



INDIANA
ASSOCIATION FOR
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PHYSICAL
EDUCATION
RECREATION, AND
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Contents

NASPE Advocacy Priorities for 2013.....	1
Eggs and Chickens: What's Fresh and Foul in Physical Education.....	2
Infographic: NASPE's New Advocacy Tool.....	3
ING, NASPE kick off fourth year.....	3
Accreditation Programs.....	4
So You Think You Can Dance scores big with NDA.....	6
More policies are needed to deter tobacco use?	7
Georgia to Add 30 Minutes of Physical Activity to Elementary Schools.....	7
IAHPERD 2013 State Conference and Exposi- tion Registration Form.....	10
IAHPERD 2013 Call for Conference Proposals.....	12
2013 IAHPERD State Conference Session Proposal Form.....	14

NASPE Advocacy Priorities for 2013

ESEA, PEP Grants at top of the list

In January we rung in a new year and a new session of Congress, as we welcomed new legislators to Capitol Hill, new committee members in both the Senate and the House, and a renewed focus toward NASPE's mission and advocacy goals. NASPE's advocacy priorities for 2013 include the following:

Physical Education and Health Education Designated as Core Subjects within the Elementary and Secondary Education Act

NASPE will continue to advocate for the inclusion of physical education and health education as core subjects within the Elementary and Secondary Education Act (ESEA). If PE and HE were designated as core subjects, they would be eligible for Title I and Title II funds distributed to schools by the federal government. As it currently stands in ESEA, without a core subject designation, these funds may not be used for non-core subject area expenses. Additionally if PE and HE become core subjects it would set the tone for increased attention and importance for these subjects.

Protect the Carol M. White Physical Education Program Funding

The 2013 fiscal year budget for the federal government has yet to be established or voted on. While significant cost savings and revenue generation measures are likely to be forthcoming, NASPE will continue to advocate for level funding for the Carol M. White Physical Education Program (PEP) grant within the

budget. PEP has been funded at approximately \$79 million since FY 2010. NASPE is hopeful that the PEP grant will be spared because of the documented success of the program and it being such a small percentage of the U.S. Department of Education budget. The PEP grant is currently the only federal education money that is allocated for physical education programs and is vital to the success and quality of many PE programs around the country.

Encourage the U.S. Department of Education to Make Physical Education a Priority

Due to frustration over the lack of progress in Congress over the past few years, the U.S. Department of Education has started to initiate changes and programs of its own in order to enact some level of education reform. The D.O.E has done this by offering waivers for states from the requirements of No Child Left Behind and by implementing large-scale grant programs. NASPE sees the opportunity for physical education and health education to be included in grant programs such as Race To The Top, Investing in Innovations, School Improvement Grants, etc. The connection between healthy, physically active students and academic performance, improved behavior, lower rates of absenteeism, and overall self-worth is strong and would support the efforts of the D.O.E. NASPE will continue to work with the D.O.E. to emphasize these connections and the importance of physical education and health education within the school.

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Eggs and Chickens: What's Fresh and Foul in Physical Education

Steve Jefferies, Former NASPE President

DISCUSSION ABOUT THE FUTURE of physical education will continue with the PE2020 Forum, a free conference event, in Charlotte on Tuesday, April 23 from 1-5 p.m. in the Convention Center. The afternoon session will include: 1) updates on the initiatives that were proposed following the San Diego forum and the recent PE 2020 Forum held at the PETE Conference; 2) presentations highlighting changes that have occurred during the past two years; and 3) and discussions on future trends.

Participants will have the opportunity to share and discuss ideas and contribute to the ongoing dialogue that is essential for creating a blueprint for the future success of physical education. Please note that this session is on the first day of the AAHPERD conference schedule and plan your travel accordingly. If you have questions or suggestions for topics to be addressed in the forum OR would like to be more involved in the session, please contact Dr. Steve Jefferies (jefferies@cwu.edu).

Every three years the world of US Physical Education Teacher Education (PETE) pauses to reflect. And so last October close to 450 professional colleagues gathered in Las Vegas to contemplate things good and bad in physical education.

Catching up on what's happening in the future started the conference with another PE 2020 Forum. A packed audience of early-bird attendees gathered for four hours of speculating on what physical educators might expect in both the immediate and long-term future. In 2011, NASPE's PE 2020 initiative attracted close to 2,000 visionary essays from people imagining how PE might look in the years ahead. Following the San Diego convention five areas were identified to focus on, and Vegas gave attendees the chance to discuss progress to date and ways to continue forward thinking and planning.

