

CENTRAL DISTRICT

# INSIGHT

June  
2011



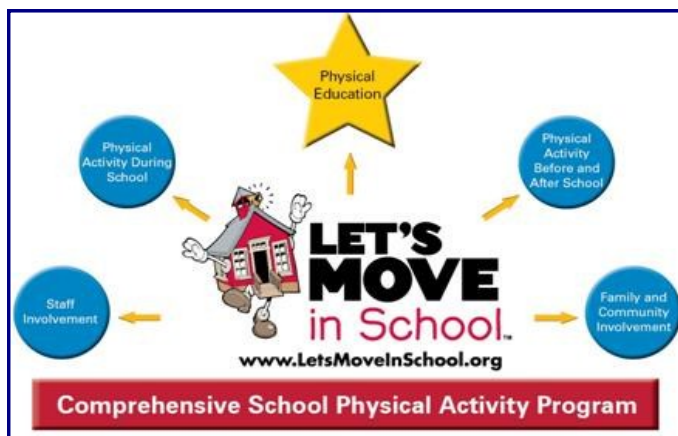
# LET'S MOVE in School

[www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org)

## Are you 'on board' with Let's Move in School?

Although the 'push' to get schools signed up for National Physical Education and Sport Week, May 1-7 has passed, you can still send the message that students need 60 minutes of physical activity every day!

Quality Physical Education programs are the 'star' component of a comprehensive school physical activity program!



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The Central District **INSIGHT** newsletter is published quarterly. Submissions should be sent to Gale Wiedow ( [gale.wiedow@dsu.edu](mailto:gale.wiedow@dsu.edu) ) prior to the end of the regular workday on the first Friday of February, May, August and November. Target distribution dates are March 1, June 1, September 1 and December 1.

**Letters to the Editor:**

Editorial correspondence and comments are welcome. Central District **INSIGHT** reserves the right to publish, in whole or part, all letters received. All letters received will be considered the property of CDAAHPERD. Please address editorial correspondence to the Editor.

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**President's Message**

Dr. Joyce Ellis  
Fort Hays State University

***Let's Get Moving!***

As you know, my theme for this year is "Moving Mountains One Step At A Time". What a great opportunity we have to support and move toward accomplishment of that theme with the NASPE "Let's Move In School" initiative. The goal was to have 10,000 or more schools registered and participating in National Physical Education and Sport week activities. But remember, this initiative goes well beyond the first week of May. This activity is just the beginning of a great push to create more movement opportunities for children across the curriculum and throughout the school day, as well as after school. "One Step At A Time", we have the opportunity to make huge strides in leading this "movement"! Get involved and check out the NASPE web page for ideas that you can share with teachers. Don't forget to go to the CDA-AAHPERD facebook page to share your thoughts and ideas and help your state win the Central District challenge to be the state with the most schools registered!

As we work to support the integration of movement we also have the opportunity to take part in some great advocacy opportunities. The Central District Advocacy committee has developed a great presentation that can be modified with your specific state data and presented to parent teacher organizations, local and state school boards, and many other groups to share our mission and garner support for what we do. Please take advantage of this great tool and use it often! It is very important that we report back to our Advocacy co-chairs Meggin DeMoss and Blake Taylor so they can submit the required data to support the grant funding we have received for this project. I hope to see the numbers move toward the "mountain top"!

For those of you who were fortunate enough to attend the AAHPERD National Convention in San Diego, what an awesome experience! We can certainly be very proud of Central District and all of our talented leaders. AAHPERD President Vicki Worrell did a superb job of leading the meetings and ceremonies throughout the week. We are pleased to have our very own Brad Strand stepping into the role of AAHPERD President as we continue to move forward with the reorganization process. Change is in the air...and Central District will play a vital role in this transitional peri-

od. Please do not hesitate to contact our leaders if you have questions or concerns regarding reorganization. This is intended to be a very pellucid process and your input is important. If you have questions or comments you can go to the AAHPERD web page and find a link to the organizational planning committee chair, Larry Hensley. Central District's own Dennis Docheff has taken over the role of NASPE President and I urge you to support all of the wonderful NASPE initiatives.

Finally, I look forward to the up-coming CDA Leadership Summit scheduled for July 17-19, 2011 at Mahoney State Park near Lincoln, Nebraska. Each state is asked to send your current President-Elect and one other promising leader to this event. Our theme for this summit is "Vision Quest" and we will explore the process of discerning your vision for your state organization as well as strategies to help you achieve that vision through applied strategic planning and efficient meeting management. The summit will be followed by the mid-year board meeting from July 19-21. I look forward to working with the leaders from each state and our current board members as we all join forces and work toward "Moving Mountains One Step At A Time"!



Scott Strohmeier  
**President-Elect Message**

***"Sunshine on my shoulders makes me happy..."***

(John Denver)

Welcome back summer! I spent my first week of summer in Wisconsin at a Rendezvous. The sun shone every day. No shoes, sleeping out at night (still chilly in Wisconsin), good fellowship and friendly competition (won the trap shoot). This is but the beginning of a fun and productive summer. I hope yours is the same.

There is also change on the horizon. AAHPERD is in the midst of retooling, redefining and refitting its mission. As far as I can tell, it will bring nothing but added success to an already great institution. I believe the organization will also be better positioned to serve you through advocacy, information sharing, program implementation, etc. Change is difficult at times, but I think we/you will be very happy with the results of this process. The theme for the Boston Convention is United: We Move. AAHPERD's efforts to more directly unify their efforts on your behalf can only present a more united front for the public eye. Our brand should be

Strohmeier — [continued on next page](#)

## Winding Down?

Lois A. Boeyink: Past President



As the school year comes to a close for the summer, it seems like everyone is winding down. Summer becomes a time for personal relaxation and fun in the sun. Summer is also the time when Central District begins to wind back up. It is during the summer leadership conference and meetings that we begin to review our goals, values, and applied strategic plan. There truly is a lot that goes on behind the scenes. The applied strategic plan remains the focal point for Central Districts. Time is given at summer meetings to review District goals and develop ways to achieve each one. What are they? Well, here you go for a brief overview.

