikoff Concordia University of Chicago

Teacher Beliefs Regarding Teaching Female Secondary School Students in their Physical

## **Education Classes**

② 3:30pm - 4:30pm, Jan 9 ♥ Mesquite I/II

#### Poster Presentations

Girls often move away from physical activity for complex reasons related to the social, cultural, and gender structure of society. Yet there is a lack of research conducted on female students' physical activity in secondary schools in East Asian contexts. This ongoing qualitative study rooted in the theory of planned behavior explores the beliefs of South Korean physical education teachers and their female secondary school students regarding girls' physical activity in order to uncover gender barriers and reveal insights to promote the physical engagement of female students. Participants include six PE teachers and 12 female secondary school students in South Korea. The data sources are demographic questionnaires, semi-structured interviews with teachers and students, and field notes from non-participant observations. Preliminary findings indicate that female students' lack of physical activity may be due to bias in the curriculum, limited opportunity, and stereotypical roles being enforced in class. Author: Mijoo Kim, The Ohio State University

#### 📢 Speaker



Mijoo Kim Graduate Teaching Associate, The Ohio State University

#### Millennials and Leadership

② 3:30pm - 4:30pm, Jan 9 ♀ Mesquite I/II

#### Poster Presentations

Leadership is about influencing a group of individuals (leaders and followers) who are involved in a common goal or purpose and the achievement of that goal/objective (Yukl, 2013). Leaders are not concerned with failure but rather embrace errors as they know they will learn from them (Bennis, 2009). For my poster, I will talk about transactional, transformational, and transforming leaders within the Millennial Generation. The Millennial Generation consists of people born from 1982- 2003 (Howe & Strauss, 1991). Millennials want a leader who is values-driven, intellectually stimulating, passionate, inspiring, and caring. Throughout my research, transformational leadership provides a better fit for leading today's complex work groups and organizations, where followers not only seek an inspirational leader to guide them through an uncertain environment but where followers also want to be challenged and to feel empowered, if they are to be loyal, high performers (Bass & Riggio, 2006, pp. xi).

Author: Lauren Holzberg, Valdosta State University

#### 📢 Speaker



Lauren Holzberg Kinesiology and Physical Education Instructor, Valdosta State University

## Exercise is Medicine in Rural America

④ 3:30pm - 4:30pm, Jan 9
♥ Mesquite I/II

Wiesquite I/II

Poster Presentations

Poster on how the EIM program is used to promote exercise in rural Arkansas by utilizing college students to promote healthy lifestyles while partnering with a local hospital and administration. Authors: Terry DeWitt, Savannah Hart, Ouachita Baptist University

#### 📢 Speakers



Terry DeWitt President, Headstrong Sports Testing



Savannah Hart Ouachita Baptist University

## Athletic Trainers' Perceived and Actual Knowledge of Cupping Therapy Concepts

3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

### Poster Presentations

To date, there does not appear to be a study published that has examined the prevalence of clinical use and the perceived and actual knowledge of cupping therapy that clinicians possess. Due to this lack of information, the purpose of this study was to determine the perceived and actual knowledge of cupping therapy among athletic trainers. 113 certified athletic trainers from around the nation completed the study by participating in an electronic survey requesting information on frequency of use, perceived knowledge, and actual knowledge of cupping therapy. Interestingly, the majority of the respondents reporting using cupping therapy in their clinical practice setting. This presentation will report on the other results of this survey, and provide recommendations for future directions for continuing education on the use of cupping therapy in athletic training and sports medicine.

Author: Andrew Cage, University of North Carolina, Greensboro & The University of Texas at Tyler

#### 📢 Speaker



Andrew Cage University of North Carolina, Greensboro & The University of Texas at Tyler

## LeaderSHIP: Leading Through Rough Waters

② 3:30pm - 4:30pm, Jan 9 ♥ Mesquite I/II

## Poster Presentations

This poster is focused on leadership through difficult times. Being a leader requires a particular skill set. Leadership skills are often mistaken as skills that individuals are born with or inherited. However, leaders are not born; leaders are created. In reality leaders are formed by the refined examples of seasoned leaders. Leading through difficult times requires even more refined skills. Author: Sarah Christie, Campbell University

#### 📢 Speaker



Sarah Christie Atheltic Training Program Director and Associate Professor, Campbell University

