



30th Annual **HEALTH & FITNESS WORKSHOP**

Friday, December 1, 2023 • 8:00am–12:30pm

ABOUT THE HEALTH & FITNESS WORKSHOP

The Health and Fitness Workshop is held annually, in December, for K-12 health and physical education teachers, and fitness professionals. The goal of the workshop is to provide ready-to-implement ideas and practices to take right back to the classroom or professional arena in the areas of health, physical education, sports and athletics, professional development, and adapted activity.

LOCATION

University of Michigan
[School of Kinesiology](#)
830 N. University Ave.
Ann Arbor, MI 48109

COST

\$80 per person
\$10.50 SCECHs (optional)

REGISTRATION

Please register in advance on Eventbrite using [this link](#). ***We are unable to accept checks or walk-in registrations.***

SCHEDULE

7:30-8:00am	Registration
8:00-9:00am	Session 1 (attend the session for which you've registered)
9:10-10:10am	Session 2 (attend the session for which you've registered)
10:20-11:20am	Session 3 (attend the session for which you've registered)
11:30-12:30am	Keynote address (all participants attend)

PARKING INFORMATION

Please plan for extra time, as parking can be difficult on campus. You are responsible for your own parking fees. Maynard Street ([map](#)) is a structure within a short (5-minute) walking distance.



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WORKSHOP INFORMATION

- Enter using the North University Ave. doors and head up the short flight of stairs. Check in at the workshop table located on the 2nd floor, in the Commons area ([map](#)).
- **Workshop check-in begins at 7:30am.**
- Participants will attend a total of 4 sessions. Each participant will select **ONE** presentation to attend for each of the first three session and everyone attends the keynote presentation (Session 4). Sessions will be selected during registration. Class size is limited, so please make sure to attend only the sessions you've enrolled in.
- Registration is through [Eventbrite only](#). Accepted forms of payment: Visa, MasterCard, American Express, and Discover.
- You will receive a confirmation email after your registration is complete; if you do not receive this, you have not registered for the workshop.
- Contact us with any questions: healthfitnessworkshop-requests@umich.edu

MICHIGAN DEPARTMENT OF EDUCATION STATE CONTINUING EDUCATION CLOCK HOURS (SCECHs)

For anyone wishing to obtain Michigan Department of Education SCECHs, please follow these directions:

1. Fill out the Participant Data form. You **MUST** include a valid email address and your PIC number. This email address should be the same email address used for the MDE Secure Central Registry. Click [here](#) for instructions to find your PIC.
2. You must sign-in upon arrival at the SCECH table.
3. At the completion of the workshop, please report to the SCECH table to turn in the completed form, sign-out, and provide payment (\$10.50 check payable to WISD, or PayPal **ONLY**).

*** It is your responsibility to turn in all the required documentation and payment at the conclusion of the Workshop. If you fail to turn in all the necessary documentation, payment, and sign in and out at the beginning and end of the day, you will **NOT** receive SCECHs. This workshop will offer 4 SCECHs.***



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2023 KEYNOTE ADDRESS

Carol Hutchins

Former Head Coach, Michigan Softball

After 38 seasons at the helm of the University of Michigan softball program, Carol Hutchins is the winningest coach in NCAA softball history. Hutchins guided the Wolverines to 22 Big Ten regular-season titles, 10 Big Ten Tournament championships and qualified for the NCAA Tournament 29 times (1992-93, '95-2019, '21-22), earning 18 NCAA Regional crowns and making 12 appearances in the NCAA Women's College World Series (1995-98, 2001-02, '04-'05, '09, '13, '15-'16). "Hutch" and the Wolverines became NCAA Champions in 2005 making them the first program east of the Mississippi River to claim this title by winning the Women's College World Series.