1. Increase advocacy efforts
  - We worked hard this year to develop a power point presentation to use in each state. If you are unaware of this please check the home page for details.
2. Increase collaboration with allied organizations and state associations
  - An ad Hoc committee was formed to look into identifying and establishing relationships with other organizations that share our common message.
  - Take advantage of our workshop grants. More information can be found on the home page.
3. Increase non-dues revenue
  - Each convention looks and acquires sponsors to help defer the cost of the convention. I hope you have marked your calendar for *Moving Mountains: One Step at a Time* February 2 – 4, 2012: Colorado Springs, CO.

**Strohmeier**—continued from previous page

more recognizable across the country, which can only help you locally.

CDA AHPERD's conference in February is Moving Mountains One Step at a Time. While Boston may be quite far away and inaccessible for many, Colorado Springs will prove to be rewarding, and we hope you can come see us. The planning process is well under way and this conference will be packed with useful information for you to implement immediately into your programs. Join us, we look forward to seeing you.

For now, I may hitch up the buggy, practice for my next competition, go fishing, take a hike or just about anything to enjoy the beautiful weather and sunshine. It makes me happy! ☺

4. Increase diversity of membership
  - Our Rapid City convention motivated past presidents and other individuals to get involved in providing programs for young professionals. It will be interesting to see what develops by February.
  - Programs at convention include opportunities for diverse populations: future professionals, retirees, college/university, and teacher of various areas; health, dance, and physical education.
5. Create a more efficient organizational structure and governance system
  - Structure and Function will be meeting this summer to go over minutes and changes in the op codes.
6. Increase the impact of the CDA Leadership Summit
  - Leaders from each state will be present at the CDA Summit in July. This is a great time for District collaboration and discussions to help bring our mission statements forward.
7. Increase the effective use of technology in CDA.
  - Continue to use our website for current information and look for our blast e mails.
8. Increase CDA presence in member states
  - The three Presidents are more than willing to attend your convention, do presentations and take a few minutes to talk about Central District. Give us a call.

And so you have it. Maybe this can help your state bring together your goals, mission and members. Always remember Central District is here to help bring us together to support, provide, and promote programs that encourage healthy active lifestyles.

**Join us in Colorado Springs in February, 2012 for the Central District Convention!**

Find out more on the AAHPERD web page—  
<http://www.aahperd.org/about/districts/central/index.cfm>

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## Central District Members Receive National Recognition

A number of Central District AAHPERD members were honored during the annual Awards and Recognition Ceremony and NASPE Hall of Fame Banquet held in conjunction with the 2011 AAHPERD National Convention in San Diego on April 29 through May 2.

The following excerpt is from the personal remarks made by AAHPERD President Vicki Worrell (Kansas) during the annual Awards and Recognition Ceremony in San Diego during which **Sally Scherrer** received a Presidential Citation.

"It is hard to believe the three of us met 30+ years ago as President elects at the AAHPERD Leadership Development Conference or LDC. We all reconnected when Karen was elected President Elect of AAHPERD and have been like the three musketeers ever since. These ladies provided incredible encouragement and support when I was considering running for the Alliance presidency. They helped prepare and read various speeches, listened while speeches were practiced, and helped plan and implement LDC which is no small task. They have provided guidance throughout the past year, retrieved documents, written emails, and made contacts on my behalf when needed. They both assisted in choosing the convention theme and convention logo. They have provided suggestions on clothing, make up, and hair. They both have reminded me to smile, drink water, have fun and keep issues in perspective by making sure down time was in my schedule. They have sent me cards, books, presents and electronic flowers. Karen and Sally are the very kind of lifetime friends all people deserve. Thank you girlfriends for sharing your unconditional love and friendship.



AAHPERD President Vicki Worrell (center) poses with Karen Dowd (left) and Sally Scherrer (right). Sally and Karen were recognized with Presidential Citations at the AAHPERD convention in San Diego.



**Dennis Docheff** received the AAHPERD Honor Award at the association's national convention in San Diego. Dennis has worked at the Elementary, MS, HS and College/University levels. He has coached, taught; been a Vice Principal, a principal, an athletic director and a counselor. He has presented at the state, district, national and international levels. He also

has presented numerous service presentations to school boards, teacher workshops and PTA's. He has published over 100 articles focusing on teaching and coaching effectiveness such as "The Killer Bs: Ten Ways to Sting Your PE Program" and "Evaluation: The Key to Better Coaching". Dennis's favorite class is the dreaded "Physical Education for future elementary classroom teachers." He enjoys the challenge of that class by motivating students through movement to reinforce their classroom teaching and to get them thinking about creating activities that will integrate movement with learning. Dennis's integrity is the mark of his leadership. He always chooses the high road and is always willing to go the extra mile.



**Larry Hensley** received a Presidential Citation from Alliance President Vicki Worrell during the AAHPERD national convention in San Diego. Larry, a native of Texas, has been a faculty member in the School of Health, Physical Education, and Leisure Services at the University of Northern Iowa (UNI) since 1979. During his career at UNI, Larry has served the university with distinction, serving 10 years as the associate director

of the School of HPELS and retiring as a professor of physical education.

Larry is a life member of AAHPERD and has served his profession in numerous leadership roles. He was a state AAHPERD president and served as the Iowa AAHPERD Executive Director for many years. He was president of NASPE and served on the AAHPERD Board of Governors. He was a member of the committee that created the national physical education standards as well as the committee that developed

**Hensley**—continued on next page

**Gale Wiedow** was the recipient of the 2011 R. Tait McKenzie award which was presented during the AAHPERD national convention in San Diego. Gale worked tirelessly to promote the National Youth Sport Program for thirty years. His desire to provide quality physical activity and educational programs for America's economically disadvantaged youth has set him apart. During his tenure as National Program Director, the NYSP solicited new programs, enhanced their evaluation process, coordinated national workshops and provided services to over two million children. At the same time Gale also served the Alliance in numerous leadership capacities at the state, district and national levels. He served as a society and a state president, as a member of the Alliance Board of Governors, a district treasurer, webmaster, a committee member and currently he serves as a member of the AAHPERD finance committee and as the Executive Director of South Dakota AHPERD. In recognition of his stellar professional service Gale has also received numerous other awards including the AAHPERD Honor Award, Central District Honor Award and he was inducted as a Fellow in the North American Society for Health, Physical Education, Recreation and Dance.