Among several of the ideas that emerged was a suggestion that the imminent arrival of the year 2020 didn't give us much time to plan our professional future. Instead of a planned and purposeful future's approach, we tend instead to be reactive and opportunistic. Rather than being guided by a carefully deliberated and intentional plan, we find ourselves looking for ways to integrate new gadgets and games into our programs. Acting this way, we are absolving responsibility for our future and letting it be directed by outsiders who are motivated to serve their own best interests rather than our own.

Of course thinking for the long-term brings a different set of problems. It's easy to assume that physical education has an assured place in tomorrow's schools. The accelerating, and in many ways, unpredictable changes taking place in today's world make this assumption unwise. Public schools are going to change much faster than most of us expect. They have to. America is fast losing traction as the dominant global leader. Our children must be better prepared with 21st century skills and knowledge. How will physical education fit into this new landscape? That's a question that demands much more of our attention.

The good news is that in any future world, children will need to be physically educated. They'll need the skills and knowledge that will prepare them to lead healthy and active lives. But agreeing on this is the easy part. Sadly, after more than a century of trying we still can't seem to agree on what physical education is and is not, and today it's becoming even murkier. For a half century or more we've debated whether physical education should be an education of or through the physical. Should we be focusing exclusively on the body, or emphasizing social, emotional, and cognitive benefits?

*Share your Newsletter
with a colleague*

AAHPERD Advocacy Webinar

AAHPERD held a webinar on Jan. 16 to highlight the advocacy priorities for the organization for 2013. The newly released *Shape of the Nation Report* was also highlighted along with NASPE's upcoming SPEAK Out! Day event and other important advocacy tools and resources. The webinar was recorded and archived on the AAHPERD Legislative Action Center.

Visit www.aahperd.org/whatwedo/advocacy for details.

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Infographic: NASPE's New Advocacy Tool

Infographics are one of the most popular trends on the web these days. They generate hundreds, even thousands of "ah moments" from people each day, with an end goal to raise awareness on all types of important issues. The first in NASPE's new infographic series highlights the loop-holes found in various state policies outlined in the NASPE/American Heart Association 2012 Shape of the Nation Report. Follow these five steps to learn how to leverage NASPE's latest advocacy tool.

1. Share, share, share! Visit the Shape of the Nation page, www.naspeinfo.org/shapeofthenation to download and print a PDF version to include for an upcoming PTA meeting, one-on-one conversation with parents and other members of the community.

2. Print a stack to be a part of an advocacy toolkit to distribute when meeting with state legislators.

3. Use the statistics outlined as simple yet powerful talking points in upcoming discussions with school leaders and other physical educators surrounding the status of physical education in your local school district.

4. Help spread the word by going viral! Let the power of social media work for you. Every "like," every "share" and every "retweet" resonates with your existing online community of followers. Download a jpeg file from the Shape of the Nation webpage, www.naspeinfo.org/shapeofthenation support and a signal for change.

5. Be inspired. They say a picture is worth a thousand words. Hang a copy outside your door, in your office or department's shared space to motivate colleagues and educate students and parents on the status of physical education.

Find this infographic by searching the "National Association for Sport and Physical Education" on Facebook and following @NASPE on Twitter. Look for the second in this series on physical activity. Visit the Shape of the Nation webpage to read the full report, state-by-state profiles, view supplemental data, and more.

ING, NASPE kick off fourth year

ING U.S. is celebrating its fourth year of giving schools nationwide a unique opportunity to help students discover a passion for running and living a healthy lifestyle through its ING Run For Something Better School Awards. In partnership with NASPE, the 2013 grant cycle is now open with improvements that simplify the application process. A minimum of 50 grants will be given in 2013.

"NASPE is proud to enhance its partnership with ING U.S. in helping to make it easier for educators to get the resources they need to keep physical activity thriving in schools," NASPE/AAHPERD Senior Director of Programs Cheryl Richardson said. "Last year ING awarded 50 grants of up to \$2,500 each. In times when physical education programs and after school activities are the first to be cut from budgets, these funds truly make the difference in helping maintain a culture of physical activity, health and fitness, and to help meet the nationally recommended 60 minutes of physical activity per day," added Richardson.



COSMA

COSMA has 46 institutional members and 33 individual members. As of late October, the following 11 institutions had been accredited: Liberty University, Neumann University, Ohio University, Saint Leo University, Slippery Rock University, Thomas College, Troy University, University of Louisville, Wichita State University, Winthrop University, and York College of Pennsylvania. Additionally, 15 others have achieved candidacy status (the first step in the accreditation process). Visit www.cosmaweb.org/CS for the most recent list of accredited institutions and institutions in candidacy status.

All current site reviewers and those who are interested in becoming site reviewers will be required to update their knowledge and skills by attending a training workshop. This training is also valuable for institutions that will host site visits. An in-person site reviewer training will be held on May 29 at the NASSM 2013 Conference in Austin, TX.

