

| Day | Date | Time Start | Time End | Track | Session Title | Speakers | Live Stream | Recorded |
|-----------|-----------|------------|----------|---------------------------------|---|---|-------------|----------|
| Saturday | 9/19/2020 | 10:00 AM | 10:45 AM | Mini-Convention Sept 19 | NCDPI Update | Burt Jenkins | | |
| Saturday | 9/19/2020 | 10:00 AM | 10:45 AM | Mini-Convention Sept 19 | Tips for New Teachers | Kymm Ballard | | |
| Saturday | 9/19/2020 | 11:00 AM | 11:45 AM | Mini-Convention Sept 19 | NC SHAPE Initiatives During COVID | Deanna Morris | | |
| Saturday | 9/19/2020 | 11:00 AM | 11:45 AM | Mini-Convention Sept 19 | Lining Dances Together | Chris Walker | | |
| 11/1/2020 | 11/1/2020 | 1:00 PM | 2:00 PM | First Timers | Welcome First Timers! | Artie Kamiya | | |
| 11/1/2020 | 11/1/2020 | 2:30 PM | 2:45 PM | General Session | Welcome Everyone! | Deanna Morris | | |
| 11/1/2020 | 11/1/2020 | 2:45 PM | 3:15 PM | General Session;Keynote Address | Embrace the Journey | Mike Martinez | | |
| 11/1/2020 | 11/1/2020 | 3:15 PM | 4:15 PM | General Session | Recognition and Awards | Artie Kamiya | | |
| 11/1/2020 | 11/1/2020 | 6:00 PM | 8:00 PM | Social | Social and Trivia | NC SHAPE Leadership | | |
| Day | Date | Time Start | Time End | Track | Session Title | Speakers | Live Stream | Recorded |
| Monday | 11/2/2020 | 7:30 AM | 7:45 AM | General Session | Welcome! | NC SHAPE Leadership | | |
| Monday | 11/2/2020 | 8:00 AM | 9:00 AM | Adapted Physical Education | The Toolbox for Supporting Students with Disabilities in Physical Education | Bethany Chappie | | |
| Monday | 11/2/2020 | 8:00 AM | 9:00 AM | Athletics | Thinking Out of the Box! Interscholastic Athletics Programs | Bob Hill | | |
| Monday | 11/2/2020 | 8:00 AM | 9:00 AM | Dance | Make Me Move | Darryl Gordon | | |
| Monday | 11/2/2020 | 8:00 AM | 9:00 AM | Health | Healing in Health Class | Jessica Napier | | |
| Monday | 11/2/2020 | 8:00 AM | 9:00 AM | Health | Zoom Eats: Online Nutrition Education for Adults and Adolescents | Amelia Huelskamp; Sarah McCabe | | |
| Monday | 11/2/2020 | 8:00 AM | 9:00 AM | Physical Education | Post-Pandemic PE: How Has Your K-12 Program Changed? | Derek Mohr; J. Scottt Townsend | | |
| Monday | 11/2/2020 | 8:00 AM | 9:00 AM | Physical Education | This is So Difficult! How Can I Get Through This? | Kevin McGrath | | |
| Monday | 11/2/2020 | 8:00 AM | 9:00 AM | Physical Education | University Golf Instruction: Connecting the Swing to the Body | Kevin Moernich | | |
| Monday | 11/2/2020 | 8:00 AM | 9:00 AM | Physical Education | Keeping FMS Spicy | Andy Hair | | |
| Monday | 11/2/2020 | 8:00 AM | 11:30 AM | Sport Management | Sport Management Sessions | NCSMC Leadership | | |
| Monday | 11/2/2020 | 9:15 AM | 10:15 AM | Adapted Physical Education | Can I Play? Using Assistive Technology to Increase Inclusion | Barbara Meleney; Teresa Hudson; Vicki Simmons | | |
| Monday | 11/2/2020 | 9:15 AM | 10:15 AM | Athletics | Strength and Tissue Specific Training For Sport | Jordan Weber | | |