**Joella Mehrhof**, professor in the Department of Health, Physical Education and Recreation at Emporia State University, received the Margie R. Hanson Elementary Physical Education Distinguished Service Award from the National Association for Sports and Physical Education (NASPE) during the national convention of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) held this spring in San Diego.



A national recognition, the Margie R. Hanson Award is given to professionals who have made outstanding contributions to the field of physical education for children. The award is supported through donations to the Margie R. Hanson Fund. Hanson was a pioneer in promoting physical education for children through her own teaching and advocacy. Mehrhof received this honor in April during the NASPE Hall of Fame Banquet.

An exemplary role model for best teaching practices through her instruction, research, presentations, and publications, Mehrhof has devoted her career to promoting physically active lifestyles for young children and adults. In the classroom, she prepares her students to enter the teaching profession ready to provide quality elementary physical education programs that model standards-based practices and assessments. In 2010, Mehrhof earned the Outstanding Mentor of the Year Award from NASPE.

Mehrfhof is the author of 15 books and numerous other publications in the area of elementary physical education including several curricular-focused publications that are used across the United States. She has made more than 100 presentations at state, regional, national and international conferences. Mehrhof has been named as the Central District Physical Education Association's Scholar of the Year, as well as a Distinguished Alumni of Missouri Western State University.

**Amy Phenegeer**, a senior Physical Education major from Dakota State University, was a recipient of the Ruth Abernathy Scholarship. The scholarship was awarded at the national AAHPERD convention. Amy was one of only 3 undergraduate students receiving the award.



**Hensley**—continued from previous page

professional teaching standards leading to national board certification for physical education teachers. He has received numerous awards including the AAHPERD Honor Award, induction into the NASPE Hall of Fame, and selection as a charter member of the North American Society for Health, Physical Education, Recreation, Sport and Dance Professionals. Larry currently is effectively serving as chair of AAHPERD's Organizational Planning Committee.

**Marley Hanson**, a student at Minnesota State University and a native of Crookston, Minnesota, received the Major of the Year Award during the American Association for Health Education (AAHE) recognition ceremony in San Diego. Marley has also served as the Future Professional representative on the CDA Board.



## Central District Convention benefits the local community... in more ways than one!

The Rushmore Ramblers, a motorcycle club from Spearfish, were guests at the CDAHPERD little casino night on Friday, Feb. 11<sup>th</sup>. The Rushmore Ramblers are known for their "Forgotten Elderly" program. They buy gifts, deliver them (especially at Christmas), and spend time with elderly people who have no family.

Several members of the motorcycle club made the trek to Rapid City and volunteered to be dealers at our casino night. CDAHPERD members had a wonderful night of entertainment playing cards and dice and gambling with "funny" money. Proceeds from the casino night and silent auction were then donated to the Rushmore Ramblers for the "Forgotten Elderly" project.

A HUGE thank you goes to Rose and Richard Dubois for the very generous donation of artwork for the silent auction.



We were able to donate \$1200 to the Rushmore Ramblers and a large majority of that money was raised from the auction of the amazing artwork.

Visit Richard's website [madeinsouthdakota.com](http://madeinsouthdakota.com) to view and purchase beautiful paintings like those donated to our association.

## 2011 Central District State AHPERD Conventions and Workshops

### Colorado

COAHPERD will host a one-day conference on October 22 at Metropolitan State College of Denver and is **hosting the Central District Convention in Colorado Springs** February 2-4, 2012.

### Iowa

October 2 and 3, 2011  
Cedar Rapids, Iowa  
Marriott Hotel

### Kansas

November 2-4, 2011  
Fort Hays State University  
Hays, Kansas

### Minnesota

Minnesota 2011 Fall Conference -  
"Move On Minnesota"  
October 7 & 8, 2011  
Minneapolis, MN  
Doubletree Hotel Minneapolis-Park Place

### Missouri

November 11-13, 2011  
Lake Ozark, MO.  
The Lodge of Four Season

### Nebraska

November 7-8, 2011  
Lincoln, NE  
Embassy Suites Hotel

### North Dakota

NDAHPERD will have regional workshops next year. The first will be at Mayville State and is tentatively set for Wednesday, September 21, 2011

### South Dakota

November 2-4, 2011  
Sioux Falls, SD  
Holiday Inn City Centre

### Wyoming

November 2-4, 2011  
Cheyenne, WY

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# News from the Divisions



## Sport and Physical Education

Greetings to all Sport & PE folks! What a spring it has been! The convention in San Diego was spectacular. Many people travelled to Southern California in order to take advantage of the Oceans of Opportunity to be rejuvenated and motivated to take their teaching and coaching up a notch. As a result, many are anticipating next year's convention in Boston. Hey, don't forget about the Central District Convention in Colorado Springs next February!

May is under way and schools are winding down for the year. Of course, like every year, the first week of May was National Physical Education and Sport Week! Schools across the country participated in special events to celebrate PE and Sport! For some, the special events were tied into Let's Move in School (LMIS).

The LMIS initiative urges physical educators, parents, and principals to bring quality physical education and activity to schools by creating comprehensive school physical activity programs. With a basic foundation in quality physical education, LMIS includes physical activity programs before, during and after school. LMIS also encourages family and community involvement.

During National Physical Education and Sport Week, more than three million students from more than 4,200 schools across the country participated in LMIS events. On Monday of that week, 148,000 students in Philadelphia participated in Beyonce's Let's Move Flash Workout. On Tuesday, over 32,000 kids in Miami were scheduled for the same workout. On Wednesday, elementary students in East Helena, MT skyped their Morning Moves routine to a school in Lincoln, NE and the kids participated together. The list goes on and on. Hey, what happened in Central District???? I am encouraging anyone that participated in a special event during National PE & Sport Week to e-mail Dennis Docheff at [docheff@ucmo.edu](mailto:docheff@ucmo.edu) to tell him about the event. We'd like to compile a "record" of what happened in Central District. By the way, it is not too early to start planning an event for next year.

