

**CONVENTION SCHEDULE – 2008**

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Wednesday, November 19

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4:00 p.m. – 8:00 p.m. Mega Center Lobby  
Registration-Pre-Registration-Membership-Information

7:00 p.m. Ruby  
IAHPERD Executive Board Meeting  
(Open to Observers)  
*Presider:* **Kim Wheeler**  
Alton Middle School, Alton

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Thursday, November 20

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7:00 a.m. – 4:00 p.m. Mega Center Lobby  
Registration-Pre-Registration-  
Membership-Information

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7:45 a.m. – 5:00 p.m. Mega Center  
Exhibits Open  
Commercial-Educational-Affiliates

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8:00 a.m. – 9:00 a.m. Augusta  
**Breakfast Reception for IAHPERD Nominees**  
**Voting for 2009 Officers**  
**Executive Board / Representative**  
**Assembly voting members:**  
**ATTENDANCE REQUIRED**

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2.

1. 8:15 a.m. – 9:15 a.m. Physical Education  
Mega Center A (K-6)



**New Tricks for Your K-6!**  
(audience participation)

Attend this session and participate in exciting new activities, practice with a variety of standard-based assessment tools and view the new SPARK video clip series.

*Presenter:* **Enid Chesler**  
SPARK Trainer, Chicago

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SPARK Trainer, Chicago

2. 8:15 a.m. – 9:15 a.m. Physical Education  
Mega Center B (6-8)

**Let's Do Something Different! Non-traditional Activities  
in Physical Education**  
(audience participation)

Come and participate in non-traditional activities that can be integrated into your PE curriculum.

*Presenters:* **KNPE Majors Club**  
Northern Illinois University, DeKalb

*Presenter:* **Jenny Parker**  
Northern Illinois University, DeKalb

3. 8:15 a.m. – 9:15 a.m. Physical Education  
St. Charles Ballroom Salon I (9-12)

**How to Use the Sport Education Curriculum Model in  
Your Inclusive Physical Education Classes**  
(audience participation)

Will demonstrate how to teach sports using the sport education curriculum model . Will present the features and characteristics of the SECM.



*Presenters:* **Ethel Gregory**  
**Ha Yeun Kim**  
**So Yeun Kim**  
Northern Illinois University, DeKalb

*Presenter:* **So-Yeun Kim**  
Northern Illinois University, DeKalb



**Presenter has a booth**

4. 8:15 a.m. – 9:15 a.m. Physical Education  
St. Charles Ballroom Salon II (K-5)  
**Walk Across Illinois School Fitness Program**  
(audience participation)
- Learn about a program that delivers physical activity in connection with Illinois history. Play interactive games from the 20 week curriculum available through the Lieutenant Governor's office.
- Presenters:* **Nina Gruber**  
**Sandra Noel**  
**(Illinois and Midwest District Elementary Teacher of the Year)**  
**Dan Persky**  
Hatch Elementary School, Oak Park
- Presenter:* **Sandra Noel**  
Hatch Elementary School, Oak Park
5. 8:15 a.m. – 9:15 a.m. Adventure Challenge Education  
St. Charles Ballroom Salons III/IV (9-12)  
**Teambuilding Activities**  
(audience participation)
- A variety of teambuilding activities presented by Northeastern Illinois University clinical students.
- Presenters:* **Northeastern Illinois University Students**  
Chicago
- Presenter:* **Dan Creely**  
Northeastern Illinois University, Chicago
6. 8:15 a.m. – 9:15 a.m. Adapted Physical Education  
St. Charles Ballroom Salons V/VI (6-8)  
**Sign Language for Physical Education**  
(audience participation)
- Will introduce signs commonly used in a physical activity setting.
- Presenter:* **Tammy Burt**  
Southern Illinois University, Collinsville
- Presenter:* **Tammy Burt**  
Southern Illinois University, Collinsville
7. 8:15 a.m. – 9:15 a.m. Dance  
New Orleans Ballroom (K-8)  
**Dance through the Nation**  
(audience participation)
- Do your student's enjoy dancing? Take a trip through the nation while using a variety of cultural dances from different backgrounds.
- Presenters:* **Tiffany Gawrysh**  
Genoa-Kingston Middle School, Genoa  
**Stacia Hale**  
Kingston Elementary School, Kingston
- Presenter:* **Stacia Hale**  
Kingston Elementary School, Kingston

8. 8:15 a.m. – 9:15 a.m. Physical Education  
 Ruby (K-Adult)  
**Good Offense Starts with Good Defense**
- If you have to defend your physical education program / curriculum in a court of law, in a board of education meeting or in a parent conference, could you do it?
- Presenter:* **Deb Vogel**  
 Lake Park High School, Roselle
- Presenter:* **Deb Vogel**  
 Lake Park High School, Roselle
9. 8:15 a.m. – 9:15 a.m. Wellness  
 Turquoise A and B (K-12)
-  **Calm Classroom: A Classroom Management Program that Teaches Social Emotional Skills**  
*(demonstration)*
- Will learn self regulatory skills that reduce stress, disruptive behavior and lack of emotional control. Techniques include breathing practices, concentration methods, relaxation and yoga based stretching in your chair.
- Presenter:* **Jai Luster**  
 Luster Learning Institute, Highland Park
- Presenter:* **Jai Luster**  
 Luster Learning Institute, Highland Park
10. 8:15 a.m. – 9:15 a.m. Blue Ribbon   
 Coral (9-12)  
**Small Schools Can Achieve Blue Ribbon Status Too!**
- Learn how a small school with a small budget can become a Blue Ribbon winner! Come and see how we stepped up curriculum assessments and communication to become the best physical education program we can be!
- Presenter:* **Jan Barker**  
 Warren Junior-Senior High School, Warren
- Presenter:* **Jan Barker**  
 Warren Junior-Senior High School, Warren
11. 8:15 a.m. – 9:15 a.m. Physical Education  
 Jade (9-12)  
**SCUBA in the High School Physical Education Curriculum**
- Will share the process Lyons Township High School used to get SCUBA into our physical education curriculum. Certification requirements and semester curriculum design will be addressed.
- Presenters:* **Sue McClenahan**  
**Susie Murphy**  
 Lyons Township High School, LaGrange
- Presenter:* **Susie Murphy**  
 Lyons Township High School, LaGrange

12. 8:15 a.m. – 9:15 a.m. Sports and Athletics  
Sapphire (College)  
**Creatine to Growth Hormone: Ergogenic Aids and Exercise**
- An overview of various ergogenic supplements that may or may not improve athletic performance.
- Presenter:* **Jake Emmett**  
Eastern Illinois University, Charleston
- Presenter:* **Jake Emmett**  
Eastern Illinois University, Charleston
13. 8:15 a.m. – 9:15 a.m. Jump Rope/Hoops for Heart  
Preservation Hall A  
**Jump/Hoops Recognition Session**
- Celebrate the 30<sup>th</sup> anniversary of Jump Rope for Heart/Hoops for Heart by being recognized by the state committee. There will be a round robin discussion about successful events.
- Moderator:* **Mary Kennedy**  
Champaign
14. 8:15 a.m. – 9:15 a.m. Health  
Broadway A (9-12)  
**A Cognitive Behavioral Approach to Tobacco, Alcohol and Drug Education**
- Using the ABC System to eliminate the purpose served and mistaken goals of starting to smoke, drink and use drugs and prevent abuse.
- Presenter:* **Ray Mathis**  
McHenry
- Presenter:* **Ray Mathis**  
McHenry
15. 8:15 a.m. – 9:15 a.m. Technology  
Marsalis I (Tech Center) (6-8)  
**Taking Charge of Personal Fitness: Developing a Sense of Ownership**
- Educators will learn how to help students target fitness components for improvement, develop exercise workout plans and create power point slide shows that present their fitness projects. Actual student projects will be viewed.
- Presenters:* **Tim Elliott**  
Lindsay Elementary School, Springfield  
**Terri Gilford**  
Graham / Southern View Elementary School, Springfield  
**Melanie Ostermeier**  
Lincoln Magnet School, Springfield
- Presenter:* **Melanie Ostermeier**  
Lincoln Magnet School, Springfield

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16. 8:15 a.m. – 9:15 a.m. Mega Center Skyboxes 3 and 4

**Suburban High School Association for Department Chairs – North Division**

*Presenter:* **Paul Bellow**  
Palatine High School, Palatine

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17. 9:30 a.m. – 10:30 a.m. Physical Education  
Mega Center A (6-8)



**No Nonsense Games #3: Putting It All Together**  
(audience participation)

Is it possible to teach fitness and health concepts, motor skills and fitness related activities in every lesson? Yes, witness the curriculum that makes this possible.

*Presenter:* **Ron Malm**  
Focused Fitness, Spokane, Washington

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Focused Fitness, Spokane, Washington

18. 9:30 a.m. – 10:30 a.m. Physical Education  
Mega Center B (K-8)

**Big Play in Little Games**  
(audience participation)

Games that develop specific skills for particular games or sports. The games enhance skills for students of all ages and skill levels.

*Presenter:* **Lane Schurr**  
Forreston Junior High School, Forreston

*Presenter:* **Lane Schurr**  
Forreston Junior High School, Forreston

19. 9:30 a.m. – 10:30 a.m. Physical Education  
St. Charles Ballroom Salon II (6-12)

**Yoga for Middle and High School**  
(audience participation)

I'm back from a year sabbatical that took me to India and New Zealand to continue my studies of yoga and brain functioning. Learn how the brain and the body work together to enhance the physical body AND cognitive brain functioning!

*Presenter:* **Victoria Otto**  
Highland Park High School, Highland Park

*Presenter:* **Victoria Otto**  
Highland Park High School, Highland Park



**Presenter has a booth**

20. 9:30 a.m. – 10:30 a.m. Physical Education  
St. Charles Ballroom Salons III/IV (K-5)  
**Classroom Management on the Run – Save Your Voice!**  
*(audience participation)*
- Classroom management in PE with a fresh and fun non-verbal twist – DEFINITELY FOR THE NEW PHYSICAL EDUCATORS and new ideas for veterans. Non-verbal and extremely helpful ways to save and PROTECT your voice as you control your classes during movement. The kids buy-in-are able to learn self regulated decisions. More time for movement – less behavioral situations and consequences. Be willing to share “your” great ideas in practical hands-on situations during the session.
- Presenter:* **Kathy Houston**  
Pheasant Ridge Elementary School, Glendale Heights
- Presenter:* **Kathy Houston**  
Pheasant Ridge Elementary School, Glendale Heights
21. 9:30 a.m. – 10:30 a.m. Dance  
St. Charles Ballroom Salons V/VI (K-5)  
**Dancing in Space**  
*(audience participation)*
- Learn fun management tools for movement activities that foster imagination and creativity, and have fun moving and dancing while exploring space as math and science concepts in the physical education setting.
- Presenter:* **Natalie Davis**  
George F. Cassell Elementary School, Chicago
- Presenter:* **Natalie Davis**  
George F. Cassell Elementary School, Chicago
22. 9:30 a.m. – 10:30 a.m. Dance  
New Orleans Ballroom (K-12)  
**Folk Dances of Mexico and Spain**  
*(audience participation)*
- These folk dances will include Corrido, La Cucaracha, and Tarantella with variations on these steps to make it easier or more difficult. Come join us and have fun.
- Presenter:* **Danielle Jay**  
Northern Illinois University, DeKalb
- Presenter:* **Danielle Jay**  
Northern Illinois University, DeKalb
23. 9:30 a.m. – 10:30 a.m. Adventure Challenge Education  
Pool (9-12)  
**Introducing the Kayak Teaching Sequence**  
*(audience participation/demonstration)*
- Hands-on and audience participation is allowed and encouraged. Bring a swim suit and join the fun.
- Presenter:* **Bill Salentine**  
Naperville Central High School, Naperville
- Presenter:* **Bill Salentine**  
Naperville Central High School, Naperville

24. 9:30 a.m. – 10:30 a.m. Physical Education  
Ruby (9-12)



### **Why Everyone of Any Age Needs Weight Training**


A lesson plan that will influence everyone in attendance to totally believe that through experiencing this presentation, they will strive to perfection in weight training.

*Presenter:* **Rick Bojak**  
Bigger, Faster, Stronger, Inc., West Jordan, Vermont  
*Presenter:* **Rick Bojak**  
Bigger, Faster, Stronger, Inc, West Jordan, Vermont

25. 9:30 a.m. – 10:30 a.m. Physical Education  
Turquoise A and B (K-5)  
**Two Minute Lessons for Nutrition and Wellness**

Use themes like “Super Foods” and “Good for You” to teach quick lessons in physical education, Bonus! Spin other one-minute lessons off these to integrate all subject areas.

*Presenter:* **Chris Woodard**  
McCall School, Waukegan  
*Presenter:* **Chris Woodard**  
McCall School, Waukegan

26. 9:30 a.m. – 10:30 a.m. Health   
Coral (5-12)  
**How to Apply for a Blue Ribbon Health Award with Updated Criteria**

Will discuss the procedures for applying for a Blue Ribbon Health Award with updated criteria.