| Monday | 11/2/2020 | 9:15 AM | 10:15 AM | Dance | Hawaiian Dance, Art and Healthy Treats | Tiffany Fuller | | |
| Monday | 11/2/2020 | 9:15 AM | 10:15 AM | Health | Teaching Secondary Health Education Online | Amy Stringer; Western Carolina HPE Students | | |
| Monday | 11/2/2020 | 9:15 AM | 10:15 AM | Physical Education | Purposeful Planning in Physical Education | Jace Ferguson | | |
| Monday | 11/2/2020 | 9:15 AM | 10:15 AM | Physical Education | Net Games with a Twist | Mackenzie Casey; Don Minnick; Amy Reams | | |
| Monday | 11/2/2020 | 9:15 AM | 10:15 AM | Physical Education | My Experiences with SEL and Social Distancing Through PE | Daniel Inman | | |
| Monday | 11/2/2020 | 9:15 AM | 10:15 AM | Physical Education | Fitness Walking: Technique to Technology | Marsha Lester; Nita Horne | | |
| Monday | 11/2/2020 | 9:15 AM | 10:15 AM | Physical Education | Non-Stop Kindergarten Games | Michael Nye | | |

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| Monday | 11/2/2020 | 10:30 AM | 11:30 AM | Adapted Physical Education | Universal Design - Virtual Inclusive Learning Environment in 360 Panoramic View | Jolanda Hengstman; Jamey McIntyre; Doug Smith | | |
| Monday | 11/2/2020 | 10:30 AM | 11:30 AM | Athletics | Coaching Theories for Today's Coaches Part 2 | Jim Hammond | | |
| Monday | 11/2/2020 | 10:30 AM | 11:30 AM | Dance | Burn Calories and Relieve Stress with Dance Yoga | Indhudmathi Gopal | | |
| Monday | 11/2/2020 | 10:30 AM | 11:30 AM | Health | Empowering Kids to Manage Mental Health Wellbeing | Casie Brooks | | |
| Monday | 11/2/2020 | 10:30 AM | 11:30 AM | Health | EnVISIONing The Future of Health/Physical Education Classes with Micro:bits | Tanya Robinson-Freeman | | |
| Monday | 11/2/2020 | 10:30 AM | 11:30 AM | Physical Education | Keeping the Education in PE: In Person At Home | Mike Martinez | | |
| Monday | 11/2/2020 | 10:30 AM | 11:30 AM | Physical Education | Technology in PE & Health | Cheryl Logan; Elizabeth Gary | | |
| Monday | 11/2/2020 | 10:30 AM | 11:30 AM | Physical Education | Goal-Setting, Tracking and Managing, Class Physical Activity with MOVbands | Kacey DiGiacinto | | |
| Monday | 11/2/2020 | 10:30 AM | 11:30 AM | Physical Education | Strategies for Teaching Students with Trauma | Megan Davis | | |
| Monday | 11/2/2020 | 11:45 AM | 12:45 PM | Adapted Physical Education | Successfully Including Students with Significant Disabilities in General PE | Barbara Meleney; Teresa Hudson; Vicki Simmons | | |
| Monday | 11/2/2020 | 11:45 AM | 12:45 PM | Athletics | 2020-21 Middle School Athletics Update | Burt Jenkins | | |
| Monday | 11/2/2020 | 11:45 AM | 12:45 PM | Dance | Dance to the Music | Amy Maze | | |
| Monday | 11/2/2020 | 11:45 AM | 12:45 PM | Health | Teaching Adolescence How to be Resilient | Brandy Clemmer; Gordon Sprague | | |
| Monday | 11/2/2020 | 11:45 AM | 12:45 PM | Health | Functional Range Conditioning Mobility Training | Jordan Weber | | |
| Monday | 11/2/2020 | 11:45 AM | 12:45 PM | Physical Education | Teaching The Whole Child: The Importance of SEL in Physical Education | Mike Martinez | | |