What Makes High Intensity Interval Training Superior to Moderate Intensity Continuous

## Training? ② 3:30pm - 4:30pm, Jan 9 ♥ Mesquite I/II

### Poster Presentations

High intensity interval training (HIIT) refers to a group of short bursts of 'all-out" exercises separated by short rest periods. Despite less exercise volume and duration, HIIT elicits physiological adaptations similar to moderate intensity continuous training (MICT). Hence, HIIT is known as a more "time-efficient" exercise alternative to traditionally prescribed MICT. Recently, HIIT has received significant attention in the scientific community regarding its impact on neuromuscular adaptations. Although many studies have been conducted regarding the effects of HIIT on health-related factors such as body composition and cardiorespiratory fitness, few studies have focused on the neuromuscular adaptations in response to HIIT versus MICT. The purpose of this presentation is to show why HIIT is superior to MICT. Authors: Masoud Moghaddam, Bert H. Jacobson, Oklahoma State University

#### 📢 Speaker



Masoud Moghaddam Graduate Teaching/Research Associate, Oklahoma State University

# Closing the Clinical Application Gap in Athletic Training Education through Simulation Laboratories

② 3:30pm - 4:30pm, Jan 9 ♥ Mesquite I/II

## Poster Presentations

As athletic training programs transition from the professional bachelor's level to the professional master's level, concerns have been raised regarding the ability to develop clinical skills among athletic training students. In the case of programs that are offering a 2-year professional master's degree, this limits the amount of clinical patient exposures that athletic training students receive. In addition to these limitations, there remains the possibility that athletic training students come in contact with certain injuries or medical conditions that are pertinent to their future clinical practice. Through recent studies, the case has been made to use simulation laboratories to address these gaps in experience. This presentation will discuss the benefits of using simulation laboratories within athletic training education to accommodate for these limitations. Additionally, the presenter will offer suggestions for athletic training programs that do not have the budget to support high technology simulation laboratories.

Author: Brandon Warner, University of North Carolina Greensboro

#### 📢 Speaker



Brandon Warner Associate Professor and Program Director, Grand Canyon University

## Using Profanity as a Motivator in Coaching: Fair or Foul

🕑 3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

#### Poster Presentations

It is commonly accepted that youth sports is vital to the development of the individual including positive outcomes such as life skills, teamwork, problem-solving, and self-esteem. However, along with the positive, negative behaviors, typically from the coach, also come into play. While it is common that sports coaches use expletives, very little research has been conducted, including the perceptions of future coaches?. The purpose of this study was to gain an understanding of the perceptions of undergraduate students who seek to obtain careers in teaching and coaching on the use of profanity in coaching at various levels. This

presentation will examine the formation of the survey instrument along with preliminary findings. The main goal is to begin to understand the mindset of future teachers and coaches in using profanity and how it can be altered through education.

Authors: Steven Prewitt, Tony Rosselli, Dean Culpepper, Texas A&M University - Commerce

## 📢 Speakers



Steve Prewitt Assistant Professor & Asst DH, Texas A&M University Commerce



Tony Rosselli Associate Professor, Texas A&M University - Commerce

## Taking the Leap: Stepping out of Higher Education into Entrepreneurship

3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

## Poster Presentations

In this presentation I will trace the path taken to leap out of higher education into entrepreneurship and moving back to Europe. Lessons learned include setting up the bureaucratic framework to start, researching the support that is lent for start-ups, and establishing a business model. Most importantly, the search for transitioning knowledge and experience gained from working in higher education to a free enterprise will be detailed.

It begins with the soul: what is transferrable from teaching students to clients outside of the university system? What have I learned through research and in leadership that is potentially beneficial for business leaders, coaches, and athletes? Where are the clients and how can I reach them? Who provides similar services? Can I join them or are they competition?

Participants will be involved by considering their potential to join entrepreneurs and carry our work beyond the walls of the university.

the university. Author: Anne Merrem, Adventures in Optimal Being

## 📢 Speaker



Anne Merrem Owner, Adventures in Optimal Being

Risk Factors for Falls in Adults with Intellectual Disability.