As current professionals, we know that exercise combats obesity and the risks associated with sedentary lifestyles; *BUT IT ALSO POSITIVLY IMPACTS ACADEMIC ACHIEVEMENT!* The Department of Elementary and Secondary Education (in Missouri) says, "The healthy, physically active child is more likely to be academically motivated, alert and successful in school." The CDC agrees—they recently reviewed over 50 studies and

research articles. The results indicate that Physical Education (and physical activity) positively impacts academic performance. Dr. John Medina, a professor at the University of WA Medical School and director of the Brain Center for Applied Learning Research at Seattle Pacific University, **developed twelve** rules about the brain and learning. His Rule #1 is: *Exercise Boosts Brain Power!* How? Exercise increases oxygen flow into the brain which usually means an increase in mental sharpness. Amazingly, Dr. Medina claims that exercise builds brain cells! Looking for a good read? Check out Dr. Medina's **Brain Rules**. It is a great summer read.

It is hoped that you enjoy the summer months. Use the summer time to begin thinking of ways to *Move Mountains: One Step at a Time* (next year's CDA convention theme). Here are a couple of questions to prompt your thinking: 1. How can my students become more aware about the benefits of physical activity? 2. What type of event can I plan for National Physical Education and Sport Week next year? 3. Who can I get to go to Colorado Springs with me next February in order to attend the CDA convention? 4. Who do I work with who might support LMIS in my school? That should get your started. Enjoy your summer! Good luck!

Dennis Docheff  
VP Sport and Physical Education



## News from Physical Activity and Recreation

I would like to congratulate everyone for finishing another year of school and making a difference in others' lives. I know everyone is ready for the summer break to let their batteries recharge before the start of the next year. However, before you head off to the pool, lake or the garden, I would like for you to consider presenting at next year's conference in Colorado. All too often we get into our summer breaks and we forget that we had a presentation idea and just forgot to send it in.

NASPE had the kick-off to *Let's Move in School*, and across the country, schools participated in activities to show their support for being physically active. Now it's time to take that one step further to [Let's Move for Life](#). Although the school

AAPAR—[continued on next page](#)





## Question and Answer with Tom Davis

By Nikki Lindgren-Central District-VP of Health

I had the pleasure of sitting down with Tom Davis during the Central District convention in Rapid City and asking him about upcoming changes with AAHE and AAHPERD. Tom was kind enough to answer some questions and concerns that health educators have with the separation of AAHE from AAHPERD.

**Q: What is AAHE?**

A: The American Association for Health Education (AAHE) is a non-profit professional organization representing health education specialists. It is one of the five national associations within the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). AAHE, which is 72 years old, provides leadership in the areas of national standards, program and product development, service to health education specialists in business, community, university and medical care settings, and to teachers and other staff in schools. AAHE publishes a variety of educational resources and the peer reviewed *American Journal of Health Education*, *International Electronic Journal of Health Education*, and *Health Education Teaching Techniques Journal*. AAHE has over 5000 members.

**Q: What are the services AAHE provides to its members?**

**AAPAR**—continued from previous page

year is over, we need to find ways to help our students stay active for life. I hope you remember there are always recreational things going on in your area that allow people to stay active. Take a little time to check out a local swim meet or youth soccer game in your area to see if any of your students are participating. Volunteer for a local 5-10K races to show support for those being physically active.

Another great summer activity is helping out with Special Olympics. Check out their web site <http://www.specialolympics.org/> to see what they have going on in your area over the next few months. Each day you make a difference in another's life, is a great day! Keep up the good work and we will see you in Colorado.

Ken Bias  
VP-Elect, Physical Activity and Recreation

A: In addition to the very visible contributions AAHE makes to the national AAHPERD convention, AAHE serves AAHE and AAHPERD members in many other ways. AAHE is a partner in more than 20 coalitions to advocate for health education, develop program accreditation standards, and update professional terminology. Direct services to members include access to on-line courses supporting health education specialist certification, provision of many publications including the *American Journal of Health Education*, *International Electronic Journal of Health Education*, and *Health Education Teaching Techniques Journal*, and numerous books and curriculum resources. AAHE publishes the *National Health Education Standards*, and the profession's *Code of Ethics*. Health education teachers are supported through the health and wellness on-line teaching communities, as are students through AAHE4ME and the AAHE National Case Study Competition. AAHE has published numerous position statements, all available at the AAHE website. AAHE also supports a variety of awards including the Blue Apple Award for exemplary school health education programs, and supports numerous scholarships.

**Q: Why exit AAHPERD now?**

A: For nearly 50 years, health education leaders have questioned the existence of multiple, overlapping health education professional organizations. Twenty-five years ago, the presidents of the Society of Public Health Education (SOPHE) and AAHE seriously investigated the merger of our two organizations. In the intervening years there are been other explorations of a merger. Independent of AAHPERD, but for reasons similar to those that prompted AAHPERD to consider restructuring, AAHE began again, approximately three years ago, examining the feasibility and desirability of attempting to unify the health education profession. Consolidation of the multiple organizations requires that AAHE, America's largest health education professional organization, separate from AAHPERD to merge with other professional groups.

Simultaneous with AAHE's transparent negotiations with AAHPERD to separate from the Alliance, AAHE has been negotiating with SOPHE to merge to create the largest health education professional association in the US. SOPHE's Futures Committee and Board of Trustees support SOPHE's involvement in merger negotiations. AAHPERD's Board of Governors also supports exploration of this merger.