*Presenters:* **Marcia Berke**  
Resurrection High School, Chicago  
**Millie Shepich**  
Waubonsie Valley High School, Aurora  
*Presenter:* **Marcia Berke**  
Resurrection High School, Chicago

27. 9:30 a.m. – 10:30 a.m. Physical Education  
Sapphire (6-8)



### **Get Your Students Climbing the Walls**

Indoor rock climbing is one of the most dynamic curriculum offerings today. If you are thinking of adding climbing to your curriculum, join us.

*Presenter:* **Kurt Muchow**  
Everlast Climbing Industries, Mendota Heights, Minnesota  
*Presenter:* **Kurt Muchow**  
Everlast Climbing Industries, Mendota Heights, Minnesota

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28. 9:30 a.m. – 10:30 a.m.  
Topaz  
**Illinois Coalition for Adapted Physical Education Business Meeting**  
*Presider:* **John Dagger**  
AERO Special Education Cooperative, Burbank
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29. 9:30 a.m. – 10:30 a.m. Physical Education  
Preservation Hall A (K-Adult)  
**Obesity in America: Causes, Consequences and Challenges**  
  
Overweight and obesity are a growing problem in our society. This presentation will take a look at the causes of the obesity epidemic, the consequences and impact it has on society, and the challenges facing us as we attempt to deal with the situation. The role educators should play in addressing obesity will be the primary focus of the presentation. Suggestions will be provided with regard to what must be done to stabilize and reverse this trend.  
*Presenter:* **David Q. Thomas**  
**IAHPERD's 2008 Scholar**  
Illinois State University, Normal  
*Presider:* **Marilyn Mordini**  
Highland Park
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30. 9:30 a.m. – 10:30 a.m. Council of Future Professionals  
Broadway A/B/C  
**Jeopardy I – Preliminary Round**  
  
A contest between representatives of Illinois colleges and universities patterned after the TV quiz show *Jeopardy* (undergraduates only). The top three point earners advance to the final round on Friday.  
*Moderators:* **Mary Grace Bator**  
Chicago State University, Chicago  
**Don Scherrer**  
Trinity International University Deerfield
31. 9:30 a.m. – 11:45 a.m.  
Augusta  
**Research – Student Mentor Projects**  
*Presider:* **Steve McCaw**  
Illinois State University, Normal
- 9:30 a.m.  
*Podcasting and Motivation in Physical Education*  
*Student:* **Erin E. Centeio**  
*Mentor:* **Darla M., Castelli**  
University of Illinois at Urbana-Champaign
- 9:45 a.m.  
*Comparison of Energy Expenditure between Lean and Overweight/Obese Females during Walking and Jogging*  
*Student:* **Timothy Heden**  
*Mentor:* **Kim Hurley**  
Southern Illinois University at Edwardsville, Edwardsville

10:00 a.m.

*Healthy Outcomes for Teens (HOT) Project**Student:* **David Goss***Mentor:* **Darla M. Castelli**  
University of Illinois at Urbana-Champaign

10:15 a.m.

*Learning by Serving: PETE Students' Reflection on their Service-Learning Experience**Students :* **Samantha Brooks****Chris Meier**  
*Mentor:* **Okseon Lee**  
Western Illinois University, Macomb

10:30 a.m.

*Exploring the Patterns of Social Interactions in Elementary PE Classes**Student:* **Stacey Mertel***Mentor:* **Okseon Lee**  
Western Illinois University, Macomb

10:45 a.m.

*ERPs to Academics: FIT Kids Study**Student:* **Kellie Manka***Mentor:* **Darla M. Castelli**  
University of Illinois at Urbana-Champaign

32.

9:30 a.m. – 11:45 a.m.

Marsalis I (Tech Center)

Technology  
(K-Adult)**Using FITNESSGRAM/ACTIVITYGRAM Software**

Hands-on workshop for the latest FITNESSGRAM software.

*Presenter:* **Lynne E. Srull**  
Jefferson Middle School, Champaign*Presider:* **Lynne E. Srull**  
Jefferson Middle School, Champaign

33.

9:30 a.m. – 10:30 a.m.

Marsalis II (Tech Center)

Technology  
(K-Adult)**Distance Learning with Polar's PE Student Portal**

Learn about Polar's unique internet-based health and fitness resource. Students can download heart rate data directly to the internet and teachers can centrally store student data, create and download lessons, labs and quizzes.

*Presenters:* **Sharon Warren**  
**Scott Welle**  
Polar Electro, Inc., Lake Success, New York*Presider:* **Scott Welle**  
Polar Electro, Inc., Lake Success, New York

34. 10:45 a.m. – 11:45 a.m.  
Mega Center A

Physical Education  
(6-12)



**Join the Resistance and Develop Student's Strength  
and Fitness Levels**

*(audience participation)*

Learn how to eliminate down time and implement strength training year round with effective and portable functional training tools! Learn about the new "Body Row" pulling strength fitness assessment – every student succeeds!

*Presenter:*       **John Ditter**  
Monroe High School, Monroe, Wisconsin

*Presenter:*       **John Ditter**  
Monroe High School, Monroe, Wisconsin

35. 10:45 a.m. – 11:45 a.m.  
Mega Center B

Physical Education/Fitness  
(K-5)

**A Dash of Running, a Pinch of Teamwork and a Gallon Full of Fun =  
A Recipe for Fitness Games and Activities**

*(audience participation)*

Participants will learn a handful of games and activities that include many tag games, new fitness stations and other fitness related ideas.

*Presenter:*       **Karyn M. Torres**  
Hometown School, Hometown

*Presenter:*       **Karyn M. Torres**  
Hometown School, Hometown

36. 10:45 a.m. – 11:45 a.m.  
St. Charles Ballroom Salon I

Physical Education  
(9-12)


**Indoor Rowing**

*(demonstration)*

Few physical educators or recreation professionals are familiar with the sport of indoor rowing which is under the auspices of the International Rowing Federation. We will encompass the history of rowing as an inclusive sport, provide advice on equipment and tips on developing a program. There will be a rowing demonstration and attendees will have an opportunity to row.

*Presenter:*       **Robert J. Szyman**  
Chicago State University, Chicago

*Presenter:*       **Robert J. Szyman**  
Chicago State University, Chicago

37. 10:45 a.m. – 11:45 a.m. Dance/Fitness  
St. Charles Ballroom Salon II (K-Adult)
-  **Sit Down Dancing: Sit and Get Fit**  
(audience participation/demonstration)
- A fitness and health program designed for K-Adults or beginner through advanced level of dance. Designed to help teachers / participants set up a fitness program that they can do while sitting in a chair or using the chair as a support mechanism. Will use classical line dances and other popular exercise movements that will be selected to help build and strengthen different parts of the body.
- Presenter:* **Ollie Mae Ray**  
Siddall and Ray Foundation, Charleston
- Presider:* **Danielle Jay**  
Northern Illinois University, DeKalb
38. 10:45 a.m. – 11:45 a.m. Adventure Challenge Education  
St. Charles Ballroom Salons III/IV (9-12)
- 10 Teambuilding Activities That Maybe You Don't Know**  
(audience participation)
- Will attempt to introduce participants to some obscure teambuilding activities.
- Presenter:* **William J. Quinn**  
Northeastern Illinois University, Chicago
- Presider:* **William J. Quinn**  
Northeastern Illinois University, Chicago
39. 10:45 a.m. – 11:45 a.m. Adapted Physical Education  
St. Charles Ballroom Salons V/VI (K-5)
- Let's Have a Ball-Loon of Fun**  
(audience participation)
- Different activities using balloons and beach balls for developing eye-hand-foot coordination. Will discuss modifications for all levels and abilities.
- Presenters:* **Lindsay Grier**  
WCISEC, Macomb  
**Carie Johnson**  
Naperville  
**Cindy Piletic**  
Western Illinois University, Macomb
- Presider:* **Cindy Piletic**  
Western Illinois University, Macomb

40. 10:45 a.m. – 11:45 a.m. Dance  
(6-8)  
New Orleans Ballroom  
**Take the Lead – Supercharge Your Dance Program**  
(audience participation)

Learn contemporary routines for swing, salsa, ballroom and more. Plus – get tips on planning a dance competition to cap it all off.

*Presenters:* **Margot Toppen**  
Director of Dancing with Class (May I Have This Dance, Inc.), Chicago  
**Kathy Bristow**  
**Nick Demchenko**  
**Amy Dibasilio**  
**Mike Larson**  
**Jo Owens**  
**Students**  
Edgewood Middle School, Highland Park  
*Presider:* **Margot Toppen**  
Chicago

41. 10:45 a.m. – 11:45 a.m. Blue Ribbon   
(6-8)  
Ruby  
**Iron Man Unit at Winston Campus Junior High**

Winston Junior High will present their Blue Ribbon Iron Man unit. It encourages team-work, fun competition and listening skills as well as strength, agility and smarts.

*Presenters:* **Noreen Baldassano**  
**Derek Eckman**  
**Vicky Frankel**  
**David Nelson**  
Winston Campus Junior High School, Palatine  
*Presider:* **Vicky Frankel**  
Winston Campus Junior High School, Palatine

42. 10:45 a.m. – 11:45 a.m. Physical Education  
(K-5)  
Turquoise A and B  
**More of This and More of That**



More ideas on a wide range of topics – health, wellness, teambuilding, games and really challenging the K-5 student.

*Presenter:* **Scott McDowell**  
East Elementary School, Lake Bluff  
*Presider:* **Scott McDowell**  
East Elementary School, Lake Bluff

43. 10:45 a.m. – 11:45 a.m. Sports and Athletics  
(9-12)  
Sapphire  
**Nail-Patella Syndrome**

Will discuss the characteristics of Nail-Patella Syndrome. Will help identify areas of concern or factors that may influence participation in PE activities and athletics.

*Presenter:* **Jennifer Plos**  
Western Illinois University, Macomb  
*Presider:* **Jennifer Plos**  
Western Illinois University, Macomb

44. 10:45 a.m. – 11:45 a.m. Physical Education  
 Preservation Hall A (9-12)  
**PE Leaders Roundtable**
- This is a chance for teachers with established PE Leader programs to share ideas with one another in order to promote success in their programs.
- Presenter:* **Julie Bannack**  
 Neuqua Valley High School, Naperville
- Presenter:* **Julie Bannack**  
 Neuqua Valley High School, Naperville
45. 10:45 a.m. – 11:45 a.m. Health  
 Broadway A (9-12)  
**Correcting the Irrational Thinking that Drives Unhealthy, Self Defeating Behavior**
- Teaching students to correct irrational thinking is the best way to get them into the right cognitive and emotional place to make the healthiest decisions.
- Presenter:* **Ray Mathis**  
 McHenry
- Presenter:* **Ray Mathis**  
 McHenry
46. 10:45 a.m. – 11:45 a.m. Health  
 Broadway B (Adult)
-  **Invisible Stress: The Silent Killers**
- Invisible stress: the silent killers. Learn how wireless technology and altered foods are affecting changes in our bodies that may be leading to higher rates of cancers and dementias.
- Presenter:* **Linda Sericka-Harbosky**  
 Reflections of Life Center, Warrenville
- Presenter:* **Linda Sericka-Harbosky**  
 Warrenville
47. 10:45 a.m. – 11:45 a.m. Technology  
 Marsalis II (Tech Center) (Adult)
-  **Make Assessment Easy with Polar's Companion Pocket PC**
- Eliminate the grade book! Learn how to track fitness, daily assessments and cardio work-outs using a hand held computer. Bring your own or borrow ours.
- Presenters:* **Sharon Warren**  
**Scott Welle**  
 Polar Electro, Inc., Lake Success, New York
- Presenter:* **Sharon Warren**  
 Polar Electro, Inc., Lake Success, New York

48. 11:00 a.m. – 1:15 p.m. Fitness  
(Adult)  
Palmer  
**DuPage County Health Fitness Project Participation**


Planning session for DuPage County ROE Pep Grant Project participants.  
**(BY INVITATION ONLY)**

*Participants:* **Bill Casey**  
Franklin Elementary School, Park Ridge  
**Heidi Krahling**  
University of Illinois at Urbana-Champaign, Champaign  
**Phyllis Pickett**  
Schaumburg  
**Beth Verner**  
Illinois State University, Normal  
*Presider:* **Beth Verner**  
Illinois State University, Normal

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11:45 p.m. – 12:15 p.m.  
**LUNCH BREAK**

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49. 12:15 p.m. – 1:15 p.m. Physical Education  
(6-12)  
Mega Center A  
 **Sepak Takraw (Kick Volleyball) Basics and Fun**  
(audience participation)

Learn to play and teach a game combining soccer and volleyball on a badminton court. Develops eye-foot coordination. Active, FUN and surprisingly easy with simple modifications and progressions.

*Presenter:* **Rick Engel**  
Toledo PE Supply, Regina, Saskatchewan, Canada  
*Presider:* **Rick Engel**  
Regina, Saskatchewan, Canada

50. 12:15 p.m. – 2:30 p.m. Health  
(K-5)  
Mega Center B  
**Skeletons in the Gym: Teaching Body Systems to Elementary Students**  
(audience participation)

Participants will experience fun, active and developmentally appropriate ways of teaching the body systems to elementary age students.

