



NASSAU ZONE

2012 CONFERENCE PROGRAM



BREAKFAST & REGISTRATION - 7:00am - 8:00am

WELCOME ADDRESS - 7:45am - 8:00am

SESSION I - 8:05am - 9:05am

POWER UP YOUR PE PROGRAM WITH PEDOMETERS TO GO!	Gym 1
<p>This session will focus on implementing a comprehensive pedometer program for students in grades 3 and up. Topics will include organization, log cards, introductory lessons, classroom integration projects, and "PE Packs to GO," which is a unique program that allows students to use pedometers at home. Pedometer use during PE class can contribute to improved motivation and accountability and can also help students make the connection between increased physical activity and an increase in physical fitness.</p> <p>Presenter: Margaret E. Robelee, North Park Elementary School, Hyde Park Central School District 2011 NYSAHPERD Elementary Teacher of the Year</p>	
EVERYTHING YOU NEED TO KNOW ABOUT PICKLEBALL	Center Gym
<p>Participants will learn pickleball rules and have the opportunity to participate in drills that can be utilized with students for this fun and upcoming sport. Everything you need to know to bring Pickleball to your elementary, middle, and/or high school will be addressed.</p> <p>Presenter: Samantha Gesuele, Westbury Middle School</p>	
PROMOTING CPR - COOPERATION, PARTICIPATION & RESPECT IN PE	Gym 2
<p>This session will provide activities that will help motivate your students to get physically active and successful by cooperating and using good teamwork skills. While integrating respect, promoting cooperation and having a better understanding of their bodies, students can set goals and challenges that they can obtain. Come play, have fun, and learn how to lead your students to a more active, healthy lifestyle.</p> <p>Presenter: Melanie Champion, South Brunswick Middle School, Southport, NC 2001 NASPE Middle School Teacher of the Year</p>	
ROLL THE GOALBALL, NO ONE IS WATCHING	Woodruff Gym
<p>Integrating disability sports as part of the general physical education curriculum is an effective way to facilitate an appreciation for individual differences. In this session, participants will learn the basic rules, strategies, and modified versions of the game Goalball.</p> <p>Presenters: David Martinez, Cherokee County School District, 2009 National Adapted P.E. Teacher of the Year Amy Aenchbacher, Cherokee County School District, 2010 Georgia Adapted P.E. Teacher of the Year</p>	

THE USE OF DANCE AS A THERAPEUTIC TOOL	Multipurpose Rm
<p>Dance has long been used as a means of expression. In this workshop, participants will learn how dance is used therapeutically and as an interactive tool to help individuals express their thoughts and feelings.</p> <p>Presenter: Nana Koch, Long Island University, C.W. Post Campus</p>	
HEALTH SKILLS FOR DAILY LIVING, A HEALTH CLASS FOR STUDENTS WITH DISABILITIES	Woodruff Classroom 253
<p>Calling all health educators teaching students with disabilities! Through this high-energy and interactive learning session, participants will learn how to adapt and modify health education lessons and units to meet the needs of students with severe learning disabilities. Participants will leave with a packet of information and hands-on learning techniques for engaging students with disabilities.</p> <p>Presenter: Michelle Lynn Sicurella, Great Neck North Middle School</p>	
HANDS ON ACTIVITIES FOR HEALTH AND PHYSICAL EDUCATION	Woodruff Classroom 255
<p>This workshop is intended for K-12 Health and Physical Education teachers to provide them with hands-on activities ready for immediate implementation. By facilitating social interaction through activities, participants will help to foster new relationships between students in the effort to promote tolerance and socialization and reduce prejudice and bullying.</p> <p>Presenters: Jill Artus, Adelphi University, W.T. Clarke Middle School Randi Bernstein, Hofstra University, W.T. Clarke Middle School</p>	
HIGH SCHOOL STRENGTH AND CONDITIONING	Campbell Lounge 1
<p>Learn how to develop an effective and efficient strength and conditioning training program for high school athletes that adequately addresses their unique needs. Topics covered include strength and power training basics, speed and agility training, mobility training, and coaching for long-term athletic development.</p> <p>Presenter: Marisol Mahler, Great Neck North High School</p>	
USING BEST PRACTICES IN PHYSICAL EDUCATION AND THE APPR EVALUATION SYSTEM	Campbell Lounge 2
<p>Attendees will learn best practices in physical education and how they are used within the APPR Evaluation System and the Four Domains of Teaching and Learning.</p> <p>Presenter: Denise Kiernan, Glen Cove School District</p>	
WALKING IN THEIR SHOES: EMPATHETIC PRACTICES IN PE	Campbell Lounge 3
<p>This session will include research and theory on the benefits of empathetic teaching practices in Physical Education in order to understand and accommodate a diversity of ability.</p> <p>Presenter: Tony Monahan, Queensborough Community College</p>	
THE SOCIAL PSYCHOLOGY OF TEACHING AND COACHING	Campbell Lounge 4
<p>This presentation will provide a self-assessment for teachers and coaches to validate that everything we do is driven by the people and thoughts in our lives.</p> <p>Presenter: Rod Mergardt, Manhattanville College & SUNY Cortland</p>	