An additional consideration in the timing of AAHE's attempt to separate from AAHPERD is the "United We Move" initiative, AAHPERD's proposal to become a single association focusing on physical activity and physical education. While

**AAHE**—[continued on next page](#)

# State Updates



## News from Colorado:

- House Bill 1069 was signed into law on April 20, 2011. For the first time in Colorado history, a requirement for physical activity (with physical education language) has successfully made it through the General Session and into law. The bill requires all public elementary schools provide students with 600 minutes of physical activity a month, which breaks down to the equivalent of 30 minutes a day or 300 minutes a month for part time students. Physical activity may include, but is not limited to: recess, exercise programs, fitness breaks, field trips that include physical activity, classroom activities that include physical activity and physical education classes. Lobbying efforts included in the bill, specifically, that “schools cannot substitute non-instructional physical activi-

ty for standard’s based physical education” and that “schools which exceed the requirement already shall not decrease their physical activity minutes as a result of this policy”.

- Rick Metz, COAHPERD Lobbyist hosted a Colorado Lobby Day at the Capital on May 6, 2011. Members of the COAHPERD board were introduced on the house floor as well as met with numerous representatives to discuss our initiatives and thanks for supporting HB 1069.
- The convention committee is hard at work as they organize a one day “Excellence in Motion” conference to be held at Metropolitan State College of Denver, Oct. 22, 2011, along

COAHPERD—[continued on next page](#)

### AAHE—continued from previous page

the “United We Move” initiative and the AAHE exit proposal originated independently, each serves the interest of the other, and will serve to strengthen the professions of physical education and health education.

#### **Q: Why is there a need for unification of the Health profession? Who will be AAHE’s unification partner?**

A: Professional associations need to re-shape themselves and re-tool for the future. Professional associations need to sharpen their focus in a technological age. Health education needs to concentrate its advocacy and other resources to better serve the profession and its various target populations.

The first unification partner being engaged by AAHE is the Society of Public Health Education (SOPHE). SOPHE has more than 4000 members nationally, and numerous state affiliates similar to state AAHPERD organizations. AAHE and SOPHE have a long-standing collaborative relationship in the areas of accreditation, professional terminology, marketing the profession, and advocacy. AAHE and SOPHE presidents first examined merging these organizations in the mid-1980s.

#### **Q: Will AAHE’s separation from AAHPERD to unify the health education profession be good for the profession?**

A: AAHE’s separation from AAHPERD will serve both AAHPERD and the health education profession. AAHE’s separation from AAHPERD opens the door to the unification of the

health education profession. Unification will enable more powerful advocacy efforts, easier profession-wide consensus, better communication among health educators, increased organizational efficiency, and enhance the perception of the profession. Such a separation will also enable AAHPERD to sharpen the focus of the Alliance by directing most of its energy to physical activity and physical education issues.

This potential reorganization of AAHPERD and AAHE does not mean that AAHPERD members who teach health education will become professional orphans or need to reach outside AAHPERD to have their professional needs met.

#### **Q: How will the separation impact AAHE/AAHPERD members?**

A: AAHE’s separation from AAHPERD will enable the Alliance to focus its efforts on physical activity and physical education, the primary focus of 85% of the AAHPERD membership. It will enable a future collaborative relationship between AAHPERD and the new health education professional association, to serve the professional needs of health educators in AAHPERD. Numerous current and new services will continue to be available to AAHPERD health educators including access to HEPNET on-line courses leading to health education specialist certification and health education teacher endorsement, open access to the peer-reviewed on-line journal, *Health Education Teaching Techniques Journal*, health and wellness on-line communities, and the Blue Apple school health education awards.

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## Minnesota News

Kay Oling , MNAHPERD President  
[Katherine.oling@duluth.k12.mn.us](mailto:Katherine.oling@duluth.k12.mn.us)

Greetings from Minnesota! This has been a busy year for our MNAHPERD board. Many board members were able to attend the Central District Convention in Rapid City and the National AAHPERD convention in San Diego and bring back information to share with

the rest of the group. Just to name a few: PE2020, “Let’s Move in School” kick off, Central District Caucus, Delegate Assembly and many wonderful sessions. Some of the things we are working on or have done are as follows:

- Developing a list of emails for the physical education, health and developmental adapted physical education teachers in the state and putting them on a “Listserve” to increase communication with our members and potential members.
- Planning is being done for our next state convention which will be held on October 8<sup>th</sup> and 9<sup>th</sup> at the Double Tree Hotel: Park Place in Minneapolis, MN. The theme is “MOVE ON MINNESOTA”. The sessions on Friday will be 2 ½ hours long to allow time to provide more information and the awards banquet will be at night. Saturday will be a fun filled day of hour long sessions in the areas of dance, health, elementary and secondary physical education, recreation, aquatics, adapted physical education, higher ed. and future professionals. Check out the MNAHPERD website for more information.  
[www.mnahperd.org](http://www.mnahperd.org)
- Putting on mini- workshops to increase memberships. Jack Olwell put one on in Farmington MN. that fulfilled the reading component for relicensure and gave attendees many activities that they could bring back and use the next day. The workshop was free to MNAHPERD members and others paid the cost of a membership \$30 and now are members. We picked up around 15 new members.
- MNAHPERD brought in 3 Pipeline Workshops from NASPE which were held in Winona, Moorhead and Duluth, Minnesota. Again the fee for the workshop was waived for MNAHPERD members and the other attendees paid the cost of a membership. We picked up about 35-40 members through these events.
- Summer retreat to work on the Bi-laws and the strategic plan for our organization for the coming year.
- Our president elect- Mary Cappel will attend the Leadership conference in Green Bay, WS in June the CD leadership conference in July.

Please consider coming to Minnesota this summer for some great recreational opportunities—The Land of 10,000 Lakes!

### COAHPERD—continued on next page

with putting together the 2012 CDA “Moving Mountains One Step at a Time” convention in Colorado Springs, Feb. 2-4, 2012.

- Colorado encouraged its members to sign up for the Let’s Move in School initiative and numerous schools were involved with the event.
- We have nearly completed a total revamp of our website to include a more user friendly and timely posting of our association news. Thanks to Joe Bishop our webmaster and division chairs we have added depth and breathe to our site. We have also selected a company and the logo for our apparel website that is soon to be released for members to purchase COAHPERD apparel.
- Numerous COAHPERD board members participated at the AAHPERD national convention attending numerous business meetings and socials. Colorado was also well represented with 4 teachers participating in the national teacher of the year award programs. Those teachers were Elaine Rosquist (elementary), Andrea McCarthy (middle school), Chris Ayers (high school) and Linda Marsh (dance).
- President-Elect Donna Carey has made plans to attend the Leadership Development Conference in Green Bay, Wisconsin in June.
- Cori Kassib, our Colorado convention manager welcomed home son Grayson James.