*Presenter:* **Marcey Siegel**  
Manor Hill Elementary School, Lombard  
*Presider:* **Susan Steinbach**  
Manor Hill Elementary School, Lombard

51. 12:15 p.m. – 1:15 p.m. Physical Education  
St. Charles Ballroom Salon I (K-5)  
**Fitness Based Intelligence Mats: Integrating Fitness and Academics**  
(*demonstration*)
- Will focus on activities that can be performed on the FBI mats in PE class or the regular education classroom.
- Presenter:* **Todd Sweatman**  
Turner Junior High School, Jacksonville
- Presenter:* **Todd Sweatman**  
Turner Junior High School, Jacksonville
52. 12:15 p.m. – 1:15 p.m. Physical Education  
St. Charles Ballroom Salons III/IV (6-12)  
**Old Favorites Remixed**  
(*audience participation*)
- Love kickball? Try this 3 team version that is a BLAST. How about Soccer? Here is a CRAZY way to play one of the nation's favorite activities. Both of these activities develop skills, multi-tasking, agility and FOCUS! In addition, they accommodate large numbers and limited space!
- Presenter:* **Rita Runyard**  
(**Illinois and Midwest District High School Teacher of the Year**)  
Wheeling High School, Wheeling
- Presenter:* **Rita Runyard**  
Wheeling High School, Wheeling
53. 12:15.m. – 1:15 p.m. Physical Education / JRFH  
St. Charles Ballroom Salons V/VI (K-8)  
**Jump Rope from A to Z**  
(*audience participation*)
- Everything from individual, partner, long, Double Dutch and Chinese jump rope that you can do with students of any age or ability level. You can use the skills taught for a JRFH event.
- Presenter:* **Gina Parker**  
Prairie Oak Elementary School, Berwyn
- Presenter:* **Gina Parker**  
Prairie Oak Elementary School, Berwyn
54. 12:15 P.M. – 1:15 P.M. Dance  
New Orleans Ballroom (9-12)  
**Intro to Jazz Dance**  
(*audience participation*)
- Will combine elements of club and smooth jazz dance with influences from current pop artists. This is a fast-paced class designed to challenge all levels of dancers and non-dancers while allowing teachers and students to build upon their creative and rhythmic talents.
- Presenter:* **Jennifer Burgdorff**  
Oak Park-River Forest High School, Oak Park
- Presenter:* **Jennifer Burgdorff**  
Oak Park-River Forest High School, Oak Park

55. 12:15 p.m. – 1:15 p.m. Adventure Challenge Education  
Pool (9-Adult)  
**Kayaking – Learning the Eskimo roll**  
(audience participation)

Bring a suit and give it a try.

*Presenter:* **Bill Salentine**  
Naperville Central High School, Naperville

*Presenter:* **Bill Salentine**  
Naperville Central High School, Naperville

56. 12:15 p.m. – 1:15 p.m. Physical Education  
Ruby (9-12)  
**I Hate PE – First to Fitness – a Class that Will Take the “I Hate PE”  
Crowd and Turn Them into Movers**

IAHPERD and Pep Grant awarded, this walking/wellness class aims to change attitudes and bodies. Research-based curriculum, activities, assessments and success stories will be shared.

*Presenter:* **Linda Wegner**  
Rochelle Township High School, Rochelle

*Presenter:* **Linda Wegner**  
Rochelle Township High School, Rochelle

57. 12:15 p.m. – 1:15 p.m. Adapted Physical Education  
Turquoise A and B (K-5)  
**Managing IEP Data**

Managing IEP data: collection methods, charting, interpreting, reporting and storing.

*Presenters:* **John Dagger**  
**Katie Mueller**  
**Kelly Norge**  
**Jennifer Seritella**  
**Penny Wills**  
AERO Special Education Cooperative, Burbank

*Presenter:* **John Dagger**  
AERO Special Education Cooperative, Burbank

58. 12:15 p.m. – 1:15 p.m. Blue Ribbon   
Coral (K-8)  
**The Culver Challenge**

A Blue Ribbon program attempts to raise awareness, appreciation and understanding of the importance of physical education. Come and find out about our Fitness Institute Day and Fun Run...a school wide commitment to improving health and fitness.

*Presenters:* **Diana Buhler**  
**Ann Farlee**  
**Tony Palazzolo**  
Clarence E. Culver Elementary School, Niles

*Presenter:* **Diana Buhler**  
Clarence E. Culver Elementary School, Niles

59. 12:15 p.m. – 1:15 p.m. Physical Education  
Jade (Adult)  
**Are You Crazy? Going Outside the Box**
- What's the craziest or most innovative idea you've had? Explore and share far out safe learning experiences teachers have created and bring back a crazy idea.
- Presenter:* **Fred Kaiser**  
(Illinois and Midwest District Middle School Teacher of the Year)  
Lundahl Middle School, Crystal Lake
- Presenter:* **Fred Kaiser**  
Lundahl Middle School, Crystal Lake
60. 12:15 p.m. – 1:15 p.m. Physical Education  
Preservation Hall A (6-8)  
**Positive Responses to Behavior Problems in Physical Education**
- Speaker will facilitate audience to share appropriate, effective and positive responses to common behavior problems in physical education.
- Presenter:* **Marianne Woods**  
Western Illinois University, Macomb
- Presenter:* **Marianne Woods**  
Western Illinois University, Macomb
61. 12:15 p.m. – 1:15 p.m. Health  
Broadway A (9-12)  
**Hybrid Diabetes – The Next Alarming Epidemic?**
- Discover how this frightening diagnosis is quietly creeping into the mainstream. A discussion of what it is, who is affected, and what to expect will provide you with the information to know what you can do about it.
- Presenter:* **Stacey Ruholl**  
Eastern Illinois University, Charleston
- Presenter:* **Stacey Ruholl**  
Eastern Illinois University, Charleston
- 
62. 12:15 p.m. – 2:30 p.m. Health  
Broadway B and C (9-12)
- A MIDWEST DISTRICT HEALTH CONFERENCE SESSION**
- MRSA: Practical Approaches for Allied Health Professionals**
- MRSA is a primary concern for practicing allied health professionals. As a result, facts regarding the spread, prevention and response to MRSA are addressed in this program.
- Presenter:* **Dennis M. Gruber**  
Ashland University, Ashland, Ohio
- Presenter:* **Dennis M. Gruber**  
Ashland University, Ashland, Ohio
-

63. 12:15 p.m. – 2:30 p.m. 19.  
Marsalis I (Tech Center) Technology  
(Adult)



**Using FITNESSGRAM/ACTIVITYGRAM Software (a repeat)**

Hands-on workshop for the latest FITNESSGRAM software.

**Presenter: Lynne E. Srull**  
Jefferson Middle School, Champaign  
**Presenter: Lynne E. Srull**  
Jefferson Middle School, Champaign

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64. 1:30 p.m. – 2:30 p.m. Physical Education  
Mega Center A (6-8)



**A Smorgasbord of Games and Activities – Come Hungry and Ready to Play**

*(audience participation)*

Presentation will be full of great lead-up games and activities that are appropriate for all ages and abilities.

**Presenters: Lisa Davis**  
**Dave Hoffa**  
Honey Creek Middle School, Terre Haute, Indiana  
**Presenter: Lisa Davis**  
Honey Creek Middle School, Terre Haute, Indiana

65. 1:30 p.m. – 2:30 p.m. Sports and Athletics  
St. Charles Ballroom Salon I (9-12)

**Get into the Swing of Things: A Discussion and Demonstration of the Fundamentals of the Golf Swing**

*(demonstration)*

A discussion and demonstration of the proper fundamentals of the golf swing.

**Presenter: Charlie Goehl**  
Elmhurst College, Elmhurst  
**Presenter: Charlie Goehl**  
Elmhurst College, Elmhurst

66. 1:30 p.m. – 2:30 p.m. Physical Education  
St. Charles Ballroom Salon II (K-5)



**Catch a Brain Wave Fitness Fun Brain Based Workout**

*(audience participation)*

Get movin' and groovin' to "brain based" sequentially designed, guided movement fitness songs with the unique "internationally" acclaimed "Catch a Brain Wave" physical fitness workout.

**Presenters: RONNO (a.k.a. Ron Hiller)**  
Song Support, Kitchener, Ontario, Canada  
**Liz Jones-Twomey**  
Southridge Public School, Kitchener, Ontario, Canada  
**Presenter: Liz Jones-Twomey**  
Southridge Public School, Kitchener, Ontario, Canada

**Presenter has a booth**

67. 1:30 p.m. – 2:30 p.m. Adventure Challenge Education  
 St. Charles Ballroom Salons III/IV (6-12)  
**Clap It Up**  
*(audience participation)*

This high energy, active session will give you a series of progressive experiential teambuilding games and group challenges that build classroom community through positive interaction and assist students in developing their self-efficacy and sense of belonging.

*Presenter:* **David Stevens**  
 Northeastern Illinois University, Chicago

*Presenter:* **Dan Creely**  
 Northeastern Illinois University, Chicago

68. 1:30 p.m. – 2:30 p.m. Adapted Physical Education  
 St. Charles Ballroom Salons V/VI (K-5)  
**Using the TEACCH Program in Adapted Physical Education**  
*(audience participation)*

Incorporating the TEACH program in the gymnasium in adapted physical education.

*Presenters:* **Kelly Mueller**  
**Penny Wills**  
 AERO Special Education Cooperative, Burbank

*Presenter:* **Kelly Mueller**  
 AERO Special Education Cooperative, Burbank

69. 1:30 p.m. – 2:30 p.m. Dance  
 New Orleans Ballroom (9-12)  
**Jingle Elf Jive**  
*(audience participation)*

This simple dance step cardio-based workout keeps your students engaged in fitness around the holidays. The dance can be adjusted to various ages and talent levels. Leave this session with a lesson that is fun for all.

*Presenters:* **Terry Wethington**  
**Students**  
 Lyons Township High School, LaGrange

*Presenter:* **Terry Wethington**  
 Lyons Township High School, LaGrange

70. 1:30 p.m. – 2:30 p.m. Physical Education  
 Ruby (9-12)  
**Specialized Courses Incorporating the Use of Heart Rate Monitors**

Will describe Applied Personal Fitness and Exercise Physiology, two courses using HRM technology on a regular basis. HRM procedures, lab ideas and class management will be covered.

*Presenters:* **Kathy Beyer**  
**Susie Murphy**  
 Lyons Township High School, LaGrange

*Presenter:* **Kathy Beyer**  
 Lyons Township High School, LaGrange

71. 1:30 p.m. – 2:30 p.m. Physical Education  
Turquoise A and B (1-8)  
**Taking Charge of Personal Fitness**

Educators will view a variety of ways elementary/junior high students use technology (pedometers and /or heart rate monitors) to customize their PE workout. Educators will learn how to help students target fitness components for improvement, develop exercise workout plans and create power point slide shows that present their fitness projects. Actual student projects will be viewed.

*Presenters:* **Tim Elliott**  
Lindsay Elementary School, Springfield  
**Terri Gifford**  
Franklin Middle School, Springfield  
**Sue Landgrebe**  
Iles Elementary School, Springfield  
**Melanie Ostermeier**  
Lincoln Magnet School, Springfield  
*Presider:* **Sue Landgrebe**  
Iles Elementary School, Springfield

72. 1:30 p.m. – 2:30 p.m. Blue Ribbon   
Coral (9-12)  
**Maine South – A Blue Ribbon School Enhanced by Excellent Student Leaders**

Learn how a strong physical education leader program strengthens teaching methods, assists with assessments, simplifies fitness days and maximizes facilities when it comes to applying for the Blue Ribbon Award.

*Presenters:* **Keith Culbertson**  
**David Inserra**  
**Don Lee**  
**Sona Torosian**  
Maine South High School, Park Ridge  
*Presider:* **Don Lee**  
Maine South High School, Park Ridge

73. 1:30 p.m. – 3:45 p.m. Physical Education  
Jade (Adult)  
**Recent Advances in the Science of Physical Education: Research Applications for the Teacher - Parts I and II**

A ‘mini-symposia’ of presentations representing the sub-disciplines of knowledge that support physical education. Speakers to present some of the latest information in these fields that has, will have or should have an impact on the practices of the physical educator now or in the near future.

*Presenter:* **Brian Pritschet**  
Eastern Illinois University, Charleston  
*Presider:* **Brian Pritschet**  
Eastern Illinois University, Charleston

74. 1:30 p.m. – 2:30 p.m. Retirement  
Sapphire (Adult)  
**Member Retirement Benefits – Preparing for Retirement**

An overview of benefits offered through TRS including retirement, health insurance, survivor benefits, the retirement application process and post retirement employment limitations.

*Presenter:* **Steven J. Rollins**  
Benefits Counselor, Teachers Retirement System, Lisle  
*Presenter:* **Steven J. Rollins**  
Lisle

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75. 1:30 p.m. – 2:30 p.m. Council of Future Professionals  
Preservation Hall A

**Business / Social Meeting**

*Presenter:* **Tony Cerveny**  
**Council of Future Professionals President**  
Roosevelt Elementary School, Peru

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76. 1:30 p.m. – 3:45 p.m.  
Augusta

**Research – Student Mentor Projects**

*Presenter:* **Steve McCaw**  
Illinois State University, Normal

1:30 p.m.

