



92nd Annual MAHPERD Convention
November 6-7, 2025
Oxford, Mississippi

Thursday, November 6 8:30-9:20 am	
Lecture Multipurpose Room	Teaching Standard 4: Movement is important to me! <i>Kevin Lorson</i> <i>Mississippi State University</i> Standard 4 develops students' personal skills, identifies personal benefits of movement, and chooses to engage in physical activity. This session will provide learning activities, strategies and assessments that will engage students to develop personal skills that enhance physical literacy.
Lecture Room 316	NIL and the student athlete <i>John Alvarez</i> <i>Delta State University</i> This session will share information about the current state of NIL and how it affects the student-athlete. It will also discuss what we as teachers and coaches of potential student athletes need to know about changes in NCAA rules that allow NIL and Revenue sharing to take place.
Activity Court 1	Pillow Polo <i>Anthony Ramirez, Blakely Trapani</i> <i>University of Mississippi</i> Pillow Polo is a fun, low-contact team game often played in physical education classes, camps, or recreational groups. It's a variation of hockey, but instead of hard sticks and pucks, players use soft, padded sticks (sometimes made with foam or wrapped padding) and a lightweight ball. The soft equipment makes it safer and more accessible for people of all ages

Thursday, November 6 9:30-10:20 am	
Lecture Multipurpose Room	Why Should You Backpack? <i>Mary Kathryn Reinert</i> <i>Harding University</i>

	Why trade the comfort of a bed for the rocky ground? Why choose to carry all your belongings on your back for days? Why deliberately spend time amongst bugs, wild animals, and unpredictable weather? When asked these questions, my immediate answer is, “for the adventure.” This presentation explores the outdoor sport of backpacking, and through personal stories and reflections we will talk about why so many people are drawn to this difficult, yet gratifying activity.
Lecture Room 316	Moving with Purpose: Bringing PE National Standards to Life <i>Brandi Pickett</i> <i>Meridian Community College</i> Get a clear, practical overview of the SHAPE America National Standards for Physical Education. We'll briefly explore each standard and discuss why they matter, then dive into a few lesson examples you can easily adapt for your own classes. Perfect for new or veteran teachers looking to connect the dots between standards and real-world teaching. Walk away with inspiration and tools to bring more purpose and structure to your PE program.
Activity Court 1	Think. Move. Learn <i>Britnee Smith</i> <i>Delta State University</i> Get ready to toss, aim, and learn! Students will master the underhand toss step by step, then put their skills into action with fun games like bowling and bean bag toss. Along the way, they'll solve math challenges and spell words to score big. This lively mix of movement and academics keeps kids active, sharp, and smiling while showing how PE and classroom learning make the perfect team!

Thursday, November 6 10:30-11:20 am	
Lecture Multipurpose Room	Enhancing Students' Mental Health in Health Education a Humanizing Approach <i>Kevin Lorson</i> <i>Mississippi State University</i> Students, teachers and the community have recognized a need to prioritize mental health. Enhancing mental health takes a whole school, whole community, whole child approach. The session engages participants in learning activities to reduce stigma, enhance skills, and apply functional knowledge to recognize, reach out and use resources to enhance mental health. The session highlights opportunities to enhance mental health within health education and make connections within a whole school, whole community, whole child approach.
Lecture Room 316	AI in Education - Roundtable Discussion <i>John Alvarez</i> <i>Delta State University</i> <i>Thales Barbosa, Jon Westfall</i>

	This Session will be a Roundtable discussion where experts in the field of information technology and Artificial Intelligence will share and answer questions about the direction of AI in the school setting. Geared more towards higher education.
Activity Court 1	Boundaries Before Ballroom: A Consent-Based Partnering Model <i>Joe Jackson</i> <i>University of Mississippi</i> Attendees will be moving from start to finish and will leave with an understanding of how to incorporate consent-based practices into various ballroom dance styles. Focusing on Waltz, Salsa & Swing, attendees will learn the basic footwork for each style and how they can be modified to support the comfort level for themselves and their partner.
Activity Court 2	Hoop'n Into the School Year <i>Stacey Raspo</i> <i>Anthony</i> <i>Lafayette Elementary School</i> At the beginning of the school year I do a unit with hula hoops to help build skills like following directions, understanding safe working space and directional awareness, working as a team, game play, and good sportsmanship. I tackle a lot to set the stage for the rest of the school year. Come with me as we play with hula hoops and pretend to be 4-8 year olds. (I teach PreK-2nd grade)

Ikey Carr Memorial Luncheon Keynote: Ms. Candace Foster 11:30-1:00

Thursday, November 6 1:00-1:50 pm	
Lecture Multipurpose Room	Innovative, Creative, and Impactful Activities for Seniors <i>Gwendolyn Dawkins, Patricia Kennedy</i> <i>Dawkins' Consulting</i> This session explores innovative and evidence-based activities that enhance seniors' physical health, cognitive function, and social well-being. Participants will discover creative strategies such as technology-based engagement, intergenerational programming, arts, wellness initiatives, and community-centered recreation. Practical tools and adaptable ideas will be shared for use in senior centers and aging services. Attendees will leave inspired with approaches to foster independence, joy, and meaningful engagement among older adults.
Lecture Room 316	Fitness Testing in the School Setting <i>John Alvarez</i>

	<i>Delta State University</i> This session will be a tutorial regarding the current fitness testing methods used to measure health-related fitness in a school setting. PACER, curl ups, Push up, sit and reach, back scratch test, trunk extension and body composition measures will be reviewed. There will be time for teachers to share ideas of how they manage large class testing at the end of the lecture
Activity Court 1	Adapting on the Fly <i>Whitney Drewrey, Mia Mauk</i> <i>University of Mississippi</i> Adapting on the fly: Transform your PE classes into inclusive, engaging environments! Discover quick strategies to modify lessons in real time, ensuring every student thrives. Learn to adjust equipment, change rules, and vary activity levels to meet diverse needs.

