

The Indiana Journal For Health • Physical Education Recreation • Dance

Volume 18, Number 1

Winter, 1989



-Inside This Issue-

**Special Report on AIDS
77th Convention in Review
Philadelphia Resolution
State of the State
and
Much, Much More...**

Witness Fitness in Physical Education



SUPPORT JUMP ROPE FOR HEART

INDIANA ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

1988-89 ROSTER

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Aquatics	Physical Education	Sharon Burgess-Troxell
Elementary	Physical Education	Mary Weitzel
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COPY DEADLINES

Winter Issue (February): December 1
Spring Issue (May): March 1
Convention Issue (September): July 1

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To Be Announced

Indiana AHPERD Journal

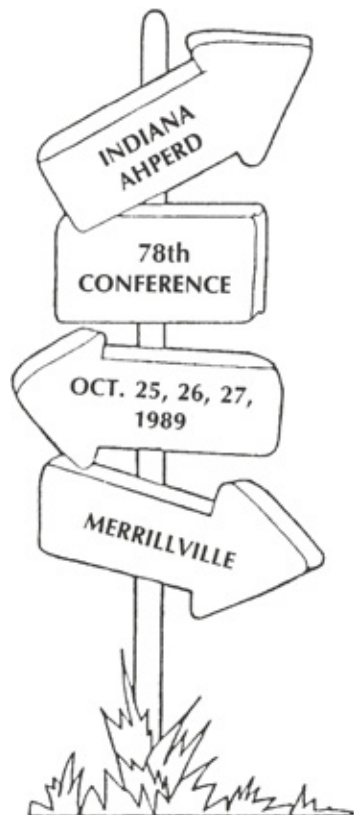
Volume 18, Number 1

Winter, 1989

Indiana Association for
Health, Physical Education, Recreation and Dance

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The Indiana Association for Health, Physical Education, Recreation and Dance is a professional organization serving education in these four and related fields at the elementary, secondary, college, and community levels. Membership in IAHPERD is open to any person interested in the educational fields listed above. Professional members pay annual dues of \$20.00. Students pay \$10.00. Make checks payable to IAHPERD Treasurer, c/o IUPUI, School of Physical Education, Indianapolis, Indiana 46223.

Although advertising is screened, acceptance of an advertisement does not necessarily imply IAHPERD endorsement of the products, services, or of the views expressed.

CHANGE OF ADDRESS

In order to receive the **IAHPERD Journal**, your change of address must be mailed to P. Nicholas Kellum, 901 West New York Street, Indianapolis, Indiana 46223. A change of address sent to the Post Office is not adequate since **Journals** are **not** forwarded.

When individuals fail to send changes of address, a duplicate copy of the **Journal** cannot be mailed unless the request includes funds in the amount of \$5.00 to cover postage.

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Guidelines for Authors

The following information should be used when submitting a manuscript to the **IAHPERD Journal**. Many types of original manuscripts are suitable—*theoretical, practical, technical, historical, philosophical, creative, controversial.*

Write for the **Journal's** readership and be sure to spell out the implications of the article for the discipline. Use a simple, clear, and direct writing style, avoiding the use of first person pronouns and repeated references to one's institution.

Philosophical and historical backgrounds are not usually necessary unless these are the primary purposes of the manuscript. References are not compulsory, but writing ethics dictate that quoted material as well as historical sources be cited in bibliographical style.

When reporting research results, try to maintain non-technical language and to avoid complex tables which are not directly related to the text. Avoid extensive discussion of methodologies and statistical techniques unless they are clearly unique. Concentrate on theoretical framework, reasons for conducting the research, discussion, and applications to the field.

Manuscripts will be acknowledged upon receipt, but may take up to three months for review. The decision regarding acceptance/rejection/revision is made by four members of the editorial board who perform "blind reviews" and submit confidential evaluations to the editor. Accepted manuscripts may be edited to conform to space constraints. Manuscripts that are not accepted will not be returned. Author will receive written acknowledgement of any editorial decision.

The most common reasons for rejection are: inappropriate subject matter; repetition of previously published material; topic too narrow or already common knowledge; poor documentation; poor writing.

Publishing ethics dictate that a manuscript should not be considered simultaneously by more than one publication, and no article which has appeared in another publication should be submitted to the **IAHPERD Journal**. The IAHPERD accepts submitted materials for the **Journal** as "professional contributions" and no remuneration can be offered. Authors receive one complimentary copy of the issue containing their article.

TECHNICAL SUGGESTIONS

Style. Material should be presented consistently throughout the manuscript. Preferred style is that of the American Psychological Association (APA) Publication Manual or the University of Chicago Manual.

Length. Maximum preferred length is ten double-spaced pages. Smaller manuscripts will be considered but will receive lower priority for inclusion in the **Journal**.

Cover Page. Type title of manuscript about three inches from top of page, followed by author name(s) as it/they should appear in the published piece. Drop down a few spaces and type complete name, address and phone number

of author with whom editor should correspond. Also, state number of words in manuscript (rounded to nearest hundred). Author name(s) should appear *only* on this page, since the editing process is conducted as "blind review."

The Text. Full title should appear again at top of page one. Double space, indent paragraphs, use one side of paper only. Use only white 8½x11" paper and dark typewriter ribbon. Margins on all sides should be at least one inch. Pages should be numbered consecutively in the upper right hand corner and carry a running head (partial title) just below the page number. Long quotations should be single spaced and given extra indentation of five spaces to make them stand out. All copies should be "letter perfect"—free from inaccuracies in grammar, spelling, and punctuation.

Photos. Photographs which complement a manuscript are encouraged. Preferred photos are black and white glossy, 5x7". Photos will not be returned unless specifically requested.

Illustrations. Must be in black ink on white paper, camera-ready.

Tables, Charts, Graphs. Use where appropriate; don't duplicate material in the narrative; be *accurate*.

Bibliography. Keep to a minimum. List only if cited in the text presentation.

SUBMISSION REQUIREMENTS

Copies. Five (5) copies must be submitted—one original and four photostatic copies (no carbon copies or dittoes are acceptable).

Timelines. Manuscripts should be submitted at least three months in advance of publication date if consideration for a specific issue is desired. Tentative publication dates are February, May, and September.

Address. Materials for **Journal** review should be mailed to:

Dr. Tom Sawyer
Department of Physical Education
Indiana State University
Terre Haute, Indiana 47809

HELPFUL PUBLICATIONS FOR WRITERS

Follett, Wilson. **Modern American Usage**, New York: Crown Publishers, 1980.

Jordon, Lewis. **The New York Times Manual of Style and Usage**, New York, Quadrangle/New York Times Book Co., 1975.

Leggett, Glen, C. David Mead, and William Charvat. **Prentice-Hall Handbook for Writers**, rev. 6th ed., Englewood Cliffs, New Jersey: Prentice-Hall, Inc., 1974.

A Manual of Style, rev. 13th ed., Chicago: University of Chicago Press, 1976.

Mullins, Carolyn J. **A Guide to Writing in the Social and Behavioral Sciences**, New York: John Wiley and Sons, 1977.

Publication Manual of the American Psychological Association, 3rd ed., Washington, D.C.: American Psychological Association, 1983.

Sherman, Theodore A. and Simon S. Johnson. **Modern Technical Writing**, 3rd ed., Englewood Cliffs, New Jersey: Prentice-Hall, Inc., 1975.

Zinsser, William. **On Writing Well**, New York: Harper & Row, 1976.

A Message from the Editor...



THE PHYSICAL EDUCATION ADVISORY TASK FORCE

On October 29, 1987, IAHPERD established a **TASK FORCE** for the Encouragement of Quality, Daily Physical Education in Indiana Schools. This Task Force created a proposal calling for the creation of **THE PHYSICAL EDUCATION ADVISORY TASK FORCE**. On October 26, 1988, the Board of Directors of IAHPERD established The Physical Education Advisory Task Force and at the same time disbanded the former Task Force with a warm THANK YOU for a job well done in a timely fashion.

The initial Task Force created a **POSITION STATEMENT** on Quality, Daily Physical Education, which has been disseminated to school officials, physical educators, and all state legislators in Indiana, and developed the proposal to develop the new Task Force. The original Task Force had eight other tasks, but the group soon realized those tasks could not all be undertaken without the cooperation and assistance from the Department of Education (DOE). Therefore, Chairman Sawyer, in February, 1988, requested that the remaining charges be held in abeyance, the Task Force be expanded to include DOE representation as well as a number of past presidents of IAHPERD, and a new charge be assigned the Task Force, namely the creation of an advisory task force on physical education, which could have specific goals and objectives assigned to it. These goals and objectives would incorporate the efforts of both DOE and IAHPERD. In February, 1988, the Board approved the requested changes in the original Task Force's charge.

On October 28, 1988, President Evenbeck appointed the following persons to serve on The Physical Education Advisory Task Force:

Chair, Thomas H. Sawyer
Vice Chair, Eileen Kenner, M.A., 1991
Barb Ettl, DOE P.E. Specialist
John Yantis, Staff Consultant, Governor's CPFSM, 1991
Delores Wilson, IAHPERD District Coordinator, 1989
Harry Mosher, IAHPERD P.E. Division V.P., 1989
Iris Rosa, IAHPERD Dance Division V.P., 1989
Pat Zezula, Ed.D., 1991
Thomas J. Templin, Ph.D., 1991
Linda Hart, Jefferson H.S., 1991
David Hoffa, Lost Creek Elementary, 1991
Ron Davis, Ph.D., Adapted P.E., 1991

Ex Officio

Betty Evenbeck, President IAHPERD
Daymon Brodhacker, President-Elect IAHPERD
P. Nicholas Kellum, Executive Director IAHPERD

The mission of The Physical Education Advisory Task Force is to promote physical education in Indiana schools. It will emphasize the need for quality physical education programs that have adequate time on task. Finally, it will promote the need and appropriateness of daily quality physical education programs.

The Task Force has the following responsibilities and charges:

1. generate ideas for the committees,
2. monitor the development of the ideas given to the committees,
3. advise the committees as how to proceed with the ideas and development of the ideas, and
4. recommend to the IAHPERD President to implement projects developed by the committee.

The Task Force is composed of seven committees and they are:

1. Consultants: This committee will develop a brochure for school districts listing consultants, areas of expertise, fees to be charged, etc. for clinics/workshops.

2. Political Strategies: This group will develop a political action strategy and network for public school physical educators. Further, a brochure will be prepared to assist local physical educators in creating and implementing a local political action plan.

3. DOE-IAHPERD Newsletter: This committee will design and publish a semi-annual newsletter to be sent to all physical educators in Indiana. It will also gather articles and submit them to other educational newsletters. Further, it will promote outstanding and/or unique physical education programs throughout the state of Indiana.

4. Outstanding Physical Education Programs: This group will develop appropriate criteria and procedures for identifying and recognizing effective programs and physical educators in each of the nine districts, and recommend that they be utilized by the Awards Committee of IAHPERD.

5. Professional Development Workshops: This committee will organize and implement workshops in cooperation with DOE and IAHPERD District Coordinator.

6. Curriculum and Fitness: This group has two specific

areas of responsibility, namely, physical education curriculum and physical fitness. The committee will gather information about school curriculums at all levels in Indiana. The committee will also develop and disseminate a model curriculum guide in cooperation with DOE. Further fitness testing programs will be reviewed and data will be collected to ascertain the level of Indiana public and non-public school children. The committee will recommend to IAHPERD and DOE a statewide fitness testing program. At last the committee will conduct training sessions for the chosen program(s).

7. Adapted Physical Education: This committee will be responsible for reviewing the state of adapted physical education within the state and making recommendations for appropriate action by DOE and IAHPERD.

Currently these committees are being organized and by the time you read this, they will have been finalized. The Chairs for these committees are as follows (please feel free to contact any of these people if you are interested in becoming involved in this exciting and necessary project):

Consultants - Dr. Pat Zezula, (219) 356-6000

Political Strategies - Ms. Eileen Keener, (317) 285-1451

DOE-IAHPERD Newsletter - Dr. Tom Sawyer,
(812) 237-2442

Outstanding Physical Programs - Mr. David Hoffa,
(812) 238-4456

Professional Development Workshops - Ms. Delores
Wilson, (219) 436-6000, ext. 69

Curriculum - Ms. Linda Hart, (317) 474-3434;
Fitness - Mr. John Yantiss, (317) 633-0299

Adapted Physical Education - Dr. Ron Davis,
(317) 285-1462

During the deliberations that eventually created this Task Force, a concern arose as to whether or not this Task Force should also include the areas of health, recreation, and dance. It was ultimately decided that the other areas **not** be included. It was felt that each specialization should create their own task force to encourage greater understanding of their areas and expansion during the coming decade.

As Chair for The Physical Education Advisory Task Force, I **CHALLENGE** the leaders in dance, health, and recreation to **CREATE** their own **TASK FORCE** to bring them through the next decade prepared to meet the challenges of the next century—without planning, we will not survive the 90's nor even see the next century. **COME**, join your physical education colleagues and begin to plan your **FUTURE**.

The next Editorial (May) will outline the Task Force's goals, objectives, and timelines.

Responses to this message are welcomed and will receive equal treatment by the **Journal** in a column entitled, "Letters to the Editor."

Thank you in advance for your interest and concern in our profession.

MARK YOUR CALENDAR!

AAHPERD National Convention

Boston, Massachusetts

April 19-23, 1989

Mini-Grants Available

The Indiana Association for Health, Physical Education, Recreation and Dance, Inc. (IAHPERD) is seeking proposals for funding which focus upon human wellness and the development of knowledge, attitudes, and skills necessary to maintain and improve overall health. Of first priority are proposals which benefit the targeted age group of five (5) through 18 years, with secondary preference for proposals benefiting the general population.