SESSION II - 9:15am - 10:15am

HEART HEALTHY STUDENTS MOVING FOR THEIR FUTURE	Gym 1
<p>This session will focus on introductory and intermediate pedometer and heart rate monitor lessons that have been used with success at the Elementary Physical Education level and contribute to motivation and accountability. In addition, classroom management techniques that contribute to the success of a comprehensive pedometer and heart rate monitor program will be reviewed.</p> <p>Presenter: Margaret E. Robelee, North Park Elementary School, Hyde Park Central School District 2011 NYSAHPERD Elementary Teacher of the Year</p>	
CREATIVE VOLLEYBALL GAMES AND ACTIVITIES	Gym 2
<p>Are you looking for new, innovative creative volleyball games and activities? Is your volleyball unit in need of a little spark? This session is for you. We will put into play games of Multi-Court Volleyball, No Net Volleyball, and In the Middle Volleyball. Keep score in a totally different way. Bring your best serve and be ready to play.</p> <p>Presenter: John Smith, Educational Consultant, FlagHouse Inc.</p>	
DANZENERGY - FROM LATIN-AFRO-BRAZILIAN DANCES	Woodruff Gym
<p>Participants will experience ways that Latin Americans express themselves through movement which are based on their exciting music and rhythms. You will learn a series of movement and dance combinations from traditional Afro, Brazilian, and Latin cultures.</p> <p>Presenter: Alesh DuCarmo, InterArts Intercultural, NYC</p>	
YOUTH EMPOWERMENT SEMINAR	Multipurpose Rm
<p>Both fun and challenging, YES! Is a dynamic life skills educational program that provides young adults with a comprehensive and holistic set of tools to reach their full potential as students, leaders, and community members. In addition to innovative breathing techniques for stress management and well-being, the YES! Curriculum is based in mindfulness, positive psychology, social-emotional learning, character development and stretching. Pilot research findings suggest that the process learned on YES! reduce anger, violence, and depression while improving focus, clarity of mind, and concentration.</p> <p>Presenters: Timothy Thom, Freeport School District Bill Herman, International Association for Human Values</p>	
BRAIN GYM AND BAL-A-VIZ-X FOR ALL AGES AND ABILITIES!	Woodruff Classroom 253
<p>Learn the benefits that Brain Gym and Bal-A-Vis-X have on children (especially those with special needs), along with exercise/activities that can be used right away in your classes. This session is great for people who teach any level of adapted PE or general PE as well as for future professionals.</p> <p>Presenter: Lisa Innella, McKenna Elementary School, Massapequa School District</p>	
THE ROUGH RIDER – HONORING TEDDY ROOSEVELT AND THE STRENUOUS LIFE	Woodruff Classroom 255
<p>Stop in to look and listen to what local middle school PE students are doing to enhance muscular and cardio-respiratory fitness with a lifetime activity such as cycling. Learn about the benefits of being a member of the NYS AHPERD Nassau Zone and how you can be a mini-grantee!</p> <p>Presenter: Leslie Pieters, Roosevelt Middle School</p>	