Heather Alderman, COSMA Executive Director, will participate in Sport Management Day at the AAHPERD National Convention and will hold an Accreditation Process/Writing a Self Study workshop for anyone interested in learning more about the accreditation process. Visit www.cosmaweb.org for more information.

Coaching Conference heading to Colorado Springs

'Quality Coaches, Quality Sport' is focus

THE United States Olympic Committee (USOC) is pleased to again host the National Coaching Conference, supported by the USA Coaching Coalition members (NASPE, NCAA, NFHS, USOC) at the Doubletree World Arena Hotel in Colorado Springs June 19-21.

This annual conference provides an opportunity for stakeholders in the development of amateur sport in the United States to come together and discuss the development of a more strategic, integrated, and aligned system of athlete and coach development that can positively impact US athletes, coaches, and sport organizations.

The 2013 conference theme is "Quality Coaches, Quality Sport" and will focus on providing coaches and educators with research-based, practical information and tools to develop, expand, and improve their programs. All proposals will align with the National Standards for Sport Coaches (NASPE, 2006) and reflect the vision of the USA Coaching Coalition.

The conference will begin with preconference workshops and business meetings on Tuesday, June 18 and the conference opening will take place at lunch on Wednesday, June 19. Programming will run through the afternoon of Friday, June 21.

The USOC will also host the Coach of the Year Awards Dinner on Friday evening, June 21, honoring the finalists for the USOC Coach of the Year Awards and announcing the national award recipients.

For more information, visit www.teamusa.org.

NCACE

During the September 2012 Board of Directors Meeting, the Board named Professor Thomas Sawyer from Indiana State University to be the co-chairperson of the folio review committee.

NCACE also welcomes its latest organizational member, the US Anti Doping Agency. The addition of USADA raises NCACE's organizational membership to 33 for the year.

Also during the September meeting, the directors approved the NCACE General Assembly's vote to create a new membership status (professional) to better represent the current membership. Visit the new NCACE website at www.qualitycoachingeducation.org.

NCATE

During the Fall 2012 review cycle, 56 reports were submitted to NASPE. In January, NASPE's auditors met in Reston to finalize report decisions.

NASPE will be offering a number of NCATE workshops during convention. These workshops will range in topic area from assisting programs in preparing their NCATE Report to training future reviewers. Visit www.ncate.org for more information.



Buffalo Jones wins 'Healthy School Makeover Contest'

Buffalo Jones Elementary School in Garden City, KS, beat out 200 entries and received a majority of the 129,000 total public votes to be named the winner of the first Healthy School Make-over Contest. SPARK™, a division of School Specialty, awarded Buffalo Jones Elementary School with the grand prize totaling up to \$45,000 in products and services from leading organizations. The contest was sponsored by SPARK, Sportime, AAHPERD/ NASPE, Healthy Kids Challenge, Skillastics, Healthy Lifestyle Choices, GenMove, The First Tee, Polar, and the ANNKA Foundation.

Buffalo Jones Elementary serves approximately 350 students in grades Pre- K-4. The school will now have access to products and services to help educators promote wellness and healthy habits in students to improve their health and overall educational experience. A special event will be held at the school after the winter break to allow pro golfer Annika Sorenstam to present the school with their prize.

"The childhood obesity epidemic is a serious issue and will continue to be so until our society makes a concerted effort to change it," said Paul Rosengard, Executive Director at SPARK. "Buffalo Jones Elementary is taking a big step toward instilling the importance of lifelong wellness into its community. Schools need to emphasize the importance of quality physical education, and educators and parents need to become advocates for their students' health and well-being."



Healthy Playground Makeover Contest

Enter for a chance to win one of two Grand Prizes, including a \$30,000 grant and a new playground. Anyone can enter on behalf of your school. There will be a special drawing for Title 1 Schools, too! Enter every day until March 15 at togethercounts.com/at-school/win-for-your-school/sweepstakes.



Get involved with Hershey's



Qualify your students and school to host Track & Field Games

DID YOU KNOW that schools can participate in HERSHEY'S Track & Field Games by hosting local track meets, school field days and as part of your physical education program? Schools can submit their participant's best times and distances through the internet based Event Manager system for youth ages 9-14. These times and distances may qualify a student to be eligible to participate in the North American Final Meet held each year in Hershey, PA. Sign up today – Your students will thank you! Start by getting approval from your school principal to include HERSHEY'S Track & Field Games into the school-wide field day, physical education program or other activity then register as a Local Coordinator in HERSHEY'S Track & Field Games Event Manager at www.hersheystrackandfield.com. Please register your meet as a closed event.