Grant applications will be accepted between NOVEMBER 1 and MAY 1.

For more information, please contact:

Barbara Passmore
School of HPER
Indiana State University
Terre Haute, Indiana 47809



*Share your ideas in
the next issue!*

President's Message...



me, we have spoken with five prospective Mini-Grant requestors already. At this rate, we may need to rename the group the Maxi-Grant Committee!

Executive Director Position. December 31, 1988, marked the end of the three-year term of IAHPERD's first Executive Director. Roberta Litherland, Past President, headed up the Search and Screen Committee to recommend to the Board candidates for the next three-year term. On December 4, 1988, the Board of Directors voted to renew the contract of P. Nicholas Kellum as Executive Director. "Nick" has served IAHPERD well in his first tour of duty, and listed for the Search and Screen Committee

top-notch ideas for further development of the Association through the Executive Director position. I look forward to his continued association with the Association, and want to thank Roberta and her Committee for their work.

The above paragraphs represent but a sampling of the motion and energy which my perspective as President has allowed me to witness. I have identified applied strategic planning as a major emphasis for my year as President. That process will help us maintain this flow of motion and energy, and direct and focus it for the long-term benefit of IAHPERD in Indiana. Keep up your energetic work, IAHPERD members!

Motion and energy—great words! I see motion and energy in IAHPERD since taking over as President at the end of October. I'll share a few examples to connect you with the excitement of an organization "on the move."

Task Force. In October, 1988, The IAHPERD Board and Representative Assembly approved establishment of a Task Force to promote quality, daily physical education. One month later—as I write this message—Task Force Chair Tom Sawyer has assembled the group, and the 14-member group is "off and running."

Jump Rope for Heart. Darrell Taulman, IAHPERD's JRFH Coordinator, lead our efforts this fall to revamp our agreement with Indiana's affiliate of the American Heart Association, and he actively promotes "jumps" statewide. As you know, IAHPERD commits a percentage of its annual income from JRFH to fund grant requests submitted by IAHPERD professionals across Indiana. I asked the Mini-Grant Committee in early November to review our existing guidelines. Barbara Passmore's Mini-Grant Committee has already submitted its recommendations, which the Board acted on at its December meeting. Between Barb and

**Looking for a Chance
to be Published?**

**The IAHPERD Journal
is
Refereed.**

*STUDENTS

*GRADUATE STUDENTS

*TEACHERS AT ALL LEVELS

Important Professional Dates

1989

February	15-19	Midwest District 77th Convention - Charleston, Marriott, Charleston, West Virginia Ron Sakola, President
February	15	Deadline for Newsletter material to Tom Sawyer
March	1	Deadline for Journal material to Tom Sawyer
April	19-23	AAHPERD 104th National Convention - Boston, Massachusetts Jean Perry, President
June	2-6	President-Elects' Conference - Washington, D.C.
June	16-21	ICHPER Congress - Frostburg, Maryland
June	21-25	National P.E. Conference (Elementary/Secondary) - Brainerd, Minnesota
July	1	Deadline for Journal material to Tom Sawyer
Summer		Racquets Workshop - Chicago Area Orv Kersten, Coordinator
August	15	Deadline for Newsletter material to Tom Sawyer
September	27-30	Midwest District Leadership Conference - Pokagon State Park, Angola, Indiana
October	25-27	Indiana AHPERD 78th Convention - Holiday Star Resort, Merrillville, Indiana

1990

February	15-17	Midwest District 78th Convention - Holiday Star Resort, Merrillville, Indiana
March 28 - April 1		AAHPERD 105th National Convention - New Orleans, Louisiana
Summer		Gymnastics Activities
October	17-20	Midwest Conference - Pokagon State Park, Angola, Indiana
October	24-26	Indiana AHPERD 79th Convention

1991

April	3-8	AAHPERD 106th National Convention - San Francisco, California
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1992

April	8-12	Midwest District 80th Convention and AAHPERD 107th National Convention - Indianapolis, Indiana
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1993

March	24-28	AAHPERD 108th National Convention - Washington, D.C.
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President-Elect's Message...



Greetings to all! Wasn't our annual conference at Muncie exciting? If you were there you know it was! Past President and Conference Coordinator Becky Hull did an outstanding job pulling the program and activities together and I congratulate her heartily for her efforts! Hearty congratulations are also extended to: Conference Managers and Past-Presidents Bob Weiss and John Reno, the Division Vice Presidents, the program presentors, the program presiders, and all the volunteers and most importantly, the conference participants.

I especially want to congratulate Roberta Litherland who concluded her term as President. An effective leader, Roberta targeted many issues and concerns in the Association that needed to be addressed and began the processes to meet their resolve. As those issues and concerns are resolved, we should not forget that it was her insight and concern that enabled their resolution.

Our leader now is Dr. Betty Evenbeck. Hard-working and progressively focused, Dr. Evenbeck is just what our Association needs as we close the 80's and look towards the last decade of this century. As our leader, Dr. Evenbeck deserves nothing less from the Association and its members than our unified cooperation and over very best conscientious efforts to help her meet her agenda for this Association.

How very exciting it is for me to continue leadership participation in the IAHPERD! For those of you that I haven't had the privilege of meeting, I would introduce myself in the following manner:

I am an Institutional Teacher at Arthur Campbell High School in the Indiana Youth Center located in Plainfield, Indiana. I teach swimming, Health, and Reading Literacy. I have been at the Youth Center since my Honorable Discharge from the U.S. Navy in 1977. In the Navy I was an Operating Room Technician and of course, traveled considerably.

I hold Bachelors and Masters Degrees from Indiana University in Physical and Health Education. I am currently pursuing the Education Specialist Degree in Secondary School Administration at Indiana University. I expect to complete certification requirements for the Secondary School Principals' license soon and then pursue an administrative assignment.

In the IAHPERD, I've been a District Chairperson (District 6) and Vice President of Sports and Athletics.

As I grow in the leadership of the IAHPERD as President-Elect and President, I am hoping to come to know more of you personally. Please know that I welcome any and all input from you that you believe is important to our professions and Association. Just drop me a short note and I promise that I'll let you know my thoughts about your concerns.

I particularly value my association in the IAHPERD. I've found that the Association helps me tremendously to stay cur-

rent with issues, trends, and research findings of our professions and times. The IAHPERD has also provided me the opportunity to expand my abilities as an educator and leader. The IAHPERD must be doing the same for you, for if it isn't, I want to know why it isn't and what I can do to fix it!

You and I know all too well the issues and challenges that have surfaced and face the very existence of our professions. You and I know all too well the issues and challenges that have surfaced and face this Association. We seem to be issued and challenged from all directions. I would ask, "Where are you standing on the issues and challenges your profession and the IAHPERD face?"

Friends, I and others believe that we are facing adverse professional circumstances that demand absolute, and absolutely demand, focusing of the voices of individuals and the voices of sympathetic organizational concerns, such as the IAHPERD, to overcome and secure these issues and challenges for the foreseeable future. We must be those voices! Will you accept my challenge and be one of those voices? Your Association has sought and is seeking to not only meet the demands of the known issues and challenges we face, but to aggressively eliminate and hopefully prevent their future occurrence. Please be as concerned and helpful as we are trying to be.

I've asked you to keep me informed about your feelings and beliefs about the IAHPERD. I've also asked you to think about our professional issues, challenges, and resolutions. I welcome this opportunity to serve you and the IAHPERD.

1989 JEAN LEE/JEFF MARVIN COLLEGIATE SCHOLARSHIP

IAHPERD will award a \$500 tuition scholarship for the 1989-90 academic year to a college junior or senior majoring in health, physical education, recreation, or dance at an Indiana school. The scholarship is based on collegiate activities, professional competencies, potential as a HPERD professional, academic record, and financial need. The winner will be announced June 1, 1989.

APPLICATION PROCEDURES: Deadline is May 1, 1989—all materials must be postmarked by the deadline to receive Committee considerations.

1. Biographical information (use form below).
2. Official transcript.
3. List of collegiate activities, including but not limited to, honors, awards, clubs, sports, committees, offices held.
4. Statement, to include (a) philosophy regarding your choice of major; (b) career plans; (c) need for financial assistance.
5. A letter of recommendation from two faculty members who are IAHPERD members. Faculty: send letters directly to the Committee.

SEND MATERIALS TO: Daymon Brodhacker
President-Elect, Scholarship Chair/IAHPERD
Arthur Campbell High School
727 Moon Road
Plainfield, Indiana 46168

BIOGRAPHICAL INFORMATION - 1989 COLLEGIATE SCHOLARSHIP

Name	_____		
	Last	First	Middle
Campus Address	_____		
	Street	City/State	Zip Code
Permanent Address	_____		
	Street	City/State	Zip Code
Phone/SSN	_____		
	Campus	Home	Soc. Sec. No.
Parents	_____		
	Mother	Father	
Home Town	_____		
Newspaper Name	Address		
College Data	_____		
	Name of College	Hours Completed By 6/89	GPA
Letters	_____		
Written By	Name - Faculty Member 1	Name - Faculty Member 2	
High School	_____		
	Name	City/State	Year Graduated
Winter, 1989		8	Indiana AHPERD Journal

A SPECIAL REPORT

AN INVITED ARTICLE

What Research Says About...

Status of AIDS Policies and Education in The Public School Corporations of Indiana

by

Richard D. Spear and Portia F. Plummer

AIDS is the number one communicable disease problem Americans are facing today. The disease raises unprecedented medical, ethical, political, social, legal, economical, and educational issues. Since state laws require the education of children and young adults in public school programs, the schools have been identified as a logical place for organizing, developing, and implementing AIDS educational activities to benefit students in their decision making choices in matters related to sex. As the records show, no state in the United States has been able to avoid responding to the issue of how best to deliver education on AIDS to students, faculty, administrators, and staff. The question of whether the school corporations want this added responsibility is debatable. Every crisis in American society has a way of finding its way into the public education arena through state legislature or by mandate of public school boards of education or both.

In fairness to school administrators and faculty, the question of time, money, and placement of added content in an already overloaded school curriculum

is not a concern to persons mandating that action be taken to solve public concerns. The basic questions of professional educators must be addressed in order for the school to accept the responsibility given to them. Unless the taxpayers and state legislators respond in a realistic and positive approach to financing the cost of educating students about AIDS, the schools will once again be charged with the negative evaluation of doing the job of AIDS education poorly or worse—not at all.

Effective AIDS education will require a great deal of courage and soul searching since the subject of sex makes many people uncomfortable. AIDS education needs to be integrated into instructional programs at all grade levels with content materials developed to address student age and maturity.

Experience has taught us that merely telling persons about AIDS is not enough. Instruction about AIDS must motivate students to avoid the personal behaviors that will put them at risk. For AIDS education to be effective, recognition of scientific information by students,

parents, school, and community must occur before self-destructive behavior begins. It is important that we reach students early.

Strong political and philosophical differences exist on how to approach AIDS education and the procedures to follow while working with an AIDS patient in the schools. Passions run deep when discussions of how best to deal with these concerns are involved. AIDS education topics will continue to raise sensitive issues, but they are essential. We need education that causes students to understand they can pay for certain behavior with their lives.

Thus, a basic question needed to be answered by every public school superintendent in Indiana: What impact does AIDS have on the programs in your corporation? The seriousness of the issues associated with AIDS warranted developing a questionnaire to survey the public school corporations of Indiana. A two-page, ten-item questionnaire was constructed to ascertain the status of AIDS policies, curriculum, and attendance requirements of students and

employees with AIDS. The ten questions were divided into three categories. The title of each category was as follows: (1) demographic data—learn facts about the various school corporations, (2) AIDS policies—obtain insight into existing policies to cover AIDS patient participa-

tion in academic programs and the workplace, and (3) curricula programs on AIDS—determine if AIDS education is available to students, faculty, and staff. Superintendents were advised in writing of strict adherence to the confidentiality laws applying to the study.

In 1987, the questionnaire was mailed to all of the 301 public school superintendents of Indiana along with a cover letter explaining the use and value of the study. Superintendents of 206 (68.44%) school corporations returned their completed questionnaires.

Question One: Does your school corporation have written policies on AIDS?

DISTRIBUTION OF ANSWERS BY TYPE OF SCHOOL CORPORATION

QUESTION:	METRO		SUB		RURAL		TOWN		TOTAL	
	NO	%	NO	%	NO	%	NO	%	NO	%
A. Admittance of AIDS/ARC into school?										
YES	7	43.8	5	13.2	13	10.2	5	20.0	30	14.6
NO	9	56.2	32	84.2	113	89.0	20	80.0	174	84.4
NO RESPONSE	0	0.0	1	2.6	1	0.8	0	0.0	2	1.0
B. Employment or Continued Employment with AIDS/ARC?										
YES	4	25.0	3	7.9	6	4.7	3	12.0	16	7.8
NO	11	68.7	33	86.8	121	95.3	22	88.0	187	90.7
NO RESPONSE	1	6.3	2	5.3	0	0.0	0	0.0	3	1.5
C. Procedure For Handling an AIDS/ARC Student?										
YES	8	50.0	8	21.1	7	5.5	3	12.0	26	12.6
NO	8	50.0	29	76.3	120	94.5	22	88.0	179	86.9
NO RESPONSE	0	0.0	1	2.6	0	0.0	0	0.0	1	0.5
D. Procedures For Handling Certified and/or Noncertified Employee With AIDS/ARC?										
YES	5	31.3	4	20.5	7	5.5	3	12.0	19	9.2
NO	11	68.7	33	86.8	120	94.5	22	88.0	186	90.3
NO RESPONSE	0	0.0	1	2.7	0	0.0	0	0.0	1	0.5

The above data indicates that the metropolitan school corporations have been doing a better job of writing policies covering students enrolled in the schools than those corporations located in suburban, rural, and town areas.