| Monday | 11/2/2020 | 11:45 AM | 12:45 PM | Physical Education | Game Sense & Visible Thinking Routines | Mel Hamada | | |
| Monday | 11/2/2020 | 11:45 AM | 12:45 PM | Physical Education | Tech It Up - Leverage Technology in HPE to Improve Student Learning | Mark Foellmer; Becky Foellmer | | |
| Monday | 11/2/2020 | 11:45 AM | 12:45 PM | Physical Education | Active Learning: Next Steps to Quality Physical Education | Bill Bode | | |
| Monday | 11/2/2020 | 11:45 AM | 12:45 PM | Physical Education | ACTION! Team Games with MVPA Assessment | Adam Gill | | |
| Monday | 11/2/2020 | 1:00 PM | 1:30 PM | Association Business Meetings | Association Business Meetings: Athletics, Health, Physical Education, Dance, Adapted Physical Education and Sport Management | NC SHAPE Leadership | | |
| Monday | 11/2/2020 | 1:40 PM | 2:20 PM | Committee Meetings | Committee Meetings: Advocacy, Awards, Professional Development, Recognition and Convention | NC SHAPE Leadership | | |
| Monday | 11/2/2020 | 2:30 PM | 3:30 PM | Athletics | NCAA's Name, Image and Likeness Policy: A Topic Worth Exploring | John Aquavia; Dennis Johnson | | |

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| Monday | 11/2/2020 | 2:30 PM | 3:30 PM | Health | Wellness Week - A Fun Way to Promote PA, PE, Health and Wellness School Wide! | Adam Mullis | | |
| Monday | 11/2/2020 | 2:30 PM | 3:30 PM | Health | Let's Have SEX Education: Part II | Becki Haislip; Melissa Corron; Emily Cox; Kisha Davis; Cathy Hailey; Sylvia McLean; Geri Petit; Kishia Stevenson | | |
| Monday | 11/2/2020 | 2:30 PM | 3:30 PM | Physical Education | Creating Your Own Virtual Tech Adventure | Lynn Hefele | | |
| Monday | 11/2/2020 | 2:30 PM | 3:30 PM | Physical Education | Strengthen Your Core: Combine ELA, Math & Physical Education | Kelly Zerby; Cindie Cortinas-Vogt; Bo Phillips | | |
| Monday | 11/2/2020 | 2:30 PM | 3:30 PM | Physical Education | Maximizing Your Program: Engaging Students Bell to Bell | Kyle Bragg | | |
| Monday | 11/2/2020 | 2:30 PM | 3:30 PM | Physical Education | Sport Education Model at a Distance | Charla Krahnke | | |
| Monday | 11/2/2020 | 2:30 PM | 3:30 PM | Physical Education | Does Gender Matter in Exercise-Induced Muscle Damage? | Indhudmathi Gopal | | |
| Monday | 11/2/2020 | 2:30 PM | 3:30 PM | Physical Education | Tracking MVPA Through Cross Curricular Activities | Bo Davenport | | |
| Monday | 11/2/2020 | 3:45 PM | 4:45 PM | Athletics | Specialization in Sports, Yes or No? | Jim Hammond | | |
| Monday | 11/2/2020 | 3:45 PM | 4:45 PM | Physical Education | Synergy of Arts in Covid Times: Physical Education, Music and Dance | Jessica Hook | | |
| Monday | 11/2/2020 | 3:45 PM | 4:45 PM | Physical Education | Remote Learning & Physical Education! Engaging students in an Online Environment! | Mike Morris | | |
| Monday | 11/2/2020 | 3:45 PM | 4:45 PM | Physical Education | Basketball Diaries | Mathew Bassett | | |
| Monday | 11/2/2020 | 3:45 PM | 4:45 PM | Physical Education | Top Tips For A Student Centered PE Program | Adam Metcalf | | |