For your Field Day check out these six lesson plans that you can use with your upper elementary and middle school physical education students. They meet NASPE's National Standards for Physical Education.

On Tuesday afternoon, April 23 from 1-5 p.m. in Charlotte, learn how the HERSHEY'S Track & Field Games program helps schools incorporate a comprehensive school physical activity program by increasing opportunities for students to be physically active before, during, and after the school day, while fostering effective staff, family and community involvement. Attendees will also learn how easy it is to host and facilitate your own HERSHEY'S Track & Field Games event. Take home materials include a Fast-Track to Sports Kit, a blue-print for creating your own HTFG after school program, six lesson plans, and classroom physical activity ideas.

Get in the Game with Fuel Up to Play 60 and the NFL

Get in the game this new year with Fuel Up to Play 60, the free in-school wellness program from the National Dairy Council and the National Football League, in collaboration with the USDA. Here's a look at what they'll be featuring in 2013.

Student Challenges

Challenges let students show off how they, their friends and their school eat healthy and get active with a chance to earn cool prizes like an NFL Player visit. Upcoming Challenges include the [Scavenger Hunt Activity Challenge](#) (March 4-May 3).

State Program Advisor of the Year

Once again, outstanding Program Advisors in each state will be recognized. Nominations for your state's Program Advisor of the Year are due by March 1 each year.

Contests

Have an idea for a NEW way to get active? Enter the current contest with a new invention between April 22 and July 12. The [NFL Play 60 Invention Contest](#) asks kids to use their imagination to help them and their peers be healthy and active. Watch for other contests throughout the year.



Fund Your Project



APPLY FOR AN IAHPERD GRANT

Contact: Carol DeHaven

Purdue University

800 West Stadium Ave.

West Lafayette, IN 47906

cdehaven@purdue.edu

So You Think You Can Dance scores big with NDA

Instructors, students get up-close experience

Wanting to recognize NDA/AAHPERD dance instructors and students across the country, our Ubisoft/Just Dance sponsor asked NDA/AAHPERD to give them the names of members in 23 cities they could invite to the So You Think You Can Dance National Tour. The instructors and students enjoyed complimentary tickets and backstage passes to meet the performers. For many students it was their first opportunity to see such a major dance event. The reviews were unanimous — “Everyone absolutely loved it! Seats were awesome and it was an amazing experience to actually be able to meet the dancers! It really proved the reality and that they are normal people just like us that went after their dream and passion and accomplished it!”

The following is a first-hand account from Kelly Burnette, a National Dance Educator of the Year from the Manatee School for the Arts in Florida, or her and her students’ impressions.

It went into my junk mail. That was where I found the e-mail from Paula Keyes Kun at AAHPERD. Once I realized the mistake and opened it, I was shocked and delighted to discover that I had been selected of all the wonderful dance teachers in the Tampa Bay area to escort two lucky dance students to the Dec. 4 tour date of So You Think You Can Dance, at the Straz Center in Tampa! Not only that, but we would be provided with free tickets and backstage passes! Needless to say, I was thrilled and couldn’t wait to share the good news with my colleagues.

I teach at Manatee School for the Arts, a 6th-12th charter school in Palmetto, FL. I’ve been there since its inception in 1998, and helped build the program with my dear friend, Cheryl Carty. We now have eight dance teachers and seven dance studios, larger than many colleges, I realize. We offer training in ballet, modern, jazz/tap, choreography, ballroom, hip-hop, Irish, and world dance. We have many dancers who train with us for all seven of the years they attend our school.

For such an important decision, I knew that it was paramount for my wonderful fellow dance teachers to help select the most worthy students for this outstanding opportunity. Cheryl suggested that we require the interested dancers to write essays, which we did. It was lovely to read the heartfelt sentiments of our students, for whom this show means so much, and many aspire to audition for one day — perhaps to win!

While this was taking place, I got another e-mail indicating that we would now be able to take three students. (I offered the additional ticket to Cheryl, but she unselfishly declined.) This further inspired our Dance Department to attend as a group; and to scholarship three additional students to attend. When Paula heard of our enthusiasm, she managed to wrangle seven additional backstage passes, so that everyone who wished to in our growing party could go backstage, too! When I told one excited dancer, she literally jumped up and down for several minutes!



The night before the big event I had dancers texting me saying they could barely sleep in excitement. All of us had a hard time concentrating in class on the big day; and we had to change quickly after school to drive the hour to Tampa for the 7:30 show. We quickly ate at a restaurant near the theater, then all trouped inside. Although we had to go our separate ways once inside, we were most assuredly unified in our delight to be there. One of my students had never been to the Straz Center before, so it was wonderful to observe him taking it all in — I worried that none of them were breathing at times.