Thursday, November 6 2:00-2:50 pm	
Lecture Multipurpose Room	What the heck is the Alexander Technique? <i>Jennifer Mizenko</i> <i>University of Mississippi</i> Discovered and developed by F.M Alexander in the beginning of the 20th Century, The Alexander Technique is a method of psychophysical reeducation that is beneficial for all people and applicable to all movement. Commonly used in the performing arts (actors, dancers and musicians), this technique helps prevent repetitive use injuries and reeducates the nervous system to create new physical patterns. This session will be an introduction to AT, which will include practical exercises and applications.
Lecture Room 316	Recreation with Purpose: Inclusive, Farm-Based Opportunities for Youth with Special Needs <i>Elizabeth Cummings</i> <i>Mt. Everett Farm</i> Discover how nontraditional recreational settings—like care farms—can create inclusive, meaningful opportunities for youth with special needs. This session highlights the development of Mt. Everett Farms, a cut flower farm designed to offer therapeutic and vocational experiences through purposeful outdoor activities. Learn how movement, routine, and connection to farm life can support IEP goals, develop life skills, and provide new pathways for engagement beyond the gym. Ideal for P.E. teachers seeking fresh ideas in adaptive recreation.
Activity Court 1	Drumfit <i>Jill Webb</i> <i>Madison County School District</i>

	A Drumfit PE class for elementary students is a high-energy, music-driven workout where kids use exercise balls and drumsticks to drum along to upbeat songs while performing fitness moves. Students follow simple routines that combine drumming with squats, lunges, jumps, and dance-like movements, helping improve rhythm, coordination, and cardiovascular endurance. The class is fun, inclusive, and adaptable for all ability levels, making it a great way to keep students engaged while building strength and teamwork skills.
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Thursday, November 6 3:00-3:50	
Lecture Multipurpose Room	The Why of School Meals <i>Jeri Walker, Cindy Vitry</i> <i>Lafayette County School Food Service Program</i> Information on the history of school meals, why we serve the food that we do and why school meals matter.
Lecture Room 316	Using Technology to Teach Adaptation <i>Robert Hester</i> <i>UMC</i> Mathematical models and simulations are important tools in discovering key causal relationships governing physiological processes. Simulations guide and improve outcomes of medical interventions involving complex physiology. We have developed HumMod, a Windows-based model of integrative human physiology. HumMod consists of ~10,000 variables describing cardiovascular, respiratory, renal, neural, endocrine, skeletal muscle and metabolic physiology. The model is useful in understanding proposed physiological mechanisms and physiological interactions and has been used to understand data from clinical trials of medical devices. HumMod provides a modeling environment to understand the complex interactions of integrative physiology. HumMod can be downloaded at http://hummod.org
Activity Court 1	Improv on the Move: Physical Theatre Games to Energize Every Body <i>Amy Jackson</i> <i>University of Mississippi</i> Discover theatre-based games that get participants up, moving, and connecting! This interactive session blends drama, dance, and physical education to promote creativity, collaboration, and embodied expression. Walk away with ready-to-use activities that build community, boost energy, and support social-emotional learning through movement and play. No theatre experience required—just a willingness to move and have fun!
Activity Court 2	Breathe, Move, Focus: Yoga & Mindfulness for the Classroom <i>Erin Mulligan</i>

	This interactive session introduces simple yoga and mindfulness practices designed for both educator well-being and student success. Participants will explore breathing techniques, mindful movement, and classroom-friendly strategies that support focus, stress reduction, and self-regulation. Adaptable for PK–12 and higher education, these tools require no prior yoga experience and can be implemented immediately. Attendees will leave with practical methods to enhance physical, mental, and emotional health for themselves and their learners.
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Thursday, November 6 4:00-4:50	
Lecture Multipurpose Room	Get Moving, Get Funded: A Smarter Way to Support Your PE Program <i>Brandi Pickett</i> <i>Meridian Community College</i> Need money and equipment for your school and PE program? Discover how the Health Moves Minds fundraiser blends physical activity, social-emotional learning, and community support. In this interactive session, you'll explore how to implement the program, participate in sample activities, and leave with practical tools to promote kindness, mindfulness, and student well-being—all while raising funds for your school.
Lecture Room 316	Healthy Teacher, Healthy Parent, Healthy Child <i>Lindsey Hemphill, Stacey Raspo</i> <i>Lafayette Elementary School</i>
Activity Court 1	Makes Me Feel Like Dancin' <i>Lynndy Hurdle</i> <i>Group Fitness Instructor</i> Get ready to move, groove, and feel the beat! Makes Me Feel Like Dancin' is a high-energy, activity-based session designed to boost cardiovascular fitness through easy-to-follow dance routines set to classic, feel-good hits. Whether you're a dance pro or just love to move, this session will have you smiling, sweating, and singing along. Participants will explore simple choreography, including line dances and basic cardio combinations that can be adapted for all fitness levels. Perfect for PE teachers, recreation leaders, or anyone looking to energize their classes or communities with movement and music. Come ready to dance, laugh, and leave inspired with routines you can take straight back to your school, gym, or group!

Friday, November 7 8:00-11:00 am GYM A
Dances for All <i>Michelle Houston, Cheri Anglin, Narah Oatis</i>

Jackson State University
Dynamic Activities
Janet McMaster