

**Mississippi Association for Health, Physical Education,
Recreation and Dance**

"HITTING THE TARGET"

**78th Annual Convention Program
Delta State University – Cleveland, MS**

*Who is our
TARGET?*



*What is our
TARGET?*

THURSDAY, NOVEMBER 3, 2011

8:00am - 4:30pm

Fitness for Life Pre-Convention Workshop

Wyatt Rooms 202 & 204

Don Cain --- Office of Healthy Schools

Jessica Warren---Office of Healthy Schools

Teachers will learn principles and components of a Fitness for Life course and will learn how to teach middle and high school student to take responsibility for their own lifetime fitness and health. This is a comprehensive secondary school program designed to be integrated with other physical education activities to create a quality physical education program.

9:00am – 4:00pm

Personal Trainer Pre-Convention Certification

Wyatt Room 208

Rose Hickey, Oxford High School

Teachers that complete this course will receive a 2 year Personal Trainer Certification.

6:00pm – 8:00pm

Wyatt Room 130

Pre-Convention Board Meeting

2010-2011 MAHPERD Board and Council members should attend.

8:00pm – 9:00pm

Dr. Milton Wilder's Home

President's Reception

MAHPERD Board and Council members and invited guests please attend.

MAHPERD 2011

FRIDAY, NOVEMBER 4, 2011

CEU's will be available for hours attended during the convention. See registration area for details.

7:00am – 8:00am	Exhibit Set-Up	Wyatt Gym Lobby
7:00am – 4:30pm	Convention Registration	Wyatt Gym Lobby
9:00am – 4:30pm	Exhibits Open Silent Auction Open	Wyatt Gym Lobby

8:00 am – 9:00 am **2nd Floor Wyatt Center**
Walk Around Breakfast (meet, greet and view exhibits)
Sponsored by MAHPERD Board/Council

9:00am – 10:00am *Dance Division* Wyatt Gym A
Dancing for Dummies
Cheri Anglin --- Clinton Public Schools

This presentation will introduce non-dancers to the Cha-Cha, Swing, Waltz, 2-step, and Nightclub. Come to this session even if you have two left feet and no rhythm!

9:00am – 10:00am *Physical Education Division* Wyatt Gym C
Archery In Schools Program
Justin Thayer --- Youth Outreach Coordinator, Mississippi Department of Wildlife

The Mississippi Wildlife, Fisheries and Parks Foundation is making the Archery in Schools Program available to the schools in Mississippi. This is a continuation of the ongoing effort by the Foundation and the Mississippi Department of Wildlife, Fisheries and Parks to attract Mississippi youth into the out-of-doors and to support Mississippi's schools in their effort to improve the physical condition of the youth and to provide youth with a pastime that they can utilize throughout their lives. Mississippi was the twenty-fifth state to implement the program. The session will provide an overview of incorporating archery into your physical education program.

MAHPERD 2011

9:00am – 10:00am

Health Division

Wyatt Room 130

Let's Move In Schools

Matt Dalrymple---Delta State University

DSU Students

Let's Move in School is a comprehensive initiative launched by the First Lady and is dedicated to solving the challenge of childhood obesity within a generation. It is set up to help children born today grow up healthier, become more physically active, and to pursue their dreams. Come to this session to see what you can do to help with this initiative.

9:00am – 10:00am

General Division

Wyatt Room 202

National Board for Professional Teaching Standards in Physical Education

Jackie Parker --- University of Mississippi World Class Teaching Program

Brandi Shappley---Senatobia Middle School

During this session professionals will learn an overview of National Board Certification in Physical Education. National Board Certification is an advanced teaching credential that is designed to recognize effective and accomplished teachers.