Further, the data shows that the policies that address employees with AIDS/ARC are seriously lacking in most of the school corporations in Indiana.

Demographics of the Sample Population

Sixteen (7.8%) of the 206 respondents directed metropolitan school corporations, 38 (18.4%) suburban corporations, 217 (61.7%) rural school corporations,

and 25 (12.1%) town school corporations. The sample population represented 1,635 schools.

Of the 1,635 schools, 258 were high schools, 254 junior high schools, 257 middle schools, and 866 elementary

schools. Thirty-five percent of these schools were located in rural school corporations, 29% in suburban corporations, 27% in town corporations, and 9% in metropolitan school corporations.

Question Two: To your knowledge, are there any students with AIDS presently enrolled in the schools of the corporation?

DISTRIBUTION OF ANSWERS BY TYPE OF SCHOOL CORPORATION

QUESTION	METRO		SUB		RURAL		TOWN		TOTAL	
	NO	%	NO	%	NO	%	NO	%	NO	%
AIDS Students Presently Enrolled in Your School										
YES	0	0.0	0	0.0	1	0.8	0	0.0	1	0.5
NO	16	100	37	97.4	125	98.4	23	92.0	201	97.6
NO RESPONSE	0	0.0	1	2.6	1	0.8	2	8.0	4	1.9

The responses indicate that only one of the 206 corporations reported a student with AIDS. The student is enrolled in a rural school corporation.

Share your ideas in the next issue!

QUESTION THREE: To your knowledge, are there any certified and/or noncertified employees with AIDS currently working in the school corporation?

QUESTION	METRO		SUB		RURAL		TOWN		TOTAL	
	NO	%	NO	%	NO	%	NO	%	NO	%
Certified or Noncertified										
Employees With Aids In Your School Corporation										
YES	0	0.0	0	0.0	1	0.8	0	0.0	1	0.5
NO	16	100	38	100	126	99.2	25	100	205	99.5
NO RESPONSE	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

The data indicated that only one of the 206 school corporations reported having an employee with the communicable disease AIDS. The right of confidentiality may be a factor in reporting AIDS/ARC cases to employers.

QUESTION FOUR: Have you conducted AIDS education programs?

DISTRIBUTION OF ANSWERS BY TYPE OF SCHOOL CORPORATION

QUESTION	METRO		SUB		RURAL		TOWN		TOTAL	
	NO	%	NO	%	NO	%	NO	%	NO	%
STUDENTS?										
YES	3	18.8	13	34.2	31	24.4	3	12.0	50	24.3
NO	13	81.2	22	57.9	95	74.8	22	88.0	152	73.8
NO RESPONSE	0	0.0	3	7.9	1	0.8	0	0.0	4	1.9
FACULTY?										
YES	7	43.8	8	21.1	25	19.6	5	20.0	45	21.8
NO	9	56.2	26	68.4	99	78.0	20	80.0	154	74.8
NO RESPONSE	0	0.0	4	10.5	3	2.4	0	0.0	7	3.4

ADMINISTRATION?

YES	6	37.4	13	34.2	38	29.9	8	32.0	65	31.6
NO	9	56.3	22	57.9	86	67.7	17	68.0	134	65.0
NO RESPONSE	1	6.3	3	7.9	3	2.4	0	0.0	7	3.4

PARENTS?

YES	5	31.3	3	7.9	10	7.9	2	8.0	20	9.7
NO	10	62.4	29	76.4	107	84.2	23	92.0	169	82.0
NO RESPONSE	1	6.3	6	15.8	10	7.9	0	0.0	17	8.3

STAFF

YES	6	37.5	7	18.4	17	13.4	3	12.0	33	16.0
NO	10	62.5	26	68.4	103	81.1	22	88.0	161	78.2
NO RESPONSE	0	0.0	5	13.2	7	5.5	0	0.0	12	5.8

The data received in response to question four indicated a serious lack of planned AIDS education programs being made available to high percentages of students, parents, staff, faculty, and administrators.

While the metro and suburban school corporations are doing a better job than rural and town corporations, the AIDS educational programs are not at the needed and/or desired levels.

Overall in Indiana inservice programs on AIDS are directed toward school administrators at the time of the survey. Less than 10% of the total respondents deemed such a program important for parents.

HELP!



**BE ONE OF
TOMORROW'S LEADERS
RECRUIT A COLLEAGUE TO JOIN!**

QUESTION FIVE: Do you have education on AIDS in the curriculum of the schools?

DISTRIBUTION OF ANSWERS BY TYPE OF SCHOOL CORPORATION

QUESTION	METRO		SUB		RURAL		TOWN		TOTAL	
	NO	%	NO	%	NO	%	NO	%	NO	%
Education on AIDS in Curriculum in your school?										
YES	11	68.8	24	63.2	63	49.6	5	20.0	103	50.0
NO	4	25.0	14	36.8	63	49.6	18	72.0	99	48.1
NO RESPONSE	1	6.2	0	0.0	1	8.0	2	8.0	4	1.9
If yes, subject areas in which AIDS included in curriculum.										
ANATOMY					1	0.8			1	0.5
BIOLOGY					3	2.4			3	1.5
CHOICE					1	0.8			1	0.5
FAMILY LIVING			1	2.6	3	2.4			4	1.9
HEALTH										
EDUCATION	7	43.8	22	57.9	51	40.2	8	32.0	88	42.7
HEALTH & SAFETY					3	2.4			3	1.5
HOME ECONOMICS			2	5.3	10	7.9	2	8.0	14	6.8
PHYSICAL EDUCATION			11	28.9					11	5.3
SCIENCE					2	1.6	2	8.0	4	1.9
SOCIAL STUDIES					1	0.8			1	0.5
SOCIOLOGY			1	2.6					1	0.5
TEEN					1	0.8			1	0.5

Based on the information gathered, it can be said that 50% (103) of the 206 school corporations are providing AIDS education to the students through existing curricula. The most common curricula used for the AIDS education area: health education, home econo-

mics, and physical education.

In response to the location of AIDS education in the curriculum, overwhelmingly when there is instruction, it is in health education classes. Suburban corporations are the only type of school corporation that reported AIDS education to

occur in physical education curriculum. The metropolitan school corporations reported that instruction is occurring in the health education curriculum; whereas, the rural corporations listed inclusion of AIDS education in 10 different subject areas.

CONCLUSIONS

AIDS poses serious educational challenges for the public school corporations of Indiana. As the data showed, some concerns were:

1. Too many of the Indiana school corporations have failed to meet the educational needs of students, faculty, staff, parents, and taxpayers in responding to the basic issues caused by AIDS.

2. The AIDS policies most widely used for students in Indiana were those approved by the Indiana State Board of Health.

3. There appears to be a lack of coordination of the AIDS education program within the public schools of Indiana.

4. Policies pertaining to school employees and the workplace need to be written or put into operation.

5. Continued failure of the superintendents to address the conditions and problems caused by AIDS in public education will be justification to pass legislation mandating education on AIDS in the school curricula.

6. Persons with AIDS have exercised the right to keep the diagnosis confidential.

For Further Information

Richard D. Spear, H.S.D.,
Professor
and

Portia F. Plummer, H.S.D.,
Associate Professor
Department of Health and Safety
Indiana State University
Terre Haute, Indiana 47809

IMPLICATIONS FOR SCHOOL ADMINISTRATORS

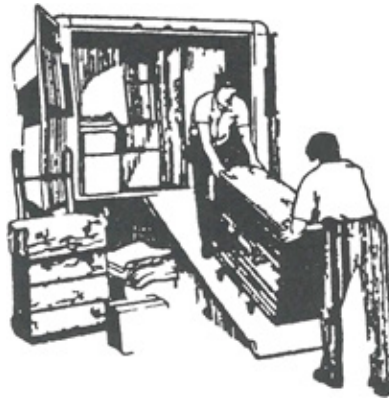
There is a wide gap in what is and what needs to be in advancing the prevention of AIDS. There is a serious need for educational organizations to assume their rightful leadership role in increasing awareness and understanding among students, employees, and the general public regarding their valuable role in

preventing the spread of AIDS.

Administrators should emphasize the difference between "prevention through education" and the more realistic "prevention through behavior change as a result of educational efforts."

Let the schools lead not follow in meeting the challenge of changing human behavior for prevention of AIDS.

Don't move...



without telling

IAHPERD

Please clip and mail this form before you move to make sure you don't miss your **Journal** or other IAHPERD correspondence. Affix a current mailing label and enter your new address.

New Address:

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Mail To: IAHPERD

P. Nicholas Kellum
Executive Director
School of Physical Education, IUPUI
901 West New York Street
Indianapolis, Indiana 46223

Board Actions

February 6 - October 28, 1988

February 6, 1988

Position Statement

Tom Sawyer reported that the Board (last night) passed Revision #7. He will draft a cover letter for the President to sign. The statement will be printed in the **Journal** and mailed to superintendents and legislators.

District Job Revision

Becky Hull reported that the Board (last night) approved the following:

1. The names of the officers be changed to reflect job descriptions: District Chair to remain the same, District Chair-Elect to Membership Coordinator, Member-at-Large to Public Information Coordinator, and Member-at-Large-Elect to Special Events Coordinator.
2. The District Officers shall be appointed by the President upon recommendation of the District Coordinator and upon approval of the Board. The terms of office shall be two years and a person may succeed him/herself or change positions. The term shall be May to May. District Chair and Public Information Coordinator shall be appointed in odd numbered years and Membership Coordinator and Special Events Coordinator shall be appointed in even numbered years.

This change necessitates a change in the By-Laws requiring a vote (2/3 to pass) by the RA, thus a "mail vote" will be completed in 30 days.

BUDGET 1988

After much discussion concerning financial implications, motioning, tabling, removing from the table, etc., the following motion was seconded and passed: the present budget be amended to include \$11,000 for the **Journal** with the \$1,000 increase covered by a transfer of funds from the savings account, increasing the expenses to \$35,950 and income to \$35,950. Again, discussion and suggestions were followed by a MSP to approve the original budget as amended.

Program Council

1. Becky Hull reported the following concerning the Conference:
 - a. Theme: Fitness: Bet Your Life.
 - b. Site: Radisson Hotel, Muncie.
 - c. Date: October 26-28, 1988.
2. She then presented the Conference fees (MSP) as follows:
 - a. **Professional Registration**
 - \$20.00 - pre
 - \$25.00 - on-site
 - \$15.00 - one day
 - Student Registration**
 - \$8.00 - pre
 - \$10.00 - on-site
 - \$6.00 - one day
 - Non-Member Registration**
 - \$30.00 - pre
 - \$35.00 - on-site
 - \$20.00 - one day

b. Changes: Professional on-site from \$25.00 to \$30.00 (\$5.00 increase).

c. New Category: Student non-member for one day will be \$6.00 for pre-registration and \$8.00 for on-site registration.

Financial Policies

Barbara Passmore submitted the following motion which was seconded and passed: Financial policies related to the expenditures of savings be formulated by the Executive Committee and be presented at the May Board Meeting.

September 11, 1988

District Office Reorganization

Becky Hull reviewed changes in the offices. She reported that the job descriptions have been written. A mail vote passed these changes.

State Pin Update

Roberta Litherland, for Nick Kellum, reported that his contacts resulted in costs of more than \$1.00 per pin. Tom Sawyer gave Nick information as to where ISU purchases their pins for less than \$1.00 per pin. The pins will be available at the Conference in October. Cost: \$2.00.

Five Year Plan Update

Becky Hull reported that talks on this subject began in 1987. A committee—

Weiss, Passmore, Annarino—was appointed and they were to report at the February meeting. The RA felt that more people were needed to serve on the committee and asked for volunteers during the RA. The committee has not met.

Becky Hull made the following motion (seconded by Ruth Lester): "The five year strategic planning committee be restructured and begin again." After much discussion, Betty Evenbeck volunteered to be in charge of the committee. She will report the names of the committee members and work completed at the October meeting. The motion was passed.

College Coordinator

1. Roberta Litherland, for Tom Sawyer, reported that the Gold Book is completed and has been sent to persons who ordered it. Copies will be available for \$2.00 each during the Conference.
2. Also reported was the mailing of the Catherine Wolfe letters to the College Coordinators.
3. Roberta Litherland announced that several universities have purchased "ad" space in the **Journal** which resulted in a \$500.00 income.

Jump Rope for Heart Coordinator

Darrell Taulman announced that Ken Tingley is the new Jump Rope for Heart representative. Also, he is currently working on the contract which will be signed in one to two weeks. AAHPERD is working on the events and awards for the 1989-90 event.

State Board of Health

1. John Yantiss announced that the legislative Fitness Day will be scheduled before "the changing of the guard," possibly in November.
2. John Yantiss is currently working on:
 - a. Awards to recognize schools with outstanding programs.
 - b. A brochure—Fitness Program—to be completed before the end of

1988. He would like to have IAHPERD endorse this project.

October 26, 1988

- a. Tom Sawyer moved that the Final Report of the Task Force on the Encouragement of Quality, Daily Physical Education in Indiana Schools be accepted as written and distributed (seconded by Betty Evenbeck).
- b. Tom Sawyer moved that the IAHPERD establish today (October 26, 1988) a Physical Education Advisory Task Force with the following purpose and functions:

1. Purpose: The Physical Education Advisory Task Force's primary purpose will be to promote physical education in Indiana schools. It will emphasize the need for quality physical education programs that have adequate time on task. Finally, it will promote the need and appropriateness of daily physical education programs.

