



Continuing Education Contact Hours (CECH) Information for CHES/MCHES

SHAPE America is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 29.5 total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours are 26.5.

Health Education sessions approved for continuing education contact hours are identified by the mortar board cap in the online schedule or mobile app. Note that this icon also refers to all CEU approved sessions. Refer to the list below to determine sessions with entry-level CECH and advanced-level CECH. CHES attending advanced-level sessions can still receive entry-level CECH, while MCHES attending entry-level sessions can also receive entry-level CECH. **Convention registration is required.** There is an additional charge of \$30 (members) or \$35 (nonmembers) to participate.

Once you have completed your registration, you will receive the CECH Packet for CHES/MCHES from SHAPE America via email in advance of the convention. If you register on site, you may pick up the packet from the CEU/CECH booth located at the registration area in the Convention Center. You must present your ticket (purchased at registration) to receive a packet. Your ticket(s) for any event purchased will be printed with your badge.

1. You will need to keep track of the packet throughout the convention. The packet contains the necessary forms for acquiring continuing education contact hours for the approved sessions.

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| <input checked="" type="checkbox"/> Instructions | <input checked="" type="checkbox"/> CECH Registration Form |
| <input checked="" type="checkbox"/> CECH Approved Program List | <input checked="" type="checkbox"/> Session Evaluation Forms |
| <input checked="" type="checkbox"/> Final Evaluation Form | |

2. You will only receive contact hours, as stated, for sessions that you attend. On the CECH Approved Program List, circle the CECH number for each session you attend. You must also complete the evaluation required for each session. An e-certificate will be issued for contact hours upon return of the packet.

3. At the conclusion of the convention, return the packet with the items listed in section 1 (above) to the CEU/CECH booth on Friday, March 17th between 7:30 a.m. and 5:00 p.m. or on Saturday, March 18th between 7:30 a.m. and 11:30 a.m. Packets can be mailed to the SHAPE America office: Attn: MCHES Program - SHAPE America - 1900 Association Drive, Reston, VA 20190



CHES/MCHES
CECH Approved Program List

Submission Reference	Title	Date	Start	End	CECH (Entry)	CECH (Advanced)
0095	Systems Thking, Systems Changing: Institutionalizing School Health Programs	3/14	8:00 AM	12:00 PM	4	4
1283	Initial HETE Standards Orientation and Program Report Preparation	3/14	8:00 AM	12:00 PM	4	0
1332	Improving Sex Ed Skills Using the Rights, Respect, Responsibility Curriculum	3/14	8:00 AM	4:00 PM	7	7
0229	Social Justice in Physical Education and Health	3/14	10:30 AM	12:30 PM	2	0
1339	Ready to Go Health Projects for Schools on Any Budget	3/14	1:00 PM	5:00 PM	4	4
1219	A Primer for Teaching a Skills-Based Approach in Health Education	3/14	1:00 PM	5:00 PM	4	4
1286	HETE: Aligning Assignments, Assessments, and Rubrics	3/14	1:00 PM	5:00 PM	4	4
1205	Assess, Plan, Implement: Using the School Health Index to Make Change	3/14	1:30 PM	4:30 PM	3	3
0324	A How-To for Using the Appropriate Practices Document in HETE	3/15	8:00 AM	9:15 AM	1.25	1.25
1288	HETE Program Report Reviewer Training	3/15	8:00 AM	5:00 PM	6	6
0276	Participatory Activities to Engage Students Within the Health Classroom	3/15	1:45 PM	3:00 PM	1.25	1.25
1090	Teaching and Facilitating a Partner Grant Writing Assignment	3/15	1:45 PM	3:00 PM	1.25	1.25
0094	Facilitating Role Plays in the Health Education Classroom	3/15	3:30 PM	5:30 PM	2	2
0896	No More Lecture! Strategies Promoting Participatory Learning in Health Education	3/15	3:30 PM	5:30 PM	2	2
1223	TOYs Just Wanna Have Fun in Health Class	3/16	7:15 AM	9:15 AM	2	2
0390	Community Readiness: Hazing Prevention in Higher Education	3/16	7:30 AM	8:45 AM	1.25	1.25
1274	School Employee Wellness: Shaping a Healthier Community	3/16	1:30 PM	2:45 PM	1.25	0
0710	Bye Bye, Binary: Inclusive Secondary Human Sexuality Education	3/16	1:45 PM	3:45 PM	2	2
0982	Skills to Make Smart Decisions in a High-Risk World	3/16	1:45 PM	3:45 PM	2	2
1269	Enhancing Assessment in the Health Education Classroom	3/16	3:00 PM	4:15 PM	1.25	1.25
1121	Let's Talk About Sexuality Education: Building Competency and Confidence	3/16	4:15 PM	5:30 PM	1.25	1.25
1148	Developing Needs Assessment, Analysis and Advocacy Skills in Teacher Candidates	3/16	4:15 PM	5:30 PM	1.25	1.25



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0162	A Picture is Worth 1,000 Words: Teaching Advocacy Through Photojournalism	3/17	7:30 AM	8:45 AM	1.25	1.25
0193	How Do I Pass the edTPA?	3/17	7:30 AM	8:45 AM	1.25	1.25
1093	E-cigs and Vapes – the Good, Bad and Ugly?	3/17	11:15 AM	12:30 PM	1.25	0
1282	CAEP Lead Reviewer Workshop	3/17	1:30 PM	3:00 PM	1.5	1.5
1272	Empowering Students to Advocate for Healthy Food Choices	3/17	2:00 PM	3:15 PM	1.25	1.25
0267	Five Strategies to Supercharge Your Health Class	3/17	2:30 PM	3:45 PM	1.25	1.25
1271	Ready to Go! Skills-Based Learning Activities You Can Use Tomorrow	3/17	3:30 PM	4:45 PM	1.25	1.25
0467	How to Increase Student Confidence in Utilizing Stress Management Techniques	3/17	3:45 PM	4:15 PM	0.5	0.5
0864	Ultimate Weapon in Health = Name Tag	3/17	3:45 PM	4:15 PM	0.5	0
0843	Incorporating Social Media in Higher Education Health Courses	3/17	3:45 PM	4:15 PM	0.5	0.5
0481	The Perfect Place for Social Emotional Learning – The Skills-Based Classroom!	3/17	4:15 PM	5:30 PM	1.25	1.25
0885	Shifting From Content-Based to Skills-Based Health Education	3/17	4:15 PM	5:30 PM	1.25	1.25
1098	Understanding Behavioral Outcomes of Stress in Young Adults	3/18	7:30 AM	8:45 AM	1.25	0
0306	Media and Its Impact on the Health of Today's Youth	3/18	9:15 AM	10:30 AM	1.25	1.25
0704	Improving Self-Efficacy Skills Toward Positive Sexuality Among Adolescent Women	3/18	11:00 AM	12:15 PM	1.25	1.25
0928	Power up Your Nutrition Education, Energize Your Students	3/18	11:00 AM	12:15 PM	1.25	1.25