1st General Session: Current Events

10:00am-11:00am

Delta Music Institute—Whitfield Center

Welcome from MAHPERD

Payton Ragon
President, MAHPERD

Welcome from Delta State University

Dr. Leslie Griffin, Dean College of Education

Welcome from Southern District AAHPERD

Mike Ballard
Past-President SDAHPERD

Licensure Presentation

Amy Daniel
MDE, Office of Educator Licensure

MAHPERD 2011

11:00am – 12:00pm *Physical Education Division* Wyatt Room 204
Interactive Health Messages via Poster Presentations
Dr. Debi Myers--- Delta State University Professor
Elena English---Delta State University

The purpose of this presentation is to display student-designed health-related posters that were developed in an undergraduate class using the process of visible thinking. The learners' satisfaction levels will be reported. Students were introduced to visible thinking methodology which they applied to their design of posters. This session will introduce you to the process and give you details on how you can use this in other courses

11:00am – 12:00pm *General/Research Division* Wyatt Room 202
Relationship between Physical Fitness and Academic Performance in Mississippi Schools
John Alvarez --- Delta State University Professor
Matt Dalrymple---Delta State University

Are you curious about physical activity and academics? This session will address this question. In this study, fitness data was collected and analyzed on over 13,000 elementary and middle school students from 22 schools across Mississippi participating in the Health is Academic Quality Physical Education Program between 2008 and 2010. The participating schools annually conducted fitness tests and recorded their data through *Fitnessgram* software. These findings suggest that investments in fitness and increasing the number of students who are fit and are fit in more areas may likely result in improved test scores, fewer absences, and fewer disciplinary incidents in schools.

11:00am – 12:00pm *Physical Education Division* Wyatt Gym A
PE on a NO to LOW Budget!
Joyce Aycock---Margaret Green Junior High School

Physical Education teachers, are you starting a new program, want to enhance your existing program, or want to add an activity? This presentation will share ideas including games and units that can be created from scratch, donated, or bought cheaply using grant funds. A few of the activities that will be demonstrated include outdoor recreation activities, games using homemade equipment, and the Archery in Schools program. We will also discuss grants, which ones to write and how to spend them wisely. Don't let your program do without, learn to beg, borrow and grant write for a better Physical Education program. Examples will be given.

MAHPERD 2011

Awards Luncheon (RSVP Event)

Ikey Carr Memorial Lecture

12:15pm – 1:45 pm

H. L. Nowell Union State Room

Welcome by: Payton Ragon

**Keynote Speaker: Jason Conner – DSU Men’s Basketball
“Making a Difference”**

MAHPERD Awards Presentations and Recognitions

2:00pm – 3:00pm

Research Division

Wyatt Room 130

Integrating Standards-Based Assessments into the Let’s Move Initiative: JSU Collaborative

Dr. Tamika Bradley---Jackson State University

Jacqueline Jackson---Jackson State University

Gregory Turner/Roderick Jones---JSU Students

This session will review findings of a novel collaborative infused with field-based experience and standards-based assessments in HPER using the Let’s Move National Program set up by Michelle Obama. Jackson State used a community based organization and afterschool program to implement a Let’s Move Jackson!

2:00pm – 3:00pm

General Division

Wyatt Room 202

C.O.R.E. Nutrition Afterschool Program

Leigh Pickard---Healthy Campus/Community Initiative Coordinator

This study examines an on-going research component of a grant-funded health initiative, entitled Fostering healthier students through focused educational activities afterschool: Centering on recreation education and nutrition (The C.O.R.E Nutrition Afterschool Program). The overall goals are to increase the awareness in older elementary children and their parents of the health benefits of fruits and vegetables, to encourage behavior modification during meal selection, to promote healthy eating at home, and instill a foundation of health and wellness for improved lifelong health habits.

MAHPERD 2011

3:00pm – 4:00pm

Health Division

Wyatt Room 204

Factors and Influences on Health Status of Youth in an Urban Setting: Project HOPE

Narah Oatis--- Jackson State University Professor

Eltorry Ficklin---Jackson State University Professor

This presentation will be a discussion of intervention strategies and findings of students participating in Project HOPE—a joint project supported by the Mississippi Department of Health. This session addresses issues of obesity, nutrition, physical ability, tobacco, alcohol/drug use, abstinence education, safety and character building in urban setting youth. This was facilitated by the HPER department at Jackson State.

3:00pm – 4:00pm

Physical Education Division

Wyatt Gym A

Fire Up...Push Up...Stack Up...Fitness Stacking with Speed Stacks

Joseph Clark---Speed Stacks Instructor

This session is designed to motivate your students to move using Speed Stacks and experience health and skill related fitness activities. These activities presented can be included in your daily physical education program and take your students to new levels of fitness!

