

2009 Health & Physical Activity Institute

Schedule of Events

James Madison University

July 19-22, 2009

**Health and Physical Activity Institute
Sunday, July 19, 2009
Pre-Institute Events**

Time	Event	Speaker	Place
8-9:45 am	Check-in	JMU Institute Staff	Festival Conference Ctr
10-12 am	JMU Graduate Class	Dr. Susan Nye	ISAT/CS 343
	Bike Education—Bike Smart Basics Class	Vicki Miller & Terry Gooding	Highlands
12-12:45 pm	Lunch		Festival Conference Ctr
12-12:45 pm	Check-in	Institute Staff	Festival Conference Ctr
1-5 pm	Bike Smart Basics Teacher Preparation Class	Vicki Miller & Terry Gooding	Highlands
	VCU Graduate Class	Dr. Jack Schiltz	Conference Room 1
	Driver Education Curriculum	Vanessa Wigand	Alleghany
2-5 pm	JMU Graduate Class	Dr. Susan Nye	ISAT/CS 343
3-5 pm	Check-in	Institute Staff	Festival Conference Ctr
5-6 pm	Dinner		Festival Conference Ctr
6-8:30 pm	Bike Smart Class	Vicki Miller & Terry Gooding	Highlands
	VCU Graduate Class	Dr. Jack Schiltz	Conference Room 1
6-9 pm	JMU Graduate Class	Dr. Susan Nye	ISAT/CS 343
6:30-7:30 pm	Institute leader's meeting	Barry Trent	Conference Room 5

**Health and Physical Activity Institute
Monday, July 20, 2009**

Time	Event	Speaker	Place
7-9	Breakfast		Festival Conference Ctr
8-10:45 am	Check-in	Institute Staff	Festival Conference Ctr
	JMU Graduate Class	Dr. Susan Nye	ISAT/CS 343
	VCU Graduate Class	Dr. Jack Schiltz	Conference Room 1
	Bike Smart Class	Vicki Miller/Terry Gooding	Highlands
9-12:45 am	City/County Supervisors Meeting -- Bill Deck		Alleghany
11-11:50 pm	PE Is More Than Duck, Duck, Goose, "The Right Stuff" (Elementary TOY)	Joanna Faerber	Ballroom A
	Fitness That Rocks! (Middle School TOY)	Tamara Brandhuber	Ballroom B
	Reaction Balls Aren't Just For Athletes! (High School TOY)	Debbie Riga	Ballroom C
12-12:45 pm	Lunch		Festival Conference Ctr
1-1:50 pm	States & Capitols (Elementary TOY)	Elise Studeer Smith	Ballroom A
	Cardio Calorie Basketball (Middle School TOY)	Maria Niemiec-Martell	Ballroom B
	Lead-Up Games to Self-Defense (HS TOY)	Becky Winter	Ballroom C
2-2:50 pm	Fit & Fun With the Chinese Jump Rope (Elementary TOY)	Jurgen Kraehmer	Ballroom A
	Girls (and Boys) Just Wanna Have Fun! (Middle School TOY -- from Virginia!)	Deanna Castelvechi	Ballroom B
	T' was the first day of the East Coast Swing (High School TOY)	Lisa Summers	Ballroom C
3-3:50 pm	PEGO: making connections with games and activities to curriculums (Elementary TOY)	Marigay Schopp	Ballroom A
	Creative Movement in Physical Education using Jump Bands (Middle School TOY)	Lynn Barry	Ballroom B
	Dodgeball Alternatives That Include Everyone (High School TOY)	Debbie Holcombe	Ballroom C
4-4:50 pm	Elementary Fitness Infusion (Elementary TOY)	Jennifer Higgins	Ballroom A
	Keep 'em Moving (Middle School TOY)	Jennifer Schnell	Ballroom B
	Fat Girl with the Pretty Face Who Hated PE! (High School TOY)	Ruth Mohr Silofau	Ballroom C
5-5:50 pm	Moving through the alphabet--PE by the letters (Elementary TOY)	Karen Ricker	Ballroom A
	Wombat (Middle School PE)	Jeff Crouch	Ballroom B
	What can I do with an Exertube (High School)	BJ Santos	Ballroom C
6-6:45 pm	Dinner		Festival Conference Ctr
7-8 pm	Welcome from Barry Trent, Introduction of Team Leaders followed by team meetings	Barry Trent and Team Leaders	Grand Ballroom
7-8 pm	Oneida Williams, Squash Conf Rm 2 Vicki Miller, Chili Peppers Highlands David Hunt, Blueberry Conf Rm 5 Cindy Ferek, Cantaloupe Conf Rm 6	Bill Deck, Dairy Chad Triolet, Passion Fruit Lisa McDaniel, Kiwi Ron Trainum, Orange	Alleghany Conf Rm 7 Conf Rm 4 Grand Ballroom
8-9 pm	i-Dance!	Andy Tupy—Gopher Sports	Grand Ballroom

