

## CHES®/MCHES® CECH Approved Program List

*\*\*Please note: Session titles in the program not listed below are not approved for CECH\*\**

#	Title	Date	Start	End	CECH (Entry)	CECH (Advanced)
1	10 Ways to Create a Student-Centered Health Classroom	3/17	8:00 a.m.	9:00 a.m.	1	0
2	AI Unlocked: Building Confidence and Understanding for Health & PE Educators	3/17	8:00 a.m.	9:00 a.m.	1	0
3	Creating Safe and Inclusive Spaces for LGBTQ+ Youth in Our Schools	3/17	9:15 a.m.	10:15 a.m.	1	0
4	HEPPS: Modeling Excellence: Preparing Future Educators Through Skills-Based Health Education	3/17	9:15 a.m.	10:15 a.m.	1	1
5	Boosting Communication Confidence in Health Class	3/17	10:30 a.m.	11:30 a.m.	1	0
6	Canvas to Conversation: Using Artistic Thinking to Build Health Skills	3/17	10:30 a.m.	11:30 a.m.	1	0
7	Battle Of Wits! Transforming Learning Through Board Gaming!	3/17	11:45 a.m.	12:45 p.m.	1	0
8	Let's Talk! What's Your Why?	3/17	11:45 a.m.	12:45 p.m.	1	0
9	Teaching to Type: Using Myers-Briggs to Personalize Skills-Based Health Education	3/17	11:45 a.m.	12:45 p.m.	1	0
10	What's Trending? Decoding Teens with Amaze's Sex Ed Resources	3/17	1:15 p.m.	2:15 p.m.	1	0
11	Reimagining School Staff Wellness: Insights from a Rejuvenation Room Pilot Program	3/17	2:30 p.m.	3:30 p.m.	1	0
12	Empowering Multilingual Learners: Integrating ELD Strategies in Health Education	3/18	8:00 a.m.	9:00 a.m.	1	1
13	Thrive, Not Just Survive: Self-Care Strategies for Educators, Coaches and Administrators	3/18	8:00 a.m.	9:00 a.m.	1	0
14	Designing Meaningful Assessments That Work: Measuring Skill Development and Health Literacy in Health Education	3/18	10:45 a.m.	11:45 a.m.	1	1
15	Swipe Right: Social Friendships & Productive Work Relationships	3/18	10:45 a.m.	11:45 a.m.	1	0
16	Tackling Tough Topics in Health and PE	3/18	10:45 a.m.	11:45 a.m.	1	1
17	Integrating Technology into your Elementary Health Lessons	3/18	12:00 p.m.	1:00 p.m.	1	0

18	Strengthening Secondary Health Education: Skills-Based Strategies and Free Resources	3/18	12:00 p.m.	1:00 p.m.	1	1
19	Elevating Student and Teacher Voice in Substance Use Prevention Curriculum Design and Evaluation	3/18	2:00 p.m.	3:00 p.m.	1	1
20	From Static to Strategic: Advancing Emergency Preparedness with Health Literacy and Inclusive, Evidence-Based CPR & First Aid Education	3/18	2:00 p.m.	3:00 p.m.	1	0
21	Systemic Processes Produce Impact to District Well-Being	3/18	2:00 p.m.	3:00 p.m.	1	1
22	Are We Ready to Talk About It?	3/18	3:15 p.m.	4:15 p.m.	1	0
23	Beyond the Bubble: Designing Student-Centered Summative Assessments in Health Education	3/18	3:15 p.m.	4:15 p.m.	1	1
24	From Sweat to STEM: Custom 3D Printing Solutions for Health & Physical Education	3/18	3:15 p.m.	4:15 p.m.	1	0
25	10 Instructional Strategies to Engage Students in Health Class	3/18	4:30 p.m.	5:30 p.m.	1	0
26	Get Moving Together: Community Challenges to Ignite Active Lifestyles	3/18	4:30 p.m.	5:30 p.m.	1	1
27	Guiding Elementary Students to Navigate Valid and Reliable Health Information	3/18	4:30 p.m.	5:30 p.m.	1	0
28	Turning Passion into Policy: Lessons from the Journey	3/18	4:30 p.m.	5:30 p.m.	1	0
29	Building Healthy Futures: Comprehensive Approaches to Mental Health & Suicide Prevention	3/19	8:00 a.m.	9:00 a.m.	1	0
30	Teaching the 21st Century Stressed Learner with Skills-based Lessons	3/19	8:00 a.m.	9:00 a.m.	1	0
31	Using Artwork Projects to Teach Health Concepts: Powerful and Engaging	3/19	8:00 a.m.	9:00 a.m.	1	1
32	Crafting Inclusive Integrated Experiences: Unleashing Skill-Based Learning for Language Acquisition	3/19	10:45 a.m.	11:45 a.m.	1	1
33	Culture Builders: High-Energy Games to Spark Laughter, Connection, and Challenge	3/19	10:45 a.m.	11:45 a.m.	1	1
34	Let's Talk Wellness - Exploring 10 Dimensions of Wellness in the Skills-Based Health Ed Classroom	3/19	10:45 a.m.	11:45 a.m.	1	0
35	Sacred and Safe Spaces: Teaching Sexual Health in Spiritually Diverse Classrooms	3/19	10:45 a.m.	11:45 a.m.	1	0