4:00pm – 5:00pm

General Division

Wyatt Room 202

What's Going on with Asthma in MS

Jennifer Cofer, MPH, CHES, AE-C

Asthma is a chronic inflammatory disease of the airways. In Mississippi, asthma is the number one reason for school absenteeism. With proper diagnosis and asthma management, school age children can perform at the maximum academic and athletic level in our schools. We'll discuss the purpose of Mississippi's Statewide Asthma Plan and how it relates to school health. Asthma management should easily integrate into MDE's comprehensive school health and physical education framework. We'll review key components for an asthma-friendly school/classroom & discuss asthma signs, symptoms, importance of asthma action plans as a part of asthma management & liability prevention tool for school systems.

4:00pm – 5:00pm

Physical Education Division

Wyatt Gym A

Building Muscle Strength through Resistance Band Training

Jessica Warren---Office of Healthy Schools

Resistance band training can be a fun way for kids to build healthy muscles, joints and bones. With a properly designed and supervised program, they can improve endurance, total fitness level and sports performance. Strength training can even help prevent injuries and speed up recovery. This session will explain why this program should be used for all age levels.

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4:00pm – 5:00pm

General Division

Wyatt Gym C

BirdieBall---The New Inventive Way of Teaching Golf

Dr. John Alvarez---Delta State University

DSU Students

So you want to teach golf but you don't have a lot of space. Birdieball is an inventive way to allow students to learn the basic skills associated with safe indoors or limited outdoor space. In this session, attendees will be introduced to Birdieball through demonstration and participation with the equipment. The session will demonstrate how Birdieball will be used to introduce the full swing, the chip, and the pitch. Also, you will learn how to set up a nine hole course outdoors on a football field or practice field.

4:00pm – 5:00pm

General Division

Wyatt Room 130

AAHPERD Town Hall Meeting

Mike Ballard, Southern District AAHPERD Past President

Mike will present information about the American Alliance and Southern District Alliance for Health, Physical Education, Health and Dance. You will gain knowledge about the national organization and share your questions about ideas that could better the alliance.

5:15-7:00pm, Wyatt Gym

“IN IT TO WIN IT GAMES”

Prizes, Games, and Fun for ALL!

MAHPERD 2011

SATURDAY, NOVEMBER 6, 2010

7:00am – 12:00pm **Convention Registration** **Wyatt Gym Lobby**

9:00am – 12:00pm **Exhibits Open** **Wyatt Gym Lobby**

7:00am-11:00am **Silent Auction Open** **Wyatt Gym Lobby**

7:30am-8:30am
(Interested Parties)



Turkey Trot 5K Run
(Benefits St. Jude)

9:00am – 10:00am *General Division* **Wyatt Room 202**

Open Forum-----Jump Rope for Heart

Gary Wilson--- State Jump/Hoops for Heart Coordinator

Liz Young---American Heart Association Youth Market Director

The session will provide an opportunity to discuss problems and concerns of the Jump/Hoops program. Tips on successful programs will be discussed. Session attendees will be provided information on the American Heart Association Youth Market Director program and how it will impact each coordinator.

9:00am – 10:00am *Physical Education Division* **Wyatt Gym C**

3 Way Volleyball!

Matt Dalrymple---Delta State University

Delta State University Students

Come to this session and find out a new and exciting way to play volleyball that all age groups can enjoy. Three-way volleyball is an exciting recreational game that can be played and enjoyed in a large group setting. With this game, your team will have the creative option of playing one ball over one of two nets and to your choice of one of two opposing teams. Bring this excitement back to your program.

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9:00am – 10:00am *Health Division* Wyatt Room 204
Mississippi Tobacco Free Coalition
Beverly Johnson---Mississippi Department of Health

During this training session, information will be given about programs that promote public health by supporting systems change and discouraging tobacco exposure and use. Educators and healthcare providers will share suggestions on how state programs can support coalitions.