| Monday | 11/2/2020 | 3:45 PM | 4:45 PM | Physical Education | Program Challenged | Chris Walker | | |
| Monday | 11/2/2020 | 3:45 PM | 4:45 PM | Physical Education | Teaching for Outcomes, Planning For Fun | Andrew Wymer | | |
| Monday | 11/2/2020 | 3:45 PM | 4:45 PM | Physical Education | Socially Distant Team Building | Mark Friedrich | | |
| Monday | 11/2/2020 | 3:45 PM | 4:45 PM | Physical Education | Creating A High Quality Physical Education Class Students Want To Be In | Kate Cox | | |
| Day | Date | Time Start | Time End | Track | Session Title | Speakers | Live Stream | Recorded |
| Tuesday | 11/3/2020 | 7:30 AM | 7:45 AM | General Session | Welcome! | NC SHAPE Leadership | | |
| Tuesday | 11/3/2020 | 8:00 AM | 9:00 AM | Adapted Physical Education | I Can Do It! Physical Activity for Students with Disabilities | Barbara Meleney; Ann Hughes; Jennifer Parton | | |
| Tuesday | 11/3/2020 | 8:00 AM | 9:00 AM | Dance | Hip Hop Hooray! | Peggy Domingue | | |
| Tuesday | 11/3/2020 | 8:00 AM | 9:00 AM | Health | The Kinesthetic Health Classroom: Teaching and Learning Through Movement | Mike Kuczala | | |
| Tuesday | 11/3/2020 | 8:00 AM | 9:00 AM | Health | Graduated, Got a Job, Now What? | Chris Walker | | |
| Tuesday | 11/3/2020 | 8:00 AM | 9:00 AM | Physical Education | Ice Breakers & Warm Up Activities | Adam Gill | | |
| Tuesday | 11/3/2020 | 8:00 AM | 9:00 AM | Physical Education | Field Day Fun | Drew Burriss | | |
| Tuesday | 11/3/2020 | 8:00 AM | 9:00 AM | Physical Education | Assessment Fixes in Physical Education | Jace Ferguson | | |
| Tuesday | 11/3/2020 | 8:00 AM | 9:00 AM | Physical Education | Classroom Management Impacts MVPA | Teri Schlosser | | |

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| Tuesday | 11/3/2020 | 8:00 AM | 9:00 AM | Physical Education | Align It, Find It, Use It: Back to Assessment Basics | Brooke Towner; Adam Keath; Byron Towner; Jared Androzzi | | |
| Tuesday | 11/3/2020 | 8:00 AM | 9:00 AM | Sport Management | Economic Impact of Minor League Baseball - Eastern North Carolina Community | Mark Moore; Lana Huberty | | |
| Tuesday | 11/3/2020 | 9:15 AM | 10:15 AM | Adapted Physical Education | Got Behaviors? Get PRO-Active! | Tracy Sharlow | | |
| Tuesday | 11/3/2020 | 9:15 AM | 10:15 AM | Dance | Cultural Dances for Large Classes | Tiffany Fuller | | |
| Tuesday | 11/3/2020 | 9:15 AM | 10:15 AM | Health | How Do You REALLY Write Skills-Based Health Education Assessments? | Jessica Lawrence | | |
| Tuesday | 11/3/2020 | 9:15 AM | 10:15 AM | Health | Literacy in Health Education via Escape Rooms | Thomas Trendowski | | |
| Tuesday | 11/3/2020 | 9:15 AM | 10:15 AM | Physical Education | Teaching Face-to-Face with Physical & Social Distancing | Charla Krahnke | | |
| Tuesday | 11/3/2020 | 9:15 AM | 10:15 AM | Physical Education | Teach Students to Be the Difference in Creating Resource Equity | Kevin McGrath | | |
| Tuesday | 11/3/2020 | 9:15 AM | 10:15 AM | Physical Education | Finding Joy Amongst Uncertainty | Dale Sidebottom | | |