*Comparison of a Standard Laboratory Cycle Ergometer and a Velotron in Measuring Physiologic Responses in Trained Cyclists*

*Student:* **Laura Vedeon**  
*Mentor:* **Kristen Legally**  
Illinois State University, Normal

1:45 p.m.

*An Assessment of Sleep Patterns Among EIU Students*

*Student:* **Robert Ginger**  
*Mentors:* **Richard E. Cavanaugh**  
**Barbara A. Walker**  
Eastern Illinois University, Charleston

2:00 p.m.

*Analyzing the Impact of Community-Based Learning on the Acquisition of Knowledge in a Research Methods Course*

*Student:* **Jamie O'Connor**  
*Mentor:* **Kim C. Graber**  
University of Illinois at Urbana-Champaign

2:15 p.m.

*Relationship between Regional and Risk for Cardiovascular Disease in College Aged Students*

*Student:* **Laura Swan**  
*Mentor:* **David Q. Thomas**  
Illinois State University, Normal

2:30 p.m.

*Characteristics of Illinois National Board Certified Physical Educators***Student: Jesse Lee Rhoades****Mentor: Amelia Mays Woods**

University of Illinois at Urbana-Champaign

2:45 p.m.

*Bone Loss in Black Bears (Ursus Americanus): Implications for Humans***Student: Lindsay Barlow****Mentor: Steve McCaw**

Illinois State University, Normal

3:00 p.m.

*The Effect of Spirituality of Golf Performance***Student: Cindy Schendel****Mentor: Connie Fox**

Northern Illinois University, DeKalb

3:15 p.m.

*Relationship between Self-perceived and Measured Health-related Physical Fitness Among College Students***Student: Courtney Monroe****Mentor: David Q. Thomas**

Illinois State University, Normal

3:30 p.m.

*Relationship between Regional Adiposity and Risk for Diabetes in College Aged Student* **Student:****Student: Aileen Hoyne****Mentor: David Q. Thomas**

Illinois State University, Normal

77.

1:30 p.m. – 3:45 p.m.

Broadway A

**Teaching Sexual Health Education**Health  
(K-12)

Increase knowledge and skills to confidently provide sexual health education.

Familiarity with curricula and practice co-teaching in small groups. Learn approaches to teaching sex education in the classroom.

**Presenters: Carrie Neff Andrews****Vivian Barrett**

Illinois Caucus for Adolescent Health, Chicago

**Presenter: Vivian Barrett**

Chicago

78.

2:45 p.m. – 3:45 p.m.

Mega Center A

Physical Education  
(9-12)**Super Balls, Super Games***(audience participation)*

Will present activities to develop skills and team spirit with 6 balls, 6 colors, 6 teams all at the same time. Collective games with a giant football, a “super ball” and a large basketball.

**Presenter: Noirie-Pier Brek**

Omnikin, Charny, Quebec, Canada

**Presenter: Noirie-Pier Brek**

Omnikin, Charny, Quebec, Canada

**Presenter has a booth**

79. 2:45 p.m. – 3:45 p.m. Council of Future Professionals  
Mega Center B  
**Future Professionals “Super Stars” Competition**
- Teams of future professionals representing PETE programs from colleges and universities throughout Illinois compete in unique and novel motor skills. A plaque is awarded the winning team and prizes are given to all participants.  
*Presenter:* **Tony Cerveny**  
**Council of Future Professionals President**  
Roosevelt Elementary School, Peru
80. 2:45 p.m. – 3:45 p.m. Physical Education  
St. Charles Ballroom Salon I (K-5)  
**Interdisciplinary PE**  
*(audience participation)*
- Will show how to incorporate all the disciplines into a physical education curriculum.  
*Presenters:* **Bill McGuire**  
**Tim Strohecker**  
Cortland Elementary School, DeKalb  
*Presenter:* **Bill McGuire**  
Cortland Elementary School, DeKalb
81. 2:45 p.m. – 3:45 p.m. Physical Education  
St. Charles Ballroom Salon II (K-5)  
**Yoga for Elementary Schools**  
*(audience participation)*
- You asked for it so I’ve created it! Will break down the mystery of yoga and show you creative and innovative ways to incorporate the beginning principles of the discipline into your classroom.  
*Presenter:* **Victoria Otto**  
Highland Park High School, Highland Park  
*Presenter:* **Ann Hanson**  
Deerfield
82. 2:45 p.m. – 3:45 p.m. Adventure Challenge Education  
St. Charles Ballroom Salons III/IV (9-12)  
**Making the Connections in Physical Education: Do Teambuilding Activities Increase Speed, Strength, Endurance and Fitness? Prove It!**  
*(audience participation)*
- Do teambuilding activities really build speed, strength, endurance and fitness? If not, why do we use teambuilding activities in physical education classes? Tony’s 30 years of research reveal that they do. Come and see some unique initiatives and events to implement into your curriculum that will actually raise fitness level scores and more.  
*Presenter:* **Tony Calabrese**  
Cobden  
*Presenter:* **Tony Calabrese**  
Cobden

83. 2:45 p.m. – 3:45 p.m. Physical Education/Adapted 25.  
St. Charles Ballroom Salons V/VI (K-12)  
**Sensitivity to Disabilities**  
(audience participation)

Today's students need to be more aware of those who have a disability. All it takes is one day to set up a variety of stations to have your students participate in this challenge. One would be amazed at the equipment you already have and how easy it is to put to good use! Best part of all, incorporating a short writing assignment for students to express themselves at a new level. The results are amazing.

*Presenter:* **Rita Runyard**  
(Illinois and Midwest District High School Teacher of the Year)  
Wheeling High School, Wheeling

*Presenter:* **Rita Runyard**  
Wheeling High School, Wheeling

84. 2:45 p.m. – 3:45 p.m. Dance  
New Orleans Ballroom (9-12)  
**New School Meets Old School – Hip-Hop at its Best**  
(audience participation)

Experience hip-hop as a rhythmic form of expression utilizing current and old school street moves while understanding its relationship to other dance techniques.

*Presenter:* **Flo Walker-Harris**  
Chicago State University, Chicago

*Presenter:* **Deb Nelson**  
Chicago State University, Chicago

85. 2:45 p.m. – 3:45 p.m. Physical Education  
Ruby (9-12)  
**Strength Training and Brain Training! Neuqua Valley's Approach to Best Practice Resistance Training Course.**

Exercise science and weight lifting combined to allow students to build a personalized best practice resistance training program.

*Presenters:* **David Perry**  
**David Ricca**  
Neuqua Valley High School, Naperville

*Presenter:* **David Ricca**  
Neuqua Valley High School, Naperville

86. 2:45 p.m. – 3:45 p.m. Physical Education  
Turquoise A and B (K-5)  
**Energizing the Classroom: Strategies for Incorporating Daily Physical Activity into the Classroom**

By working with classroom teachers, PE teachers can make children more active in their classrooms as well as in the playground. Will share specific ideas and examples of classroom management.

*Presenter:* **Okseon Lee**  
Western Illinois University, Macomb

*Presenter:* **Okseon Lee**  
Western Illinois University, Macomb

87. 2:45 p.m. – 3:45 p.m.

Coral

**Blue Ribbon School, Blue Ribbon Community: How Daniel Wright Junior High School Got Financing for Their Fitness/Cardio Room and Climbing Wall.**

Through the help of our community based foundation, new and exciting initiatives happen. The physical education department was honored to have our request fulfilled by the foundation taking on health and fitness initiatives.

*Presenter:* **Rhonda Walz**  
Daniel Wright Junior High School, Lincolnshire

*Presider:* **Rhonda Walz**  
Daniel Wright Junior High School, Lincolnshire

88. 2:45 p.m. – 3:45 p.m.

Sapphire

Jump Rope for Heart  
(K-5)**How to Run a Successful Jump Rope for Heart Event**

Everything you need to know about running a fun and organized JRFH event. Will cover fund raising, participation and organization of the big day.

*Presenters:* **Denise Ciciura**  
**Daryl Mercer**  
Oakwood Elementary School, Lemont

*Presider:* **Daryl Mercer**  
Oakwood Elementary School, Lemont

89. 2:45 p.m. – 3:45 p.m.

Broadway C

Health  
(K-8)**A MIDWEST DISTRICT HEALTH CONFERENCE SESSION****Kids Teaching Kids**

Middle school students create and teach innovative games to primary age children. These games include prevention skills, risk behaviors and a healthy lifestyle behavior to name a few.

*Presenter:* **Susan Long**  
Frankfort Middle School, Ridgeley, West Virginia

*Presider:* **Susan Long**  
Frankfort Middle School. Ridgeley, West Virginia

90. 2:45 p.m. – 3:45 p.m.  
Marsalis II (Tech Center)

27.  
Technology  
(Adult)



**Coordinated Resources (How Fitness for Life, FITNESSGRAM and Physical Best Work Together)**

Combating childhood obesity requires not only fitness assessment, but also curriculum content that yields positive, long-term results. Covers Fitness for Life, FITNESSGRAM, and Physical Best.

*Presenter:* **Angie Fiala**  
Human Kinetics, Champaign  
*Presenter:* **Angie Fiala**  
Human Kinetics, Champaign

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4:00 p.m. – 5:00 p.m.

Mega Center A

**Exhibitor Sponsored Social for All Convention Attendees**



(appetizers courtesy of Palos Sports)  
( raffle – raffle winners must be present)

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4:00 p.m. – 5:30 p.m.

Mega Center A

**BAGGO Tournament**

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3:30 p.m. – 4:30 p.m.

**District Business Meetings**

Eastern	Coral
Northern	Ruby
Western	Jade

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4:00 p.m. – 5:30 p.m.

Mega Center B

**Dance Gala**

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4:30 p.m. – 5:30 p.m.

St. Charles Ballroom Salons V/VI

**All College / University Social**

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5:30 p.m. – 7:00 p.m.

Turquoise A and B

**Student Mentor Reception**

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5:30 p.m. – 6:00 p.m.

Preservation Hall A

**ALL MAJOR AWARD WINNERS SHOULD BE PRESENT FOR PICTURES**

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 **Presenter has a booth**

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6:00 p.m. – 8:30 p.m.

New Orleans Ballroom

**IAHPERD Awards Banquet**

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8:30 p.m. – 12:00 midnight

St. Charles Ballroom Salons I/III/IV

**All Convention Dance**

(sponsored by Chicago District)

**SPORTS EXTRAVAGANZA**

(will feature sports team logos from around the state as well those of college, university and professional teams)

Dancing and music provided by IAHPERD

Door and raffle prizes

**ATTENDEES MUST WEAR THEIR CONVENTION BADGES**

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Friday, November 21

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7:00 a.m. – 2:00 p.m. Mega Center Lobby  
 Registration-Pre-Registration-Membership-Information

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7:00 a.m. – 8:15 a.m. Zanies  
 PETE Professionals Breakfast

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7:00 a.m. – 8:15 a.m. Mega Center Skyboxes 3 and 4  
 District Officers Breakfast

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7:45 a.m. – 3:00 p.m. Mega Center  
 Exhibits Open  
 Commercial-Educational-Affiliates

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91. 8:15 a.m. – 9:15 a.m. Adventure Challenge Education  
(K-8)  
 Mega Center A



**Cirque Amongus – A Hands-On Circus Skills Program**  
*(audience participation)*

Designed to build self-esteem, develop motor skills and promote teamwork. School wide events introduce fundamental circus acts through educational, fun-filled assemblies or interactive circus projects.

*Presenter:* **Sem Abrahams**  
 Livonia, Michigan

*Presenter:* **Sem Abrahams**  
 Livonia, Michigan

92. 8:15 a.m. – 9:15 a.m. Physical Education  
(6-8)  
 Mega Center B



**Eclipse Ball**  
*(audience participation)*

Participants will learn the rules and have the opportunity to play action packed games such as Eclipse Ball, Eclipse Ball Jr., Satryan Ball, Soccer and Hide and Seek Tag.

*Presenter:* **Donald Benson**  
 Grant, Michigan

*Presenter:* **Donald Benson**  
 Grant, Michigan

**Presenter has a booth**

93. 8:15 a.m. – 9:15 a.m.  
St. Charles Ballroom Salon I

Physical Education  
(K-12)



**Food 4 Thought: Teaching Nutrition through Pedometers in Physical Education**

*(audience participation)*

Your students will “eat up” these pedometer based activities where students discover meaningful information. Previous pedometer experience NOT necessary. Pedometers will be loaned to participants.

*Presenter:* **Bonnie Hopper**  
Boise, Idaho

*Presenter:* **Bonnie Hopper**  
Boise, Idaho

94. 8:15 a.m. – 9:15 a.m.  
St. Charles Ballroom Salon II

Fitness  
(6-8)

**Do These Five to Stay Alive – Self Awareness Exercises**  
*(demonstration)*

Will give attendees the exercise solutions for them and their students to feel better in less time and without fancy equipment. “Back to Basics” for health and fitness results!

