

June, 2012



Wiedow Elected to AAHPERD Leadership

Central District Interim Executive Director and long-time member of the Central District Executive Board, Gale Wiedow, has been elected by the Alliance Assembly as President-Elect of AAHPERD. Gale has spent the majority of his professional career in Central District, starting with service as the Intramural Coordinator at the University of Nebraska-Lincoln. Gale left Central District for a short period while serving as an Associate Director of Recreational Sports and Assistant Professor of Physical Education at Indiana University. He returned to Central District with his appointment as a faculty member in the Division of HPER at the University of South Dakota where he progressed to Division Chair and eventually to Associate Dean for Research and Technology. Gale again journeyed to Indiana to serve as National Program Director for the National Youth Sports Program (NYSP), a summer day-camp program for economically disadvantaged and underserved youth, prior to returning to his Central District home. He currently serves as an Associate Professor of Physical Education and Exercise Science at Dakota State University in Madison, South Dakota.

Gale has served Central District as Section Chair for Sport, Section Chair for Recreational Sport, Vice-President for Leisure and Recreation, Newsletter Editor, Treasurer, President-Elect (the NYSP position prevented completion of his term in office), and Interim Executive Director. He has been active at the state level, having served as South Dakota AHPERD Executive Director, President, Treasurer, and Journal Editor. He is the recipient of Honor Awards from AAHPERD, Central District and SDAHPERD, as well as the 2010 recipient of AAHPERD's R. Tait McKenzie Award. Gale is a Fellow in the American Leisure Academy and was inducted into the North American Society for Health, Physical Education, Recreation, Sport and Dance Professionals in 2003.

Gale and his wife Laura reside in Madison, South Dakota.

Sally Scherrer to serve as Interim ED

Sally Scherrer will be the interim Executive Director for Central District as Dr. Gale Wiedow assumes his new responsibilities as AAHPERD President-elect. Gale and Sally have worked together for a long time both at the state and district levels. With their experience, the transition will be smooth and easy for Central District leadership. Both are excited about the opportunities ahead for the districts and the Alliance. Central District has a team of positive, creative leaders starting with state leadership and continuing to the CDA board and committees. Sally is looking forward to re-engaging with everyone!!! Sally would like to thank the Central District Board for their vote of confidence in stepping back into this position.



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In This Issue

President's Message —Dr. Scott Strohmeier	3
President-Elect's Message —Meggin DeMoss	4
Past President's Message —Dr. Joyce Ellis	4
State Updates	
Colorado	5
Iowa	6
Kansas	7
Minnesota	8
Missouri	9
Nebraska	9
North Dakota	11
South Dakota	10
Wyoming	11
Welcome to New Members of the Central District Board!	12
Division Updates	
Physical Activity and Recreation	13
Dance	13
Sport and Physical Education	14
2012 Central District Scholar Announced	13
Advocacy Update	15
Joint Projects Update	15
Health Risk Behaviors and Academic Achievement	16
Mandatory Physical Education Linked to Student Fitness	18
National Physical Education and Sport Week Overview	19

The Central District **INSIGHT** newsletter is published quarterly. Submissions should be sent to Sally Scherrer (sjscherrer@gmail.com) prior to the end of the regular workday on the 15th 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 CDAAAHPERD. Please address editorial correspondence to the Editor.

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President's Message

Scott Strohmeier

Ride for the Brand



In the lore of the history of the cowboy, to “Ride for the Brand” meant that a person was loyal and took pride in their work. I have always felt a kinship with the professionals who have chosen to enhance, propagate and attain healthy living by continuing to pursue new ideas, practices and ideologies that direct our actions. I am very fortunate to have chosen the profes-

sion that I have. When you come to Central District Conference in February of 2013, you too will experience a kinship with like-minded individuals who possess a certain loyalty to and pride in providing the best possible environment for learning to be active/healthy individuals that we possibly can. We all have chosen to “Ride for the Brand”. Further, there are very few of us who do not carry the “Brand” into our every day lives as we seek to enhance our own lives by practicing what we teach.

