

NoCRSA Educational Session Descriptions

10:00 - 10:45am

The Aquatic Disparities between Historically Black Colleges and State Schools in NC

Laura Garner, Winston-Salem State University

B170, Pool Classroom

- Why and how are HBCUs and State Colleges different and what can be done to change the views of aquatics in HBCUs. What is the history of predominantly black neighborhoods and how has that shaped the aquatic world of today.

Mindfulness for Restless Bodies and Minds

Tim Auman, Wake Forest University

B203, Mind/Body Room

- Using mindfulness-based techniques and practices, participants will explore a unique approach to helping students, faculty, and staff manage stress, gain healthier perspectives, get in touch with what really matters, and make important life decisions guided by self-knowledge and understanding. Most importantly, participants will discover mindfulness practices to manage life's day-to-day challenges from a place of equanimity - a useful skill for every member of the university community.

What Students Want

Erik Unger & Maili Williamson, UNC-Greensboro

Sutton C407

- During the Spring 2019 semester, the Competitive Sports Staff at UNC Greensboro wanted to understand why Intramural Sports participation numbers were decreasing as well as what activities students wanted. This presentation highlights the findings from that study and how it has impacted our programming efforts.

Round Table - Fitness

DeDe Cox, Wake Forest University

B274, Classroom

Round Table - Director's Only

B262, CR Conference Room

11:00 - 11:45am

Red Cross Updates and Q&A

David Bagenstose, American Red Cross
C100 OP Conference Room

- Provide updates from 2019/2020 Red Cross changes. Question and answer session for instructors

Managing Stress through Resilience

Ashley Hawkins & Marian Trattner, Wake Forest University
B274, Classroom

- Effects of acute and chronic stress on our minds and bodies
- Necessity of time for rest and renewal for our minds and bodies
- A model of resiliency skills based in positive psychology and evidence based practices
- Provide opportunities to practice and engage in several resiliency skills

Bellicon Rebounding

Fayth Caruso, Wake Forest University
A309, Functional Training

- Bellicon Rebounding is a low impact workout on a mini-trampoline that boosts many health benefits including improved lymphatic flow, improved balance and coordination, improved bone density, and improved cardiovascular endurance. Participants will learn the health benefits of rebounding, how to implement the program for faculty, staff, and students, and the potential that it could bring from both a business and a health perspective. The movement portion of the demonstration is optional, but open to all.

Round Table - Competitive Sports

Greg Deverson, Wake Forest University
B361, IM Suite

WFU Facility Tour

C204, Sutton Lobby

1:15 - 2:00pm

The ABC's: Application of Behavior Change

Steven Trotter & Karen Woodmansee, East Carolina University
A330, Seminar Room

- Our mission is simple; we must take people to a place they cannot get to on their own. To facilitate this process, we will work together to explore concepts such as motivational interviewing, reframing, self-determination theory, and more. This interactive session will allow you to fill your toolbox with strategies and techniques to facilitate life-long skills for positive behavior change.

Equity vs Equality: Are We Making An Assumption or Do We Know The Real Story?

Cara Lucia, Elon University
B274, Classroom

- Campus recreation professionals provide a wide range of services and programs every year with the hope of meeting specific needs of each participant and employee. A brave space is provided in an interactive format to have difficult conversations regarding equity, diversity and inclusion. Participants will demonstrate the difference between equity and equality and discuss the "why" regarding the importance of equity. This workshop gives a deeper dive into NIRSA's strategic values and participants will leave with strategies to take back to their campuses.

Round Table - Facilities

Greg Knaus, Wake Forest University
B361, IM Suite

Round Table - Aquatics

Matthew Dantism, Wake Forest University
B170, Pool Classroom

WFU Facility Tour

C204, Sutton Lobby

2:15-3:00pm

Opportunity vs Obligation

Victoria Stark & Walter Munoz, North Carolina Central University

B274, Classroom

- Learning how to shift your perspective and become inspired while working in Campus Recreation

HAES (Healthy at Every Size)

Emily Palmieri, Wake Forest University

C100, OP Conference Room

- Health at Every Size® principles help us advance social justice, create an inclusive and respectful community, and support people of all sizes in finding compassionate ways to take care of themselves.

National Equity and Inclusion Trends in Student Engagement and Belonging

Nicole Brocato, Wake Forest University

A330, Seminar Room

- We will present data from the Spring 2019 administration of the Wellbeing Assessment. The presentation will begin with a brief overview of the Wellbeing Assessment's history and conceptual foundation. Most of the presentation will focus on participatory discussions of disaggregated data analyses using an online, interactive data report. They will help the audience and presenters deeply explore equity and inclusion trends in belonging and engagement, consider possible causes for those trends, and develop possible contributions the field of Campus Recreation can make.

iGen - The Greatest Generation

Alan Nielson & Olivia Chase, East Carolina University

C407, Sutton

- This presentation will discuss the iGen generation (1995-2012) stereotypes, strengths, and weaknesses. We will look at the positive and negative traits of the generation and how we use their skills to develop our campus recreation student staff. We will explore similarities between the numerous generations represented in the work place and how we can use their strengths and weaknesses to successfully operate a campus recreation department. Discussion will be based on research as well as the book iGen by Jean M. Twenge.

WFU Facility Tour

C204, Sutton Lobby

3:15-4:00pm

Creating Campus partnerships to Improve Health and Wellness Education

Brook Orr, Wake Forest University

A330, Seminar Room

- In this session we will discuss how to plan health and wellness outreach events that reinforce learning objectives from multiple departments on campus and how to measure effectiveness of programs. The audience will participate in a few of our most popular outreach events. The objective of this session is for participants to leave with a list of potential partners on their campus to program with, ideas for programming as well as measuring tools to evaluate effectiveness.

Saying No to users, staff and administrators

Willie Ehling, Chase Mitchell, Chanale Porpst, East Carolina University

B274, Classroom

- Examples of saying No- Budget review and cuts, facility reservations and staff travel and program ideas- The attendees will get a chance to think and respond to real life examples

Recreation Panel

Moderator: Dana Lopez, Wake Forest University

Panelist:

Leah Friend, Parks and Recreation; Ryan Manual, Winston-Salem Dash minor league baseball;

Laura Garner, Winston Salem State University professor; Sikirat Kazeem, UNC-Greensboro C204, Sutton

- Want to know what it takes to be successful in the field of recreation and sports? Our panel will discuss their pathway to success.

Round Table - Outdoor Recreation

Adrienne Fike & Carla Waters, East Carolina University

C100, OP Conference Room

Round Table - Marketing

Josh Tucker, UNC Chapel Hill

B262, Conference Room

WFU Facility Tour

C204, Sutton Lobby

4:15-5:00pm
WFU Facility Tour
C204, Sutton Lobby