*Presenters:* **Dan Dubic**  
**Suzanne Gray**  
Hinsdale South High School, Darien

*Presenter:* **Suzanne Gray**  
Hinsdale South High School, Darien

95. 8:15 a.m. – 9:15 a.m.  
St. Charles Ballroom Salons III/IV

Physical Education  
(K-5)

**Brain Based Education: Integrating the Content Areas into Physical Education**

*(audience participation)*


Eighty five percent of students today are kinesthetic learners. How do we teach these students while sticking to the necessary curriculum? You will take an active role in activities which integrate content areas and NASPE standards while focusing on brain based learning.

*Presenters:* **Rachel Damery**  
**Katie Even**  
**Ashanti Johnson**  
**Keeley Rosenthal**  
Illinois State University, Normal

*Presenter:* **Rachel Damery**  
Illinois State University, Normal

 **Presenter has a booth**

96. 8:15 a.m. – 9:15 a.m. Adventure Challenge Education 31.  
 St. Charles Ballroom Salons V/VI (9-12)  
**Teambuilding Activities**  
*(audience participation)*
- A variety of teambuilding activities presented by Northeastern Illinois University students.
- Presenters:* **Jim Bloch**  
**Students**  
 Northeastern Illinois University, Chicago
- Presenter:* **Dan Creely**  
 Northeastern Illinois University, Chicago
97. 8:15 a.m. – 9:15 a.m. Dance  
 New Orleans Ballroom (K-5)  
**Waltz Your Way into an Integrated Dance Unit**  
*(audience participation)*
- Will give an overview of a collaborative physical education and music unit focusing on ballroom dances accessible to elementary school students.
- Presenters:* **Carolyn Bray**  
**Jay Fuller**  
 Dean Street School, Woodstock
- Presenter:* **Jay Fuller**  
 Dean Street School, Woodstock
98. 8:15 a.m. – 9:15 a.m. Adapted Physical Education  
 Ruby (K-5)  
**Let's Play Together**
- General education and adapted physical education teachers together in the gym.
- Presenters:* **Jennifer Sertella**  
**Penny Wills**  
 AERO Special Education Cooperative, Burbank
- Presenter:* **Penny Wills**  
 AERO Special Education Cooperative, Burbank
99. 8:15 a.m. – 9:15 a.m. Physical Education  
 Turquoise A and B (K-5)  
**Classroom Management for Physical Education**
- Learn strategies to motivate your students and create a positive learning environment in the gymnasium. Learn how to deal with problem behaviors.
- Presenter:* **Richard Santiago**  
 Americana School, Glendale Heights
- Presenter:* **Richard Santiago**  
 Americana School, Glendale Heights

100. 8:15 a.m. – 9:15 a.m. Blue Ribbon   
(6-8)  
Coral  
**Our Blue Ribbon Journey: Percy Julian’s Middle School Model**
- Take some innovative ideas about programming, mix in some professionals who are flexible, work cooperatively and roll it out in any and all facilities in your area and what do you have? A Blue Ribbon middle school!
- Presenters:* **Don August**  
**Jeff Featherstone**  
**Deanna Hart**  
**Peggy Kell**  
Percy Julian Middle School, Oak Park
- Presenter:* **Peggy Kell**  
Percy Julian Middle School, Oak Park
101. 8:15 a.m. – 9:15 a.m. Sports and Athletics  
(Adult)  
Sapphire  
**Joint Strain / Counter Strain Techniques to Rehabilitate Musculoskeletal Injuries**
- History, theory and supportive research for strain/counter strains. Demonstration of the techniques.
- Presenter:* **Kevin M. Cronin**  
Advanced Rehabilitation Clinic, Elmhurst
- Presenter:* **Kevin M. Cronin**  
Elmhurst
102. 8:15 a.m. – 9:15 a.m. Physical Education  
(9-12)  
Preservation Hall A  
**High School Round Table**
- It’s a time for fellowship and to share! Join your peers to discuss current trends and best practices in our profession. Attendees will rotate amongst tables discussing topics like the use of technology, elective and core course offerings, assessment of cognitive and psychomotor domains, infusion of fitness across the curriculum, meeting the needs of adapted students and more. This will be a great time to take away ideas that are working for high schools.
- Moderators:* **David Perry**  
**David Ricca**  
Neuqua Valley High School, Naperville
103. 8:15 a.m. – 9:15 a.m. Health  
(9-12)  
Broadway A  
**A Cognitive Behavioral Approach to Sex Education**
- Applying the ABC System to teaching comprehensive sex education, preventing unplanned pregnancies and STD’s and teaching students to make the healthiest choices in relationships.
- Presenter:* **Ray Mathis**  
McHenry
- Presenter:* **Ray Mathis**  
McHenry

104. 8:15 a.m. – 10:30 a.m. 33.  
Health  
(Adult)  
Broadway B  
**Putting Your Local Wellness Policy into Action!**

Health and physical education teachers as well as coaches are an important piece in the wellness policy puzzle. Learn about key resources and strategies to help kick your local wellness policy into action and meet wellness policy legislative requirements for nutrition education, physical activity and nutrition guidelines for food available in schools. Review a variety of evidence-based physical education and activity curriculums as well as legislative updates.

*Presenter:* **Linda Braam**  
Illinois Nutrition Education and Training Program, Sycamore

*Presenter:* **Linda Braam**  
Sycamore

105. 8:15 a.m. – 9:15 a.m. Technology  
(6-12)  
Marsalis I (Tech Center)  
**Using Moodle instead of Classroom Time in Physical Education**

Will explain how to use the web base program Moodle to cover and reinforce the academic materials needed in your physical education curriculum.

*Presenter:* **Dan Dillon**  
Highland Park High School, Highland Park

*Presenter:* **Ann Hanson**  
Deerfield

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106. 9:30 a.m. – 10:30 a.m. Physical Education  
(K-Adult)  
Mega Center A



**Sport Stacking with Speed Stacks 101: The Basics!**  
(audience participation)

Stackers of all ages and abilities find success in this unique individual and team sport that promotes hand-eye coordination, ambidexterity, quickness and concentration.

*Presenter:* **Daniel Wolff**  
Speed Stacks, Inc., Iverness, Colorado

*Presenter:* **Daniel Wolff**  
Speed Stacks, Inc., Iverness, Colorado

107. 9:30 a.m. – 10:30 a.m. Physical Education  
(6-12)  
Mega Center B



**Rock the GeoFitness Beat**  
(audience participation)

Will focus on ideas and activities from adolescents to adults to engage your brain and muscle power. Fun is always an option. Our curriculum based program offers a variety of uses for diverse age groups and interests.

*Presenter:* **Paola Fontana**  
Orlando, Florida

*Presenter:* **Paola Fontana**  
Orlando, Florida

 **Presenter has a booth**

108. 9:30 a.m. – 10:30 a.m. Physical Education  
St. Charles Ballroom Salons I/III/IV (K-5)  
**Fantastic Fitness Fun – 2008 Version!**  
(audience participation)

Challenge your students to improve their fitness levels through a variety of new activities designed to keep the heart pumping. Some ideas will be cross curricular using math and reading components incorporated into the lesson. Will give you fresh ideas to keep your students active, happy and challenged.

*Presenters:* **Susan Kursar**  
**Amy Treptow**  
Welch Elementary School, Naperville  
**Joyce Peters**  
Steck Elementary School, Naperville  
**Jose Soto**  
Cowlshaw Elementary School, Naperville  
*Presider:* **Susan Kursar**  
Welch Elementary School, Naperville

109. 9:30 a.m. – 10:30 a.m. Wellness  
St. Charles Ballroom Salon II (9-12)  
**Heart Rate Monitors: A Symposium on Use, Management and Effectiveness**  
(audience participation)

Will exhibit how to incorporate heart rate monitors into a fitness curriculum. Participants will put on a monitor, engage in an activity, learn how to download file information and gather class reports. The use of a PDA will be demonstrated along with various assessment ideas.

*Presenters:* **Lester Hampton**  
**Vicki Jacobs**  
**Eric Lyons**  
**Maria Pressman**  
University High School, Normal  
*Presider:* **Maria Pressman**  
University High School, Normal

110. 9:30 a.m. – 10:30 a.m. Adapted Physical Education  
St. Charles Ballroom Salons V/VI (6-8)  
**Quick Ways to Include Students with Disabilities in Your PE Class**  
(audience participation)

Simple quick adaptations for students with disabilities included in general physical education. Hands on equipment and adaptations.

*Presenters:* **Tina Haeussler**  
**Lisa Nehelia**  
SEDOL Special Education District of Lake County, Gages Lake  
*Presider:* **Tina Haeussler**  
Gages Lake

111. 9:30 a.m. – 10:30 a.m. Dance  
(6-8)  
New Orleans Ballroom  
**Hot Moves**  
(audience participation)

Experience a high energy Hip-Hop and Latin dance class that incorporates routines designed to help teachers develop a dance program in their schools or communities.

*Presenters:* **Sean Burns**  
**Jeff Clemens**  
**Nick Gamino**  
**Colleen MacDonald**  
**Patrice Melton**  
Liberty Junior High School, Burbank  
**Margot Toppen**  
Director of Dancing with Class (May I Have This Dance, Inc.), Chicago  
*Presenter:* **Margot Toppen**  
May I Have This Dance, Inc., Chicago

112. 9:30 a.m. – 10:30 a.m. Physical Education  
(9-12)  
Ruby  
**Incorporating Reading and Writing into your Physical Education Curriculum**  
**Utilizing Cross-Curricular Methods**

In cooperation with the English department, we have begun to participate in the Building Reading initiative by utilizing a writing template originated by the English department to help with reading and writing literacy.

*Presenters:* **Robin Paul**  
**Courtney White**  
Buffalo Grove High School, Buffalo Grove  
*Presenter:* **Courtney White**  
Buffalo Grove High School, Buffalo Grove

113. 9:30 a.m. – 10:30 a.m. Physical Education  
(K-5)  
Turquoise A and B  
**Using PE Metrics to Assess Elementary Standard One**

PE Metrics is a new initiative by NASPE to provide valid and reliable assessment of motor skills in the elementary PE program. Will demonstrate the assessments and show the DVD which gives examples of skillful movement.

*Presenter:* **Connie Fox**  
Northern Illinois University, DeKalb  
*Presenter:* **Connie Fox**  
Northern Illinois University, DeKalb

114. 9:30 a.m. – 10:30 a.m.

Coral

**Wheeling High School – Blue Ribbon Award Winning Program**

Find out more about Wheeling’s award winning program and gain insight into the evaluation process. Wheeling staff members will discuss the highlights of their curriculum and review steps taken to apply. See the balance between fitness and curriculum and how it works, incorporating special events and even how to meet all the S.I.P. goals!

*Presenters:* **Jason Kopkowski**  
**Diane Rawlinson**  
**Elda Robbins**  
**Rita Runyard**  
**(Illinois and Midwest District High School Physical Educator of the Year)**  
**Ryan Schiltz**  
**Joseph Wolinski**  
 Wheeling High School, Wheeling

*Presenter:* **Kevin Muck**  
 Wheeling High School, Wheeling

115. 9:30 a.m. – 10:30 a.m.

Jade

**IAHPERD Program Enhancement Grant**Physical Education  
(K-12)

Will highlight IAHPERD’s Program Enhancement Grant Program. An overview will be provided and previous recipients will present information on their project.

*Presenter:* **David Q. Thomas**  
 Illinois State University, Normal  
**“Overview of the IAHPERD Program Enhancement Grant”**

*Presenters:* **David Q. Thomas**  
 Illinois State University, Normal  
**Marcia Berke**  
 Resurrection High School, Chicago  
**“Bosu’s, Babies and Balance Boards”**  
**Becky Kammin**  
 Next Generation School, Campaign  
**“Healthy Choices for Healthy Minds and Bodies”**  
**Tony “IKE” Ivkovich**  
 Hill Middle School, Indian Prairie District 204, Naperville  
**“Fit Now, Fit for Life”**

116. 9:30 a.m. – 10:30 a.m.

Sapphire

**Member Retirement Benefits – Preparing for Retirement (a repeat)**Retirement  
(Adult)

An overview of benefits offered through TRS including retirement, health insurance, survivor benefits, the retirement application process and post retirement employment limitations.

*Presenter:* **Steven J. Rollins**  
 Benefits Counselor, Teachers Retirement System, Lisle

*Presenter:* **Steven J. Rollins**  
 Lisle

117. 9:30 a.m. – 10:30 a.m.  
Preservation Hall A  
**Jeopardy II**

The finals between the top three qualifiers from the preliminary round held Thursday.

*Moderators:* **Mary Grace Bator**  
Chicago State University, Chicago  
**Don Scherrer**  
Trinity International University, Deerfield

118. 9:30 a.m. – 10:30 a.m. Health  
(9-12)  
Broadway A  
**Bullying, Name Calling, Stereotyping? – Imagine – Lessons that Teach Tolerance Among Your Students!**

Designed by Columbine High School students after their tragedy, this lesson will touch your students. Handouts for two lessons.