The show was jam-packed with all of the favorites from this season. It was amazing to see those talented young dancers still dancing with that much passion and precision the day before their tour ended. I’ve danced on that and many other stages in my career, and I know how much hard work it is; but all they showed us was their joy and humility. What a wonderful lesson for my young dancers.

I’m not sure which part was really more exciting: what we saw on stage or what we experienced after the show. We assumed that we would have a standard Q & A; but instead, our thrilled dancers had the opportunity to actually meet the performers. I think we took pictures with all 10 of the SYTYCD dancers! How wonderful that we didn’t have to part ways with our comrades, thanks to those additional backstage passes.

To quote one of our seniors, the whole experience was really perfect. What could be a better way to spend an evening than being surrounded by people who love dance as much as you do, and then seeing such artistry and passion on that beautiful stage. What an inspiration, no matter where you are on your career continuum.

The lucky MSA students who attended were: Colton Heier, Nicoletta Lanese, Devan McDuffie, Brandon Pavon, Lauren Pierce, and Blossom Viruet, all of whom are members of Nu Delta Alpha. The lucky teachers were: Cheryl Carty (co-chair), Stacie Cratty (co-chair), Elyse Born, Pat Ross, Brandi Torres, and myself, Kelly Burnette.

I’ve been a member of AAHPERD/NDA for a long time. I’ve served in office at the state and district level, I’m the sponsor of Nu Delta Alpha at MSA, I’ve hosted a Page to Stage Workshop, and I was the 2007 K-12 National Dance Educator of the Year; which led to being on the cover of Dance Teacher magazine, and teaching workshops all over the country. AAHPERD/NDA has been very good to me over the years, but this definitely ranked as one of the most wonderful experiences I’ve ever had. On behalf of my fellow dance teachers and students, we thank you. As all artists should do, we will pass on our appreciation and experiences through our work.

See you at the
IAHPERD 2013 State Conference
October 30-November 1, 2013
Wyndham West Indianapolis

More policies are needed to deter tobacco use

*Jeff Seyler, Northeast President and CEO, American Lung Association, Albany
Published 4:28 pm, Friday, March 29, 2013*

Though it may seem like just yesterday that your night out was dampened by thick clouds of tobacco smoke and the scent of stale cigarettes came home with you on your clothes and in your hair, this month marks 10 years since the law declaring New York's bars and restaurants smoke-free was passed ("Smoke gets out of your eyes," March 17). This landmark legislation has played an important role in the dramatic decline of New York's smoking rate, resulting in more lives saved.

While we have made major progress in reducing New York's smoking rates, our work is far from complete. Some 25,000 New Yorkers still lose their lives each year from tobacco-caused disease. At the same time, Big Tobacco spends more than \$500,000 a day here marketing their deadly products to our kids.

If we continue to move forward with innovative public health policies, we can begin to tackle tobacco use head-on. We will persist in advocating for legislation to make more areas of New York smoke-free and work to ensure a high tax on not only cigarettes but all tobacco products. We support funding the state tobacco control program at the Centers for Disease Control and Prevention-recommended level to best protect the public from the dangers of tobacco use. Only when the right policies are in place, when smokers have access to the resources they need to quit and youth are prevented from starting to smoke, can we be successful in combating tobacco's burden.

Georgia to Add 30 Minutes of Physical Activity to Elementary Schools

Bryan Toporek on March 25, 2013 6:06 PM

Georgia plans to add 30 minutes of physical activity to the school day in all elementary schools, the Commissioner of the Georgia Department of Public Health [announced](#) last week during a University of Georgia health conference.

Only Mississippi has a worse childhood obesity rate than Georgia, Commissioner Brenda Fitzgerald said at the inaugural State of Public Health Conference on March 21. In the state's most recent fitness test, only 16 percent of the roughly one million students tested were able to pass all five components (body-mass index, aerobic capacity, flexibility, push-ups, and curl-ups), while 20 percent couldn't pass even one of the five, according to the commissioner.

To rectify that, Fitzgerald recently met with the state Department of Education and agreed to a plan to bring 30 extra minutes of physical activity to every elementary school in Georgia, with the work to begin in the 2013-14 school year.

[UPDATE (March 29, 3:30 PM): Schools won't be required to follow this plan, according to a spokesperson from the Georgia Department of Education. It's strictly on a volunteer basis, as the department is not creating a rule or new policy requiring all schools to add the recommended amount of daily physical activity.]

"We need every single segment of the society involved in this," Fitzgerald said. "This is a huge problem that has to do with lifestyle issues, that has to do with changing not only what we do, but what children do, what their parents do, what the school does, and ultimately, what the society does."