2. Functions: The Task Force will have the following responsibilities and charges: (1) generate ideas for the committees, (2) monitor and development of the ideas given to the committees, (3) advise the committees as how to proceed with the idea(s) and development, and (4) recommend to the IAHPERD President to implement projects developed by the committees.

3. Further to charge the Task Force with the implementation of the following major goals, as outlined in the final report: (1) the encouragement of quality daily public and non-public school physical education in Indiana, (2) the improvement of physical education programs in the schools of Indiana, (3) promotion of quality daily physical education programs, and (4) health-fitness promotion for Indiana children and youth (seconded by Harry Mosher, one abstention).

Tom Sawyer moved that at the organizational meeting of the new IAHPERD Board (October 28, 1988) the membership of the Physical Education Advisory Task Force be appointed by the President, and that a chair be appointed for the Task Force with a charge to organize the Task Force by the December Board Meeting, and provide to the Board at its February meeting realistic timelines for outlined tasks found in the final report recently accepted (seconded by Barb Ettl).

Educator of the Year Awards

Becky Hull announced that NASPE has created Elementary and Secondary Teacher of the Year Awards. Also, there are awards for the Athletic Administrator and Dance Educator of the Year. These awards originate in the state, advance to Midwest, and then to National. After discussion concerning current IAHPERD awards, Betty Evenbeck motioned (seconded by Tom Sawyer) a decision regarding how our Association selects winners of NASPE awards (Elementary and Secondary Teacher of the Year, Athletic Administrator and Dance Educator of the Year) be referred to the Executive Committee and a recommendation be brought to the Board at the December, 1988, meeting. (Motion passed.)

Other

Ruth Litherland requested that IAHPERD endorse the not-for-profit clinic sponsored by the Ohio Valley Regional President's Council on Physical Fitness and Sports. It will be held May 5-6, 1989, at Wittenberg. Tom Sawyer moved that IAHPERD endorse this program (moved, seconded and passed).

BUDGET 1989

The budget comes before the Board with unanimous approval of the Executive Committee. He noted a dues increase of \$5.00, making professional membership \$20.00 and student membership \$10.00. He noted several changes in the budget as the new line for sales and commissions, higher printing costs to produce a new brochure,

increased support (\$300.00 to \$400.00) for Conference support, gifts and awards and scholarships (not a new line) removed from Conference, and the need to now file a liability insurance policy for Association events. Also, the line item of Special Projects as the Task Force and Public Service Announcement has been added. The Board decides what special projects are to be accepted. Also, he noted that most additional income goes directly into programs.

Nick Kellum moved that the Budget Proposal for 1989, including the \$5.00 increase, be accepted. It was seconded and passed with two abstentions.

October 28, 1988

1988 Muncie Report

Becky Hull announced a total of 361 registrations for the Conference with 234 professionals and 127 students registering.

1989 Merrillville Report

1. Ruth Litherland stated that she plans to visit the site prior to the first Program Council meeting. She invited all Program Council members, especially the elects, to attend the meetings. The Council needs (in writing with some detail) ideas, suggestions, etc., for the first meeting.
2. She stated that Midwest will be held at the same facility and they will work closely with that organization.

The Physical Education Advisory Task Force

Betty Evenbeck announced the membership of the new Task Force as Tom Sawyer (Chair), Barb Ettl (City/County Director), Delores Wilson (District Coordinator), Harry Mosher, Iris Rosa, Eileen Keener, Tom Templin, Pat Zezula, a secondary specialist Peggy Kaiser (middle school), Dave Hoffa (elementary), and Ron Davis (adapted).

**MEMBERSHIP...
THE LIFE BLOOD
OF
IAHPERD**

**ENCOURAGE
A COLLEAGUE
TO JOIN
TODAY!**





jump rope for heart

IAHPERD COORDINATOR

Darrell Taulman
JRFH Coordinator
Tri-County High School
R.R. 1, Box 130A
Wolcott, Indiana 47995

**American Heart
Association**

Skip to the Beat of the Music

by Pamela Beers,
American Heart Association

Grab your rope, lace up your sneakers and skip to the beat of the music—it's time for Jump Rope for Heart!

For the seventh year in a row, Jump Rope for Heart has been introduced to Indiana schools as an activity to promote a curriculum on cardiovascular fitness. This is accomplished by teaching the various skills and benefits of rope jumping, and through the educational materials provided by the American Heart Association to participating schools in the Jump Rope for Heart program.

The event, which is sponsored by Indiana Association for Health, Physical Education, Recreation and Dance, promotes the value of regular aerobic exercise and teaches students about coronary risk factors. It also raises funds to support the American Heart Association's fight against heart disease by funding research projects and providing professional, public education, and community service programs.

The program is based on pledges the participants receive to jump rope for a three-hour period. The students form six-member teams and alternate turns jumping.

The school coordinator makes the event into a festive occasion, with music, donated food, and different contests. Both the school and the students receive prizes from the American Heart Association, based on the total amount raised.

Jump Rope for Heart is held each year in over 300 elementary, junior high, high schools, and colleges across the state. To date, over \$100 million has been raised nationally, and over \$7 million has been raised in Indiana. This money is then divided among the American Heart Association, the American Alliance, and the State Alliance Association (IAHPERD). The majority of the funds go to the American Heart Association to combat the number one killer of all Americans: heart disease.

Curriculum guides, video tapes, and films to teach heart health and rope jumping skills to students are available as part of the comprehensive heart health education program presented by the American Heart Association.

For information on how your school can become involved with Jump Rope for Heart or for details on any of our heart health education programs, please call the American Heart Association of Indiana, Central Office, toll-free at (800) 877-4850, or Darrell Taulman at (219) 279-2105 (office) or (219) 261-2054 (home).

Call now so that your students of today will have a brighter, healthier tomorrow.



... if not, now is an excellent time to do so.

Coaching Education Digest...

SPORT-SPECIFIC TOPICS

Reprinted with Permission - *Physical Education Digest*

BASKETBALL

□ TIPS FOR BLOCKING SHOTS

Attempting to block a shot is a play that should be used with discretion. Generally, maintaining good defensive position is more important—players who jump up to swat at the ball are putting themselves at risk for a “fake and drive to the basket” move and often put themselves out of rebounding position.

The Results of a Blocked Shot

However, when your players do see a good opportunity to block a shot, they should take it. Aside from the immediate effect of preventing a basket, it will produce longer term results by creating a measure of intimidation for future shots.

For example, Bill Russell, one of the best shot blockers in history, only blocked one or two shots out of every ten attempted. However, those whose shots were blocked often began to concentrate as much on getting the ball past Russell as on putting it into the basket. The result was often a drop in their shooting percentage.

The First Step: Observation

The first step in developing shot blocking ability in your players is to teach them to be selective in their attempts. They can improve this ability by observing their opponents: their shooting rhythm and motion, where they release the ball, how they cock their arm for the shot, how long it takes to prepare the shot, whether they always fake or never fake.

These observations will give your players a feel for when their opponents are actually going to shoot the ball and when they are just faking.

Shot-Blocking Tips

When your players do commit themselves to a shot-blocking attempt, here are some pointers to follow:

1. Have your player count 1000-1 as their opponents begin their shooting motion. This one-second pause ensures that the offensive player actually is going to shoot and will produce the correct timing for blocking the shot—your players will be at the height of their jump at the time the opponent is releasing the ball.



Shot-Blocking Keys:

Count 1000-1 Before Jumping, Jump Straight Up and Flick at the Ball with the Fingers

2. Your players should concentrate on the ball and jump straight up, not towards the shooter. It's no good blocking the ball if the shooter is fouled in the process.

3. When the shooter is on the defender's right side of the court, block the ball with the right hand. When the shooter is on the defender's left side of the court, use the left hand.

4. To reduce the possibility of a foul, your players should not slap at the ball—a flicking motion with the fingers is more effective.

5. Be sure your players don't bask in the glory after blocking a shot—they must stay alert and attempt to recover the loose ball.

WRESTLING

□ KANGAROO FIGHTING FOR BETTER BALANCE

Balance is an essential wrestling skill that is often overlooked in practice. Many strong wrestlers have lost to weaker opponents because of poor balance skills.

Kangaroo fighting is a fun drill that will help you to develop good balance in your student-wrestlers.

Set-Up

Pair up your students and give each participant a beanbag. Assign each pair to a small mat.

Execution

Holding a beanbag between their ankles, your wrestlers should face each other about half an arm-length apart. On the whistle, they must attempt to push each other over. Since participants must keep the beanbag between their ankles, the only way they can move is by hopping like a kangaroo.

The wrestler who forces his opponent to fall or drop his beanbag is the winner.

Variations

1. Allow all your wrestlers to compete on a large mat at the same time.

2. Have your students place their hands behind their backs or under their armpits. This places the emphasis on movement rather than arm strength.

3. This drill can be used for any sport requiring balance, and in fact was included in a manual produced by the Ontario Gymnastics Federation.

Instead of taking an extra stroke and dropping the ball or trying to hit it with the back side of your club, try bouncing it off the tree trunk so the rebound puts

it in good playing position. That's right—aim the shot at the tree.

Be sure to use a club with enough loft so that the ball won't bounce directly back at the clubface. Determine the correct angle that you must hit the tree, just like in a pool shot. Then hit the ball sharply, about twice as hard as you'd normally swing for a shot of that distance. Of course, your follow-through must be short.

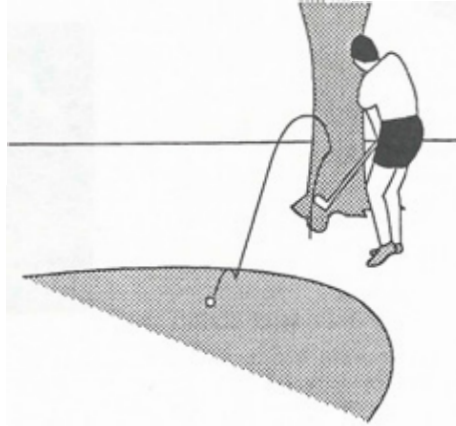
This shot is particularly spectacular if the tree that you are bouncing off is right next to the green, since the rebound can actually put you near the hole. However, be sure not to rebound the ball back at yourself, since a bruised knee-cap will put a damper on the applause.

GOLF

□ A RICOCHET SHOT TO IMPRESS YOUR STUDENTS

Imagine this: you've actually got your class onto a golf course during their golf unit and you have a student who has hit a shot up against a tree. That student is so honest that instead of giving the ball a kick to better ground, he comes to you for advice.

Hard to imagine? Yes, but not impossible. If such an occasion ever arises, or if you just feel like letting your students know what a cunning instructor they have, here's a trick to extricate the ball from such a situation.

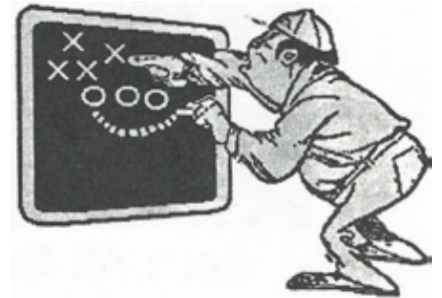


A Ricochet Shot Can Save Strokes (and make you look good) When Your Ball is Butted Up Against a Tree

How to Make a Ricochet Shot

Remember, the ball is so close to the tree that no backswing is possible.

PHYSICAL EDUCATION DIGEST Reader Information



*We recommend that you read **Physical Education Digest** with a pencil in your hand, putting a checkmark beside the articles that are of interest. A yearly index is provided each June for easier reference to back issues and articles. If you have any questions, comments, or contributions to **Physical Education Digest**, please don't hesitate to contact us at the number below.*

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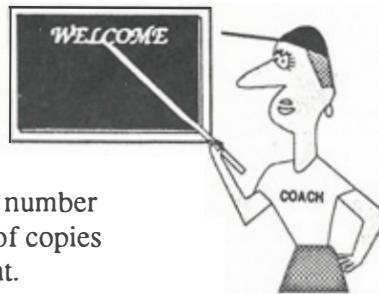
Telephone: (705) 675-7055

Are You Organizing a Conference, Professional Development Day or Seminar?

If so, contact Physical Education Digest. We'll supply you with complimentary issues for your suppliers' tables and participants' packages.

Just write or give us a call at the number below, letting us know the number of copies you'll need and the date of your event.

It's a great freebie for your participants and it will give us more exposure among physical educators.



And there's absolutely no cost to you!!!

Please allow us four to six weeks so we can ensure we have enough copies and adequate time for shipping.

Call (705) 675-7055 or write to
111 Kingsmount Blvd. Sudbury, Ontario, P3E 1K8

...77th Convention



Guess Who?



Water Babies



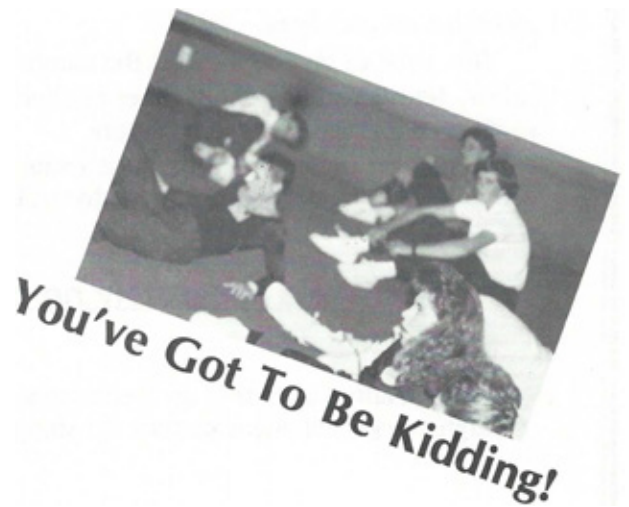
Let's All Dance!



