



HPEC 2023 | A Vision Towards Wellness | Lethbridge

Location: Lethbridge College (3000 College Drive S) and Servus Sports Center (2501 - 28 Ave S)

CONFERENCE PROGRAM

Subject to Change

Thursday, May 4, 2023	
7:30 am- 8:00 am 12:30 pm- 1:00 pm	Pre-Conference Registration <i>* Additional to Main Conference Registration*</i> Location: Main Phys Ed Building Foyer
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 <i>*Included in Conference Registration*</i> Location: Servus Soccer Center
Friday, May 5, 2023	
Active Living Sessions	

7:00 am - 7:45 am	AMA Run Club (EAS) Location: Exercsie Studio - PE 2408			Yoga (BFFL) Location: PE 2409			
8:00 am - 8:55 am	Conference Registration <i>Location: Phys Ed Building Main Foyer</i>						
Session A							
9:00 am - 10:45 am	Opening Ceremonies Opening Keynote: Laval St. Germain <i>Location: GYM A</i>						
11:00 am - 5:00 pm	Exhibitor Marketplace <i>Location: The CAVE - CE 1300</i>						
10:45 am - 11:15 am	Nutritional Break <i>* Snack Included with Conference Registration*</i> <i>Location: Main Phys Ed Foyer</i>						
Session B: Concurrent Conference Sessions							
11:15 am - 12:15 pm	GYM B	GYM C	Fredricks Theater - CE1365	Richardson - CE1305	Sunflower Room - TE1202	PE 2408	PE 2409
	The Brain on Exercise Presenter: Simon Schaerz (Be Fit For Life)	Pickleball Fundamentals for PE Presenter: Lisa Witzke/Diane Gallagher (Be Fit For Life)	What Sharks, Hurrricanes and Cancer have to do with Mental Health in our Schools Presenter: Jason David	Introduction to Australian Rules Football Presenter: Ash Diek	Teaching Alberta's NEW human sexuality curriculum for grades 4, 5 and 6 Presenter: Nicole Inglis (AHS Teaching Sexual Health)	Snowsports in Schools Presenter: Katherine Seleski (Pass Powder Keg)	Developing Resilience and Independence through integrated activities and the outdoors Presenter: Steve Paget
12:15 pm - 1:30pm	Exhibitor Marketplace & Bagged Lunch <i>* Lunch Included with Conference Registration*</i> <i>Location: The CAVE</i>						
12:30 PM 1:30 pm	HPEC Annual General Meeting <i>* HPEC members welcome, please attend*</i> <i>Location: Richardson Oilseed - CE 1305</i>						

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

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)	Everything and the Kitchen Sink: Bridging the Old Curriculum to the New Through Games Presenter: Heather Rootsart/Stacey Hannay (HPEC)	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 <i>* Snack Included with Conference Registration*</i> 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: 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 <i>* Snack Included with Conference Registration*</i> Location: Main Phys Ed Foyer						

Session G: Concurrent Conference Sessions							
	GYM A	GYM B	GYM C	Richardson - CE1305	Sunflower Room - TE1202	Training Studio - PE2408	PE 2409
11:00AM - 12:00 PM	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>						