The University of Georgia is chipping in with this effort by conducting online training for teachers in how to get students physically active for 30 minutes a day, according to the commissioner.

While budgetary concerns and high-stakes testing present obstacles for schools hoping to add physical activity to the school day, some schools in the state are already finding creative ways around those concerns, said Therese McGuire, health and physical specialist with the Georgia Department of Education, to the [Atlanta Journal-Constitution](#). McGuire suggested incorporating physical

activity into academic learning, such as biology teachers having children jump up and down and measure their heart rate to learn about elevated heart rates.

You can see Fitzgerald's full speech at the State of Public Health Conference below, courtesy of the Georgia Public Policy Foundation (the childhood obesity portion begins around 11:15):

http://www.youtube.com/watch?feature=player_embedded&v=BmV9cIacJM0



Georgia isn't the only state to experience such a low success rate on recent physical fitness exams. Back in 2011, only 31 percent of 5th, 7th, and 9th graders in California [were able to pass all six components of their state's fitness test](#), which state Superintendent of Public Instruction Tom Torlakson took as a call-to-action.

Georgia does have more reason to be concerned about childhood obesity than the average state, though. It had a childhood obesity rate above 20 percent as of the summer of 2011, one of only 10 states to do so, according to the [2011 "F as in Fat" report](#) from the Trust for America's Health and the Robert Wood Johnson Foundation. In the [2012 version of the "F as in Fat" report](#), Georgia was projected to have an adult obesity rate above 50 percent by 2030 if obesity continues growing statewide at its current rate.

Want all the latest K-12 sports news? Follow [@SchooledinSport](#) on Twitter.

Body weight or body fat? You make the call

Jeff White

On any given day, you'll hear someone say "I'm trying to lose weight." Turn on the TV, and you'll see plenty of commercials touting products that will help people lose weight. Most people know how much they weigh, but how many know what their body fat percentage is?

Body weight is an important factor when it comes to evaluating a person's health, but so is a person's body fat percentage. Body weight doesn't tell the entire story. A person can be at a "normal" weight or even underweight, but their body fat percentage might be high. Then there are those who are considered overweight, but have low body fat percentages. A good example of this are bodybuilders. They tend to be heavier than the average person, but their body fat percentages are actually lower than the average person.

Here's a chart highlighting general body fat percentages for men and women:

Body Fat Percentage Categories

Classification	Women (% fat)	Men (% fat)
Essential fat	10-12%	2-4%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-25%
Obese	32%	25%

Looking at this chart can help a person keep their weight loss goals in perspective, because body fat is regarded by some as a more accurate level of a person's fitness level than body weight.

A person may want to lose 20 pounds, but it's crucial they know what their body fat percentage is at the same time. With that said, the person who WANTS to lose 20 pounds may only NEED to lose 10 pounds, provided it's all body fat. The reason being is some fat (essential fat) is needed to maintain life and reproductive functions.

Eating a balanced diet, getting adequate rest, and a combination of strength training and aerobic conditioning will help achieve the results a person is looking for.

How much do you weigh? What is your body fat percentage? Knowing both of these is a big step towards meeting your fitness goals!

Jeff White is certified personal trainer and yoga instructor with the American Fitness Professionals and Associates. Jeff has been actively involved in the fitness lifestyle for more than 25 years, competing in triathlons for for the past 15, and he can be found at JW Fitness Solutions.

Autism: Oh the Possibilities in Physical Education

Joanne Judge

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Description: Recorded Webinar

This is a previously recorded Webinar.

After purchase, access this webinar through Webinar on Demand on your log-in screen.



Date Recorded: Thursday, November 10, 2011

Are you teaching physical education to children on the spectrum? Come learn a brief overview of ASD, the law, and how evidence-based interventions used in the special education classroom can be implemented into general and adapted physical education classes. Several adaptations, modifications, creative teaching strategies and assessment techniques will be provided.

Product Code: 302-RW105

Topic: http://iweb.aahperd.org/iweb/Purchase/ProductDetail.aspx?Product_code=302-RW105

**Register now for the
IAHPERD 2013 State Conference
"Pride in Our Profession"
October 30-November 1, 2013
Wyndham West Indianapolis**

The Inequality of Playgrounds

Emily Badger, Mar 25, 2013



Shutterstock

Low-income, minority neighborhoods in cities are often heavily disinvested places, with less money spent there on road repair, civic infrastructure or cultural projects than in other parts of town. This pattern, it appears, may even extend to public parks, with the result that the children who need exercise the most may be less enticed to get it.