Do What?



Who Is Chasing Who?



You've Got To Be Kidding!

Pictorial, 1988...



Thank You!



You Did What?!



Hope This Doesn't Break!



Ante Up!



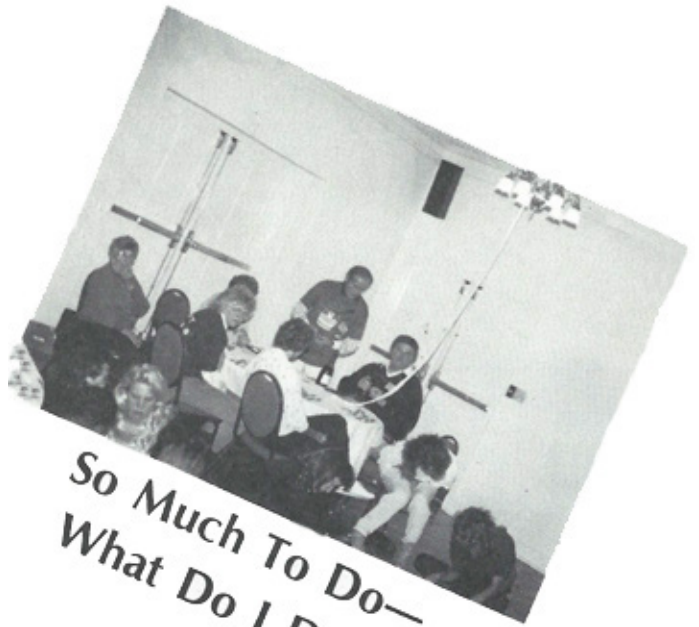
Goodbye, Roberta.



To Be Young Again...



Isn't Registration Fun?



**So Much To Do—
What Do I Do?**



It's Been A Long Day!



Are We Having Fun Yet?

The Exhibits



the fun



The Business

The 77th Convention in Review



LEADERSHIP RECOGNITION AWARD - JIM ARVIN

The Leadership Recognition Award is for outstanding leadership in program development. This year's recipient has for some time taken a leadership role in drug education.

He received both his B.S. and M.S. degrees from Indiana University. Until just recently he has been the Head of the Physical Education Department at Howe High School in Indianapolis, where he also coached wrestling and football.

He was the recipient of a Phi Delta Kappa and Lilly Endowment Teacher Fellowship to create a curriculum for the City of Indianapolis and the State of Indiana.

Additionally, he has served on Mayor Hudnut's Drug House Committee, Prosecutor Goldsmith's Committee on Drug Abuse, and is a consultant to the State Board of Health on drug abuse as well as to the Indianapolis Public Schools.

He currently is the Instructional Coordinator for Drug Education, Indianapolis Public Schools.

We are indeed pleased to announce Jim Arvin as the recipient of the Leadership Recognition Award.



ASSOCIATION HONOR AWARD - JO ANN PRICE

This year's Honor Award recipient is from Purdue University where she dedicates a great deal of time to student teachers.

Her record of service to our Association, the Midwest, and the Alliance is awesome and would exhaust most of us.

Youngstown State University, the University of Wisconsin at Madison, and Indiana University all join us in our congratulations as she receives this Honor Award.

Her nearly 40 years of service and contributions include being Treasurer of this Association for 4 years (a nightmare in itself), serving on the Board of Directors, the Finance Committee, Co-Convention Manager, and smiling all the time she did it.

She has served the Midwest as Treasurer and was the State Delegate to the Alliance Representative Assembly from 1971 to 1980.

She was inducted into the City of Fort Wayne's Women's Athletic Hall of Fame in 1975 and remains very active in the game of golf.

Several articles on golf and student teaching have been penned and published under her name. Ladies and gentlemen, your Honor Award winner for 1988...JoAnn Price.

1988 IAHPERD Award Winners



YOUNG PROFESSIONAL AWARD - SHARI SKAGGS

The Outstanding Young Professional Award is awarded annually to a member of our Association under the age of 35 who has contributed significant service and leadership to our Association.

This year's award goes to a Ball State graduate who is currently pursuing her Masters at Ball State, is a mother of twins, and was elected as Vice President for Sports and Athletics.

From 1985 to 1987 she was the head athletic trainer at Columbia City Joint High School. She will be teaching at Warsaw Community High School in the next few weeks.

In addition to being a very active member of this organization, she is a member of AAHPERD, Phi Epsilon Kappa, and Delta Gamma. She has served the Association as Chair of Sports Medicine, Chair of the Student Action Council, and was our Student Delegate to the 1984 Alliance Convention.

She has been honored as the Association's Outstanding Student, Midwest Outstanding Student, Catherine Wolfe Scholarship, and Who's Who in American Colleges and Universities. This year's award winner is Shari Skaggs.



SPECIAL CONTRIBUTION - PHYLLIS LEWIS

This year's award goes to a registered nurse with a B.S. degree *and* an M.S. degree in Nursing Education. She currently is in the Student Services Division of the State Department of Education where she is a consultant for Health Education and Health Services.

While working in the area of special populations, and serving on the Governor's Council for Physical Fitness and Sports Medicine, she was very supportive of and instrumental in gaining momentum for the legislation that has now provided the state with a consultant in Health and Physical Education.

It was through her efforts that the Health and Physical Education proficiencies were developed and included as disciplines with the Department of Education.

We are very grateful for her dedication to promoting Health and Physical Education in the State of Indiana. This year's award goes to Phyllis Lewis.

Lee/Marvin Scholarship Recipient

VEEDERSBURG RESIDENT CHOSEN FOR PHYSICAL EDUCATION SCHOLARSHIP

INDIANAPOLIS, IN. An Indiana State University junior and Veedersburg resident has been chosen by the Indiana Association for Health, Physical Education, Recreation and Dance (IAHPERD) to receive its 1988 Jean Lee/Jeff Marvin Collegiate Scholarship.

The recipient is Kathy Boone Apple, a 1975 graduate of Fountain Central High School, who is pursuing a degree in Physical Education and Psychology at ISU. Included among her activities at ISU are the Honors Program, intramurals, Scuba Club, volleyball officiating, and student coach with the varsity women's volleyball team. She helped organize Special Olympics basketball and swimming competitions.

Kathy helped found the ISU Physical



Education Majors Club, and received the Florence Curtis Scholarship, which recognizes the outstanding physical education major at the University.

Kathy plans to pursue a graduate

degree in sports psychology upon completion of her baccalaureate at Indiana State. Kathy and her husband, Steve, have three children. Kathy's parents are Mr. and Mrs. William I. Boone.

The scholarship is awarded to recognize an outstanding junior or senior undergraduate pursuing a degree in health, physical education, recreation, or dance at an Indiana college or university.

The winner was announced by Associate Professor Betty Evenbeck of the School of Physical Education at Indiana University-Purdue University at Indianapolis. Evenbeck is President-Elect of the Association and its Scholarship Committee Chair. IAHPERD is a 1,000-member professional organization dedicated to promoting and enhancing quality life in Indiana through school and community programs in health education, physical education, recreation, and dance.

1988 Catherine Wolfe Award Winners



From left to right: Dianne Reed, IUPUI; Johnny Budd, Manchester; Fiona Buchan, Purdue; Terri Martin, Vincennes; Chandra Reeves, Huntington; LaNita Wade, DePauw; Jane Megginson, Earlham; Leigh Ann Pauls, IU; Tom Bossueng, ISU.

Recipients not pictured: Lora Lee Tulowitzky, Anderson University; Jane Moran, BSU; Brigitte Herbermann, DePauw (replaced by LaNita Wade due to illness); Lyle Miller, Goshen; Jerry Drake, Indiana Wesleyan University; Becky LeBar, Grace.

EnPointe: Dance Indiana...

COORDINATOR:
Marthann B. Markle
Assistant Professor Physical Education
Indiana State University



THE ARTS: AN ESSENTIAL COMPONENT IN EDUCATION

by Willie Grissom
President, NDA

The NDA shares concern with other arts organizations about the role the arts are allotted in the American education system. Historically the arts, like other so-called "frill" subjects, have been low on the list of priorities when it comes to curricular content, quality of teaching, and emphasis in the overall program. An analysis of current educational practices reveals little if any change in attitudes toward the importance of including the arts as an essential part of the education of all students. Further, there is a significant difference in the amount of emphasis placed on the various arts disciplines. For example, music has traditionally been given a position of relative importance in most schools, while theatre and dance have been allowed to exist in various and minimal circumstances. Such attitudes and practices have resulted in a sense of complacency among education administrators and board members regarding efforts to provide teachers, facilities, and finances for quality arts programs. Unless changes

are made, we will be faced with future generations that are technically sophisticated, but artistically and culturally illiterate.

We who believe that the arts are an essential component in all societies and an integral part of people's lives are committed to bringing about changes. The arts should be considered a basic part of the curriculum in all elementary and secondary schools and taught to all students with the same expertise and emphasis that is given to other disciplines. Introduction should be integrated with the highest quality art experiences through exposure to professional exhibits and performances in theatres, concert halls, and museums. Credentialing requirements must be developed which assure adequate preparation of prospective art teachers and in-service training be made available for teachers who are presently limited in pedagogical methodology. Every child must be given an opportunity to learn about art and do it in a way that his or her life will be enriched.

In March, 1986, leaders of 25 national arts educational organizations met in Philadelphia to discuss the status of the arts in education and discover ways of

strengthening arts programs. The result of that meeting was a document, the Philadelphia Resolution, that supports a comprehensive and sequential arts curriculum to be required as a part of the basic education of all children. Representatives of NDA were among participants at that meeting and voiced their concerns about present practices in dance education. At this date, the Philadelphia Resolution has been accepted as guidelines for the development of arts programs by all participating organizations. As proponents of the arts, leaders of the organizations are seeking endorsement of the Resolution by people who are in a position to make a difference in public education practices. You as a member of the Alliance and leader in today's education system are one of those people. Won't you join us in supporting the arts? A reprint of the document follows. If you are in a situation that you believe the arts program is given less support than it should have, it may be helpful in convincing people it's time for positive changes.

PHILADELPHIA RESOLUTION

WHEREAS, American Society is deeply concerned with the condition of

elementary and secondary education; and

WHEREAS, the arts are basic to education and have great value in and of themselves and for the knowledge, skills, and values they impart; and

WHEREAS, the arts are a widely neglected curriculum and educational resource in American schools; and

WHEREAS, numerous national reports have cited the arts as one of the most basic disciplines of the curriculum; and

WHEREAS, every American child should have equal educational opportunity to study the arts as representatives of the highest intellectual achievements of humankind;

THEREFORE, the undersigned individuals, representing a broad cross-section of national arts organizations, agree:

THAT EVERY elementary and secondary school should offer a balanced, sequential, and high quality program of instruction in arts disciplines taught by qualified teachers and strengthened by artists and arts organizations as an essential component of the curriculum;

THAT WE PROMOTE public understanding of the connections between the study of the arts disciplines, the creation of art, and development of a vibrant, productive American civilization;

THAT WE URGE inclusion of support for rigorous, comprehensive arts education in the arts development efforts of each community;

THAT WE PURSUE development of local, state, and national policies that result in more effective support for arts education and the professional teachers and artists who provide it.

NEWS from NASPE

The NASPE Cabinet held its annual convention meetings in Kansas City, Missouri, on April 6 and 10. Charles "Chick" Hungerford presided over the first meeting, and Annie Clement took over and presided over the second meeting on April 10. In addition to the many business items discussed and resolved, the following items were included and may be of interest to the membership.

DAVID GALLAHUE was elected and assumed the position of NASPE President-Elect for 1988-89, while **TOM LAUGHREY** was also elected and introduced as the Cabinet Member-at-Large, Publications/Periodicals Coordinator. **MARION KNEER** was elected to represent NASPE on the Board of Governors.

JAN PARKE was approved as 1988-89 Chair of the Coaches Council and **MAUREEN WEISS** was selected as Chair of the 1988-89 Youth Sports Coalition. **NANCY STEVENS** was approved as the 1988-89 National Council of Athletic Training Chair.

OWEN HOLYOAK has been appointed to the nominating committee and welcomes input regarding potential candidates.

NASPE offered a total of 107 sessions at the 1988 AAHPERD Convention. More than 90 physical education majors were honored at the Outstanding Physical Education Majors and Elite Corps awards luncheon sponsored for the third year by the **BRODERICK COMPANY**. Ten members of the Elite Corps were also in attendance.

MANUFACTURER'S LIFE sponsored the Secondary School Teacher of the Year Award program this year.

THE BASIC INSTRUCTION CONFERENCE held in Tampa drew over 350 people and was a professional and financial success.

THE HANDBOOK FOR YOUTH

SPORT COACHES, published by NASPE with the assistance of a significant grant from Manufacturer's Life, is now available by writing to the NASPE headquarters in Reston, Virginia.



... if not, now is an excellent time to do so.



SWIM. JUST FOR THE HEALTH OF IT.

Good health is more choice than chance.

DEPE

Physical Education Public Information
American Alliance for Health, Physical Education,
Recreation and Dance
1900 Association Drive
Reston, VA 22091

DISTRICT ROUNDUP...

