

Oregon Higher Education Professionals in Health and Physical Education

Friday January 31st, 2020

Oregon State University, Corvallis, OR

Time	Schedule of Events	Facilitator(s)
8:30 – 9:10	Check In and Light Breakfast	Women's Building (WB) 112
9:10 – 9:20	Welcome and logistics	Drew Ibarra, OSU
9:20 – 9:50	Getting to know you	Slade Thackeray
9:50 – 10:00	Transition (10 Minutes)	
10:00 – 10:50	Breakout Session I (50 Minutes) 1) Leadership in the Fitness Space-Cathy Sullivan, Dee Gillen, and Josh Bowen 2) <i>Facilitated Discussion</i> -Shared Discussion on Current Issues in Higher Education, <i>Jen Beamer & Heidi Wegis</i>	Langton 124 WB 003
10:50 – 11:05	Transition (15 Minutes)	
11:05- 11:35	Active Sessions and Presentation (30 minutes) 1) Yoga and Student Yoga Teacher Training (yoga mats provided)	Rheannon Blount (WB 204)
11:45 – 12:25	Active Sessions and Presentation (30 minutes) 1) Line Dance and Student Social Dance Teacher Training	Lila Reid & Josh Wood (WB 116)
12:25 - 1:25	Lunch (1hr) School/Program Updates (12:25-12:45) Get to know you conversation starters (12:45-1:15)	WB 112
1:30- 2:20	Breakout Session II (50 Minutes) 1) College student and practitioner attitudes toward people with disabilities in community-based physical activity programming 2) Building and Managing an Academic Dive Center- (includes walking tour of facility)	Laynie Case (Lang 124) Cressey Merrill & Drew Ibarra (Lang 129)
2:20 – 2:30	Transition (10 Minutes)	
2:30 - 3:20	Breakout Session III (50 Minutes) 1) The wonderful world of physical education general education requirements- Erica Woekel 2) Facilitated Discussion- Topic: Inclusive and Accessible Physical Activity Education in Higher Education, Student Panel with students with Disabilities.	Erica Woekel (Lang 129) Cody Piscitelli, Avery Ingram, Jiaji Sun (Lang 124)
3:30 – 4:00	Announcements, Future Hosts, Thank You & Closing	Drew Ibarra (Women's Building 112)
4:15	OPTIONAL *Social – McMenimens	



Oregon State University College of Public Health and Human Sciences

Session Details

Breakout Session 1: 10:00-10:50am

#1) Leadership in the Fitness Space (Cathy Sullivan, Dee Gillen, and Josh Bowen)

Academic classes provide students foundational and fundamental knowledge in human anatomy, physiology, motor behavior and biomechanics, and specific knowledge for personal trainers and coaches to apply to program design and coaching. The Resistance Training Leadership program at Oregon States has identified and seeks to provide opportunities for students pursuing professional careers developing and coaching these training programs to practice the application of these acquired skills, while developing additional skills, specific to this industry. Skills that this program seeks to develop include: communication and relationship development with clients, athletes, and colleagues, andragogy and leadership of groups of multi-ability participants through training programs, and professionally engaging with, and leading colleagues through group work.

#2) Facilitated Discussion-Shared Discussion on Current Issues in Higher Education (Jen Beamer & Heidi Wegis)

Join us for a facilitated discussion regarding several current and significant topics in Higher Education. Group participation will be encouraged, so bring your ideas and thoughts to share with the group. Topics to include: 1) the latest on Physical Education in Higher Education, 2) grading techniques and the purpose of assessment in Higher Education, and 3) Advising Issues being experienced.

Activity Session: 11:05-12:25pm

11:05-11:35am

Active Sessions and Presentation (30 minutes)

Yoga and Student Yoga Teacher Training (Rheannon Blount & student)

You will be guided through a short 20 minute yoga practice, with 10 minutes left for questions about Oregon States Yoga Leadership Teacher Training program

11:45-12:25pm

Active Sessions and Presentation (30 minutes)

Line Dance and Student Social Dance Teacher Training (Lila Reid and Josh Wood)

You will be lead through a 20 minute line dance lesson, with 10 minutes left for questions about Oregon States Social Dance Leadership Teacher Training program

Breakout Sessions 2: 1:30-2:20pm

#1) College student and practitioner attitudes toward people with disabilities in community-based physical activity programming (Laynie Case)

This session will focus on physical activity practitioner attitudes toward people with disabilities within a variety of settings, such as Physical Education and university-based physical activity programs. Findings from recent research that outline unique factors that promote positive attitudes toward disability will be described. The presentation will end with a facilitated discussion of how physical activity professionals can support positive attitudes toward disability within their own practice or programs.

#2) Building and Managing an Academic Dive Center- includes walking tour of facility (Cressey Merrill & Drew Ibarra)

This session will discuss the history of diving at Oregon State University, and the process and operations of building a new academic dive center on the OSU campus. Including campus partners, operations, tracking software, staffing,

curriculum management and a tour through the facility. We hope to share this session for those academic institutions looking at bringing on diving or managing a dive locker in their own campus.

Breakout Sessions 3: 2:30 – 3:20pm

#1) Facilitated Discussion- Topic: Inclusive and Accessible Physical Activity Education in Higher Education (Drew Ibarra), Student Panel with students with Disabilities (Cody Piscitelli, Avery Ingram, Jiaji Sun).

This session will spend time asking students with disabilities their experience and how as professionals in physical activity in higher education we can design, manage, and plan to make our environments more inclusive and engaging.

#2) The wonderful world of physical education general education requirements (Erica Woekel)

General fitness requirements across the country have been declining for decades. The purpose of this session is to provide insight to the curricular changes that have been made within the Lifetime Fitness for Health class (HHS 231) at Oregon State University over the last five years. We will look at the breadth and depth of four main topics for the Lifetime Fitness for Health (LFH): Physical activity promotion, nutrition, mental health, and health behavior change, and how integrating these components focus on lifelong behavior implementation. Discussion on course content, transferability of future courses from community colleges, student engagement, program promotion, and teaching resources will occur in this session.