Sue Barnd  
 COAHPERD President

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Dear Central District Friends,

Howdy from Big, Wonderful Wyoming! We are waiting for spring to come and looking forward to a peaceful and relaxing summer. As usual, in our great state, spring has been a little fickle. Two days of sunshine and warm temperatures followed by four or five days of rain, snow, wind and other meteorological wonders. It was weird watching my sons practicing baseball the other day and thinking "My, what a beautiful snow. It's falling straight down!" You have to be tough to play baseball in Wyoming.

I and several of my colleagues were fortunate enough to attend the AAHPERD convention in San Diego. What a fantastic experience! The presentations were out of this world and the opportunity to fellowship with like minded professionals was fantastic. Of course being in San Diego wasn't too bad either. Rest assured, your Central District representatives made sure your concerns and ideas were passed on to the AAHPERD leadership.

Speaking of leadership, our own Brad Strand has taken over the reigns of AAHPERD! I know Brad will continue the fine tradition of leadership that has come to be expected from

the Central District membership. Another of our great leaders, Dennis Doucheff, began his term as NASPE president. I'm sure Dennis will represent us in fine style.

Do you ever wonder why so many AAHPERD leaders come from Central District? It's because we're people who live by a code. We do what we say we'll do and make a deal with a hand shake. Our word is our bond. Central district is what the rest of America was and wants to be again; hard working, salt of the earth people, who stand for what is right and don't change their opinions and attitudes depending on the current climate. We stand for what is right, even if we're the only ones standing.

Here in Wyoming, we're preparing for our summer board meeting in July and annual convention. If you're in the area of Cheyenne on November 2-4, 2011 please stop by and join us. We have a great line up of presenters that will cover many interesting topics. I promise you'll find something that excites you.

Our Wyoming delegation will be attending the Central District Summit at Mahoney State Park and the AAHPERD Leadership Summit in Green Bay, Wisconsin. I look forward to hearing all about the interesting things they learn and the fun they've had.

In closing, I wish you a peaceful, refreshing summer. May it be full of activity and memories!

Randy Siltzer  
President-Wyoming AAHPERD



Hello from SDAHPERD!  
School is finally ending for the year and we're anxious to move into summer! This has been a busy year for us and we were very pleased to have

so many members of our Central District AAHPERD family joining us for the 2011 convention in Rapid City. We hope you enjoyed the conference as much as we enjoyed having you visit our great state! Past-President LeAnn Vette and Convention Manager Sheri Keck worked very hard to make sure you had a good time (personally and professionally!)

As we move in to summer, our board is working hard to promote the profession (yes—we are advocating!) and to make sure that opportunities for professional growth are available to our members. We will again have a presence at the annual South Dakota Coaches Convention held annually in Aberdeen—a great chance for us to connect with members and to promote membership.

We are also working hard to solicit program proposals for our state convention to be held in Sioux Falls (the opposite side of the state from Rapid City) on November 2-4. We cordially invite our neighbors in Iowa, Minnesota, Nebraska and North Dakota to join us! Dr. JoAnne Owens-Nausler will be our special guest and will sharing her wisdom and enthusiasm with those who attend!

Lastly, we would like to thank our out-going Executive Director, Gale Wiedow, for his years of service and commitment to our members! We wish him the best as he shares his talents as Central District's ED. It's great to know that he will continue to be involved in SDAHPERD as editor of our journal and as a co-webmaster for the association.

We extend our best to everyone in Central District and hope you all have a very rewarding, and relaxing, summer!!

Chris Andersen  
SDAHPERD President



Missouri's need for good advocacy has been more important than ever the last few months. Our Department of Elementary and Secondary Education (DESE) has been working on our new Missouri School Improvement Plan (MSIP5) and the newest plan has left physical education and some other areas like music and art

on the curb. Teachers across the state have been voicing their opinions about the issue and the vote to pass the document has been pushed back until this August. For more information, please visit <http://dese.mo.gov/qs/MSIP5.html>

Missouri's 75th Anniversary is right around the corner and what a better way to celebrate all our accomplishments than by attending our convention this fall, "MOAHPERD 75: Building on the Past, Shaping the Future!" The convention will be held at our regular location of the Lodge of Four Seasons in Lake Ozark, Missouri, November 11, 2011 (11-11-11) through November 13, 2011. We have an awesome line up of presenters scheduled with excellent opportunities for networking. If you haven't attended a Missouri Convention and you want to walk away with great ideas, future plans, and new friends, please make plans to attend. For more information, please visit [www.moahperd.org](http://www.moahperd.org).

Melanie Zerr  
Missouri AHPERD President



**The Central District Leadership Summit** will be held this July 17, 18 And 19 at Mahoney State Park in Ashland, Nebraska. The Summit provides emerging leaders

at the state level with knowledge and skills essential to making them effective leaders in their state associations. If you have questions about the Summit, please feel free to contact Nancy Christensen, Summit Coordinator, [nancy1485@gmail.com](mailto:nancy1485@gmail.com) or CDA President, Joyce Ellis, [jaellis@fhsu.edu](mailto:jaellis@fhsu.edu) .

The **Central District Board** will meet at Mahoney State Park immediately after the conclusion of the Leadership Summit. Contact any member of the board with any questions or concerns.

[Gale Wiedow](#), CDA Executive Director

## Why don't more kids ride bikes to school these days?

For many adults, walking to school or riding their bikes with friends was part of their daily childhood routine. But sadly, many kids today miss out on these important opportunities to be physically active because they live in communities that lack safe sidewalks, bike lanes, crosswalks, and pathways.