**Health and Physical Activity Institute
Tuesday, July 21, 2009**

Time	Event	Speaker	Place
6:30-7:30 am Early Bird Wellness!	Oneida Williams—Step Workout (Chesapeake Lounge) Cindy Ferek--- Walk and Jog groups (Festival Field) B.J. Santos—Wake Up Stretch! (Ballroom A)	Bill Deck—Weight training (Godwin 116) Lisa McDaniel—Bocce (Festival Field)	
7-9:00 am	Breakfast		Festival Conference
8-9:50 am	JMU Graduate Class	Dr. Susan Nye	ISAT/CS 343
9-10:30 am	Kids that Move have Brains that Groove!	John Almarode	Ballroom A
10:30-10:50 am	Team meetings	Team Leaders	Same as previous night
11-11:50 am	FitStep – New Teaching Tool that Measures Moderate to Vigorous Physical Activity!	Andy Tupy and Chad Triolet	Ballroom A
	Ya Hoo...Having Fun With Fitness	Dr. Susan Nye	Ballroom B
	Eat Well and Keep Moving – New Edition	Susan Miller	Conference Rm 4
	Elementary Nutrition Concepts through Games/Activity	Patrick Swope	Highlands
	Catch Me If You Can! Games and activities for developing catching skills!	Jim Ross	Ballroom C or Festival Field
	Socci Circle Games (3-12)	Dale Slear	Festival Field
	Health Alive!	Debbie DeFranco and Sheila Jones	Conference Rm 6
12-12:45 pm	Lunch		Festival Conference
1-4 pm	Standard First Aid, CPR, AED	Larry Newell	Conference Rm 7
1-1:50 pm	Recipe 4 Success! 21 st Century Community Learning Grant	Bonnie Conner-Gray, Jo Jackson, and Sandra Rucker	Conference Rm 2
	Socci—Skill Development Games	Dale Slear	Festival Field
	Even Elephants Forget! Making Memories Stick	John Almarode	Alleghany
	FitStep – New Teaching Tool that Measures Moderate to Vigorous Physical Activity!	Andy Tupy and Chad Triolet	Ballroom A
	Brain/Body Connection: Integrating Movement into the Core Curriculum	Mark Pankau & Eric Turrill	Highlands
	Get in the Zone—The Training Zone!	Ron Trainum	Ballroom C
	SPARK -- Sports, Play and Active Recreation for Kids!	Ellen Bangert	Ballroom B
2-2:50 pm	Recipe 4 Success! 21 st Century Community Learning Grant	Bonnie Conner-Gray, Jo Jackson, and Sandra Rucker	Conference Rm 2
	Fishing Programs in Your School	Chris Dunnivant	Conference Rm 6
	SPARK -- Sports, Play and Active Recreation for Kids!	Ellen Bangert	Ballroom B
	Flip Camera...What is it?	Susan Nye, & Jacqueline Williams	Ballroom C
	Eat Well and Keep Moving	Susan Miller	Conference Rm 4
	Elementary Nutrition Concepts through Games/Activity	Patrick Swope	Highlands
	Move To Learn—Integrated Learning Through Meaningful Movement - Elementary	Barbara English	Ballroom A
3-3:50 pm	Goldstar—Health Management Software	Craig Rudlin, MD, Bonnie Conner-Gray and Steven Woodson	Conference Rm 2 or computer lab ISAT/CS 343
	Physical Best Activity Guide for Secondary Students	Terry Gooding	Ballroom B
	Fishing Programs in Your School	Chris Dunnivant	Conference Rm 6