36	Developing Effective Curriculum to Tackle Social Media's Impact on Body Image	3/19	12:00 p.m.	1:00 p.m.	1	0
37	Empowering Voices: A Supportive Roundtable for LGBTQIA+ Educators	3/19	12:00 p.m.	1:00 p.m.	1	0
38	Wise Feedback: Guiding Students to Greater	3/19	12:00 p.m.	1:00 p.m.	1	1
39	Implementing Inclusive, Skills-Based Health Education for All Students	3/19	2:00 p.m.	3:00 p.m.	1	1
40	Using AI to Write Prompts: CoPilot vs ChatGPT	3/19	2:00 p.m.	3:00 p.m.	1	0
41	Exploring a Skills-Based "Health & Wellbeing for All" Unit	3/19	3:15 p.m.	4:15 p.m.	1	1
42	Transforming Health Education with Team-Based Learning	3/19	3:15 p.m.	4:15 p.m.	1	0
43	Values Based Interviewing	3/19	3:15 p.m.	4:15 p.m.	1	1
44	Calling All SHAPE Creators: Choose Your Adventure - Lesson Puzzles or Fact Checking the Future	3/19	4:30 p.m.	5:30 p.m.	1	1
45	Promoting Transfer from the Health Ed Classroom to Real Life	3/19	4:30 p.m.	5:30 p.m.	1	0
46	Reimagining Health Education: Skills-Based vs. Knowledge-Driven Approaches	3/19	4:30 p.m.	5:30 p.m.	1	1
47	Pulse, Practice, and Precision: Implementing 2025 ILCOR Resuscitation and First Aid Guidelines for Prehospital Care in K-12 and Collegiate Environments	3/20	8:00 a.m.	9:00 a.m.	1	0
48	Talk it Out: Igniting Critical Thinking One Conversation at a Time	3/20	8:00 a.m.	9:00 a.m.	1	0
49	The HPE Educator's Growth Ecosystem: Cultivating Your Integrated Life Balance Blueprint	3/20	8:00 a.m.	9:00 a.m.	1	0
50	Using the Social Determinants of Health to Promote Equity in Health Education	3/20	8:00 a.m.	9:00 a.m.	1	1
51	Amplifying Youth Voice in Curriculum Development: Health Ed for Gen Alpha and Beyond	3/20	10:45 a.m.	11:45 a.m.	1	0
52	Back to Basics: Using the National Health Education Standards to build Assessment and Instruction	3/20	10:45 a.m.	11:45 a.m.	1	1
53	Confident, Calm, and Capable: Navigating Distractions and Difficult Moments in the Classroom	3/20	10:45 a.m.	11:45 a.m.	1	0
54	Masked Reader - A Movement and Literacy Schoolwide Event	3/20	10:45 a.m.	11:45 a.m.	1	0

55	Teaching with Tech: FREE AI Tools to Revamp Your Health/PE Lessons	3/20	10:45 a.m.	11:45 a.m.	1	0
56	10 Things I wish I had known when I first started teaching	3/20	12:00 p.m.	1:00 p.m.	1	0
57	Skill Development in Health Education	3/20	12:00 p.m.	1:00 p.m.	1	1
58	Who Gets to Define “Man”?	3/20	12:00 p.m.	1:00 p.m.	1	1
59	Communication and Connection: Teaching the Skills Students Are Losing	3/20	1:30 p.m.	2:30 p.m.	1	0
60	Using Data to Drive Excellence- What Every Health and Physical Education Teacher Should Know	3/20	1:30 p.m.	2:30 p.m.	1	1
61	AHE in Action: Strategies to Support Students with Disabilities in Health Class	3/20	2:45 p.m.	3:45 p.m.	1	0
62	From Facts to Function: Teaching Functional Health Information That Matters	3/20	2:45 p.m.	3:45 p.m.	1	0
63	Healthy Schools Oklahoma: A Targeted Approach to Better Health Outcomes	3/20	2:45 p.m.	3:45 p.m.	1	1
64	Empowering Students Through Health Education Projects: Fostering Autonomy and Engagement	3/21	8:00 a.m.	9:00 a.m.	1	1
65	Let's Have Fun in Health Class Today	3/21	8:00 a.m.	9:00 a.m.	1	0
66	AI in PE and Health Education: Friend or Foe? Navigating the Future of Teaching with Artificial Intelligence	3/21	9:15 a.m.	10:15 a.m.	1	0
67	Extreme Makeover: Health Ed Edition	3/21	9:15 a.m.	10:15 a.m.	1	1
68	Movement is Magic: The Impact of a Comprehensive School Physical Activity Program	3/21	9:15 a.m.	10:15 a.m.	1	0
69	Aligning District Curriculum to the National Health Education Standards to Build Skills-Based Health Curriculum	3/21	10:30 a.m.	11:30 a.m.	1	0
70	From Enrollment to Employment: Retention Strategies That Work	3/21	10:30 a.m.	11:30 a.m.	1	0
71	The Resilient Educator: Wellness Strategies That Empower You and Your Students to Thrive	3/21	10:30 a.m.	11:30 a.m.	1	0