

To: TEPS Committee, Curriculum Office
From: Barbara Steffan
Subject: NYS AHPERD Conference 11/15/2017-11/17/2017
November 20, 2017

The 80th Annual NYS AHPERD conference held in Verona New York was a very positive and rewarding experience. The sessions that I chose to attend revolved around creating a dance unit, fresh ways to teach fitness concepts, and gaining an awareness of the best practices to incorporate and utilize technology in Physical Education.

The multitude of dance forms available to teach: ballroom, swing, line, and country to name a few all include a limited number of basic steps. This serves as a great foundation to encourage students to participate in the activity. There is also the availability of incorporating Q-codes as a tool for student to bring their own creative variations.

Power Yoga for Sports by Gwen Lawrence was a great participation session. Gwen demonstrated some of the best user-friendly poses that she incorporates when helping members of five different professional sport teams. The various stretches and poses described are designed to increase flexibility, performance and prevent injury.

The two sessions dedicated to Quality Functional Strength Training, were full of current techniques that are proven to build a positive foundation to one's fitness. The first session highlighted this latest buzz word in fitness focused on the: why, how, and what is behind this movement. The second session involved hands-on skill development, focusing on form and technique.

The conference provided an in-valuable opportunity to share and learn ideas from so many professionals that I would never had the opportunity to meet. It was rewarding to see so many young folks eager to learn and anxious to bring their enthusiasm to the job market. I gathered much information on new games, and more ways to use our current resources. I had the opportunity to learn more about gender-inclusive language, and the awareness of GNC youth and transgender youth particularly as it pertains to physical education. I was asked to be included in a podcast to air later date, very exciting. Finally, I had the pleasure of a conversation with Sandy Morley a past President and current President of the NYS AHPERD Foundation.

I am very grateful for the opportunity to attend the conference and I appreciate the support from Dr. Hicks and the TEPS committee.

Sincerely,