A [recent study](#), published in the journal *Annals of Behavioral Medicine*, looked at the amenities in 165 parks in the four-county Kansas City metro region. Low-income neighborhoods actually had more parks per capita (perhaps a result, the authors suggest, of the fact that minority communities in the area are largely located in the older urban core where more parks were once planned into the city's layout). Parks in predominantly minority communities were also more likely to have basketball courts.

But the researchers also found that these same parks were less likely to have aesthetic features like decorative landscaping, trails and playgrounds. As the authors explain:

These findings are problematic because playgrounds have been shown to promote increased [physical activity] intensity and healthier weight status among children. Areas of low [socioeconomic status] are perhaps the neighborhoods that need playgrounds the most due to the increased likelihood of those areas having a higher prevalence of youth who are overweight or obese.

These findings also suggest one simple strategy (among many needed) to address health disparities in low-income communities in any city: Make sure public parks seem like places a 7-year-old would actually want to spend the day.

Top image: Aleph Studio/Shutterstock

Keywords: Kansas City, Obesity, Public Parks, Playgrounds, Exercise

Emily Badger is a staff writer at The Atlantic Cities. Her work has previously appeared in *Pacific Standard*, *GOOD*, *The Christian Science Monitor*, and *The New York Times*. She lives in the Washington, D.C. area.

AAHPERD National Conventions



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- 1) Customize your personal schedule
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- 5) View exhibitor information
- 6) View speakers
- 7) Connect to AAHPERD social networks
- 8) Upload pictures
- 9) View tradeshow map
- 10) Complete session surveys (evaluations) quickly and easily

Future Convention Dates

2014

St. Louis, Missouri

America's Center

Partners: Central District and Missouri AHPERD

April 1-5 (Tuesday-Saturday)

2015

Seattle, Washington

Washington State Convention & Trade Center

Partners: Northwest and Southwest Districts and Washington AHPERD

March 17-21 (Tuesday-Saturday)

2016

Minneapolis, Minnesota

Minneapolis Convention Center

Partners: Central District and Minnesota AHPERD

April 5-9 (Tuesday-Saturday)



IAHPERD 2013 CALL FOR CONFERENCE PROPOSALS

March 1, 2013

Dear Colleague,

The IAHPERD State Conference held each year is a terrific and affordable professional development opportunity. Each year, hundreds of professionals just like you come together to share ideas and experience during demonstrations and presentations. We know YOU, our members and colleagues, are our greatest asset and we want you to share your expertise with others! Please consider participating this year and be an active part of building a stronger organization as well as physical education programs across the state.

This year as in 2011 we are having a general call for proposals for the State Conference program. This means that along with council and committee suggestions, anyone in the membership or industry may submit a session idea.

This is the official call for proposals for the 2013 State Conference program. When you submit a proposal for the program, you and your co-presenters are agreeing to and will abide by the expectations and guidelines outlined below. Please review the enclosed information— which includes important dates, session guidelines and presenter expectations. Your attention to this process will assist us in assembling the conference program.

Please copy, complete, and return the enclosed three-page proposal form for each session that you would like to have considered. Each proposal will be reviewed by the appropriate council/committee. There will be a priority deadline and a secondary deadline for all proposals.

To be given priority consideration, please return your proposal for review no later than June 1, 2013. All proposals received by June 1, 2013 will be given priority in consideration and if accepted, first priority on placement on the conference schedule. A preliminary program, based on the results of the primary call, will be posted on the IAHPERD website after August 15.

A secondary call for proposals will be made in late July. Proposals are to be received between August 1 and September 1. Proposals submitted during this time will be reviewed and accepted based on availability of time and space on the preliminary program. Anyone considering submitting a session proposal is highly encouraged to submit by the primary deadline.

You will be notified if your session has been accepted onto the program via email as the lead presenter (the person submitting the proposal). It is your responsibility to forward conference information to all other persons participating in your session. Please read the acceptance information carefully to ensure everything is correct.

Meeting reminders and updates will be sent to all lead presenters via email. If you do not provide an email address on your registration or proposal we will not be able to communicate with you regarding the conference. Please include a summer email as well. This will ensure you are made aware of meeting updates that may affect your travel or time at the conference. Meeting information will NOT be sent via regular mail, so your email address is of particular importance.

You must return the registration form and fees prior to the September 30 deadline. Presenter registrations must be done via mail, by sending registration form and fees to Karen Hatch. All presenters, panelists and discussants MUST register and be postmarked by that date.

If you are submitting more than one proposal, and they are accepted, you will need to register only once. When you register for the conference, don't forget to also renew your IAHPERD membership as well.

NOTE: IAHPERD will not be able to supply computers/data projectors for PowerPoint, or music/sound equipment. If you bring your own equipment, IAHPERD and the Wyndham West will not be responsible for the security of equipment unattended or set-up/trouble-shooting of non-hotel equipment.