🕑 3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

# Joanna Davenport Graduate Student

Poster Presentations

Adults with intellectual disability (ID) have a higher risk for falls than the general population. Given that people with ID require more supports after falls compared to persons without ID, investigating fall risk factors in this population is urgent. The purpose of this study was to identify risk factors for falls in adults with ID using objective measurements. Eighty adults with ID (men 36 women 44 age 43±13 years) provided data on falls history, health status, physical activity (PA) measured with an accelerometer, and physical performance evaluated with Short Physical Performance Battery (SPPB). We conducted independent-samples t-tests and Chi-square (?2) tests to examine the difference between fallers and non-fallers. Multivariate logistic regressions were performed to identify risk factors for falls in adults with ID. Fallers had significantly lower SPPB and moderate PA than non-fallers (p < .05). Fallers were more likely to be older, to need support with activities of daily living (ADL), and have arthritis or rheumatism, walking problem, and limitations to participating in PA than non-fallers (p < .05). Among these variables, only

needing support with ADL remained an independent significant predictor of falls in a multivariate model. Support need for ADL can predict falls in individuals with ID. Caregivers may need to closely monitor adults with ID who need support for ADL. Author: Poram Choi, Mississippi State University

## 📢 Speaker



Poram Choi Mississippi State University

# Impact of Acute Aerobic Exercise on Visuospatial Working Memory and Sensorimotor Skill Acquisition.

**②** 3:30pm - 4:30pm, Jan 9

♥ Mesquite I/II

## Joanna Davenport Graduate Student

## Poster Presentations

Background: This study aimed to examine the effect of acute aerobic exercise (AE) on visuospatial working memory (VSWM) and golf putt accuracy in early learning stage. We hypothesized that AE would improve both VSWM and putt accuracy.

Method: A total of 36 healthy college students (16 males, 21.18±1.13) participated in the study, and were divided into three groups: AE, putt-practice, and control. Each group involved in an assigned intervention. Pre-, post-, and 24-hour retention tests were administered with VSWM and putt tasks. A series of 2(time) x 3(group) mixed-design ANOVA and paired-samples t-test were computed.

Results: AE group significantly improved VSWM immediately after the intervention (p = .047) while other groups did not indicate any significant change. However, VSWM in 24-hour retention test was not significant across the groups compared to pre-test. In contrast, putting accuracy was not significantly improved immediately after intervention across the groups, but the 24-hour retention test indicated that only AE indicated near significant improvement in golf putt accuracy (p = .054) while others did not indicate any significance.

Conclusion: The findings suggested that AE benefits both VSWM and putt accuracy, but the improvement timing was different. Specifically, VSWM was benefited immediately after AE and the improvement did not last a day, whereas putt accuracy indicated improvement after 24-hour. Given that the study was the first research paired complex sensorimotor skill with VSWM and AE, these findings would be worthwhile to accumulate knowledge regarding the effectiveness of AE on VSWM and complex sensorimotor skill learning. Author: Yonjoong Ryuh, Mississippi State University

## 📢 Speaker



Yonjoong Ryuh Lecturer, Mississippi State University

# Kinesiology's Role in Implementing Universal Design for Learning Principles in Healthcare Settings

🕑 3:30pm - 4:30pm, Jan 9

Joanna Davenport Graduate Student

Poster Presentations

Authors: Winston Kennedy, Jafra D. Thomas, and Bradley J. Cardinal, California Polytechnic State University





Jafra Thomas Assistant Professor, Dpt. Kinesiology & Public Health



Winston Kennedy Oregon State University

# **To Drive Change as Experts, Knowledge Translation of Kinesiology Must be Suitable 2** 3:30pm - 4:30pm, Jan 9

Joanna Davenport Graduate Student Poster

Poster Presentations

Authors: Jafra D. Thomas and Bradley J. Cardinal, California Polytechnic State University

## 📢 Speaker



Jafra Thomas Assistant Professor, Dpt. Kinesiology & Public Health

## 4:30pm

## Heavy Hor D'oeuvres (Cash Bar)

🕑 4:30pm - 6:00pm, Jan 9

♥ Mesquite III/IV

## **Receptions & Meals**

Concurrent with General Session: Delphine Hanna Lecture by Jody Langdon Sponsored by: Betty and Steve Estes