Carol Hutchins has earned 18 Big Ten Conference Coach of the Year honors, eight NFCA Regional Coach of the Year awards, a pair of NFCA National Coach of the Year honors and was inducted into the National Fastpitch Coaches Association Hall of Fame in 2006. The Hutchins-led Michigan coaching staff has garnered Great Lakes Region Coaching Staff of the Year honors 15 times (1998-99, 2001-02, '04-'05, '08-'10, '13-'16, '18, '21), and was named Speedline/NFCA National Coaching Staff of the Year for the first time in 2005. In 2016, Hutchins was named the inaugural recipient of espnW's Pat Summitt Coaching Award, presented to the coach who "exemplifies the character and courage" of the legendary basketball coach who led the Tennessee Lady Vols.

A 1979 graduate of Michigan State University, Hutchins displayed her athletic talents in both basketball and softball (1976-79), helping the Spartans to the 1976 Association of Intercollegiate Athletics for Women (AIAW) National Softball Championship. In 2003, she was chosen as the recipient of the Nell Jackson Award, considered the highest honor the Michigan State Varsity "S" Club can give a female alumna for professional accomplishments and community service and was inducted into the Michigan State Athletics Hall of Fame in 2021. She was also inducted into the Greater Lansing Athletic Hall of Fame in 2000 and the Michigan Sports Hall of Fame in 2011. Hutchins founded the Michigan Softball Academy in 2010 in conjunction with the program's annual "Pink Game," this program has raised over \$1,000,000 for the American Cancer Society.



RICK DEKEON'S CRAZY GAMES

Jon-Lamar Hamilton, BS **Katie Hamilton, MS**
Austin Hammond-Bennett **JoAnn Rushdan, MS**
 Physical Education Teachers, Ann Arbor Public Schools

SESSION: 1 ROOM: 4600 AUDIENCE: Elementary (K-2)

Description: Participants will be exposed to a variety of games and activities that either have been created by the legendary Rick Dekeon or have been developed through his inspiration. These games and activities can be used for a variety of age groups and have been proven favorites among students. Come ready to play and leave with games that you will be able to incorporate into your curriculum immediately.



MAKING A CASE FOR TRANSFORMATIVE SEL

Sarah Giddings
 SEL Coordinator, Washtenaw ISD | Associate Director, WAVE Program

SESSION: 1 ROOM: 2281 AUDIENCE: Elementary & Secondary

Description: In this session, we will discuss the definition and context of transformative SEL and practical ways to infuse transformative SEL into practices for positive student & staff well-being.



ECCENTRIC EXERCISE: SEPARATING FACT FROM MISCONCEPTION

Lindsey Lepley, PhD
 Associate Professor and Comparative Orthopedic Rehabilitation Laboratory Director,
 University of Michigan School of Kinesiology

SESSION: 1 ROOM: 2080 AUDIENCE: Elementary & Secondary

Description: Exploring alternative rehabilitation approaches that target the underlying factors contributing to muscle weakness is crucial for achieving more effective outcomes. Through this lecture, the aim is to foster dialogue and introspection concerning current practices and the safe utilization of eccentric contractions to enhance muscle recovery.



ADAPTIVE SPORTS AND FITNESS – PUSHING THE NEW FRONTIER

Feranmi Okanlami, PhD
 Director - Student Accessibility and Accommodation Services
Christopher Kelley
 Program Coordinator - Adaptive Sports and Fitness

SESSION: 1 ROOM: 2140 AUDIENCE: Elementary & Secondary



Description: We will be discussing the vision and mission of the Adaptive Sports and Fitness program at the University of Michigan. Giving an overview of our competitive teams and initiatives including the Adaptive Sports and Inclusive Recreation Initiative.



WEARABLE TECHNOLOGY IN SPORTS MEDICINE AND PERFORMANCE ASSESSMENT

Adam Lepley, PhD

Clinical Associate Professor and Michigan Performance Research Laboratory Co-Director, University of Michigan School of Kinesiology

SESSION: 2 ROOM: 2080 AUDIENCE: Secondary

Description: This session will explore the use of different types of technology, including wearable technology, in sports medicine and athlete performance assessments. Attendees will gain insight into the latest advancements in wearables and their application in monitoring athlete health and optimizing training regimens.