DISTRICT COORDINATOR:

Delores Wilson
Haverhill Elementary
4725 Weatherside Run
Fort Wayne, Indiana 46804
(219) 436-6000, ext. 269

Home Address:
4611 W-100N
Bluffton, Indiana 46714
(219) 694-6238



HEY! DO YOU KNOW YOUR DISTRICT OFFICERS??

Your district officers serve as the liaison between you and **your** professional association, IAHPERD. Have a question? Call your officers. Have a concern? Call your officers. Have a compliment? By all means, contact an officer.

If your district officers do not have an answer to your question, they know who's bell to ring! IAHPERD IS YOUR ASSOCIATION. We exist to serve you.

How can you help? Share information about IAHPERD happenings with your colleagues. Use your "in-school" mailing system. Attend state and district workshops. Share your expertise by presenting a session at your district or state workshop or by writing an article for the **IAHPERD JOURNAL**. Everyone appreciates hearing what works for someone else.

DISTRICT OFFICERS 1988-89

DISTRICT 1 (Counties: Lake, Porter, LaPorte, Newton, Jasper, Starke, Pulaski)

Chair: Connie Miller	Fieler Elementary	(219) 980-3167
Janice Wright	John Wood School	(219) 942-6571
Pat Megganhofen	Homer Iddings School	(219) 736-4842
Barbara Orelup	Willowcreek Middle School	(219) 763-8090

DISTRICT 2 (Counties: St. Joseph, Elkhart, Marshall, Kosciusko, Fulton, Cass, Miami, Wabash)

Chair: Bobbie Lautzenheiser	Manchester Junior High	(219) 982-8602
Mary Jo McClelland	Southwood High School	(219) 563-2175
Shari Skaggs	Warsaw High School	(219) 267-3650 (Home)

DISTRICT 3 (Counties: LaGrange, Steuben, Noble, DeKalb, Whitley, Allen, Huntington, Wells, Adams)

Chair: Karen Howell	Precious Blood Parish School	(219) 424-4832
Diane McKee	Arcola Elementary	(219) 625-3161
Janelle Smith	St. Henry	(219) 447-5121
Elaine Crawford	YWCA Aquatic Director	(219) 424-4908

DISTRICT 4 (Counties: Benton, White, Warren, Tippecanoe, Carroll, Howard, Tipton, Clinton, Fountain, Montgomery)

Chair: Bill Keaffaber	Kokomo School Adm. Building	(317) 453-5400
Betty Thompson		(317) 452-4518 (Home)
Ruth Dougherty	Western High School	(317) 883-5541
Linda Kistler	Eastern High School	(317) 628-3333

DISTRICT 5 (Counties: Grant, Blackford, Jay, Madison, Delaware, Randolph, Henry, Wayne, Rush, Fayette, Union, Decatur, Franklin, Ripley, Dearborn, Ohio, Switzerland)

Chair: Jan Mock	Alexandria-Monroe High School	(317) 724-4414
Cathy Huntsinger	Frankton High School	(317) 754-7879
Karen Hatch	McCullough Middle School	(317) 674-6917
Sally Ricketts	Northeastern Elementary	(317) 847-2595

DISTRICT 6 (Counties: Boone, Hamilton, Hendricks, Marion, Hancock, Morgan, Johnson, Shelby)

Chair: Katherine Graham-Dean	Sanders Elementary	(317) 244-8129 (Home)
Mary Weitzel	Garden City Elementary	(317) 241-3940
Lisa Cooley	IPS #26	(317) 266-4226
Catherine Caldwell	Westfield	(317) 896-5535

DISTRICT 7 (Counties: Parke, Putman, Owen, Greene, Clay, Sullivan, Vigo, Vermillion)

Chair: Nancy Taylor	Honey Creek Junior High	(812) 238-4372
Dave Hoffa	Lost Creek Elementary	(812) 238-4456
Jan Stoner	Indiana State University	(812) 237-2931
Clara Knopp	Quabache Elementary	(812) 238-4493

DISTRICT 8 (Counties: Monroe, Brown, Bartholomew, Lawrence, Jackson, Jennings, Washington, Scott, Jefferson, Clark, Floyd, Harrison)

Chair: Judith Klinger	Sprunica Elementary	(812) 988-6625
Dorothy Jackson	Nashville Elementary	(812) 988-6601
Gary Hill	Bloomington H.S. North	(812) 336-0291

DISTRICT 9 (Counties: Knox, Daviess, Martin, Dubois, Pike, Gibson, Posey, Vanderburgh, Spencer, Warrick, Perry, Crawford, Orange)

Chair: Kathy Reitz	Perry Heights Middle School	(812) 423-4405
Jo Ann Rawlings	Harrison High School	(812) 477-3428
Jim Giovanetti	Harrison High School	(812) 477-3428
Bill Mahan	Plaza Park Middle School	(812) 476-4971

Your district officers serve as the liaison between you and your professional association, IAHPERD. Share your concerns or comments with your officers. Let them know what kind of presentations you would like to have at the district workshop. Help IAHPERD help you! Tell us what you need!

NEWS FROM THE OFFICERS

DISTRICT 1: Watch for information concerning an April workshop in your area.

DISTRICT 2: These officers are planning a workshop for March. Stay tuned!

DISTRICT 3: You will soon be receiving information about a February workshop.

DISTRICT 4: Call your officers to share your ideas for workshop sessions.

DISTRICT 5: Workshop Theme: PHYSICAL EDUCATION AND HEALTH: THE BEST OF BOTH WORLDS
March 4, 1989, at Alexandria High School. Registration: 8:30-9:00 a.m.
Workshop: 9:00 a.m.-12:30 p.m.
Presentations for elementary and junior high educators: Physical Education

- a. Elastic training
 - b. Old Games That Still Work
 - c. Earthshaking, Lightfooted Rope Jumping Skills - Jump Rope for Heart Demonstration Team and participation if you wish
 - d. Physical Best AAHPERD Fitness Test Presentations for health workshop - for junior and senior high educators
-
- a. Steroids: Myths and Facts
 - b. STD's - Computer Lessons
 - c. Substance Abuse Program
 - d. Teach Self-Esteem - Life Planning

Also available will be exhibitors and resource person and materials:

- a. Bob's Pro Shop
- b. American Cancer Society
- c. American Heart Association
- d. Planned Parenthood
- e. Family Planning
- f. Youth Bowling Association
- g. Indiana State Board of Health

If any one in any district would like to attend our workshop, and we hope they will, they can contact me at (317) 724-4444 or may write me at: Jan Mock

Alexandria High School
1 Burden Court
Alexandria, Indiana 46001

DISTRICT 6: This district was off and running in September when a 7:00 p.m. workshop on the 28th was held at College Park Elementary. It was an informal lesson plan sharing session for elementary teachers or anyone interested in activities for that age group. Included were: "New Activities with Old Games," Harry Mosher, John Strange Elementary; "Ghostbusters," Julie Hall, Avon Lower Elementary; "Getting Your Kids to Enjoy Fitness," Beverly Copeland, Chapel Glen.

These officers are working on a Junior High/High School Lesson Plan Sharing Session. Please contact your officers if you are interested in sharing ideas. JANUARY 25th is the date for the secondary workshop. Come to the IUPUI Physical Education Natarorium Building, from 7:00-9:00 p.m. in the Biomechanics Room in the basement.

DISTRICT 7: Stay tuned for information from this district.

DISTRICT 8: March is the target date for District 8's workshop, combining lesson plan sharing with other presentations.

DISTRICT 9: District 9's new group of officers will soon have workshop plans made public. Watch your mail in the Evansville area.

The district officers wish to thank the university and public school people who have volunteered their time and expertise to give presentations at workshops. We appreciate your help.

NEWS FROM THE DISTRICT COORDINATOR

Nineteen hundred eighty-eight (1988) may be remembered as the year of major changes at the district level. New job descriptions were finalized for the officers. The term of office was also changed. Officers may ask you to volunteer for one of the positions this spring.

At the December Board Meeting a motion was made and favorably received for changing the nine IAHPERD district boundaries to coincide with the twelve regions of the American Heart Association. This change will be voted on at the next Representative Assembly. It is hoped that smaller districts will help IAHPERD reach more educators.

My thanks to the District 5 officers for their persistence in pursuing the redistricting issue.

PRESENTORS AVAILABLE FOR DISTRICT WORKSHOPS/TEACHER IN-SERVICE

Presenter Number	Name	Institution	Office Phone
1	Burgess, Sharon	Ball State University	(317) 285-5067
2	Findlay, Jeri	Ball State University	(317) 285-5137
3	Groombridge, Lana	Manchester College	(219) 982-2191, ext. 353
4	Hageman, Mark	Waynedale Elementary	(219) 425-7480
5	Hedge, Jim	Ball State University	(317) 285-5136
6	Ignico, Arlene A.	Ball State University	(317) 285-5169
7	Patel, Dawn	University of Indianapolis	(317) 788-3411
8	Pernice, Sue	Indiana State University	(812) 237-2493
9	Mansfield, Jack	Wabash College	(317) 364-4235
10	McDavid, R.F.	Indiana State University	(812) 237-3906
11	Mosher, Harry	John Strange University Indianapolis Schools	(317) 274-0618
12	Rushton, Jerry	Ball State University	(317) 285-8908
13	Sawyer, Tom	Indiana State University	(812) 237-2442
14	White, Terry	Ball State University	(317) 285-5132
15	Wilson, Delores	Haverhill Elementary	(219) 436-6000, ext. 269
16	Zelasko, Chester	Ball State University	(317) 285-5136
17	Evenbeck, Betty	IUPUI-Indianapolis	(317) 274-0619

If you would like to share your expertise with your colleagues, send your name, address, and topic to Delores Wilson, District Coordinator, Haverhill Elementary, 4725 Weatherside Run, Fort Wayne, Indiana 46804, or contact any officer in your district.

The topics available by the presentors listed on the previous page follow:

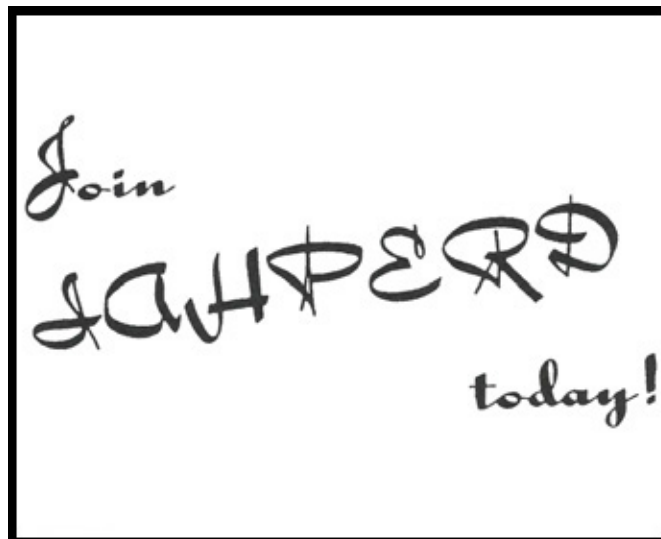
Presenter Number	AEROBICS		
3	"Aerobic Dance - Progressing for Success"		
1	"Choreographed Aerobics" - participation		
1	"Freestyle Aerobics" - participation		
	ATHLETICS		
9	Topics concerning athletic training		
7	"NCAA II Rules About Recruiting"		
2	"Mental Training as it Effects an Athlete's Performance"		
2	"Keeping of Baseball/Softball Statistics and Scoring"		
13	"The Indiana Coaching Education Center: How can it help the mounting crisis in youth sport programs in Indiana?"		
	CURRICULUM		
13	"Physical Education Proficiencies and their Assessment: Will they help to improve the quality of physical education in your program?"		
4	"Physical Education in the Magnet School Setting" - elementary		
	DANCE		
5	"Teaching Western-Style Square Dancing to Beginning Students"		
7	"Tinikling"		
	FITNESS		
1	"Exercise Do's and Don'ts"		
12	"Fitness/Wellness Dimensions"		
3	"Hatha Yoga"		
13	"The New Physical Best Program: What is it and how can it benefit me, my school, and my students?"		
4			"Phys-a-Kid Fitness Program" - a video program available for schools
7			"Plyometrics: Strength and Nervous System Training for Upper and Lower Body, Overload Concept, and Specificity Concept"
1			"Power Toning Exercises with Hand Weights, Rubber Bands, or Partner Resistance" - participation
1			"Water Exercise"
		MODERN DANCE	
		14	"Teaching Modern Dance Technique to Beginners"
		14	"The Creative Components of the Modern Dance Class"
		14	"Jose Limon: His Modern Dance Technique and Choreography"
		14	"Approaches to Modern Dance in the Classroom" - presentation AND dance
		14	"Teaching the Lester Horton Technique"
			PHYSICAL EDUCATION - Elementary
		11	"Old Games that Still Work"
		12	"Elementary Physical Education: The Development Approach" (Theory or Learn by Doing Workshop)
		6	"Cues for Fundamental Skill Development" - identification of cues and feedback suggestions for selected stability, locomotor, and manipulative skills
		6	"Reducing Gender-Role Stereotyping in Elementary School Physical Education" - strategies to reduce verbal and non-verbal teaching behaviors that perpetuate gender-role stereotyping
			Juggling
			PHYSICAL EDUCATION
		10	"Physical Education's Contribution to Physical Ability" (after 3/15/89)
		13	"The Physical Educator and the Law: How can I protect myself from being sued?"
		13	"The IAHPERD Physical Education Advisory Task Force: How can this group of professionals assist me, my school, and my students?"