9:00am – 10:00am *Health Division* Wyatt Room 130
When Health Classes get Boring, Get out the Activities!
Bettie Miller---Colmer Middle School

Students today seem to become bored with many things including health. In this session, we will discuss activities that will enhance a students mind at any level. These activities will make a student want to participate and not want to “sleep”

10:00am – 11:00am *General Division* Wyatt Room 202
Poster Session of Delta State Students
Matt Dalrymple---Delta State University
Todd Davis---Delta State University Recreation

This poster session will coincide with the history and philosophy in sport course at Delta State. As part of DSU requirements for this course, they developed/designed posters detailing aspects of early physical education and sport. These can be implemented in to your every day physical education program as well.

10:00am – 11:00am *Health Division* Wyatt Room 130
The Health Education Teacher and House Bill 999
Christine Philley--- MDE Office of Healthy Schools---School Health Administrator

Health certified teachers in Mississippi will be impacted by the implementation of House Bill 999, and they will need to get ready! During the 2011 Legislative Session, House Bill 999 was passed. This bill focuses on sex-related education. School districts in Mississippi will be required to determine if they will teach abstinence-only education or abstinence-plus education and they will begin implementing their education plans at the beginning of school year 2012-2013. Participants in this session will learn the difference between abstinence-only and abstinence-plus education and they will gain an understanding of the plans set for implementation of this bill.

MAHPERD 2011

CONFERENCE NOTES

PARKING: Parking will be available in the Southside Parking Lot which is located next to the natatorium or across from the cafeteria. Signs will be placed at the site where parking is allowed.

This concludes the 78th Annual MAHPERD Convention. Make plans to attend the 2012 Convention on November 1-3, 2012. We want to encourage professionals and future professionals to share your ideas with us with convention presentations. A program proposal form is available at the registration table. Please fill it out and send the proposal anytime until the specified deadline.

PLEASE complete a convention evaluation form and return to the Registration Desk. (We appreciate your feedback and will use it to improve future Conventions.)

Check out upcoming MAHPERD events/news at our website:

www.msahperd.com

**Thank you for attending the
2011 MAHPERD Convention.**

MAHPERD 2011

2010 – 2011 TOP 20

JUMP ROPE FOR HEART SCHOOLS

COORDINATOR	SCHOOL AND CITY	AMOUNT RAISED
ANGELA LIBBY	Desoto Central Primary Southaven	\$13,621.61
CHRISTY RAYBURN	Pleasant Hill Elementary Olive Branch	\$11,761.07
GARY WILSON	Anniston Avenue Elementary Gulfport	\$10,112.00
KUNSHINQE SORRELL- HOWARD	Eastside Elementary Clinton	\$7,122.00
FRAN FREMIN	Pecan Park Elementary Ocean Springs	\$6,406.81
ANITA SUMRALL	Sumrall Elementary Sumrall	\$5,995.00
DENISE LONGINO	Our Lady of Fatima School Biloxi	\$5,764.10
DAWN SHARP	Chickasaw Elementary Olive Branch	\$5,576.42
HOPE GROS	Martin Bluff Elementary Gautier	\$5,174.21
COURTNEY PARTIDGE	Horn Lake Intermediate School Horn Lake	\$5,055.83
TIM SAYERS	Oak Park Elementary Ocean Springs	\$4,871.06
HOLLY ROBINSON	Lewisburg Elementary Olive Branch	\$4,770.15
TIM NORRIS	North Pontotoc Elementary Ecu	\$4,727.70
SHERRY BYRD MARY STOKES	Northeast Lauderdale Elementary Meridian	\$4,512.50
LYNDON CAIN	Iuka Elementary Iuka	\$4,413.09
ELIZABETH THOMPSON	Richland Elementary Richland	\$4,205.96
SARAH BRABHAM	Centreville Academy Centreville	\$4,110.95
PARTICIA SAGER-RESOR	Waveland Elementary Waveland	\$3,950.03
ELLIE LOTT	Petal Primary School Petal	\$3,424.11

MAHPERD AND THE AMERICAN HEART ASSOCIATION EXPRESS OUR THANKS TO THE OUTSTANDING COORDINATORS AND SCHOOLS FOR CONDUCTING THE JUMP ROPE FOR HEART AND HOOPS FOR HEART PROGRAM.