*Presenter:* **Linda Wegner**  
Rochelle Township High School, Rochelle  
*Presenter:* **Linda Wegner**  
Rochelle Township High School, Rochelle

119. 9:30 a.m. – 11:45 a.m.  
Augusta  
**Research – Student Mentor Projects**

*Presenter:* **Steve McCaw**  
Illinois State University, Normal

9:30 a.m.  
*Psychological Need Satisfaction and Motivation in Athletes: Does Balance Matter?*

*Student:* **Jillian Richardson**  
*Mentor:* **Anthony Amorose**  
Illinois State University, Normal

9:45 a.m.  
*The Effects of Relaxation and Self-talk in Reducing Anxiety and Increasing Performance on a Golf Putting and Concentration Task*

*Student:* **Amanda Warner**  
*Mentor:* **Brent Walker**  
Eastern Illinois University, Charleston

10:00 a.m.  
*Combating Nature Deficit Disorder: The Development of an Outdoor Recreation Program Plan*

*Student:* **Tim Kennedy**  
*Mentor:* **Amy Hurd**  
Illinois State University, Normal

10:15 a.m.

**BREAK**

10:30 a.m.

*Studying Autism: A Research and Field Based Experience in a Public School*

*Student:* **Patrick Allen**  
*Mentor:* **Deborah A. Garrahy**  
Illinois State University, Normal

10:45 a.m.

*Differences in Functional Hip Characteristics between Baseball Pitchers and Position Players*

*Student:* **Justin Stanek**  
*Mentor:* **Todd McLoda**  
Illinois State University, Normal

120. 9:30 a.m. – 10:30 a.m. Technology/Adventure Challenge Education  
Marsalis I (Tech Center) (9-12)  
**What Is Geocoaching?**

Geocoaching is an entertaining adventure game for GPS users. Participants will get hands on opportunities to use a GPS device. There will be a computer lab session followed by a cache hunt.

*Presenters:* **Kevin Benages**  
**Jon Guillaume**  
**Jerry Miceli**  
Vernon Hills High School, Vernon Hills  
*Presenter:* **Jerry Miceli**  
Vernon Hills High School, Vernon Hills

121. 9:30 a.m. – 10:30 a.m. Technology  
Marsalis II (Tech Center) (Adult)  
 **Synch into Polar's TriFIT System**

Polar's TriFIT System is the ultimate solution in fitness testing software, hardware and reporting. Learn how to integrate use of the Companion Pocket PC and software for hands-on testing and reporting.

*Presenters:* **Sharon Warren**  
**Scott Welle**  
Polar Electro, Inc., Lake Success, New York  
*Presenter:* **Scott Welle**  
Polar Electro, Inc., Lake Success, New York

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122. 9:30 a.m. – 10:30 a.m.  
Mega Center Skyboxes 3 and 4

**Retirees Business/Social Meeting**

*Presenter:* **Ann Stevens**  
Evanston

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123. 10:45 a.m. – 11:45 a.m. Physical Education  
Mega Center A (9-12)



**Skillastics – Standards Based Fitness Games for Everyone**  
(audience participation)

Skillastics is a series of standards-based fitness games that allow 1 to 100 children of varying ages and fitness levels to participate and enjoy being active at one time! Learn about the new Fitness Xtreme Skillastics designed for high school students.

*Presenter:* **Leslie Robinson-Fisher**  
Fitzgerald Elementary School, Arlington, Texas  
*Presenter:* **Leslie Robinson-Fisher**  
Fitzgerald Elementary School, Arlington, Texas

124. 10:45 a.m. – 11:45 a.m. 39.  
Physical Education  
(6-8)  
Mega Center B  
**World Games**  
*(audience participation)*
- Learn by listening, learn by doing various games/sports/activities from around the world. learn what you need, what to do and how to get the equipment. Highlighted sports are Tchoukball, Sumo wrestling, Cricket and Roman Ball.
- Presenter:* **Jason Kieronski**  
Springman Middle School, Glenview
- Presenter:* **Jason Kieronski**  
Springman Middle School, Glenview
125. 10:45 a.m. – 11:45 a.m. Physical Education  
(K-8)  
St. Charles Ballroom Salons I/III/IV  
**Change A Game**  
*(audience participation)*
- “Traditional” games are transformed into fitness activities for children and youth. Participate in creative, low cost and challenging fitness activities designed cooperatively by physical education majors.
- Presenters:* **Aurora University Physical Education Majors**  
Aurora University, Aurora  
**Millie Wostratzky**  
Darien
- Presenter:* **Alicia Cosky**  
Aurora University, Aurora
126. 10:45 a.m. – 11:45 a.m. Physical Education  
(K-5)  
St. Charles Ballroom Salon II  
**A Juggling Circuit for Everyone**  
*(audience participation)*
- Eight stations of juggling fun that can be adapted for K-5 (or older). Time to play and a special juggling lesson for beginners.
- Presenter:* **Chris Woodard**  
McCall School, Waukegan
- Presenter:* **Chris Woodard**  
McCall School, Waukegan
127. 10:45 a.m. – 11:45 a.m. Adventure Challenge Education  
(9-12)  
St. Charles Ballroom Salons V/VI  
**Teambuilding Activities + Processing = Transformation in Students**  
*(audience participation)*
- Fun, innovative teambuilding activities are great additions to any program. However, to give the activities meaning, it is important to debrief and process with the students after the experience. Experience some fun activities and learn simple and effective ways to provide meaning and purpose to their experiences.
- Presenter:* **Dan Creely**  
Northeastern Illinois University, Chicago
- Presenter:* **Dan Creely**  
Northeastern Illinois University, Chicago

128. 10:45 a.m. – 11:45 a.m. 40.  
New Orleans Ballroom Dance  
**Modern Dance** (6-12)  
(audience participation)

This beginner's class will introduce teachers to the concepts taught in modern dance at the junior and high school levels. Bring your dancing shoes...or in this case your socks or bare feet!

*Presenter:* **Lucy Vurusic Riner**  
Oak Park-River Forest High School, Oak Park  
*Presenter:* **Lucy Vurusic Riner**  
Oak Park-River Forest High School, Oak Park

129. 10:45 a.m. – 11:45 a.m. Adapted Physical Education  
Ruby (9-12)  
**P.E.O.P.E.L. – Physical Education Opportunity Program for the Exceptional Learner (Inclusion in Reverse)**

The P.E.O.P.E.L. class combines specially trained junior and senior peer tutors with students who have multiple disabilities. The result is success for everyone.

*Presenter:* **Cathy Harper**  
**2008 Illinois Adapted Teacher of the Year**  
A.A. Stagg High School, Palos Hills  
*Presenter:* **Peggy Ganger**  
Georgetown Elementary School, Aurora

130. 10:45 a.m. – 11:45 a.m. Physical Education  
Turquoise A and B (6-12)  
**Frugal Fitness Assessments**

Add variety to your fitness testing using these low cost options.

*Presenters:* **Andra Hjelm**  
Carl Sandburg Middle School, Mundelein  
**John Hjelm**  
North Park University, Chicago  
*Presenter:* **John Hjelm**  
North Park University, Chicago

131. 10:45 a.m. – 11:45 a.m. Physical Education  
Coral (K-12)  
**National Board Certification**

A panel of National Board Certified teachers will give an overview of the certification process and address questions from the audience.

*Presenters:* **Terri Andrews**  
May Watts Elementary School, Naperville  
**Barbara Baber**  
U of C Charter School – Woodlawn Campus, Chicago  
**Kathy Brinker**  
CASE, Glen Ellyn  
**Peggy Carroll**  
Mt. Greenwood Elementary School, Chicago  
**Laurie Chapman**  
Marion High School, Marion  
**John Garrison**  
Scott Elementary School, Naperville  
**Beth Hjelm**  
Laura B. Sprague Elementary School, Lincolnshire  
*President:* **Beth Hjelm**  
Laura B. Sprague Elementary School, Lincolnshire

132. 10:45 a.m. – 11:45 a.m. Physical Education  
Jade (9-12)  
**Teaching the Olympic Martial Arts**

Are you nervous about including combative activities in your physical education program curriculum? Here is a safe and enjoyable unit that has been successfully used with freshmen boys and girls introducing Taekwondo, Judo and wrestling.

*Presenter:* **David Curby**  
Skokie  
*President:* **David Curby**  
Skokie

133. 10:45 a.m. – 11:45 a.m. Blue Ribbon   
Topaz  
**Blue Ribbon Committee Meeting**  
*President:* **Paula Steil**  
Park View School, Morton Grove

134. 10:45 a.m. – 11:45 a.m. Physical Education  
Preservation Hall A (K-5)  
**Grades 1-5 Games and Activities Sharing Session**

This sharing session is an opportunity for teachers to present effective teaching strategies, games and activities that have proven to be successful and well received by their students.

*Presiders:* **Anne Anderson**  
Wood View Elementary School, Bolingbrook  
**Jane Sutkowski**  
Hermansen Elementary School, Romeoville

135. 10:45 a.m. – 11:45 a.m. 42.  
Health  
(Adult)  
Broadway A



**Cholesterol is Good for You!**

Learn some eye-opening, surprising facts about cholesterol-it does not cause heart disease! Understand how plaque builds in arteries and how to prevent it! Good cholesterol is vital to health.

*Presenter:* **Linda Serieka-Harbosky**  
Reflections of Life Center, Warrenville

*Presenter:* **Linda Serieka-Harbosky**  
Warrenville

136. 10:45 a.m. – 11:45 a.m. Health/Sports and Athletics  
(7-12)  
Broadway B

**A Game Plan for Sports Nutrition**

Physical education teachers along with coaches will learn the skills and resources needed to educate their students and athletes on how to maximize their performance by making healthy food and lifestyle choices. A sports nutrition resource will be provided to each attendee.

*Presenter:* **Linda Braam**  
Illinois Nutrition Education Training Program, Sycamore

*Presenter:* **Linda Braam**  
Sycamore

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137. 10:45 a.m. – 1:00 p.m. Health  
(9-12)  
Broadway C

**A MIDWEST DISTRICT HEALTH CONFERENCE SESSION**

**The New National Health Education Standards: Applying Research-based and Effective Standards to Curriculum, Instruction and Student Assessment**

Will provide participants with the rationale and underlying theories that are the foundation of the 2007 National Health Education Standards. Participants will understand the importance of linking curriculum, instruction and assessment to the NHES.

*Presenter:* **Susan K. Telljohann**  
The University of Toledo, Toledo, Ohio

*Presenter:* **Susan K. Telljohann**  
The University of Toledo, Toledo, Ohio

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138. 10:45 a.m. – 11:45 a.m. Technology  
(6-8)  
Marsalis I (Tech Center)



**Fitness for Life Middle School**

Use *Fitness for Life: Middle School* text to combat declining physical activity levels in students and empower them to plan for lifelong physical fitness.

*Presenter:* **Angie Fiala**  
Human Kinetics, Champaign

*Presenter:* **Angie Fiala**  
Human Kinetics, Champaign

**Presenter has a booth**

139. 10:45 a.m. – 11:45 a.m.  
Marsalis II (Tech Center)



**Get Down(loading) with Polar**

Setting and downloading Polar's E600 heart rate monitor – bring your own or use ours.  
We will walk through the steps of creating and downloading a file from the E600 with  
plenty of time for questions and answers.

*Presenters:*     **Sharon Warren**  
                          **Scott Welle**  
                          Polar Electro, Inc., Lake Success, New York

*Presider:*        **Scott Welle**  
                          Polar Electro, Inc., Lake Success, New York

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140. 10:45 a.m. – 11:45 a.m.  
Mega Center Skyboxes 3 and 4

**Past President's Meeting**

*Presider:*        **Brian Pritschet**  
                          Eastern Illinois University, Charleston

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141. 11:00 a.m. – 1:15 p.m.  
Palmer  
**DuPage County Health Fitness Project Participants (a repeat)**

Fitness  
(Adult)

Planning session for DuPage County ROE Pep Grant Project participants.  
**(BY INVITATION ONLY)**

*Participants:*   **Bill Casey**  
                          Franklin Elementary School, Park Ridge  
                          **Heidi Krahling**  
                          University of Illinois at Urbana-Champaign, Champaign  
                          **Phyllis Pickett**  
                          Schaumburg  
                          **Beth Verner**  
                          Illinois State University, Normal

*Presider:*        **Beth Verner**  
                          Illinois State University, Normal

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11:45 p.m. – 12:15 p.m.  
**LUNCH BREAK**

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142. 12:15 p.m. – 1:15 p.m. Dance/Fitness  
Mega Center A (9-12)
- Zumba: Latin Dance Aerobics**  
(audience participation)
- Dance your way into fitness with this hot new class that incorporates Latin and International rhythms and salsa, meringue and samba and hip hop dance steps.
- Presenter:* **Barb LaRocco**  
Courts Plus – Elmhurst Park District, Elmhurst
- Presenter:* **Barb LaRocco**  
Courts Plus – Elmhurst Park District, Elmhurst
143. 12:15 p.m. – 1:15 p.m. Physical Education  
Mega Center B (9-12)
- Ultimate Frisbee Teaching**  
(audience participation)
- Offensive and defensive skill development, team strategy and drills for the game of Ultimate Frisbee.
- Presenters:* **Marianne Woods**  
**Students**  
Western Illinois University, Macomb
- Presenter:* **Marianne Woods**  
Western Illinois University, Macomb
144. 12:15 p.m. – 1:15 p.m. Sports and Athletics  
St Charles Ballroom Salon I (Adult)
- Hey Coach, Can You Tape Me Up?**  
(audience participation)
- An interactive session to allow coaches to learn/practice assorted athletic taping and strapping techniques.
- Presenters:* **Kelly Potteiger**  
**Students**  
North Park University, Chicago
- Presenter:* **Kelly Pottieger**  
North Park University, Chicago
145. 12:15 p.m. – 1:15 p.m. Physical Education  
St. Charles Ballroom Salon II (K-Adult)
- Power Up Your Pilates Powerhouse!**  
(audience participation)
- Pilates is an exercise system that uses breathing techniques, concentration and controlled movements to strengthen core (POWERHOUSE) muscles. Will focus on the mat (floor) exercises.
- Presenter:* **Judith Chitwood**  
Northern Illinois University, DeKalb
- Presenter:* **Judith Chitwood**  
Northern Illinois University, DeKalb

146. 12:15 p.m. – 1:15 p.m.  
St. Charles Ballroom Salons III/IV

Physical Education  
(K-5)



**In School Bowling**  
(*demonstration*)

Teachers learn a simple method of teaching bowling basics along with several fitness options. Utilizing a “backward linking” teaching method and integrating specific “learning keys”, this session is educational and fun!