16 "Exercise Physiology" - exercise in obese populations, weight management, and composition analysis

Betty Evenbeck
IUPUI-Indianapolis(317) 274-0619
Juggling - "How-To," Patterns/Variations, Starting a Club and/or Demo Team - I will provide equipment

SPORTS - Individual, Team, Recreational

- 7 "Badminton: The New Olympic Sport"
- 7 "20 Steps to Juggling"
- 7 "Maori"
- 7 "Racquet Lead-Up Games for Limited Space"
- 2 "Developing a Fastpitch Pitcher"
- 12 "Orienteering" - practical experience/teaching workshop, how to set up a teaching unit
- 12 "Track and Field" - Theory and Technique - Lecture or Learn by Doing
- 8 "Field Hockey" - basic skills and fun games - participation
- 15 "Earthshaking, Lightfooted Rope Jumping Skills" - can include demonstration by rope team and participation by audience



WEIGHT TRAINING

- 7 "Incorporating Surgical Tubing in Your Weight Training"

ADDITIONAL PRESENTORS FOR DISTRICT WORKSHOPS

Jolyn A. Kuhlman and Doris Brientenfeld
Indiana State University(812) 237-4047
"New Games + Mass Games" - participation
"Street Hockey" - in conjunction with field hockey by Dr. Pernice

Leonard A. Kaminsky, Ph.D.
Ball State University(317) 285-1140
"Adult Exercise Programs" (considerations for)
"Exercise and Weight Loss"

Dr. David R. Hopkins
Indiana State University(812) 237-2348
"The AAHPERD **Physical Best** Fitness Test"

Janelle Davis
Ball State University(317) 285-1460
"Enhancing Parent-Child Relationships Through Water Play"
"Beginning Swimming: The Adventure"
"Water Exercise From A-Z"

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5628 Blue Spruce Drive
Indianapolis, Indiana 46237
(317) 787-8748

Chuck Davis
Lot 12, Castle Hill Drive
Roanoke, IN 46783
(near Fort Wayne)
(219) 672-3636

Fred Welge
Route 2, Box 43-A
Albany, Indiana 47320
(317) 789-6398

Teresa Fry
59911 Hillcrest Avenue
Elkhart, Indiana 46517
(219) 862-2354

Cindy Arnold
6530 New Hampshire
Hammond, Indiana 46323
(219) 844-0648

Jim Zeiger
2557 Lafayette
Columbus, Indiana 47201
(812) 379-4921

Debbie Roth
Woodburn School
(near Fort Wayne)
(219) 632-4274

Delores Wilson
4611 W-100N
Bluffton, Indiana 46714
(219) 694-6238

Russ Edmonson
1530 East 81st
Indianapolis, Indiana 46240
(317) 257-4607

Lee Steinbarger
1424 Salisbury Road S.
Richmond, Indiana 47374
(317) 966-8498

DeLane Diller
5624 Westhills
Fort Wayne, Indiana 46804
(219) 436-3459

The coaches named above participated in the first Indiana Rope Skipping Contest held in November at Homestead High School, Southwest Allen County, directed by DeLane Diller. The Skip-Its of Colorado and their coach, Rich Cendali, helped instruct during the workshop.

If you are interested in having a rope team appear at your school, call the coaches closest to your area.



**BE ONE OF
TOMORROW'S LEADERS**

"GREETINGS FROM THE STUDENT SECTION"



*Susan Rishel, President
Student Section*

Greetings from the student section! I would like to take this time to introduce myself. I am the Student Action Council President of IAHPERD. I am very excited about filling this position and about trying to increase student involvement. This will take time and effort as well as help from you. Melissa Butterworth, past Student Action Council President, did a great job and I would like to continue in her path. Remember that this is our organization, and it provides many opportunities for us, so let's do something for it and keep getting the students involved.

There were 137 students registered. Thirty-four students attended the student assembly meeting where Tim McCoy, from IUPUI, was elected the Student Action Council President-Elect. For the fourth straight year, IUPUI won the student attendance award. I strongly encourage all the universities and colleges to send their students to Merrillville for the 1989 Conference to vote for the Student Action Council President-Elect and compete for the student attendance award. We hope to see the universities and colleges represented well at the upcoming conference.

The Catherine Wolfe Scholarship Award is awarded to students who show professional leadership, involvement in their school, and display knowledge in professional organizations such as IAHPERD. The winners receive \$40 to help with the conference expense. There were 14 this year. The awards were presented at the luncheon. The 14 were:

Name - College

Thomas Bossung - Indiana State
Fiona Buchan - Purdue
Johnny Budd - Manchester
Jerry Drake - Indiana Wesleyan
Brigitte Herbermann - DePauw
Becky Lebar - Grace
Terri Martin - Vincennes
Jane Megginson - Earlham
Lyle Miller - Goshen
June Moran - Ball State
Leigh Ann Pauls - Indiana University
Dianne Reed - IUPUI-Indianapolis
Chandra Reeves - Huntington
Lora Lee Tulowitzky - Anderson

Congratulations to all these students. We hope that each university and college will nominate a student for next year's conference so he/she can receive the recognition he/she deserves.

The year ahead for the Student Action Council includes informing all the college coordinators about the Turkey Run Leadership Conference held in Marshall, Indiana, on Friday, January 27, 1989. We would like the college coordinators to inform their students about this conference so the students can be more involved.

We will also be starting to plan programs for the upcoming 1989 state convention in Merrillville. We would greatly appreciate any ideas from the

students for possible programs. Please send any ideas to:

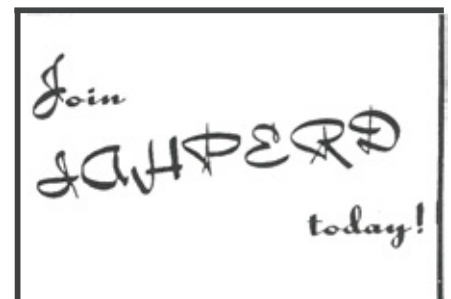
c/o Mr. Ed Schilling
IUPUI School of Physical Education
901 West New York Street
Indianapolis, Indiana 46223

ATTENTION!

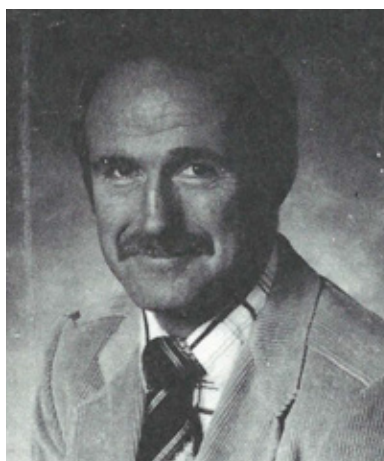
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In The IAHPERD Journal



State of the State...



John Yantiss
Indiana State Board of Health

WHITE RIVER PARK STATE GAMES REPORT

Edition VI of the White River Park State Games Finals brought to Indianapolis the weekend of July 8-10 some 8,500 athletes from eight regional sites from around the state. These cities were Columbus, Elkhart, Evansville, Fort Wayne, Logansport, Muncie, Richmond, and Terre Haute. From these sites a record field of over 20,000 athletes participated in the sports of basketball, bowling, cycling, diving, a five-mile run, gymnastics, racquetball, sailing, soccer, softball, table-tennis, tennis, track and field, volleyball, and wrestling. To encourage greater involvement from all ages, each of the 16 different sports were contested in multi-age group categories.

Looking ahead to 1989, the State Games will offer BMX bicycle racing. Over the next three years, the sports of canoe/kayak, rowing, rhythmic gymnastics, and synchronized swimming have been earmarked for inclusion.

The State Games can and should be a family endeavor to promote fitness statewide. As a competitor in each of the State Games, I have experienced the benefits that can be gained through participation, and thus encouraged my five-year-old daughter Danette to compete in the 100-meter dash in track and field. It was a fun experience for our whole

family. Again, the overall design and focus of the Indiana State Games is to encourage all ages to participate, not just to provide competition for the elite athletes.

The success of the State Games can be directly attributed to the leadership of the Indiana Sports Corporation in Indianapolis, the eight regional cities, and the financial resources provided by this year's Corporate Sponsors—Hooks Drugs, Marsh Supermarket, and Methodist Hospital of Indiana—and all the regional underwriters.

For information regarding the 1989 White River Park State Games, call the Indiana Sports Corporation at 1-800-237-5000. Come out as a family and enjoy the Indiana State Games in 1989.

GOVERNOR'S FITNESS AWARDS ANNOUNCED

The Indiana Governor's Council for Physical Fitness and Sports Medicine recognized four select individuals and institutions for their outstanding fitness achievements during an Indianapolis Rotary Club luncheon on May 1. The categories for the Award program involve four general areas: individuals, schools, organizations or groups, and business, industry, or government agencies. A total of 47 applications were submitted this year.

The Individual Award was presented to Ms. Kay Allen, Coordinator of Special Projects for the Institute for Fitness and Sports in Indianapolis. Kay was selected



1988 Governor's Fitness Award Winners

for her involvement and coordination of the Fit-In project, a program directed at creating community awareness of physical fitness following the Pan American Games in 1987.

The School Award went to the Urey Voyager Club in Walkerton. The Voyager Club offered non-competitive/challenge related sports and recreation opportunities to all sixth, seventh, and eighth grade students after school on a weekly basis with an average attendance of 170 students.

The Organization or Group Award was presented to the Indiana Parks and Recreation Association in Bloomington for their state sponsorship of the National Youth Sports Coaches Association training program.

The Business, Industry, or Government Award was given to Miles, Inc. of Elkhart for their Health and Fitness program. Over 550 employees are participating in this comprehensive lifestyle screening program aimed at achieving an optimal level of health and fitness through increased awareness in healthy lifestyle practices.

As Chairman of the Awards Committee, Gale E. Coons, Council member and Executive Director of the Indiana Dental Association, deserves much of the credit for the success of this year's program.

COUNCIL'S ENDORSEMENT OF RICHMOND HIGH SCHOOL'S FITNESS PROGRAM AND INDIANAPOLIS YWCA WALK TO WELLNESS VOLKSMARCH

It has been the objective of the Council to encourage and promote worthwhile programs and activities relating to health and fitness statewide. The Council developed an endorsement policy to meet this objective whereby any organization providing a quality program to develop greater fitness would have the support and assistance of the Council to meet their goals.

Over the past three years, the Governor's Council has recognized the efforts at Richmond High School by endorsing

one phase of the school's program. The coordinator, Michelle Avery, has developed a three-fold approach by using Fitness Gram, a M.A.S.H. first aid unit, and a one-mile fitness swim. Each of these projects has met with great success and deserves the continuing support and encouragement of the Governor's Council.

On May 28, the Indianapolis YWCA and the Indy "G" Walkers held a 10-Kilometer Volksmarch in scenic Eagle Creek Park in northwest Indianapolis. After the Volksmarch, the YWCA sponsored a 200-meter Volksswim for a change of pace. Both activities received the support and endorsement of the Indiana Governor's Council.

If you desire additional information on programs and activities by the Council, please call John Yantiss at (317) 633-0299.

AIDS PRESENTATIONS TO BUS DRIVERS

Due to the concern of school bus drivers regarding AIDS, a program was developed to discuss the known facts and misconceptions relating to AIDS. By mid-August, over 50 presentations had been made by the Indiana State Board of Health and local health officials on the topic "AIDS and the School Bus Driver." Approximately 20,000 bus drivers statewide attended these one-day meetings.

EDUCATION, HELMETS, AND BIKE PATHS PREVENT INJURIES AND DEATH

Though 600 children and adolescents die from bicycle injuries each year in the U.S. and 300,000 more visit the emergency room, less than two percent of children and adolescents who die wear helmets. In fact, according to Frederick Rivera, member of the American Academy of Pediatrics (AAP) Committee on Accident and Poison Prevention, most parents are unaware of the specific risks of head injury while bicycle riding.

Because bicycles are one of the leading causes of head injury in children and adolescents, Rivera stresses that, "A logical step in the prevention of these head injuries is to promote the use of bicycle helmets." A recent study from Austria indicates that bicycle riders wearing helmets are four times less likely to have head injuries when in a crash than are unhelmeted riders.

Bicycle injuries to children are unacceptable and can be prevented through education programs. Rivera suggests that safe rider training for children should be done in schools or community groups. And, since the majority of fatal bicycle injuries involve collisions with cars, bike paths are absolutely necessary, he says.

Additionally, Rivera suggests these other safety tips:

- Young children have difficulty using hand brakes. A child's first bicycle should be equipped with coaster brakes.
- A bicycle should "fit" the child. Buying a large bicycle for the child to "grow into" is a set-up for injury.
- Consider the child's age when he or she is learning to ride. The child might be physically able to ride long before he or she is mature enough to ride unsupervised on the street.

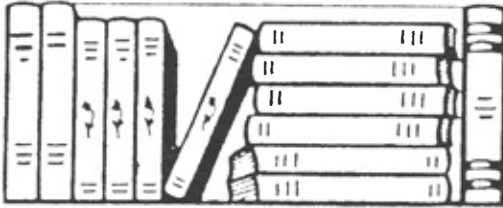


. if not, now is an excellent time to do so.

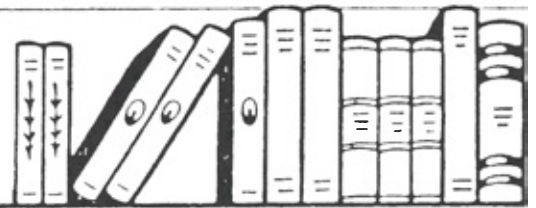
OCTOBER 25, 26, 27, 1989

Recruit Another Professional to join

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Today!