## 5:00pm

General Session: Delphine Hanna Lecture by Jody Langdon ② 5:00pm - 6:00pm, Jan 9 ♥ Mesquite III/IV Moderator Charles Wilson Concurrent with Heavy Hor D'oeuvres Sponsored by: Taylor & Francis, Leah Fiorentino

## 📢 Speaker



Jody Langdon Associate Professor, Georgia Southern University

## Fri, Jan 10, 2020

## 7:00am

Breakfast On Your Own 2 7:00am - 8:30am, Jan 10 Past President's Breakfast ② 7:00am - 8:30am, Jan 10 ♀ Juniper II

# Taylor & Francis Editorial Board Breakfast – IJKHEO 7:00am - 8:30am, Jan 10

**9** Juniper I

5 people attending

## 8:30am

Registration Check In/Help ② 8:30am - 3:00pm, Jan 10 ♀ Ocotillo Foyer

NAKHE Committee Meetings ② 8:30am - 9:30am, Jan 10

Ocotillo I/II

## 9:30am

Break

🕑 9:30am - 9:45am, Jan 10

## 9:45am

## Presentations

🕑 9:45am - 10:55am, Jan 10

Ironwo	od I	Area: General	Moderated by Emily Wughalte	r
Ironwo	od II	Area: PETE	Moderated by Britt Johnson	
Ironwo	od III	Area: HE and Admin	Moderated by Damon Andrew	
Ocotill	οl	Area: Coaching	Moderated by Steve Estes	
Ocotill	o II	Area: Sport Management	Moderated by Clay Bolton	

## Using Assessment Data to Market a Teacher Preparation Program

🕑 9:45am - 10:05am, Jan 10

lronwood I

## General

Many teacher preparation programs across the country are struggling to attract students to become teacher candidates. This has resulted in the need to incorporate strategies to recruit and retain current and future students. Using already captured data from student assessments, materials can be developed to recruit and retain students in teacher preparation programs. The goal of this short presentation is provide examples of how to use assessment data to develop recruitment and marketing materials for teacher preparation programs.

Authors: Glenn Hushman, Carolyn Hushman, University of New Mexico

## 📢 Speaker



Glenn Hushman New Mexico University

# The Meanings Health and Physical Education Professionals Ascribe to their Involvement in the Restoration of School Programs

🕑 9:45am - 10:05am, Jan 10

♥ Ironwood II

## PETE

The purpose of this research was to explore the meaning health and physical education teachers ascribed to their resilience and involvement in the restoration of school programs following the 2017 Hurricane María in Puerto Rico; and to analyze interpretations of both the challenges and stressors associated with their experiences. In this ethnographic study, the participants were 12 teachers at public schools in Puerto Rico. The data sources were semi-structured face-to-face interviews, a participant demographic questionnaire, field notes, and visual artifacts (photographs and video clips) of the built environment. The data were translated and transcribed by an expert in language translations; and analyzed by the research team. Several interrelated themes emerged, which exposed the difficulties and life essentials teachers experienced post-Hurricane María in the culture of schools and communities as well as their resilience. Implications of the findings are discussed.

Authors: Samuel R. Hodge, Christian Martínez-Rivera, Jennifer Cotto Maisonet, Amanda Cacho Parrilla, Natalie Brooks, The Ohio State University

## 📢 Speakers



Samuel R. Hodge Department of Human Services, The Ohio State University



Christian Martinez Doctoral Student, The Ohio State University



Amanda Cacho-Parrilla The Ohio State University

## Leading Change in the Matrix World

🕑 9:45am - 10:05am, Jan 10

## lronwood III

## HE and Admin

Academic administrators are expected to provide multi-dimensional leadership in moving his or her department/college/university forward. Many times, this expectation comes with the leader having little, if any, direct or formal authority to make things happen. This presentation will examine the skills needed to provide intentional leadership within the ever-changing matrix environment of change. Leading change requires deliberate actions to communicate and share your vision and direction while simultaneously fostering a culture of collaboration, partnership, and sustainability. Attendees will discuss skills academic leaders can develop and use while leading change in a campus' matrix world. Author: Richard Oates, University of North Georgia