	Active Learning Tools that Foster Competition and Cooperation in K-8 Curriculum	Linda Kahrs	Highlands
	Get in the Zone—The Training Zone!	Ron Trainum	Ballroom C
	Quality PE on a Budget	Chad Triolet and Carol Visotsky	Conference Rm 4
	GEOMotion Group – Partner Circuit Training - Secondary	Barbara English	Ballroom A
4-4:50 pm	Goldstar—Health Management Software	Craig Rudlin, MD, Bonnie Conner Gray and Steven Woodson	Conference Rm 2 or computer lab ISAT/CS 343
	CATCH-(Coordinated Approach to Children's Health)	Gregg Montgomery	Ballroom A
	Physical BEST Activity Guide for Elementary Students	Susan Miller	Ballroom B
	Game On: The Ultimate Wellness Challenge!	Kristin Brittle & Vicki Miller	Ballroom C
	Quality PE on a Budget	Chad Triolet and Carol Visotsky	Conference Rm 4
	Creating Rubrics	Bill Deck	Alleghany
5-5:50 pm	Frisbee Mania	Chip Candy	Festival Field
	Physical BEST Activity Guide for Elementary Students	Susan Miller	Ballroom B
	Active Learning Tools that Foster Competition and Cooperation in K-8 Curriculum	Linda Kahrs	Highlands
	Game On: The Ultimate Wellness Challenge!	Kristin Brittle & Vicki Miller	Ballroom C
	Creating Rubrics	Bill Deck	Alleghany
	Teaching Self-Defense in Physical Education	Denise O'Connell	Ballroom A
6-6:45 pm	Dinner		Festival Conference Ctr
7-8:30 pm	Team Game Night— "Only From Gopher Sports"!	Institute Leaders	Grand Ballroom
8:30–9 pm	Team planning time	Team leaders	Grand Ballroom

**Health and Physical Activity Institute
Wednesday, July 22, 2009**

Time	Event	Speaker	Place
6:30-7:30 am Early Bird Wellness!	Oneida Williams—Step Workout (Chesapeake Lounge) Cindy Ferek--- Walk and Jog groups (Festival Field) B.J. Santos—Wake Up Stretch! (Ballroom A)	Bill Deck—Weight training (Godwin 116) Lisa McDaniel—Bocce (Festival Field)	
7-9:00	Breakfast		Festival Conference Ctr
8-9:50 am	JMU Graduate Class	Dr. Susan Nye	ISAT/CS 343
9-5 pm	Archery	Karen Holson	Godwin 135
9-10:30 am	Da Jersey Boys! Fitting in Fitness!	John Smith, Chip Candy, Jim Ross, and Gregg Montgomery	Ballrooms A, B & C
10:30-10:50 am	Team meetings	Team leaders	Same as previous day
11-11:50 am	Tchoukball: New, Exciting, Vigorous and Fun!	Chad Triolet	Festival Field
	Fun Fitness for PE	Rob Rose	Ballroom B
	Working Together to Take on Today's Challenges	Ron Trainum	Conference Rm 2
	Mechanical Engineering in Elementary Physical Education Games	Jeremy Seward	Ballroom C
	Speedminton: Anywhere, Anytime	Rob Rimmel	Festival Field
	Bike Smart VA Teachers—"Train the Trainers" for National Curriculum	Vicki Miller	Highlands
	Teaching non contact sports using Socci goals	Dale Slear	Festival Field
12-12:45 pm	Lunch		Festival Conference Ctr
1-1:50 pm	Fun Fitness for PE	Rob Rose	Ballroom B
	Core Circuit Activities	BJ Santos	Ballroom A
	BirdieBall	Bill Deck	Festival Field
	Bike Smart VA Teachers—"Train the Trainers" for National Curriculum	Vicki Miller	Highlands
	"Project Fit America"	Gregg Montgomery	Festival Field
	Speedminton: Anywhere, Anytime	Rob Rimmel	Festival Field
	Everybody Jump Jump	Susan Nye	Ballroom C
	Sleep and Your Health: Is it really important?	Dr. Terri Prodoehl	Conference Rm 2
2-2:50 pm	Striking Skills. It's Quite a Racket!	John Smith	Ballroom A
	Barrier to Success	Tom Moran & PHETE Students	Ballroom B
	Team Building	Terry Gooding	Highlands
	BirdieBall	Bill Deck	Festival Field
	Health Alive!	Debbie DeFranco and Sheila Jones	Conference Rm 6
	Sleep and Your Health: Is it really important?	Dr. Terri Prodoehl	Conference Rm 2
	Everybody Jump Jump	Susan Nye	Ballroom C
3-3:50 pm	Barrier to Success	Tom Moran & PHETE Students	Ballroom B
	Team Building	Terry Gooding	Highlands
	Health On the Move	Ruthie Bushnell	Ballroom C
	iPE—Maximize the Use of Your MP3 Player in PE	Chad Triolet	Conference Rm 6
	Rated R – Dances Adults Need to Know	BJ Santos	Ballroom A
4-4:50 pm	Health on the Move!	Ruthie Bushnell	Ballroom C
	PE Metrics—Measuring Student Success	Susan Miller	Conference Rm 4
	iPE—Maximize the Use of Your MP3 Player	Chad Triolet	Conference Rm 6