**In fact, nearly 50% of kids walked to school in 1969, while fewer than 15% do so today.**

The Safe Routes to School program can help reverse that trend and our nation's troubling childhood obesity rate by providing schools and communities with funding to improve bike and pedestrian safety - but only if we can urge Congress to preserve funding for this important program.

[Ask your Members of Congress to support Safe Routes to School today!](#)

A [new report](#) highlights that safety hazards on our nation's roads pose barriers to physical activity for many, especially children. But through programs like Safe Routes to School, we can improve the built environments where we all live, work, learn and play to get people moving more.



**Right now, Congress is considering cuts to bike and pedestrian safety programs as legislators work to renew the nation's transportation bill- so we must act for walk-able and bike-able communities now!**

[Help ensure public health advocates have a voice in transportation planning and policy by speaking-up today to help protect Safe Routes to School for our kids!](#)

Thanks for all you do-

Clarissa  
American Heart Association



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## President's Council on Fitness, Sports and Nutrition Announces 2011 Lifetime Achievement Award Winners During National Physical Fitness and Sports Month

### FOR IMMEDIATE RELEASE

May 3, 2011

**Contact:** Joey King  
russell.king@hhs.gov  
240-276-9849

Washington, D.C. — Since 1983, our nation has observed National Physical Fitness and Sports Month during May as a celebration of the joy and benefits of leading an active, healthy lifestyle. Proclaiming a special month to promote physical activity and fitness is a way to offer Americans of all ages, backgrounds and abilities a special incentive to adopt an active lifestyle.

As part of the celebration for National Physical Fitness and Sports Month, the President's Council on Fitness, Sports and Nutrition (PCFSN) will honor their 2011 Lifetime Achievement Award winners at an upcoming Council meeting on May 10, 2011. American martial arts pioneer Sihak Henry Cho, American Athletic Union President and CEO Robert "Bobby" Dodd, Ph.D., sports and military trailblazer William G. "Bill" McNamara, researcher and obesity warrior James F. Sallis, Ph.D. and American Alliance for Health, Physical Education, Recreation and Dance Vice President of Programs Judith C. Young, Ph.D. are the recipients of this year's Lifetime Achievement Awards presented annually by the President's Council.

The PCFSN Lifetime Achievement Award is given to individuals whose careers have greatly contributed to the advancement or promotion of physical activity, fitness, sports and nutrition-related programs nationwide. Winners are chosen by the members of the President's Council based on the span and scope of an individual's career, the estimated number of lives they have touched, and the impact of their legacy.

"The efforts of our 2011 Lifetime Achievement Award recipients have significantly contributed to our nation's development of a more profound focus on overall quality of life in relation to health," said PCFSN Executive Director Shellie Pfohl. "These five individuals have led the way in catalyzing our mission, devoting their entire careers to promoting fitness, sports and nutrition."

### 2011 PCFSN Lifetime Achievement Award Recipients

**Sihak Henry Cho** — S. Henry Cho is a 9th degree black belt in Tae Kwon Do and is recognized as a pioneer of American martial arts. 50 years ago, he opened the first permanent Korean Karate (later to be known as "Tae Kwon Do") school in the U.S. Grandmaster Cho has been a leader in promoting sharing and cooperation in the martial arts community, staging and producing the *All American Open Tae Kwon Do-Karate-Kung Fu Championships* for 46 years. Cho was inducted into the U.S. Tae Kwon Do Grandmasters' Society Hall of Fame (Pioneer Award, 2006), inducted into Black Belt Magazine's Hall of Fame (Man of the Year, 1971), and awarded a People's Honor Decoration from South Korean President Park Chung Hee in 1970.

**Robert "Bobby" Dodd, Ph.D.** — As President and CEO of the Amateur Athletic Union (AAU), Bobby Dodd leads one of the largest non-profit sports organizations in the United States. His vision of the "Sports for all, forever" mentality for the AAU has grown their membership to over 600,000 athletes participating in 34 sports programs each year. Bobby was instrumental in forging a unique partnership between the AAU and Walt Disney World, which now plays host to over 200 AAU events at their ESPN Wide World of Sports® venue in Orlando, FL. Under his direction the AAU has also served as the co-sponsor for the President's Challenge, a program of the PCFSN, since 1988.

**William G. McNamara** — Mr. McNamara has been at the leading edge of international health and amateur sports for over 60 years. In 1958, he was appointed the first Director of Armed Forces Sport and Fitness Committee Secretariat, a position created for him by the Secretary of Defense. From 1961 through 1985, McNamara worked as a consultant to the President's Council under four Executive Directors, providing technical assistance on a variety of Council initiatives including the Presidential Sports Award program and Regional Fitness and Sports Clinics. McNamara was instrumental in negotiating the agreement that led to the United States Olympic Committee's locating their headquarters and national training center in Colorado Springs. Additionally, Mr. McNamara was responsible for establishing the first center for orienteering in the United States.

PCFSN—[continued on next page](#)



**PCFSN**—continued from previous page

**James F. Sallis, Ph.D.** – Dr. Sallis is a Professor of Psychology at San Diego State University and Director of the Active Living Research program for the Robert Wood Johnson Foundation. His primary research interests include promoting physical activity and understanding policy and environmental influences on physical activity, nutrition, and obesity. Dr. Sallis’ health improvement programs have been studied and used in health care settings, schools, universities, and companies. He has authored over 500 scientific publications, co-authored several books, and serves on the editorial boards of several journals. Dr. Sallis has received awards from the American College of Sports Medicine, Society of Behavioral Medicine, and the American Psychological Association Division of Health Psychology. His current focus is using research to inform policy and environmental changes that will increase physical activity and reduce childhood obesity. Sallis is a frequent consultant to universities, health organizations, government agencies, and corporations worldwide. Time Magazine has identified him as an “obesity warrior.”