### 📢 Speaker



Richard Oates Vice President, Gainesville Campus, University of North Georgia

## **Program** ④ 9:45am - 10:05am, Jan 10 ♥ Ocotillo I

## HE and Admin

Students in the sport, fitness, and recreation fields are routinely challenged to meet the logistical demands of the traditional face-to-face graduate programs. These students do not work 9-5pm, are often required to travel with teams for competition, work game days, need to meet clients at any time of the day, and work various special events. For some, these physical and temporal demands can even prevent them from acquiring the graduate degree they need for leadership positions. This session will share the successful aspects of a fully online MS program so that you might consider taking the lead and changing your program to meet the demands of your potential students. After three years, all matriculated students were surveyed to collect data ranging from why they chose this particular program to what they liked and disliked about the online format and overall quality of the program. Author: Anna Marie Frank, DePaul University

📢 Speaker



Anna Marie Frank Associate Professor, DePaul University

## **The "Hidden Fan": Stadia Barriers for Fans on the Autism Spectrum ②** 9:45am - 10:05am, Jan 10

♥ Ocotillo II

#### Sport Management

For most on the Autism Spectrum, large crowds and noise, and the resulting overstimulation, make attending sporting events difficult. With much of the existing literature about access to sporting events focusing on those with physical disabilities, there is very little about those diagnosed with ASD and other sensory processing disorders. In not providing sensory spaces, teams are missing out on an opportunity to reach a whole new fan base. This then becomes a potentially huge new market that teams could attract to games IF they provided the facilities to support their attendance. The purpose of this presentation is to recognize the barriers of the "Hidden Fan" and provide accommodation suggestions for stadia and event centers. This presentation is part of a larger, on-going research project. Authors: Steve Prewitt, Samantha Roberts, Texas A&M University - Commerce

📢 Speaker



Steve Prewitt Assistant Professor & Asst DH, Texas A&M University Commerce

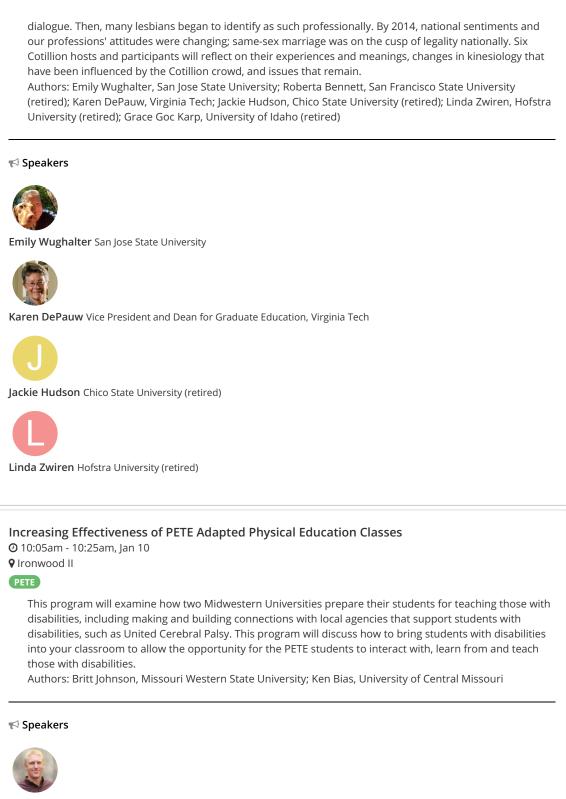
## 10:05am

# Dance Like No One is Watching: 33 Years of the Amy Morris Homans Cotillion @ 10:05am - 10:45am, Jan 10

## lronwood I

### General

The Amy Morris Homans Cotillion, an underground social event for women, operated from 1982-2014 at the AAHPERD National Convention. At its peak, hundreds of women attended to drink, dance, and discuss dreams of a better world. Though most were lesbians, they varied in age, location, professional status, and interest in activism. The viability of this event was impacted positively and negatively by changes that were occurring simultaneously in culture, politics, and AAHPERD itself over this period. At the outset, programmatic discussions of sexuality were taboo until Griffin and others insisted on expanding the



Britt Johnson Missouri Western State University



Ken Bias Professor, University of Central Missouri

Purposeful Partnerships ② 10:05am - 10:25am, Jan 10 ♀ Ironwood III

HE and Admin

Today's academic leaders face an ever tighter budget, and therefore need to be creative in funding different student and faculty opportunities. This presentation will describe purposeful academic:corporate partnerships and how, why, and when to pursue in the best interest of all parties. Creating community/corporate/business partners may be one of the most important relationships academic leaders can foster, as the benefits are many and reciprocal. Real-life examples will be shared that include securing graduate student funding, increasing community service, increasing access to publishable research data, sharing fixed costs, and more.