| Tuesday | 11/3/2020 | 9:15 AM | 10:15 AM | Physical Education | Not Just Bowling! Large Group Activities with Bowling Pins | Michael Nye | | |
| Tuesday | 11/3/2020 | 9:15 AM | 10:15 AM | Sport Management | Sealing the Deal: Sports Industry Employability Skills for the Sports Management Student | BerNadette Lawson-Williams; Rennae Williams Stowe; Karla F. Jones | | |
| Tuesday | 11/3/2020 | 9:15 AM | 10:15 AM | Student Majors | Overcoming Barriers to Building Rock Star Graduate School Applications | Kacey DiGiacinto; Michael Hemphill | | |
| Tuesday | 11/3/2020 | 10:30 AM | 11:30 AM | Adapted Physical Education | Inclusion in Physical Education: Setting Up Success! | Barbara Meleney | | |
| Tuesday | 11/3/2020 | 10:30 AM | 11:30 AM | Dance | Complete Body and Mind Workout with Rhuthmic Yoga Dance | Indhudmathi Gopal | | |
| Tuesday | 11/3/2020 | 10:30 AM | 11:30 AM | Health | Transitioning from Content to Skills-Based Health Education | Casie Brooks | | |
| Tuesday | 11/3/2020 | 10:30 AM | 11:30 AM | Physical Education | MythBusters: Don't Resist the Resistance! | Stephanie Little; Ally Copenhaver; Amelie Gillies; Hattie Greer; Hanna Mizell; Kimberly Schuh | | |
| Tuesday | 11/3/2020 | 10:30 AM | 11:30 AM | Physical Education | Post-Pandemic HPE: How Has Your Teacher Ed Program Changed? | J. Scottt Townsend; Derek Mohr | | |
| Tuesday | 11/3/2020 | 10:30 AM | 11:30 AM | Physical Education | Building Google Forms | Mathew Bassett | | |
| Tuesday | 11/3/2020 | 10:30 AM | 11:30 AM | Physical Education | Teaching SEL Through Cooperative Games | Debbie Bryant | | |
| Tuesday | 11/3/2020 | 10:30 AM | 11:30 AM | Physical Education | Make a Shift from a "Fixed" to a "Growth" Mindset PE Program & Musical PE | Carrie Flint | | |
| Tuesday | 11/3/2020 | 10:30 AM | 11:30 AM | Physical Education | Bitmoji Classroom | Cheryl Logan | | |
| Tuesday | 11/3/2020 | 10:30 AM | 11:30 AM | Sport Management | Assessment Driven Curriculum Shift: A Career Planning Approach to Sport Management | Dana Catchpole; Trey Cunningham | | |

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| Tuesday | 11/3/2020 | 11:45 AM | 12:45 PM | Adapted Physical Education | Virtual Fitness and Health Activities for Individuals With and Without Disabilities | Jordan Weber | | |
| Tuesday | 11/3/2020 | 11:45 AM | 12:45 PM | Dance | Budget Drumming | Jamie West | | |
| Tuesday | 11/3/2020 | 11:45 AM | 12:45 PM | Health | Effective Instruction | Brandy Clemmer; Briasia White | | |
| Tuesday | 11/3/2020 | 11:45 AM | 12:45 PM | Health | Social Emotional Learning in Health Education | Burt Jenkins | | |
| Tuesday | 11/3/2020 | 11:45 AM | 12:45 PM | Physical Education | Tapping Into Life Skills Developed Through Brazilian Jiu Jitsu | Catherine Holland; Jeong Dae Lee | | |
| Tuesday | 11/3/2020 | 11:45 AM | 12:45 PM | Physical Education | Poull Ball | Kelli Weinreich | | |
| Tuesday | 11/3/2020 | 11:45 AM | 12:45 PM | Physical Education | Nearpod and Padlet | Vicky Fowler | | |
| Tuesday | 11/3/2020 | 11:45 AM | 12:45 PM | Physical Education | Line Dance For Those Who Can't Dance: Social Distancing | Marc Camp | | |