**Judith C. Young, Ph.D.** – Dr. Young is the Vice President for Programs at the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) where she facilitates and coordinates the program work of the organization’s five national associations, the research consortium, and the six district associations. She has facilitated the development of National Standards for Physical Education, National Standards for Beginning Teachers (of Physical Education), and National Standards for Sport Coaches including the development of a program review for coach training and certification programs. Dr. Young serves on numerous committees and boards related to physical activity, health and education including the National Coordinating Committee for the National Physical Activity Plan, the Board of Directors of Action for Healthy Kids, and the Board of the National Coalition for Promoting Physical Activity. Her active efforts to advocate for public policy in support of physically active lifestyles at local, state, and federal levels included such efforts as promoting the establishment of the initial PEP Program providing first time grants for local physical education and physical activity programming.

**About the President’s Council on Fitness, Sports, and Nutrition (PCFSN)**

PCFSN promotes healthy lifestyles through fitness, sports and nutrition programs and initiatives that educate, engage and empower all Americans. PCFSN is a committee of volunteer citizens appointed by the President who serve in an advisory capacity through the Secretary of Health and Human Services. For more information about PCFSN, visit [www.fitness.gov](http://www.fitness.gov). For more information about the President’s Challenge Physical Activity and Fitness Awards Program or the Presidential Active Lifestyle Award, visit [www.presidentschallenge.org](http://www.presidentschallenge.org).

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**American Heart Association**  **Learn and Live**

**HOOPS FOR HEART**

Hoops For Heart is a national event sponsored by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Students have fun playing basketball while becoming empowered to improve their health and help other kids with heart health issues.

Hoops For Heart helps students:

- Learn the value of community service and contribute to their community’s welfare
- Develop heart-healthy habits while being physically active
- Learn basketball skills they can use for the rest of their lives
- Earn gift certificates for free school P.E. equipment from U.S. Games

With your support, we can help protect and improve children’s health. Your efforts to educate your students and raise funds for research and outreach are vital to improving kids’ lives.

**WE JUMP. WE SHOOT. WE SAVE.**

Call **1-800-AHA-USA1** or visit **[heart.org/hoops](http://heart.org/hoops)** to get your school involved.

 American Alliance for Health, Physical Education, Recreation and Dance  
AAHPERD is a proud program partner of Hoops For Heart.

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**NATIONAL ASSOCIATION FOR SPORT AND PHYSICAL EDUCATION OFFERS**

**THREE NEW POSITION STATEMENTS FOR PHYSICAL EDUCATORS, ADMINISTRATORS, PARENTS AND POLICYMAKERS**

*Topics include physical education is a critical component to educating a child, code of conduct for P-12 physical educators, and access to AEDs on school campus*

RESTON, VA, May 25, 2011 – The National Association for Sport and Physical Education (NASPE) today released three new position statements: physical education as an essential component to educating the whole child, a code of conduct for P-12 physical education teachers to follow, and the placement and use of automated external defibrillators (AEDs) near physical activity venues on school campus in cases of sudden cardiac arrest. According to NASPE President Dennis Docheff of the University of Central Missouri, “NASPE develops position statements about key topics and issues in physical education, physical activity and sport to help guide policy and practice.”

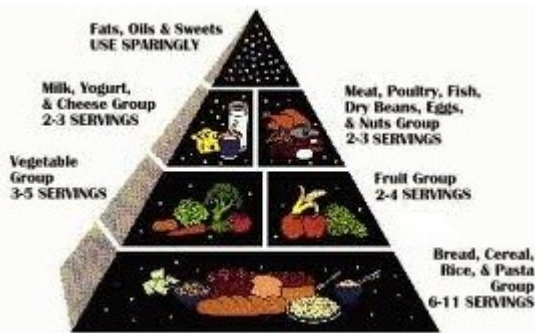
In *Physical Education is Critical to Educating the Whole Child*, NASPE takes the stance that all students in grades K-12 should receive physical education on a daily basis and that physical education is critical in order to educate the whole child. NASPE supports the “whole child approach” from the ASCD, formerly known as the Association for Supervision and Curriculum Development, which has as one of its five tenets that each child enters school healthy and learns about and practices a healthy lifestyle.

With physical education considered an essential component of the “whole child approach,” the newly released position paper also highlights the National Standards for Physical Education and characteristics of high quality physical education that must be in place in order to meet the national standards. Brent Heidorn of the University of West Georgia was the contributing author.

In *Code of Conduct for P-12 Physical Education Teachers*, NASPE takes the position that physical educators are responsible for achieving and maintaining both knowledge and integrity of practice as demonstrated through fair, honest and respectful behaviors toward students, colleagues, society, and the profession. NASPE identifies four core values: nurturing students’ development, collaborating with others to expand physical activity opportunities for the entire school community, showing dedication to personal and professional growth, and exhibiting personal and professional integrity. Written by contributing authors Michele Hartzell, Savannah-Chatham County (GA) Public Schools; Martie Bell of High Point University (NC); Kim Duchane of Manchester College (IN); Jeff Steffen, University of Wisconsin-La Crosse, and John Strong of Niagara Community College (NY), physical education teachers should be expected to uphold this code of conduct.

Lastly, NASPE urges the placement and use of AEDs on school campuses in *Availability and Access to Automated External Defibrillators in Schools during Participation in Physical Activity*. The latest statistics show sudden cardiac arrest is the leading cause of death among young athletes and one in 25 to 50 high schools can expect a sudden cardiac arrest to take place on its campus each year. Written by contributing authors Renee Polubinsky, Western Illinois University, and Don Bales of Lowell (IN) High School, the position statement recommends placing defibrillators in schools and at all school-sanctioned athletic events/activities and venues, suggests each school’s emergency action plan should include immediate access to and use of defibrillators.

NASPE publishes position statements on key issues in physical education, physical activity, and sport available as resources for physical educators, administrators, parents and policymakers. They are developed by task forces and widely reviewed to develop a national consensus. To read a full version of each of the position statements, visit <http://www.aahperd.org/naspe/standards/positionStatements.cfm>.



The USDA announced in late May that the Food Guide Pyramid, in use for over 2 decades, will be replaced with a new visual—a plate. Watch for more info!!

The AAHPERD Joint Projects newsletter—PULSE—is now online! See the spring issue at:

<http://www.aahperd.org/jump/pulse/upload/AAHPERD-ThePulseFinal.pdf>