DESIGNING AND DEVELOPING A HIGH SCHOOL SPORTS MEDICINE PROGRAM	Campbell Lounge 1
<p>Participants will learn how to design and develop beginning and advanced high school sports medicine programs. <i>Presenter: Richard Zapolski, Sports Medicine Curriculum Developers</i></p>	
UTILIZING STUDENT CENTERED TEACHING MODELS IN PHYSICAL EDUCATION	Campbell Lounge 2
<p>A great deal of research has been done in recent time on the effects of student-centered learning experiences on a child's overall success. Participants who attend this presentation will learn how to seamlessly implement the Teaching Games for Understanding, Personalized System of Instruction, Peer Teaching, Modified Sport Education and Sport Education models into their physical education classes. Handouts will be provided. <i>Presenter: Brian Rath, Berner Middle School, Massapequa School District</i></p>	
TPSR IN AND OUT OF THE GYM	Campbell Lounge 3
<p>This presentation is intended primarily for (but not limited to) people still searching for a full time job. It will touch on different ways TPSR can be utilized in and out of the school environment, as well as different ways you can improve your teaching skills while searching for a teaching job. The talk is extremely relevant in today's job market, as good teachers often stop improving their skills, or simply become stale subbing or working as Teacher Assistants for years before finding full time teaching jobs. <i>Presenter: Charlie Rizzuto, Oyster Bay High School</i></p>	
BWI's "BE FIT KIDS" SERIES PROGRAM INTRODUCTION	Campbell Lounge 4
<p>Learn about how BWI's comprehensive school wellness initiatives can benefit your students. BWI's "Be Fit Kids" series includes the Health & Wellness Quiz Game Show, Wheel of Health, "Be Fit Kids" After-School Program and the Online "Be Fit Kids" Instructor Training Certification. <i>Presenter: Shawna Dosser, BWI Health Promotions</i></p>	
USING TECHNOLOGIES TO ENGAGE YOUR STUDENTS	Woodruff Computer Lab 307
<p>Pump up your lessons with technologies that students (and you) can easily use and relate to! Whether you're teaching, reviewing, assessing or grading, learn how technology can help you to be more efficient in your daily tasks and activities, and leave with countless engaging tools, templates and ideas to take back to your classroom. <i>Presenter: Ryan Fisk, North Shore HAHS Dir. of Instructional Technology & Manhattanville College</i></p>	

VENDORS AND RAFFLES IN THE LOBBY - 10:15am - 10:45am

SESSION III - 10:50am - 11:50am

THINK! – TEACHING-HELPING-INSPIRING AND NEVER GIVING UP ON KIDS	Gym 1
<p>This action packed session will be filled with fun tried and tested activities that will keep your students moving and grooving to a wide variety of challenging physical skills. Come play and put some new ideas in your back pocket to enhance your program with some neat innovative games and activities that will inspire your kids to never give up!</p> <p>Presenter: Melanie Champion, South Brunswick Middle School, Southport, NC 2001 NASPE Middle School Teacher of the Year</p>	
DISABILITY AWARENESS STATIONS FOR PHYS. ED	Center Gym
<p>During this session, participants will temporarily experience different disabling conditions. These stations can be used as a training tool for future peer facilitators.</p> <p>Presenters: David Martinez, Cherokee County School District, 2009 National Adapted P.E. Teacher of the Year Amy Aenchbacher, Cherokee County School District, 2010 Georgia Adapted P.E. Teacher of the Year</p>	
MOVEMENT AND MUSIC	Gym 2
<p>This activity session includes movement experiences, crazy kid's dances and fitness related activities that are all centered around music. The session will be highlighted by Theraband routines, half noodle workouts, holiday theme dances and movement to music. Join us for a true moving experience with activities you can bring back to your school and use immediately.</p> <p>Presenters: John Smith & Gregg Montgomery, Educational Consultants, FlagHouse Inc.</p>	
AFROBICS FEATURING SALSAROBICS, CALYPSOROBICS, SOCAROBICS, AND REGGAEROBICS!	Woodruff Gym
<p>Inspired by African music and dance, enjoy this high energy aerobic dance party to the tune of other music of the Afro-Caribbean Diaspora-Latin, Soca, Calypso, and Reggae music. Think cardio-carnival as you prepare for the exercise experience!</p> <p>Presenter: Leslie Pieters, Roosevelt Middle School</p>	
YOGA FOR ATHLETES	Multipurpose Rm
<p>Use yoga to improve athletic performance and improve athletes' performance. Yoga for athletes is packed with movement, start to finish, in an effort to give students a great workout, and build strength and flexibility. This program focuses on the areas of the body that are used most, and are most injury prone for athletes – the hips, knees, lower back and shoulders. In addition, yoga's attention to concentration and breath awareness improves mental focus and mental endurance.</p> <p>Presenter: Marisol Mahler, Great Neck North High School</p>	
IMPLEMENTING SERVICE LEARNING: FROM HEALTH EDUCATION INTO STUDENT ACTION	Woodruff Classroom 253
<p>Service Learning is a pedagogy that integrates classroom instruction with community service, focusing on critical thinking and civic responsibility. We will discuss how we implement service learning with our health and physical education students. As a result of this project, students have reported improved health, nutrition and physical education knowledge and confidence in educating others.</p> <p>Presenters: Lana Zinger, Alicia Sinclair & Susan Garcia, Queensborough Community College</p>	