*Presenter:*       **Gary Giardini**  
Rockford

*Presenter:*       **Gary Giardini**  
Rockford

147. 12:15 p.m. – 1:15 p.m.  
St. Charles Ballroom Salons V/VI

Adventure Challenge Education/Adapted  
(6-12)

**Teambuilding for the Inclusive Classroom**  
(*audience participation*)

This overview session is designed for regular and special education teachers, both of whom are now required as a result of a federal government mandate of “no child left behind,” to facilitate the adaptation of curricular for the special education student enrolled in the “inclusive classroom.” Teachers who now encounter many and more varied disabilities in their student populations will find this adapted teambuilding methodology of specialized hands-on, activity-based, game-like format to be not only beneficial, but crucial to the success of both general and special education students.

*Presenters:*       **Fran Williams**  
                          **Lloyd A. Williams**  
Team Course Challenge, Chicago

*Presenter:*       **Lloyd A. Williams**  
Chicago

148. 12:15 p.m. – 1:15 p.m.  
New Orleans Ballroom

Dance  
(9-12)

**African Dance**  
(*audience participation*)


Will give participants a chance to learn African-based choreography that can be incorporated into a dance unit.

*Presenter:*       **Heather Smith**  
Chicago State University, Chicago

*Presenter:*       **Heather Smith**  
Chicago State University, Chicago

 **Presenter has a booth**

46.

149. 12:15 p.m. – 1:15 p.m. Physical Education  
Pool (6-12)  
**“Survivor” H2O Style**  
(audience participation)
- The famous television show has hit the pools. Here is an activity that cumulates a swim unit, with student team challenges. From building a shelter, diving for immunity necklaces, and eating worms (gummy...of course). Teams work together to accomplish 9 different tasks all of which incorporate SWIMMING!
- Presenter:* **Rita Runyard**  
**(Illinois and Midwest District High School Teacher of the Year)**  
Wheeling High School, Wheeling
- Presider:* **Rita Runyard**  
Wheeling High School, Wheeling
150. 12:15 p.m. – 1:15 p.m. Physical Education  
Ruby (9-12)  
**Applied Motor Learning for Teachers and Coaches**
- An interactive program on the contemporary application of psychological principles and strategies for the teaching and coaching of motor skills.
- Presenter:* **David M. Cutton**  
Northeastern Illinois University, Chicago
- Presider:* **David M. Cutton**  
Northeastern Illinois University, Chicago
151. 12:15 p.m. – 1:15 p.m. Fitness  
Turquoise A and B (Adult)  
**Heart Disease: Assessment and Management of Personal Risk**
- Individual assessment of modifiable and non-modifiable risk factors for heart disease. Strategies for managing/lowering risk will be discussed.
- Presenter:* **Mark S. Kattenbraker**  
Eastern Illinois University, Charleston
- Presider:* **Mark S. Kattenbraker**  
Eastern Illinois University, Charleston
152. 12:15 p.m. – 1:15 p.m. Blue Ribbon   
Coral (K-12)  
**Blue Ribbon Evaluator Re-Training**
- This program is for current evaluators to become familiar with the new criteria booklet and scoring worksheet. You must be a current Blue Ribbon evaluator to attend!
- Presenter:* **Chris Beese**  
Westmoor Elementary School, Northbrook
- Presider:* **Chris Beese**  
Westmoor Elementary School, Northbrook

153. 12:15 p.m. – 1:15 p.m. Physical Education  
Jade (College)  
**Creative, Beneficial Lessons: The Community Based Learning Experience**

Learn the ABC's of CBL and how these partnerships provide authentic, successful experiences for students and teachers alike.

*Presenter:* **Tammy A. Schiek**  
Rockford College, Rockford  
*Presenter:* **Tammy A. Schiek**  
Rockford College, Rockford

154. 12:15 p.m. – 1:15 p.m. Physical Education  
Sapphire (College/University Dept. Chairs)  
**Department Chairs Meeting**

Will provide a forum for department chairs from universities and colleges throughout Illinois to discuss issues of concern in their departments and programs.

*Presenter:* **Miriam Satern**  
Western Illinois University, Macomb

#### **INVITED GUEST SPEAKER**

155. 12:15 p.m. – 1:15 p.m. Physical Education  
Theater (K-5)  
**Active and Healthy School: A New Focus on Accountability**


How to make schools more focused on activity and health behaviors, accountability and outcomes that can be achieved by all students and teachers.

*Presenter:* **Robert P. Pangrazi**  
Arizona State University, Tempe, Arizona  
**(Sponsored by Gopher Sports, Owatonna, Minnesota)**  
*Presenter:* **Kim Wheeler**  
Alton Middle School, Alton

156. 12:15 p.m. – 2:30 p.m. Health  
Broadway A (Adult)  
**Illinois Sexual Health Education Roundtable**

The Illinois Caucus for Adolescent Health (ICAH) is dedicated to improving adolescent sexual health and has been working statewide for 30 years. A central component of this work revolves around sexual health education for youth in schools and communities throughout Illinois. As part of ICAH's Sex Education Initiatives, multiple projects are underway to identify resources, supports, barriers, and opportunities for the creation of sustained efforts to provide sexual health education for youth in Illinois. Join us for refreshments and a lively discussion surrounding adolescent sexual health education. Come participate and provide meaningful feedback during the roundtable session. Space is limited to fifty participants. Plan on arriving early to get a good seat.

*Presenters:* **Carrie Neff Andrews**  
**Vivian Barrett**  
Illinois Caucus for Adolescent Health, Chicago  
*Presenter:* **Vivian Barrett**  
Chicago

157. 12:15 p.m. – 2:30 p.m. 48.  
Health  
(6-12)  
Broadway B  
**More Tools for the Health Education Toolbox**
- Will include methods, lessons and other information to help health educators prepare and deliver curriculum. So rearrange your toolbox so you can add more tools!
- Presenters:*     **Stephanie Achtien**  
Hester Junior High School, Franklin Park  
                  **Carole Castens**  
Wright Middle School, Lincolnshire  
                  **Dennis Ludden**  
Jay Stream Middle School, Carol Stream  
                  **Courtney Achtien**  
Proviso East High School, Maywood
- Presider:*       **Dennis Ludden**  
Jay Stream Middle School, Carol Stream
158. 12:15 p.m. – 1:15 p.m. Technology  
(9-12)  
Marsalis I (Tech Center)  
 **Fitness for Life High School**
- Learn how the popular personal fitness text, *Fitness for Life: High School*, provides the means for students to adopt habits for lifelong physical fitness and health.
- Presenter:*     **Angie Fiala**  
Human Kinetics, Champaign
- Presider:*      **Angie Fiala**  
Human Kinetics, Champaign
159. 1:30 p.m. – 2:30 p.m. Physical Education  
(K-5)  
Mega Center A  
**Exercise Extravaganza**  
(audience participation)
- Will present various activities which will include Heart Healthy Tag, Easter Eggercise, Marshmallow Mania (uses marshmallows and foam lollipop paddles) and Lummi sticks.
- Presenter:*     **Marie Taylor**  
Putham County Elementary School, Hennepin
- Presider:*      **Marie Taylor**  
Putham County Elementary School, Hennepin

 **Presenter has a booth**

49.

160. 1:30 p.m. – 2:30 p.m.  
Mega Center B

Physical Education  
(6-8)



**Energizabulls – A Multimedia Instructional Tool Designed to Support Physical Education Teachers.**

*(audience participation)*

Program is delivered through digital video recorder technology. More than 70 fitness lesson plans are available including aerobics, yoga, core training, ladder circuits and sport specific training. Will include a complete narrative of EnergizaBulls with a demonstration on how to use the equipment. This is a highly interactive program in which we will encourage audience participation. Benny the Bull and other Bull personalities will be participating.

*Presenter:* **David Kurland**  
Chicago Bulls, Chicago

*Presenter:* **David Kurland**  
Chicago

161. 1:30 p.m. – 2:30 p.m.  
St. Charles Ballroom Salon I

Physical Education  
(K-5)

**Multidisciplinary and Multicultural Physical Education Activities – Reconnecting the Body, the Brain and the Mind**

*(audience participation)*

Will incorporate different areas of the elementary school curriculum and aspects of culture and diversity in physical education classes. Will demonstrate the natural connection of body, brain and mind.

*Presenters:* **Clersida Garcia**  
**Luis Garcia**  
**Students**  
Northern Illinois University, DeKalb

*Presenter:* **Clersida Garcia**  
Northern Illinois University, DeKalb

162. 1:30 p.m. – 2:30 p.m.  
St. Charles Ballroom Salon II

Physical Education  
(9-12)

**BodyScript: Ideas to Help teachers Enhance Aerobics Classes: We Will Give You the Tools to Add or Enhance a Group Exercise Class**

*(audience participation)*

Will provide you with ideas and take home choreography for different types of aerobic exercises. Several mini classes will be taught including cardio and toning.

*Presenter:* **Shelby Thornmeyer**  
Naperville

*Presenter:* **Shelby Thornmeyer**  
Naperville

 **Presenter has a booth**

163. 1:30 p.m. – 2:30 p.m. Adventure Challenge Education  
St Charles Ballroom Salons III/IV (6-12)  
**Teambuilding Leadership Workshop and Activities**  
(audience participation)

Participants will be led through teambuilding activities facilitated by Lyons Township High School teachers and adventure education students. Overview and logistics of such training will be presented.

*Presenters:* **Joe Conway**  
**Sharon Murphy**  
**Students**  
Lyons Township High School, LaGrange  
*Presenter:* **Joanne Pyritz**  
Lyons Township High School, LaGrange

164. 1:30 p.m. – 2:30 p.m. Adapted Physical Education  
St. Charles Ballroom Salons V/VI (6-8)  
**Goal Ball – A Paralympic Sport for the Visually Impaired**  
(audience participation)

Will focus on the Paralympic sport of Goal Ball and will demonstrate its value for reverse inclusion.

*Presenter:* **Robert J. Szyman**  
Chicago State University, Chicago  
*Presenter:* **Robert J. Szyman**  
Chicago State University, Chicago

165. 1:30 p.m. – 2:30 p.m. Dance  
New Orleans Ballroom (6-8)  
**Movement Integrated with Academics**  
(audience participation)

Will show various ways to use dance/movement to enhance academic subject areas such as reading, math, vocabulary, science, geography and history. You will participate in activities to use in your classroom and ways to adapt these activities to different age groups and special needs. Assessments will be discussed.

*Presenter:* **Gina Spears**  
Boone Elementary School, Chicago  
*Presenter:* **Gina Spears**  
Boone Elementary School, Chicago

166. 1:30 p.m. – 2:30 p.m. Physical Education  
Ruby (9-12)  
**CPS – Engaging 100% of Students 100% Of the Time**

A hands-on approach on how to use and incorporate CPS (Classroom Performance System) into your physical education and health lessons.

*Presenters:* **Erin Centeio**  
**David Ricca**  
Neuqua Valley High School, Naperville  
*Presenter:* **Erin Centeio**  
Neuqua Valley High School, Naperville.