MAHPERD 2011

2010-2011 TOP 10

HOOPS FOR HEART SCHOOLS

COORDINATOR	SCHOOL AND CITY	AMOUNT RAISED
BOB BUNTYN	Desoto Central Elementary Southaven	\$10,071.96
RHODA CANNON	Alcorn Central Middle School Glen	\$5,103.00
SHELLY McLAUGHLIN	Greenbrook Elementary Southaven	\$4,735.63
KRISTY WILSON	Batesville Intermediate School Batesville	\$3,182.65
TREY BUTTS	Brandon Middle School Brandon	\$2,142.00
CATHERINE HUNT	New Summit School Jackson	\$1,834.00
ZACK ROBINSON	Lake Middle School Lake	\$1,503.00
ABBY ROBERTS	Pine Grove School Ripley	\$1,443.25
GENICE DUREN	Marshall Elementary North Carrollton	\$981.00
GEORGE SMITH	Petal Middle School Petal	\$612.77

2010-2011 TOP 10

JUMP ROPE FOR HEART/HOOPS FOR HEART

COMBINED SCHOOLS

COORDINATOR	SCHOOL AND CITY	AMOUNT RAISED
CATRINA MILLS	Olive Branch Elementary Olive Branch	\$5,021.25
AMY MARTIN	Cook Elementary Fine Arts Magnet School Columbus	\$3,939.89
JENNIFER TAYLOR	Hatley Elementary Amory	\$3,800.00
ANTHONY STONE	Tishomingo Elementary Tishomingo	\$2,741.21
REBECCA HARRISON	Burnsville Elementary Burnsville	\$1,705.01
BECKY BEASLEY	Runnelstown Elementary Petal	\$1,644.50
AMY LERCH BRAD PICKICH	North Woolmarket Elementary- Middle School Biloxi	\$1,419.49
PAM PIAZZA PAM FICKEN BETTY KENNEDY	Byram Middle School Byram	\$1,200.00
CECILE GRAHAM	Mississippi School For The Deaf Jackson	\$671.00
JENNIFER SATCHER	Waynesboro Middle School Waynesboro	\$162.00

MAHPERD 2011

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2011 EXHIBITORS

**THE MISSISSIPPI ASSOCIATION OF HEALTH, PHYSICAL
EDUCATION, RECREATION AND DANCE WISHES TO EXPRESS
OUR APPRECIATION TO OUR EXHIBITORS AND SPONSORS**

AMERICAN HEART ASSOCIATION

CABOT VERMONT

LET'S MOVE IN SCHOOL

SCHOOL SPECIALTY-SPORTIME

SHAPE-HEALTHWORKS

SPEED STACKS, INC.

MDE OFFICE OF HEALTHY SCHOOLS

**MISSISSIPPI DEPARTMENT OF HEALTH
REJECT ALL TOBACCO**

AMERICAN LUNG ASSOCIATION

SPECIAL THANKS TO THE FOLLOWING:

**CLEVELAND-BOLIVAR COUNTY
*Chamber of Commerce***

**DELTA STATE UNIVERSITY
*College of Education***

**DELTA STATE UNIVERSITY
*Division of Health, Physical Education, and Recreation***

MAHPERD 2011

2011 Convention Evaluation Form

Please complete this form and return to the Registration Table. Your suggestions will help us improve future conventions. Thank you for your participation.

Please rate the convention on the following areas using a rating scale in which "1" is low, and "5" is high:

	Poor				Excellent
1. Registration	1	2	3	4	5
Comments:	_____				

2. Program Booklet	1	2	3	4	5
Comments:	_____				

3. Meeting Rooms	1	2	3	4	5
Comments:	_____				

4. Sleeping & Eating Arrangements	1	2	3	4	5
Comments:	_____				

5. Exhibits	1	2	3	4	5
Comments:	_____				

6. Program Selection & Speakers	1	2	3	4	5
Comments:	_____				

7. Awards Luncheon	1	2	3	4	5
Comments:	_____				

8. CEU Administration					
Comments:	_____				

Please add any additional comments: _____