| Tuesday | 11/3/2020 | 11:45 AM | 12:45 PM | Physical Education | Teaching Physical Education with a Purpose | Nathan Horne | | |
| Tuesday | 11/3/2020 | 11:45 AM | 12:45 PM | Sport Management | Strategy and Social Inclusion in Work Organization | Lana Huberty; Mark Moore | | |
| Tuesday | 11/3/2020 | 1:00 PM | 1:30 PM | General Session;Keynote Address | Do Something Extraordinary! | Jessica Lawrence | | |
| Tuesday | 11/3/2020 | 1:50 PM | 2:15 PM | General Session | Statewide Membership Meeting | NC SHAPE Leadership | | |
| Tuesday | 11/3/2020 | 2:30 PM | 3:30 PM | Health | Choice Led Health | Kim Morton | | |
| Tuesday | 11/3/2020 | 2:30 PM | 3:30 PM | Health | EVERFI: The Digital Approach to Health and Wellness | Peter Kelpin; Jordan Snyder | | |
| Tuesday | 11/3/2020 | 2:30 PM | 3:30 PM | Physical Education | Zoom Through Literature Enhanced Physical Education | Lynn Hefele | | |
| Tuesday | 11/3/2020 | 2:30 PM | 3:30 PM | Physical Education | Building a Cycling Program | Sheri King | | |
| Tuesday | 11/3/2020 | 2:30 PM | 3:30 PM | Physical Education | Around the World (Basketball Skills & Drills) | Don Ledford | | |
| Tuesday | 11/3/2020 | 2:30 PM | 3:30 PM | Physical Education | 10 Ways to Create a SEL Skills-Based Health Classroom | Mary McCarley | | |
| Tuesday | 11/3/2020 | 2:30 PM | 3:30 PM | Physical Education | Move to the Beat | Victor Spadaro | | |
| Tuesday | 11/3/2020 | 2:30 PM | 3:30 PM | Physical Education | Tips & Tricks for Physical Education | Brandon Wolfe | | |
| Tuesday | 11/3/2020 | 2:30 PM | 3:30 PM | Physical Education | Musical PE | Carrie Flint | | |
| Tuesday | 11/3/2020 | 2:30 PM | 3:30 PM | Sport Management | Lessons Learned: Five Year Service Learning Project/Municipal Parks & Recreation | Trey Cunningham; Dana Catchpole | | |
| Tuesday | 11/3/2020 | 3:45 PM | 4:30 PM | Health | Evaluation of the 2020 JCSU Health/Career Extravaganza | Robert Lindsey | | |
| Tuesday | 11/3/2020 | 3:45 PM | 4:30 PM | Physical Education | Finding #PHYSED Resources To Strengthen Your Teaching | Mike Morris | | |
| Tuesday | 11/3/2020 | 3:45 PM | 4:30 PM | Physical Education | Backyard Games | Amy Reams; Don Minnick; Mackenzie Casey | | |
| Tuesday | 11/3/2020 | 3:45 PM | 4:30 PM | Physical Education | Gamify Your PE Program with GooseChase | Jennifer Mettler | | |
| Tuesday | 11/3/2020 | 3:45 PM | 4:30 PM | Physical Education | Increase Moderate to Vigorous Physical Activity (MVPA) in Physical Education | Eric Larson | | |
| Tuesday | 11/3/2020 | 3:45 PM | 4:30 PM | Physical Education | Importance of Networking in Physical Education: The Knapp Story | Bo Davenport | | |

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| Tuesday | 11/3/2020 | 3:45 PM | 4:30 PM | Physical Education | Need for Speed | Andrew Wymer | | |
| Tuesday | 11/3/2020 | 3:45 PM | 4:30 PM | Physical Education | OPENPhyzed Dance Party: Pump Up the BEATS! | Brandon Herdwick | | |
| Tuesday | 11/3/2020 | 3:45 PM | 4:30 PM | Sport Management | Career Tarjectory of Women into Intercollegiate Athletic Leadership | Lana Huberty; Mark Moore | | |