NEW BOOKS



Administrative Management of Physical Education and Athletic Programs. 2nd edition. Clayne R. Jensen. Lea & Febiger, 600 Washington Square, Philadelphia, PA 19106-4198. 1988. 400 pp. \$34.00.

Coaching Soccer Effectively. C.A. Hopper and M.S. Davis. Human Kinetics Publishers, Inc., P.O. Box 5076, Champaign, IL 61820. 1988. 185 pp. \$14.00.

Competitive Swimming Management. David G. Thomas. Human Kinetics Publishers, Inc., P.O. Box 5076, Champaign, IL 61820. 1988. 120 pp. \$16.95.

Feeling Fit. Linda Sorrells and Merry Anne Schmied. Life Enhancement Publications, P.O. Box 5076, Champaign, IL 61820. 1988. Instructor Guide: 136 pp., \$18.00. Participant Guide: 88 pp., \$6.00. Videotapes 1-5: 44 min., \$105.00.

Managing Physical Education, Fitness, and Sports Programs. J.H. Railey and P.A. Railey. Mayfield Publishing Co., 1240 Villa Street, Mountain View, CA 94041. 1988. 304 pp. \$24.95.

Understanding Leisure. An Interdisciplinary Approach. G.J. Gerson, Jr., H.M. Ibrahim, J. DeVries, and G. Eisen. Kendall/Hunt Publishing Co., 2460 Kerper Boulevard, P.O. Box 539, Dubuque, IA 52004-0539. 1988. 242 pp. \$24.95.

Essential Exercises for the Childbearing Year. 3rd edition. Elizabeth Noble. Houghton Mifflin Co., 52 Vanderbilt Avenue, New York, NY 10017. 1988. 208 pp. \$9.95.

Exercise Activities for the Elderly. K. Flatten, B. Whilite, and E. Reyes-Watson. Springer Publishing Co., 536 Broadway, New York, NY 10012. 1988. 206 pp. \$19.95.

Motor Control and Learning. 2nd edition. Richard A. Schmidt. Human Kinetics Publishers, Inc., P.O. Box 5076, Champaign, IL 61820. 1988. 578 pp. \$38.00.

Pass, Set, Crush. Volleyball Illustrated. 2nd edition. Jeff Lucas. Euclid Northwest Publications, 4145 80th Avenue, S.E., Mercer Island, WA 98040. 1988. 168 pp. HB \$24.95. PB \$19.95.

Science of Dance Training. P.M. Clarkson and M. Skrinar. Human Kinetics Publishers, Inc., P.O. Box 5076, Champaign, IL 61820. 1988. 312 pp. \$33.00.

Sport-Science Perspective for Women. J. Puhl, C.H. Brown, and R.O. Voy. Human Kinetics Publishing, Inc., P.O. Box 5076, Champaign, IL 61820. 1988. 238 pp. \$28.00.

Swimming Science V. B.E. Ungerechts, K. Wilke, and K. Reischle. Human Kinetics Publishers, Inc., P.O. Box 5076, Champaign, IL 61820. 1988. 401 pp. \$38.00.

Celebrating a Century of the Student Athlete. Michigan Intercollegiate Athletic Association, P.O. Box 2181, Holland, MI 49422-2181. 1988. 206 pp. \$15.00.

Dance: the Art of Production. Joan Schlaich and Betty DuPont. Princeton

Book Co., Publishers, P.O. Box 57, Pennington, NJ 08534. 1988. 191 pp. \$14.95.

Law In Sport and Physical Activity. Annie Clement. Benchmark Press, Inc., 8435 Keystone Crossing, Indianapolis, IN 46240. 1988. 214 pp. \$18.95.

Perceptual-Motor Development Guide. Melinda Bossenmeyer. Front Row Experience, 540 Discovery Bay Boulevard, Byron, CA 94514. 1988. 81 pp. \$8.95.

Le Sacre du Printemps. Seven Productions from Nijinsky to Martha Graham. Shelley C. Berg. University Microfilms International, P.O. Box 1467, Ann Arbor, MI 48106. 1988. 207 pp. \$44.95.

Saying It Ain't So. American Values as Revealed in Children's Baseball Stories, 1880-1950. Debra A. Dagavarian. Peter Lang Publishing, Inc., 62 West 45th Street, New York, NY 10036. 1988. 223 pp. \$32.50.

Science of Triathlon Training and Competition. Glenn P. Town. Human Kinetics Books, a Division of Human Kinetics Publishing, Inc., P.O. Box 5076, Champaign, IL 61820. 1988. 145 pp. \$11.95.

Sport Medicine. Edward Edelson. Chelsea House Publishers, 95 Madison Avenue, New York, NY 10016. 1988. 107 pp. \$17.95.

OPPORTUNITIES FOR PROFESSIONAL SERVICE

The IAHPERD is always open to professionals that are seeking new challenges and goals. If you or somebody you know is seeking those new challenges and goals, a dynamic opportunity for you exists with leadership opportunities in IAHPERD.

In order to develop a slate of committed candidates for the 1989-90 Board of Directors, the Nominating Committee of the IAHPERD is asking for your assistance. The election will take place Wednesday, October 25, 1989, at the Merrillville Conference.

Please make suggestions of possible candidates for the offices listed below:

President-Elect:	Name _____
	Address _____ Phone _____
Vice President-Elect: Dance	Name _____
	Address _____ Phone _____
Vice President-Elect: General Division	Name _____
	Address _____ Phone _____
Vice-President Elect: Health and Safety	Name _____
	Address _____ Phone _____
Vice President-Elect: Physical Education	Name _____
	Address _____ Phone _____
Vice President-Elect: Recreation	Name _____
	Address _____ Phone _____
Vice President-Elect: Sports and Athletics	Name _____
	Address _____ Phone _____
Secretary:	Name _____
	Address _____ Phone _____

Please return this form by May 1, 1989, to: Daymon Brodhacker
Chair, IAHPERD Nominating Committee
Arthur Campbell High School
727 Moon Road
Plainfield, Indiana 46168
(317) 839-7513, ext. 241

IAHPERD Awards

DEADLINE: September 15, 1989

The Indiana Association for Health, Physical Education, Recreation and Dance annually recognizes excellence among our professional colleagues through the Association Awards. Members of the IAHPERD are encouraged to nominate worthy recipients. The awards will be presented at the 1989 Fall IAHPERD Conference. Please send your nominations on this form to:

S. Sue Barrett
Chair, Awards Committee
IUPUI
901 West New York Street
Indianapolis, Indiana 46223

I. **Association Honor Award.** The highest recognition for outstanding service to the Association.

Name _____

Address _____

A. Eligibility of candidates for the Honor Award depends on these qualifications:

- 1) Must be a member of the IAHPERD and AAHPERD when nominated.
- 2) Must be at least 30 years of age.
- 3) Should have a minimum of five years experience as a teacher or supervisor, or combination of the same in health, physical education, recreation, or dance.

B. In addition to meeting each of the above requirements, the candidate must satisfy at least five of the following conditions:

- 1) Rendered contributions through the Association in the nature of "plus" services.
- 2) Rendered contributions through meritorious service to the profession.
- 3) Rendered contributions through distinctive leadership in one of three fields.
- 4) Presented ten or more addresses, lectures, and/or demonstrations before groups promoting health, physical education, recreation, and/or dance.
- 5) Published articles for handbooks, newspapers, or magazines.
- 6) Engaged in systematic research which has advanced the profession.
- 7) Authored or co-authored one or more books in health, physical education, or dance.
- 8) Held office, IAHPERD.
- 9) Served as chairperson of a section in the state or district association.
- 10) Contributed something original to the profession by virtue of fulfillment of the teaching assignment.

II. **Leadership Recognition Award.** For outstanding contributions in a given discipline in terms of program development which advanced the profession.

Name _____

Address _____

- A. Disciplines such as: health, education, safety education, physical education, recreation, and dance.
- B. School or college teachers, supervisors, or administrators.

III. **Special Contribution Award.** To be made to persons outside our fields who have made outstanding contributions to one or more disciplines in our combined fields.

Name _____

Address _____

- A. Examples are: school administrators, physicians, nurses, teachers in other disciplines, community service leaders, dentists, community leaders, mass media leaders, specialized agency personnel, and military personnel.

IV. **Young Professional Award.** Recognition for outstanding service to the profession.

Name _____

Address _____

- A. Eligibility of candidates for the award depends on:
 - 1) Active member of IAHPERD for a minimum of two years.
 - 2) Less than 35 years of age when nominated.
 - 3) Currently serving in a professional role in health, physical education, recreation, athletics, and/or dance.

B. In addition to meeting each of the above requirements, the candidate must satisfy at least three of the following criteria:

- 1) Contributed through the Association in the nature of "plus" services.
- 2) Contributed through meritorious service to the profession.
- 3) Contributed distinctive leadership in one of five fields.
- 4) Delivered two or more addresses before groups promoting health, physical education, recreation, or dance.

ATTENTION: 1989 HIGH SCHOOL SENIORS

*** CALL FOR SCHOLARSHIP APPLICATIONS ***

Indiana Association for Health, Physical Education, Recreation and Dance

IAHPERD annually awards two \$400 scholarships to students graduating from Indiana high schools who plan to pursue a degree in health, physical education, recreation, or dance at an Indiana college or university (other disciplines such as biology, nursing, pre-med, etc., do not receive priority consideration). The award is based on scholastic record (academic and extra-curricular), demonstrated interest and professional promise in a HPERD-related discipline, and financial need. The award is applicable to tuition.

APPLICATION DEADLINE: April 1, 1989. Consideration cannot be given to applications which are incomplete or post-marked after the deadline.

APPLICATION PROCEDURES:

1. Request a copy of application guidelines from your high school guidance counselor, or from the IAHPERD Scholarship Chair (address below). IAHPERD will mail application forms to guidance counselors on February 1, 1989. (Applicants will submit biological information, listing of high school activities, copy of transcript, two letters of recommendation, name of college, statements regarding career plans and financial need, and a letter from high school principal.)

2. Submit all application materials by the deadline to:

Daymon Brodhacker
President-Elect, IAHPERD
Scholarship Committee Chair
Arthur Campbell High School
727 Moon Road
Plainfield, Indiana 46168
(317) 839-2513, ext. 241

3. Announcement of awards will be mailed to all applicants on April 29, 1989.

Guidelines for Reporting of Deaths of IAHPERD/AAHPERD Members

In order to appropriately notify the membership of the deaths of members of our profession and to eulogize those who have significant leadership roles, it is necessary that the following guidelines be used in reporting deaths to the Association Necrologists.

NAME:
DATE OF BIRTH:
PLACE:
LAST POSITION HELD (including address):
RANK OR TITLE:
DURATION IN PROFESSION:
AREA(S) OF SPECIALIZATION:
SIGNIFICANT POSITIONS HELD:
SIGNIFICANT SERVICES RENDERED TO:
PROFESSION:
COMMUNITY:
AGENCIES, etc.:

Please list descriptive words that can best be used to describe the deceased which are appropriate for a eulogy or memorium.

Please list name(s) and addresses of persons who could write a eulogy or give additional information.

Send to: Tom Sawyer
Department of Physical
Education
Indiana State University
Terre Haute, Indiana 47802

IAHPERD Membership

THE PROFESSIONAL ORGANIZATION

The Indiana Association for Health, Physical Education, Recreation and Dance is a voluntary professional organization dedicated to improving and promoting the quality of life in Indiana through school and community programs of health education, physical education, recreation, and dance.

The purposes of IAHPERD are as follows:

Research and Demonstration

To employ the necessary means to foster, advance, and promote the kind of research, studies, and demonstrations necessary to advance the fields of health, physical education, recreation, and dance.

Education and Training

To hold meetings and disseminate relevant educational information to members and to encourage training for the advancement of health, physical education, recreation, and dance.

Scholarships

To provide scholarships to deserving students preparing for careers in health, physical education, recreation, and dance.

District Map



- HELP NEEDED:**
- Would you be willing to become involved?
 - District Level
 - State Level
 - Committee Involvement
 - State Office
 - District Leadership

OPPORTUNITY FOR INVOLVEMENT
 Involvement is the key word to making a contribution to your professional association. The IAHPERD provides an opportunity for involvement through the choices below and we encourage each of you to become active participants by serving on a committee or by holding an office. Please check any position listed below that interests you.

IAHPERD MEMBERSHIP BLANK

Professional Membership _____ \$20.00
 Student Membership _____ \$10.00

New Member _____
 Renewal _____

District/County Code _____ (No./Letter)

Date Rec'd (Mo.) _____ (Yr.) _____

Home Phone _____
 Expiration Date: _____ (Office Use Only)

Mr. _____ Last _____ First _____ Middle/Maiden _____
 Mrs. _____ Last _____ First _____ Middle/Maiden _____
 Dr. _____ Last _____ First _____ Middle/Maiden _____

Permanent/Mailing Address _____
 (Print) _____ Street _____ City _____ State _____ Zip _____

MEMBERSHIP EXPIRES 1 YEAR FROM DATE DUES PAYMENT IS RECEIVED.

Your **Journal** cannot be forwarded.
 If a change of address occurs, please notify:
 P. Nicholas Kellum
 Executive Director, IAHPERD
 School of Physical Education
 IUPUI
 901 West New York Street
 Indianapolis, Indiana 46223

**P. Nicholas Kellum
Executive Director, IAHPERD
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