167. 1:30p.m. – 2:30 p.m. Physical Education  
Turquoise A and B (6-12)  
**Physical Activity or Physical Fitness?**
- Compare/contrast physical activity and physical fitness: address the role of physical education for improving physical activity and physical fitness for students with various abilities.
- Presenters:* **Ethel Gregory**  
**Ha Young Kim**  
**So -Yeun Kim**  
Northern Illinois University, DeKalb
- Presider:* **So- Yeun Kim**  
Northern Illinois University, DeKalb
168. 1:30 p.m. – 2:30 p.m. Physical Education  
Coral (K-12)  
**Shape Up**
- Anyone who is interested in helping with Shape Up is welcome to attend this session.
- Presiders:* **Terri Andrews**  
May Watts Elementary School, Naperville  
**Skip Begley**  
Hinsdale Central High School, Hinsdale
169. 1:30 p.m. – 2:30 p.m. Physical Education  
Jade (Adult)  
**IAHPERD 101**
- Interested in contributing to IAHPERD? Learn how the association functions and how important your involvement is.
- Presenter:* **Deb Wolf**  
Eastern Illinois University, Charleston
- Presider:* **Deb Wolf**  
Eastern Illinois University, Charleston
170. 1:30 p.m. – 2:30 p.m. Sports and Athletics  
Sapphire (9-12)  
**Using Stretching for Injury Prevention**
- Will discuss the proper technique for stretching activities and their importance in prevention of injuries.
- Presenter:* **Renee Polubinsky**  
Western Illinois University, Macomb
- Presider:* **Renee Polubinsky**  
Western Illinois University, Macomb

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171. 1:30 p.m. – 2:30 p.m.  
Topaz  
**Teacher Certification Committee Meeting**  
*Presenter:* **Beth Hjelm**  
Laura B. Sprague Elementary School, Lincolnshire
- 
172. 1:30 p.m. – 2:30 p.m.  
Preservation Hall A  
**Jump Rope for Heart Committee Meeting/Luncheon**
- 
173. 1:30 p.m. – 2:30 p.m. Health  
(9-12)  
Broadway C  
**Emotional Health – Will I Know It If I See It?**  
  
Have you wondered what emotional health is? This presentation offers descriptions by experts, a model of emotional health, and activities for teaching it.  
*Presenter:* **John Hjelm**  
North Park University, Chicago  
*Presenter:* **John Hjelm**  
North Park University, Chicago
174. 1:30 p.m. – 3:45 p.m. Physical Education  
Augusta  
**Research – Student Mentor Projects**  
*Presenter:* **Steve McCaw**  
Illinois State University, Normal
- 1:30 p.m.  
*Survival Signs Help Undergraduates with Inclusive Recreation*  
*Students:* **Melissa Lulofs**  
**Maura McGreevy**  
*Mentor:* **Sandra Wolf Klitzing**  
Illinois State University, Normal
- 1:45 p.m.  
*Motivational Factors of Marathon Running*  
*Student:* **Donna Lakinger**  
*Mentor:* **Phyllis T. Croisant**  
Eastern Illinois University, Charleston
- 2:00 p.m.  
*Western Walks*  
*Student:* **Beth Ewing**  
*Mentor:* **Cathy McMillan**  
Western Illinois University, Macomb
- 2:15 p.m.  
*The Effect of Leg Preference on the Biomechanics of Single Leg Drop Landings*  
*Student:* **Mitch Waller**  
*Mentor:* **Steve McGaw**  
Illinois State University, Normal

2:30 p.m.

*Physical Activity of Children from Families of Recent Immigrants*

*Student:* **Veronika Sanogo**

*Mentor:* **Darla M. Castelli**

University of Illinois at Urbana-Champaign

2:45-3:15 p.m. (Note: four students on related topics from a single study)

*Errorful Versus Errorless Learning Among Individuals with a Low Tendency for Self-reflection*

*Student:* **Brittany McKenna**

*Mentor:* **Peter Smith**

Illinois State University, Normal

*Errorful Versus Errorless Learning Among Individuals with a Tendency for Self-reflection*

*Student:* **Stephanie Ralph**

*Mentor:* **Peter Smith**

Illinois State University, Normal

*Errorful Versus Errorless Learning Among Experienced Individuals*

*Student:* **Allison DeWitt**

*Mentor:* **Peter Smith**

Illinois State University, Normal

*Errorful Versus Errorless Learning Among Inexperienced Individuals*

*Student:* **Jonathan Kurka**

*Mentor:* **Peter Smith**

Illinois State University, Normal

3:30 p.m.

*A Comparison of Internal and External Focus of Attention as Learning Methods in Children*

*Student:* **Keith Wojewnik**

*Mentor:* **Peter Smith**

Illinois State University, Normal

175. 1:30 p.m. – 2:30 p.m.  
Marsalis II (Tech Center)

Technology

### **A MIDWEST DISTRICT HEALTH CONFERENCE SESSION**

#### **Fit City: An Online Program to Develop and Enhance Your Health and Physical Education Curriculum**

Fit City is a web-based educational program that provides interactive nutrition and fitness information through 100 different lesson plans, interactive games, and cognitive activities. Will show and demonstrate its usage and discuss how to implement it into existing health, physical education, wellness and clinical programs.

*Presenter:* **Jim Smith**

Northmont High School, Clayton, Ohio

*Presenter:* **Jim Smith**

Northmont High School, Clayton, Ohio

176. 2:45 p.m. – 3:45 p.m. Physical Education  
Mega Center A (K-12)



**Let's Start a C'Motion**  
(audience participation)

Interactive dance and rhythm program using state of the art mobile ITEP unit.

*Presenter:* **Clint Briggs**  
DeKalb

*Presenter:* **Clint Briggs**  
DeKalb

177. 2:45 p.m. – 3:45 p.m. Physical Education/HFH  
Mega Center B (K-5)  
**Basketball Stations for the Elementary Students**  
(audience participation)

Learn how to use stations for basketball skills which include all ability levels for elementary students. These stations can be used for elementary Hoops for Heart events.

*Presenters:* **Ken Mansell**  
Ellington School, Quincy  
**Jennifer Oitker**  
Baldwin Intermediate School, Quincy

*Presenter:* **Ken Mansell**  
Ellington School, Quincy

178. 2:45 p.m. – 3:45 p.m. Wellness  
St. Charles Ballroom Salon I (6-8)  
**H.A.B.I.T. – Healthy, Active, Bodies in Training**  
(audience participation)

HILLBILLY PE - Have you been denied a grant? Is your budget so small that you can only afford ONE kickball? Come get some low cost ideas.

*Presenter:* **Stephanie Dalenberg**  
Iroquois West Middle School, Onarga


*Presenter:* **Stephanie Dalenberg**  
Iroquois West Middle School, Onarga

179. 2:45 p.m. – 3:45 p.m. Physical Education/ Adapted Physical Education  
St. Charles Ballroom Salon II (9-12)  
**Technology of Breath**  
(audience participation)

This is a different form of yoga or stress management, focusing on the breath. This is great for any student, teacher and especially great for special and adaptive education students. These techniques can be done in 5 minutes or for a whole class period – you choose!

*Presenter:* **Victoria Otto**  
Highland Park High School, Highland Park

*Presenter:* **Ann Hanson**  
Deerfield

180. 2:45 p.m. – 3:45 p.m. Physical Education/Health  
St. Charles Ballroom Salons III/IV (K-5)
-  **CATCHing Them after School**  
(demonstration)
- The CATCH Kids Club (CKC) is an evidence-based physical activity and nutrition education program designed for elementary school aged children (grades K-5) in an after-school/summer setting. CKC is composed of nutrition education materials (including snack activities) and a physical activity component.
- Presenter:* **Kathy Chichester**  
Flaghouse, Hasbrouck Heights, New Jersey
- Presenter:* **Kathy Chichester**  
Hasbrouck Heights, New Jersey
181. 2:45 p.m. – 3:45 p.m. Adventure Challenge Education  
St. Charles Ballroom Salons V/VI (9-12)
- Empowering Students through Teambuilding Activities**  
(audience participation)
- Come and learn some fun and empowering activities you can use in your program. I learned about teambuilding after teaching like a drill instructor for 25 years. It transformed my last 10 years of teaching. I was reenergized and so were my students.
- Presenter:* **Jim King**  
Illinois State University, Normal
- Presenter:* **Jim King**  
Illinois State University, Normal
182. 2:45 p.m. – 3:45 p.m. Dance  
New Orleans Ballroom (6-8)
- Schooling Hip-Hop**  
(audience participation)
- Integrate hip-hop dance/music/art as a way to engage students in the learning experience. Will be utilized as a model to teach character education and discipline.
- Presenter:* **Ifema Nkmendi**  
Tumo Works, Chicago
- Presenter:* **Ifema Nkmendi**  
Tumo Works, Chicago
183. 2:45 p.m. – 3:45 p.m. Physical Education  
Ruby (6-8)
- Run for Fun – Putting Together Your First 24 Hour Challenge Run**
- Learn to coordinate a 24 hour challenge run at your school.
- Presenters:* **Deb Cavanaugh**  
**Erin Frank**  
Dundee Middle School, Dundee
- Presenter:* **Erin Frank**  
Dundee Middle School, Dundee

184. 2:45 p.m. – 3:45 p.m. Physical Education  
Turquoise A and B (K-5)  
**Improve, Impress, Inform: NASPE STARS!**

2008 NASPE STARS AWARD WINNERS Carpenter and Field Elementary Schools and Emerson Middle School in District 64, Park Ridge, profile the steps for applying for STARS. We will share our portfolios, explain the application, the awards system and how to create advocacy through STARS.

*Presenters:* **Maureen Borowski**  
**Holly Gansz**  
Eugene Field School, Park Ridge  
**Tom Harley**  
**Karen Hastie**  
Carpenter School, Park Ridge  
**Emmy Pasier**  
Emerson Middle School, Park Ridge  
**Terri Andrews**  
May Watts Elementary School, Naperville  
*President:* **Holly Gansz**  
Eugene Field Elementary School, Park Ridge

185. 2:45 p.m. – 3:45 p.m. Physical Education  
Coral (9-12)  
**Lyons Township High School PE Swim Curriculum**


Will be a progressive overview of Lyons Township High School's swim curriculum. Special emphasis will be placed on instruction given by the entry level teacher.

*Presenters:* **Gretchen Clay**  
**Scott Walker**  
Lyons Township High School, Western Springs  
*President:* **Scott Walker**  
Lyons Township High School, Western Springs

186. 2:45 p.m. – 3:45 p.m. Physical Education  
Jade (Adult)  
**Concept to Reality – Getting Your Great Idea to Succeed**

Where do you begin? Getting started is the hardest part. Develop and coordinate the program you believe in. Ideas on how to get your great idea to become reality.

*Presenter:* **Fred Kaiser**  
**(Illinois and Midwest District Middle School Teacher of the Year)**  
Lundahl Middle School, Crystal Lake  
*President:* **Fred Kaiser**  
Lundahl Middle School, Crystal Lake

187. 2:45 p.m. – 3:45 p.m. Physical Education  
Sapphire (9-College)  
**Name that Tune! Integrating Music into your Health and Physical Education Classes**
- Will focus on using a variety of music to set a positive environment and enhance student learning in health and physical education classes.
- Presenter:* **Jenny Parker**  
Northern Illinois University, DeKalb
- Presenter:* **Jenny Parker**  
Northern Illinois University, DeKalb
188. 2:45 p.m. – 3:45 p.m. Health  
Broadway A (9-12)  
**Teaching Athletes to Make Cognitive Choices Better to Maximize Performance**
- Students and athletes have to be in the right cognitive and emotional place to maximize their chances for success. The ABC System gets them there.
- Presenter:* **Ray Mathis**  
McHenry
- Presenter:* **Ray Mathis**  
McHenry
189. 2:45 p.m. – 3:45 p.m. Health  
Broadway B (9-12)  
**Student Assessment: The Good, The Bad, The Ugly**
- A variety of assessment strategies and tools will be shared (rating sheets, rubrics, self assessment, use of portfolios and group assessment).
- Presenter:* **Kathryn Wiggins**  
DePaul University, Chicago
- Presenter:* **Kathryn Wiggins**  
DePaul University, Chicago
190. 2:45 p.m. – 3:45 p.m. Health  
Broadway C (5-6)
-  **ySTART – A New Smoking Prevention Program**
- See a demonstration of the new ySTART addiction education program – a dynamic curriculum featuring technology to help kids refuse the peer pressure to smoke.
- Presenters:* **Christine Creed**  
**Glenda Hall**  
Realityworks, Inc., Eau Claire, Wisconsin
- Presenter:* **Glenda Hall**  
Eau Claire, Wisconsin

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191. 2:45 p.m. – 3:45 p.m.

Topaz

**Committee for Professional Standards for Curriculum and Instruction**

*President:* **Mary Grace Bator**  
Chicago State University, Chicago

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3:30 p.m. – 4:30 p.m.

**District Business Meetings**

Chicago

Northeastern

Southwestern

Sapphire

Turquoise A and B

Coral

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4:30 p.m. – 6:00 p.m.

**District Socials**

Chicago

Northeastern

Northern

Southwestern

Western

Sapphire

Turquoise A and B

Ruby

Coral

Jade

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8:30 p.m. – 12:00 Midnight

New Orleans Ballroom

**All Convention Dance**

**LANDINI ENTERTAINMENT**

**ATTENDEES MUST WEAR THEIR CONVENTION BADGES**

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Saturday, November 22

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192. 8:30 a.m. – 11:00 a.m.  
Turquoise A and B

**IAHPERD Representative Assembly**

*Presider:* **Kim Wheeler**  
Alton Middle School, Alton

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193. 11:00 a.m. – 12:00 Noon  
Turquoise A and B

**2009 IAHPERD Executive Board Meeting**

*Presider:* **Peggy Pryor**  
Quincy Senior High School, Quincy

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