Author: Gary Liguori, University of Rhode Island

### 📢 Speaker



Gary Liguori Dean, College of Health Sciences, University of Rhode Island

Leaders of Change: Paving a Way for Success through Innovative Undergraduate Research @ 10:05am - 10:25am, Jan 10

# Ocotillo I

## HE and Admin

In a competitive and changing work climate, few things promote opportunities for faculty and students as consistently as research experience and publications. The combined skills required launch individuals to the top of the pack when being considered for scholarships, internships, grants and specialized programs. Competitively accomplishing goal-oriented research in both faculty and student-centered ways can be challenging. This program will present innovative implementation strategies that foster core skills such as research integrity, collaboration, soft skills, time management, and overcoming obstacles in order to develop personal and departmental research success. Discussions will center around innovatively developing research teams as part of professional preparation through multiple pipelines, including incorporating undergraduate research on varied curriculum levels, field experiences, work study, university supported opportunities and volunteerism. The central focus will be to promote kinesiology-based research while preparing future professionals, fostering teamwork skills, integrity and deadline adherence. Practical implementation strategies will be discussed.

Author: Jennifer J. Brown, Elizabeth City State University

### 📢 Speaker



Jennifer J. Brown, PhD Kinesiology and Health Program Coordinator, Elizabeth City State University

Creating an External Advisory Board: "Best Practices from the Texas A&M University-Commerce Sport and Recreation Management Expert Team"

**(**) 10:05am - 10:25am, Jan 10

Ocotillo II

#### Sport Management

Creating an External Advisory Board: "Best Practices from the Texas A&M University-Commerce Sport and Recreation Management Expert Team". From the conception of the idea, recruitment, purpose, meetings, as well as a short reveal of the current members, shall be the focus of the first portion of the session. The remaining time will include discussions on advisory boards from other institutions as well as question and answer opportunities to discuss how external advisory boards can aid in the experiential learning process for students in any discipline under the NAKHE Umbrella. If organized properly, an external advisory board can offer multiple guest speakers, opportunities for volunteer, practicum, and internship placements as well as entry-level job openings. Additionally, research endeavors may arise because of these types of relationships. Furthermore, establishing a successful advisory board can lead to greater fundraising opportunities and elevate your brand as an academic department or program!

## 📢 Speaker



Clay Bolton Texas A&M University - Commerce

## 10:25am

Leading Change in an Elementary Education Physical Education Methods Course © 10:25am - 10:45am, Jan 10

lronwood II

## PETE

Although physical education is most effectively taught by certified physical education teachers, 31 states allow physical education to be taught by elementary classroom teachers (SHAPE America, American Heart Association, & Voices for Healthy Kids, 2016). Many universities require elementary education preservice teachers (PST) to participate in a physical education methods course, typically taught by kinesiology faculty. Previous research has shown that elementary education PST find little value in the course, as they do not anticipate ever teaching physical education (Linker & Woods, 2018). One university changed their approach to the course to both increase relevancy for the students and advocate for the field of physical education. This presentation will describe that university's innovative approach to the course, and how this approach changed elementary education PST perceptions of physical education and encouraged movement throughout the school day.

Authors: Brenna Cosgrove, Jessica Grimes, Sheri J. Brock, Auburn University

## 📢 Speakers



Brenna Cosgrove Graduate Teaching Assistant, Auburn University



Jessica Grimes Graduate Teaching Assistant, Auburn University



Sheri Brock Associate Professor, Auburn University

# Driving Change with Vision: An Applied Example of Strategic Vision Development and Execution in a College of Education

🕑 10:25am - 10:45am, Jan 10

Ironwood III

### (HE and Admin)

Contemporary education-related colleges have struggled to maintain enrollment and interest in teacher preparation programs given low salaries and deteriorating P-12 working conditions. This presentation will describe the strategic vision development for a public College of Education in a state ranked 46th in P-12 teacher salary in 2018-19. From 2009-18, undergraduate student credit hours and graduate student credit hours in the College of Education decreased by 25% and 21%, respectively. Project ElevatED, a new strategic initiative for the College, is a scalable blueprint that identifies key industry influencers in the lives of P-12 students (e.g., teachers, school counselors, principals, superintendents, coaches, athletic directors, etc.), clearly links those professionals back to the College, and works to elevate their respective professions.