PHYSICAL EDUCATION'S ROLE IN BULLYING PREVENTION AND CONTROL	Woodruff Classroom 255
<p>Because of the increase of suicides due to teasing and bullying, some schools have made tremendous strides towards zero-tolerance policies. However, one important piece of the puzzle in the fight against bullying lays in physical educators' hands. This session is for future or current professionals who want to use physical education as a gateway for preventing bullying and will include: information on the rise of bullying, its impact on the bully and the bullied, role playing, gym and locker room management, and activities to promote both acceptance of differences and cooperation.</p> <p><i>Presenters: Rebecca Levy, Ryan Deluca & Chelsea Portnoy, Hofstra University</i></p>	
FORM VS. FUNCTION: CHOOSING THE MOST EFFECTIVE EXERCISE FOR OUR STUDENTS	Campbell Lounge 1
<p>This session will examine resistance training that emphasizes quality of movement and application to real life. Emphasis will be placed on creatively utilizing barbells, kettlebells, suspension trainers, tubes, bands, and more to encourage learning and lifelong activity.</p> <p><i>Presenter: Harold Gibbons, Adelphi University</i></p>	
MEASURING STUDENT ACHIEVEMENT FOR PHYSICAL EDUCATION TEACHER APPR	Campbell Lounge 2
<p>The use of student achievement data as part of the teacher appraisal/teacher evaluation process will be presented and discussed. Examples of potential assessments will be presented and discussion with directors and teachers on teacher appraisal will follow.</p> <p><i>Presenters: Kevin Mercier, Sarah Doolittle & Mara Manson, Adelphi University</i></p>	
TEACHING MEDIA LITERACY: THERE'S NO 'APP' FOR THAT	Campbell Lounge 3
<p>Laptops, tablets, and smartphones provide access to information wherever and whenever needed, but how can you ensure that your "connected" students are connecting to the right content inside and outside of class? Learn how to fuse engaging technologies with good old "chalk and talk" to effectively teach your students how to sift through the nonsense and pinpoint relevant, meaningful information.</p> <p><i>Presenter: Ryan Fisk, North Shore HAHS Dir. of Instructional Technology & Manhattanville College</i></p>	
CREATING A SECONDARY FITNESS ELECTIVE	Campbell Lounge 4
<p>Two North Shore Physical Educators will present the process their high school used to create and implement a fitness-based elective course in physical education. This session will give an overview on how they got started, their unit offerings, assessments, and samples.</p> <p><i>Presenters: Michele Cochrane and Tracy Iacovelli, North Shore School District</i></p>	
HEALTH EDUCATION RESOURCES AND ASSESSMENT	Woodruff Computer Lab 307
<p>This session will present various online resources to be used with your students for health education. Several lessons, assessments and projects using these resources will be introduced.</p> <p><i>Presenters: Lisa Sherman, NYS AHPERD President-Elect & Emily Conrad, White Plains Middle School</i></p>	