	Brain/Body Connection: Integrating Movement into the Core Curriculum	Mark Pankau & Eric Turrill	Highlands
	Instructional Techniques and Guidelines for Leading Safe Exercises	Oneida "Neida" Williams	Ballroom B
	Working Together to Take on Today's Challenges	Ron Trainum	Conference Rm 2
	Jersey	Chip Candy	Ballroom A
5-5:50 pm	Instructional Techniques and Guidelines for Leading Safe Exercises	Oneida "Neida" Williams	Ballroom B
	PE Metrics—Measuring Student Success	Susan Miller	Conference Rm 4
	All Girl Advance PE and Wellness	Anne Bullock Melton & Jan Bush	Conference Rm 2
	Games and Activities From Different Times and Cultures	Jim Ross	Ballroom C or Festival Field
	Dances Adults Need to Know	BJ Santos	Ballroom A
	Teaching Self-Defense in Physical Education	Denise O'Connell	Highlands
6-6:45pm	Dinner		Festival Conference Ctr
7-8:30 pm	Team Rhythm Night	Team Presentations	Grand Ballroom
8:30 pm	Hand in point cards	Team Leaders	Grand Ballroom

**Health and Physical Activity Institute
Thursday, July 23, 2009**

Time	Event	Speaker	Place
7-9:00 am	Breakfast		Festival Conference Ctr
8-9:50 am	JMU Graduate Class	Dr. Susan Nye	ISAT/CS 343
9-10 am	Noodle Mania—Using Pool Noodles to Motivate Movement	Chad Triolet	Festival Field
	What Can I Do with Exertube?	BJ Santos	Highlands
	All Girl Advance PE and Wellness	Anne Bullock Melton & Jan Bush	Conference Rm 2
	Stop-N-Go HPE	Terrica B. Woolridge	Ballroom A
	Health on the Move!	Ruthie Bushnell	Ballroom C
	Socci! Teaching Measures of Inclusion for Students with Special Needs	Dale Slear	Ballroom B
	Teaching Lacrosse: Getting Started!	Ron Trainum	Festival Field
10-10:50 am	Noodle Mania—Using Pool Noodles to Motivate Movement	Chad Triolet	Festival Field
	What Can I Do with Exertube?	BJ Santos	Highlands
	Stop-N-Go HPE	Terrica B. Woolridge	Ballroom A
	3...2...1 Active Fun!	Dr. Susan Nye	Ballroom C
	Physical Best Activity Guide for Secondary Students	Terry Gooding	Ballroom B
	Teaching Lacrosse: Getting Started!	Ron Trainum	Festival Field
11-11:45	Closing Session	Barry Trent	Ballroom A
12 pm	Lunch		Festival Conference Ctr
12-2 pm	Check-out	Institute Staff	Festival Conference Ctr

We hope you enjoyed the institute.

Have a safe trip home!