Project ElevatED initially uses the power of awareness and affiliation to elevate P-12 professions and clarify the crucial role of education-related colleges in the development of a healthy P-20 system. Author: Damon Andrew, Florida State University

## 📢 Speaker



Damon Andrew Dean and Professor, Florida State University

Hitting the Ground Running: NAKHE's 2019 Leadership Mentor Program

🕑 10:25am - 10:45pm, Jan 10

♥ Ocotillo I

## HE and Admin

Authors: Kacey DiGiacinto, Elizabeth City State University; Jared Russell, Auburn University

## 📢 Speakers



Kacey DiGiacinto Interim Director- Center for Teaching and Learning, Elizabeth City State University



Jared Russell College of Education - Director of Student Development, Auburn University

## 10:45am

## Wrap-up Questions ② 10:45am - 10:55am, Jan 10 ♀ Ironwood I

General

Wrap-up Questions ② 10:45am - 10:55am, Jan 10 ♀ Ironwood II

## PETE

Wrap-up Questions ② 10:45am - 10:55am, Jan 10 ♀ Ironwood III

HE and Admin

Wrap-up Questions (2) 10:45am - 10:55am, Jan 10 (2) Ocotillo I (HE and Admin)

Wrap-up Questions

 O 10:45am - 10:55am, Jan 10
♥ Ocotillo II
Sport Management

11:00am

## Hally Poindexter Young Scholar Lecture by Mara Simon

🕑 11:00am - 12:00pm, Jan 10

♥ Mesquite III/IV

Lecture Title: *The Emotionality of Whiteness in Physical Education Teacher Education* Introduction and Response by Brian Culp Sponsored by: Mel Finkenberg

## 📢 Speaker



Mara Simon Assistant Professor of Physical Education, Springfield College

## 12:00pm

Distinguished Awards, Lunch & Dudley Sargent Lecture by Brian Culp (2) 12:00pm - 1:30pm, Jan 10

♥ Mesquite I/II

## **Receptions & Meals**

Distinguished Teaching Award: Britt Johnson

Distinguished Administrator Award: Camille O'Bryant

Distinguished Scholar Award: Hans Van Der Mars

Distinguished Service Award: Richard Oates

Lecture Introduced and Moderated by Jared Russell

## 📢 Speaker



Brian Culp Professor, Kennesaw State University—WellStar College of Health and Human Services

## 1:30pm

## Break

(2) 1:30pm - 2:00pm, Jan 10

## 2:00pm

Keynote Speaker: Hal A. Lawson 2:00pm - 3:30pm, Jan 10

♥ Mesquite I/II

Introduced and Moderated by Steve Estes



Hal Lawson Professor, University of Albany

## 3:30pm

**Free Time!** ③ 3:30pm - 11:59pm, Jan 10

## Sat, Jan 11, 2020

## 8:00am

Registration Check In/Help ② 8:00am - 12:00pm, Jan 11 ♀ Ocotillo Foyer

## Business Meeting with Breakfast - All members are welcome to attend!

② 8:00am - 9:45am, Jan 11 ♥ Mesquite I/II

## Receptions & Meals

Breakfast begins at 8 am. Business meeting starts at 8:15 am. Sponsored by: Donna Woolard