RICK DEKEON'S CRAZY GAMES

Jon-Lamar Hamilton, BS

Austin Hammond-Bennett

Katie Hamilton, MS

JoAnn Rushdan, MS

Physical Education Teachers, Ann Arbor Public Schools

SESSION: 2 ROOM: 4600 AUDIENCE: Elementary (3-5)

Description: Participants will be exposed to a variety of games and activities that either have been created by the legendary Rick Dekeon or have been developed through his inspiration. These games and activities can be used for a variety of age groups and have been proven favorites among students. Come ready to play and leave with games that you will be able to incorporate into your curriculum immediately.



CREATING A BODY POSITIVE CULTURE

Scott Przystas

Health and Physical Education Teacher, Grand Haven Area Public Schools

SESSION: 2 ROOM: 2140 AUDIENCE: Secondary

Description: This session will share a no-cost middle school health education lesson that focuses on students understanding the concepts of appearance ideals and where pressure to achieve them comes from. The materials allow students the opportunity to analyze influences, as well as challenge these appearance ideals to create a more inclusive society. Participants will participate in activities from the lesson and learn how to access the no-cost lesson and accompanying materials.



SMALL CHANGES, BIG IMPACT: PRACTICAL WAYS TO SUPPORT LGBTQ+ STUDENTS IN YOUR PE AND HEALTH CLASSROOMS

Kim Phillips-Knope, MSW

LGBTQ+ Students Project Lead, Michigan Department of Education | Co-Director, Roots of Change

SESSION: 2 ROOM: 2281 AUDIENCE: Elementary & Secondary

Description: In this interactive workshop, we'll explore student experiences and examine best practice approaches to addressing the needs of LGBTQ+ students in PE and Health classes. Participants will leave with concrete strategies and a better understanding of the needs of this student population.



SIZE INCLUSIVE APPROACHES TO NUTRITION AND PHYSICAL EDUCATION

Danielle Dros

Regional School Health Coordinator, Washtenaw Intermediate School District

SESSION: 3 ROOM: 2080 AUDIENCE: Elementary & Secondary

Description: This session will prepare educators with information and approaches to nutrition and physical education that help students foster positive relationships with food and movement, prevent disordered eating, and teach to a variety of identities and experiences in the classroom.



LGBTQ+ INCLUSIVITY FOR K-12 EDUCATORS

Jesse Beal

Director, University of Michigan Spectrum Center

Tristan Morton

Associate Director, University of Michigan Spectrum Center

SESSION: 3 ROOM: 2281 AUDIENCE: Elementary & Secondary

Description: In this interactive workshop we will go beyond defining vocabulary terms to provide tangible strategies for supporting LGBTQ+ students. Learn with two leading experts in LGBTQ+ advocacy in higher education. Participants will leave the workshop with action plans they can implement on their campuses.



SMALL-SIDED GAMES AND CONCEPTS TO PROMOTE SPORTS IN PHYSICAL EDUCATION

Jason Willard, MS

Teacher, Ann Arbor Public Schools

SESSION: 3 ROOM: 4600 AUDIENCE: Elementary & Secondary

Description: We place a high value on cardio, strength, and flexibility (health related fitness) in our PE programs. Skill-Related Fitness is very important too. This session will sample plenty of games/activities that highlight the six components of SRF: Power, Balance, Coordination, Agility, Reaction Time, and Speed.



UNDERSTANDING AND BUILDING SELF CONFIDENCE IN YOUNG ATHLETES

Tom George, PhD

Clinical Assistant Professor, University of Michigan School of Kinesiology

SESSION: 3 ROOM: 2140 AUDIENCE: Elementary & Secondary

Description: This presentation will focus on self-confidence in sport settings. Current theories of self-confidence will be presented and the application of theoretical knowledge by coaches and teachers will be explored. Participants will gain an understanding of the role and importance of self-confidence in sport performance as well as practical ways to apply the information to sport and physical activity settings.