SESSION IV - 12:00pm - 1:00pm

ADAPTED WHEELCHAIR BASKETBALL	Gym 1
<p>This session will introduce adaptive wheelchair basketball and explain and demonstrate the rules and regulations of the game.</p> <p>Presenters: Joe Slaninka & Christina Dagrosa, Henry Viscardi School</p>	
GRAB YOUR SQ AIR AND GET READY TO PLAY	Center Gym
<p>This presentation gives you new, creative and safe methods to implement a dynamic and progressive training program for your kindergarten through upper high school population. Bring out the best in each student while enhancing their kinesthetic awareness, balance, strength, reactivity, agility, speed and power.</p> <p>Presenters: Jade Ng & Stacey Peigari, SQ Air, Commack, NY</p>	
INTRODUCTION TO CIRCUS SKILLS	Gym 2
<p>This presentation is an educational overview of circus skills, including multiple forms of juggling, plate-spinning, devil stick and diabolo manipulation, object balancing, stilt-walking, rola-bolas and more. A brief lecture-demonstration introduces the basic components of these skills, including technique, progressions, teaching tips and their appropriate age/grade level applications. The participants then have personal skills development time with a variety of engaging and self-motivating circus activities that can be easily and immediately incorporated into their existing physical education curriculum.</p> <p>Presenter: Greg Milstein, Executive Director, National Circus Project</p>	
INTEGRATING A BEACH TENNIS UNIT PLAN INTO YOUR PE PROGRAM	Woodruff Gym
<p>Attendees will learn of a professionally prepared unit plan for the sport of beach tennis. Beach tennis, despite its moniker, is played on any surface, indoors or out. The sport is a hybrid of volleyball, tennis and badminton and relatively new in the USA.</p> <p>Presenter: Marc Altheim, Beach Tennis USA & Jay Cameron, Hofstra University</p>	
ATHLETIC PERFORMANCE BOYS AND GIRLS GRADE K-8	Multipurpose Rm
<p>All kids are athletes. We can safely present athletic performance techniques and knowledge as early as kindergarten. This session shows you how.</p> <p>Presenters: Rod Mergardt, Manhattanville College & SUNY Cortland</p>	
FUN FOR THE 'HEALTH' OF IT!	Woodruff Classroom 253
<p>K-12 Health Educators will benefit from exposure to various lessons and activities which can be applied to all levels. All teachers love fresh and new ideas to deliver curriculum.</p> <p>Presenter: Jane Colgan, Lynbrook High School</p>	
LIVELY LESSONS FOR HIGH SCHOOL HEALTH EDUCATION	Woodruff Classroom 255
<p>Participants will experience hands-on, skills-based, interactive health lessons which engage students in their learning.</p> <p>Presenter: Susan Denis, Sag Harbor School District</p>	

TEACHING WITH TOOBEEZ	Campbell Lounge 1
<p>Participants will gain knowledge and experience in team building activities and sport related applications for elementary and middle school physical education using the product Toobeez; a versatile and affordable set of equipment.</p> <p>Presenters: Adelphi University Students John Mulligan, Christopher Yonick, Amanda Hemme, Joseph Brown, Philippe Chaninian, Robert Pleva, Kevin Vasquez, Anne Gibbone, Adelphi University Faculty Advisor</p>	
ADAPTED AQUATICS	Campbell Lounge 2
<p>All professionals interested in teaching adapted aquatics will gain knowledge of the types and uses of adapted physical equipment in this session.</p> <p>Presenter: Angelo Zegarelli, Henry Viscardi School</p>	
AN IN-DEPTH LOOK AT COACHING INTERSCHOLASTIC ATHLETICS	Campbell Lounge 3
<p>This session will cover all aspects of coaching at the middle and high school level and provide attendees with valuable information and resources. Areas that will be covered include developing relationships, effective communication, practice planning, time commitment, and off-season conditioning.</p> <p>Presenter: William Denniston, Shoreham-Wading River School District</p>	
BASIC GOLF FOR THE MIDDLE SCHOOL STUDENT	Campbell Lounge 4
<p>This session will provide a basic explanation of golf unit taught to middle school students, with demonstration of drills used in golf unit.</p> <p>Presenter: John Schneidmuller, Great Neck South Middle School</p>	



FRIDAY, MARCH 2, 2012

**ADELPHI UNIVERSITY
CENTER FOR RECREATION AND SPORTS
GARDEN CITY, NY**