## 9:45am

**Break** ② 9:45am - 10:00am, Jan 11

## 10:00am

**Presentations ②** 10:00am - 11:30am, Jan 11

## Navigating the Shifting Canadian PHETE Landscape

② 10:00am - 11:30am, Jan 11 ♥ Mesquite III

Thanks to globalization it is now more common, and likely more important than ever before, for academics in kinesiology to be aware of and connected with scholarly organizations beyond their own nation state. In fact, it has been suggested that National scholarly kinesiology associations are potentially key sites for facilitation of cross-boundary collaboration in the field of kinesiology (Lawson, 2016). To help enable this process it is important for members of such associations to gain an understanding of the types of members that are part of other similar associations. Over the past 12 months NAKHE and PHE Canada have been going through just such a process. Given this context, this panel presentation brings members from PHE Canada's Research Council to share their insights on how expertise and leaders are built in physical and health education in Canada. PHE Canada graduate student members to those who are full professors will address building your network and the value of expanding your influence beyond your academic institution. Authors: Nathan Hall, University of Winnipeg, PHE Canada Research Council-Past Chair; Lauren Sulz, University of Alberta, PHE Canada Research Council-Chair; Derek Wasyliw, McGill University, PHE Canada Research Council-Graduate Student Representative; Lynn Randall, University of New Brunswick; Dan Robinson, St Francis Xavier University, PHE Canada Research Council-Chair Elect

### Speakers



Nathan Hall University of Winnipeg, PHE Canada Research Council-Past Chair



Lynn Randall University of New Brunswick



Steve McGinley Academic / Researcher, The University of British Columbia



Janna Jobel PHD Student, University of Ottawa

## Scope, Purpose, and Mission of Quest and the International Journal of Kinesiology in Higher Education: A Conversation with the Editors and Associate Editors @ 10:00am - 10:45am, Jan 11

O 10:00am - 10:45am, Jan

**9** Mesquite IV

The National Association of Kinesiology in Higher Education (NAKHE) is a forum for interdisciplinary ideas, concepts, and issues related to the role of kinesiology in higher education with regard to social, cultural, and personal perspectives. To promote scholarly discourse and dissemination, NAKHE has two primary journals: (1) Quest, which is devoted to stimulating scholarly discourse on issues of interest to kinesiology and physical education in higher education; and (2) the International Journal of Kinesiology in Higher Education, similarly is dedicated to advancing the field of Kinesiology through publishing manuscripts that shape the direction of the field. In this session, the Editors and Associate Editors of these journals, will facilitate a conversation about the scope, purpose, and mission of Quest and the International Journal of Kinesiology in Higher Education for publication consideration. In addition, we will discuss the review process of manuscripts submitted to these journals.

Authors: Samuel R. Hodge, Ohio State University; Bethany Hersman, Wright State University: Justin A. Haegele, Old Dominion University; Jenna R. Lorusso, University of Western Ontario, Canada; Glenn Hushman, New Mexico University

## 📢 Speakers



Samuel R. Hodge Department of Human Services, The Ohio State University



Bethany Hersman Kinesiology and Health, Wright State University



Glenn Hushman New Mexico University

## 10:45am

# Reviewer Workshop for Quest and The International Journal of Kinesiology in Higher Education

🕑 10:45am - 11:30am, Jan 11

Mesquite IV

Writing and publishing journal articles can be a long and drawn out process, but it is a necessary part of success as a faculty member in higher education, particularly at research-intensive universities. Both of NAKHE's journals (Quest and The International Journal of Kinesiology in Higher Education [IJKHE]) are peer-reviewed journals, with each paper typically sent out to review receiving two double-blinded peer reviews. The purpose of this presentation is to help potential reviewers to learn what makes a thorough, helpful, and timely review in order to facilitate the publication process for the author(s) and the editors of the journals. This session is designed to discuss the aspects of a thorough review as well as expectations of a reviewer for both of NAKHE's premier journals.

Authors: Bethany Hersman, Samuel Hodge, Justin A. Haegele, Jenna R. Lorusso, Glenn Hushman

## ♥ Speakers



Bethany Hersman Kinesiology and Health, Wright State University



Glenn Hushman New Mexico University



Samuel R. Hodge Department of Human Services, The Ohio State University

## 11:30am

**Break** ② 11:30am - 12:00pm, Jan 11

## 12:00pm

Luncheon & Amy Morris Homans Lecture by Tara Tietjen-Smith ② 12:00pm - 1:30pm, Jan 11 **?** Mesquite I/II

## **Receptions & Meals**

Introduced and Moderated by Betty Block Sponsored by: Camille O'Bryant and Judy Bischoff

## 📢 Speaker



Tara Tietjen-Smith Professor and Department Head, Health & Human Performance, Texas A&M University - Commerce

1:30pm

# 2:00pm

NAKHE New Board of Directors Meeting ② 2:00pm - 5:00pm, Jan 11 **9** Mesquite III/IV

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