



HPEC 2023 | A Vision Towards Wellness | Lethbridge

CONFERENCE PROGRAM

Subject to Change

Thursday, May 4, 2023	
7:30 am- 8:00 am	Pre-Conference Registration * Additional to Main Conference Registration* Location: Main Phys Ed Building Foyer
12:30 pm- 1:00 pm	
HPEC 2023 Pre-Conference Sessions	
8:00 am- 4:00 pm	1) Taping and Strapping Dave Kato(Sports Medicine Council of Alberta) Location: Sunflower Room - TE1202
1:00pm - 4:00pm	2) Teaching New PE Curriculum - EAS Location: Richardson Oilseed - CE 1305
	HPEC 2023 Conference
4:00 pm - 8:00 pm	HPEC Conference Registration Location: Servus Soccer Center
	HPEC Past Presidents Reception
7:00 pm- 12:00 am	HPEC Past Presidents Reception Come to Celebrate our Past HPEC Leaders *Included in Conference Registration* Location: Servus Soccer Center
Friday, May 5, 2023	
Active Living Sessions	

	Session C: Concurrent Conference Sessions						
1:30 pm - 2:30pm	GYM A	GYM B	GYM C	Fredricks Theater - CE1365	Richardson - CE1305	Sunflower Room - TE1202	PE 2409
	Teamwork Builds Communities Presenter: Peter Stratford (CIRA Ontario)	LU Interactive - the multi-media gym of the 21st century Presenter: John Zacaruk (ZAKS Computer Audio/Visual)	Rugby: The Best Sporting Experience Presenter: Graeme Moffat (U of L Pronghorns Head Rugby Coach)	Scrambled Eggs are Fine...Scrambled Brains are Not. A Primer on Concussions in Sport. Presenter: Dave Kato (MacEwan University)	Words Matter: Promoting a Positive Relationship with Food Presenter: Ashley Bray/Heather Mathur (Alberta Health Services)	Sex Ed: How to Answer Student Questions Presenter: Nicole Inglis (AHS Teaching Sexual Health)	Useful Strategies for Starting or Expanding Collegiate Strength & Conditioning Programs Presenter: Jesse Roest
2:30 pm - 3:00 pm	Nutritional Break * Snack Included with Conference Registration* Location: Main Phys Ed Foyer						
	Session D: Concurrent Conference Sessions						
3:00pm - 4:00pm	GYM A	GYM B	GYM C	Richardson - CE1305	Sunflower Room - TE1202	Exercise Studio - PE2408	PE2409
	OMNIKIN Sports : An inclusive way of being active Presenter: Paolo Zambito (Kin-Ball Canada)	Locomotor Games - The start of TGfU Presenter: Robert Matheson (CIRA Ontario)	Smashball - The New Volleyball in PE Presenter: Jon Goldie	Teaching Data Literacy Through Sports Analytics Presenter: Byron Chu (Callysto)	Pelvic Health Across the Lifespan Presenter: Ashley Lowe (SIX08 Health)	Embrace Nature: Active Edition Presenter: Lyndsey Spring (Alberta Health Services)	Program Building and Improving Student Athlete Well-Being Through Positive Psychology Presenter: Greg Gibos (Lethbridge College)
	Conference Social Sunny South Beach Party						
5:30pm - 6:30 PM	Cocktails & Active Festivities Active Games *ATM on Site* Location: Servus Soccer Center						
6:30pm - 1:00 AM	Conference Social Dinner & Party *One Social Ticket Included with Conference Registration*						
Saturday, May 6, 2023							

	Active Living Sessions						
7:00 am - 7:45 am	AMA Run Club (EAS) Location: Exercsie Studio - PE 2408			Yoga (BFFL) Location: PE 2409			
	Session E: Concurrent Conference Sessions						
8:30AM - 9:30:00 AM	GYM A	GYM B	GYM C	Richardson Oilseed - CE1305	Sunflower Room - TE1202	Exercise Studio - PE2408	PE 2409
	Bringing Intramurals Back - Putting the Fun back into Break time!!! Presenter: Peter Stratford (CIRA Ontario)	Gamifying Skill Progression Presenter: Simon Lefebvre/Dane Philipenko/Amelia Hill (U of A)	Lacrosse Literacy Presenter: Dave Welton (Alberta Lacrosse Association)	PE for everyone: Teaching Students on the Autism Spectrum Presenter: Mary Dyck/Erin Bennett (Adapted Physical Activity Consultants)	Expanding Students' Worldview with Data Science Presenter: Byron Chu (Callysto)	Honouring Indigenous Wisdom Yoga Presenter: Heidi Davis/Sylvia Fox (Alberta Health Services)	Improving your PE program through self-reflection Presenter: Brent Lendvay
9:30 AM 9:45 AM	Nutritional Break * Snack Included with Conference Registration* Location: Main Phys Ed Foyer						
9:00AM - 12:30:00 PM	Exhibitor Marketplace Location:The CAVE						
	Session F: Concurrent Conference Sessions						
9:45AM - 10:45 AM	GYM A	GYM B	GYM C	Outdoors - Meet in PE foyer	Sunflower Room - TE1202	Exercise Studio - PE2408	PE 2409
	Manipulative Games - The Start of TGfU Presenter: Robert Matheson (CIRA Ontario)	Gamifying Skill Progression Presenter: Simon Lefebvre/Dane Philipenko/Amelia Hill (U of A)	Teaching the Teacher Pickleball Presenters: Dean Kroetsch/Ilsa Wong/Heather Coonfer (Pickleball Alberta)	Navigate your Way to Engaging Outdoor Learning Presenter: Jenn Mireau (Ever Active Schools)	Implementing Meaningful Physical Education Presenter: Ty Riddick	Teaching the New PE and Wellness Curriculum without Breaking a Sweat Presenter: Nathan White (Ever Active Schools)	Mindful Habits for more Time Presenter: Kristina del Corro (KDC Coaching)
10:45 AM 11:00 AM	Nutritional Break * Snack Included with Conference Registration* Location: Main Phys Ed Foyer						

	Session G: Concurrent Conference Sessions						
11:00AM - 12:00 PM	GYM A	GYM B	GYM C	Richardson - CE1305	Sunflower Room - TE1202	Training Studio - PE2408	PE 2409
	Rediscovering Kin-Ball : A New Way of Introducing this Inclusive Canadian Sport Presenter: Paolo Zambito (Kin-Ball Canada)	Games and Activities to Optimize Self Regulation Presenter: Adam Pratt (Ever Active Schools)	HPEC Rep Smorgasboard Presenters: HPEC Regional Reps	Orienteering for outdoor physical literacy Presenter: Bogi Gyorfi (Alberta Orienteering Association)	Options around mental health & mental performance. Leadership for athletes defining your role... Presenter: Bob Wilkie	Cleans, Jerks and Snatches Are Not Dirty Words Presenter: Cory Gillespie	Concussion Prevention and Management: What you need to know! Presenter: Stacy Sick/Isla Shill (U of C)
	Conference Closing						
12:00 PM	Conference Closing & Bagged Lunch <i>* Lunch Included with Conference Registration*</i> <i>Location: Main Phys Ed Foyer</i>						