As of September 15 (except for the undergraduate poster sessions with a deadline of September 30th), the conference program will be final. If the title, presenter list, or a description change is necessary, please contact me. No title, presenter or description changes will be made after September 15. Note: once the program is final – session days or times will not be changed.

Presentations are allocated a set time limit. Please be courteous to other presenters by preparing your session and/or presentation accordingly. Be aware that the session following yours will begin promptly 15 minutes after the published end of your session. Please remove equipment you brought for your presentation and return the room to its original configuration quickly so the next presenters may set up and start their session at the scheduled time. Everyone at the conference will thank you for your cooperation in this matter.

A registration form is included here for your convenience. Please provide copies of the registration form to each participant in your session. NOTE: we do NOT accept school purchase orders to cover registration fees—please send checks. Registrations must be postmarked by the September 30 deadline.

If you have encouraged a non-industry professional (defined as a person not associated with an institution recognized by the association as a health, physical education, recreation or dance organization, e.g. school) to be a participant in your session or to give a presentation, the IAHPERD Board has made policy that councils may encourage a limited number of individuals to have their registration fees waived if they meet the above definition. The person must still register for the conference – but no fees need be submitted.

The official meeting hotel is the Wyndham West Indianapolis, located on the west side of Indianapolis, near the airport. Reservations can be made by calling 877-361-4511. Room rates are \$109 per night (plus tax). This conference rate is only available through September 20, 2013. Please call as soon as possible as we expect to have all the rooms in our block sell out. Ask for the “IAHPERD” room block. Indicate if you would like a single or double bed in your room.

Please encourage your colleagues to join us as well. For non-presenters, early registration closes on September 30—afterwards onsite registration fees increase significantly. Registration can be done via mail/check or online at www.inahperd.org. Forms can be found at the association web site as well.



**IAHPERD State Conference
October 30-
November 1, 2013**

Session Proposal Form

PLEASE PRINT OR TYPE INFORMATION FOR CLARITY

What council/program should this session be reviewed by? Please choose only one.

- Adapted PE Aquatics/Recreation Dance Fitness Health
Higher Education/Research Jump Rope/Hoops for Heart Elementary PE
Middle/ Secondary PE Sport Sport Management Technology
Council for Future Professionals Advocacy Mini-Grants
Other _____

In what format do you plan to present this session?

- 3 hour workshop 60 min activity/demo 30 min vendor demo 60 min poster session
60 min lecture 60 min panel 60 min round table Council/Committee special event

SESSION TITLE:

PRESENTER(S)

ONE SENTENCE DESCRIPTION OF SESSION FOR PROGRAM (30 words or less):

Audio/visual needs:

- No A/V equipment needed
- Slide projector and screen (for 35mm slides)
- VCR with TV (for DVDs only)
- Overhead projector for transparencies
- Other _____

PLEASE NOTE: We are sorry, but IAHPERD is unable to supply computers/data projectors for PowerPoint presentations, or music/sound equipment. If you bring your own equipment, IAHPERD and the Wyndham West will not be responsible for the security of any equipment unattended or the set-up/trouble-shooting of non-hotel equipment.

Lead Presenter Information

Name _____

Institution _____

Please provide contact information for confirmation and update purposes*

Summer email

Summer phone

Email after September 1

Phone after September 1

Street address

City

State

Zip

***Summer contact information should reflect where we can best contact lead presenter between May 10 and September 1, 2013**

Co-Presenters:

Co-Presenter #1

Institution:

Often checked Email:

Co-Presenter #2

Institution:

Often checked Email:

Co-Presenter #3

Institution:

Often checked Email:

Co-Presenter #4

Institution:

Often checked Email:

All presenters MUST pre-register (submit form & fees) prior to final acceptance onto the conference program. Registration forms and fees should be submitted via mail to Karen Hatch as soon as you receive confirmation of acceptance onto the conference program, but no later than September 30 (postmarked by this date). A registration form is included for your convenience. Submit a proposal form for each unique session you wish to present. **NOTE: Session participants who do not register with Karen Hatch may put their session in jeopardy of being removed from the final conference program.**

Please make special scheduling requests regarding this proposed session in the space below (we will not guarantee your request will be accommodated, but we will try):

Proposals will be collected and reviewed in two rounds. Proposals received by the Primary Round deadline will be given priority consideration & placement on conference schedule. Proposals received by the Secondary Round deadline will be reviewed & accepted onto the conference schedule as space allows. **Primary Round submissions should be postmarked no later than June 1, 2013.**

Send completed form to:

Keith Buetow
Martinsville High School
1360 E. Gray St.
Martinsville, IN 46151
Email: buetowk@msdmail.net