As a member of Central District, you are also a member of AAHPERD, our biggest and most visible “Brand”. Of which, the logo, name, and administration may all change, but the “Brand” and its basic tenets will still be there. I somewhat liken it to the new logo the Denver Broncos got a few years ago. The current logo is leaner and meaner, but they are still my Broncos so my loyalty and pride have not faltered. I see myself having the same response to AAHPERD’s changes. Though I do not fully know what will happen at this time, I have no doubt that the commitment to my profession (i.e., programs, products and services) will not change. In fact, I am kind of excited thinking that the impact of the new “Brand” will be even greater for us, for the propagation of healthy/active living and for those individuals we work with. Further, “Riding for the Brand” satisfies a basic human need to be a part of something bigger and better than ourselves. AAHPERD helps us satisfy this need.

As Physical Educators (in whatever form this may take), you “Ride for the Brand” when you...

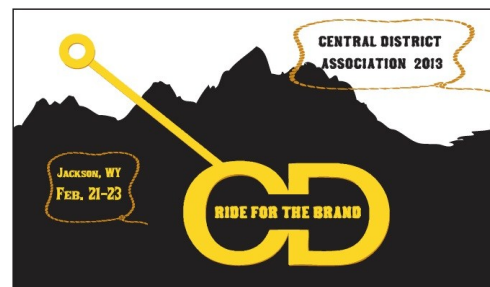
- Wear logo wear with pride, realizing that you are a walking billboard for your profession.
- Handle and demonstrate your students/clients with pride.
- Represent your profession, school, or yourself well.
- Advocate for the truth (i.e., always and especially when it’s tough to do) that healthy/active living will enhance cognitive success of any individual..
- Speak well of your profession, school, teams and peers, even when you disagree with them.
- Give your all every day.
- Answer your critics with enthusiasm, thanking them and your supporters for the chance to serve.
- Know that your professions brand (i.e., AAHPERD, CDAAHERD, state AHPERD, school) is your brand; you are part of it.

Remember, AAHPERD is our organization. The “Brand” is built from the bottom up, how we “Ride for the Brand” will speak louder than words in advocating, advertising and promoting our profession. AAHPERD is there to help.

In February 2013, we are planning to provide outdoor opportunities for your enjoyment (both pre-conference and post-conference) at “Ride for the Brand”. There will be a live auction, a silent auction, a “vest” competition, and (I have heard) “Deal or No Deal” will be returning. February 21-23, 2013 should be in your planner, it will be a great time for professional growth, to renew/make friendships, and to renew your commitment to the “Brand”. I also wish to remind you that those items you do every day are worth sharing. Submit a program proposal by June 15 so we can make sure more people can share in your successes.

Summer is almost here. School is winding down and it is time to pay a little more attention to my healthy/active lifestyle habits. I hope you can do the same.

I can’t wait to see you in Jackson where we can renew our commitment to the “Brand”.



[< Return to Table of Contents >](#)

“Let’s Move” In Central District

Dr. Joyce Ellis, Past President

I am sure by now most of you are very aware of the “Let’s Move” and “Let’s Move In School” campaigns that are sweeping across our country. These initiatives share the same focus... to get more children moving on a daily basis. There have been numerous special events held to kick off these campaigns and get the message out to teachers and youth leaders. AAHPERD and NASPE have worked very hard to get schools across the United States on board and participating. What are you doing to support these initiatives in your school or community? Although I am probably a bit biased, I am very proud of the professionals in Kansas who have supported these initiatives in a number of ways. First, Kansas is one of the first states to take part in the Certified Director of Physical Activity pilot training. Workshops were held in both the Wichita and Kansas City area to offer the certified DPA training to a number of public school and university personnel. Several of these folks will head up the second year of the project by leading workshops throughout the state to help public school teachers become better at integrating physical activity before, during, and after school. What a great partnership this has been. It is so exciting to see the joint efforts of physical educators and other school personnel as we get our students up and moving more. It is my hope that all states in Central District get involved in these Certified DPA trainings through NASPE.

Kansas has supported National Physical Fitness and Sport week for over twenty years by featuring “Kansas Kids Fitness Day”. Thousands of children across the state have the opportunity to participate in a variety of physical activities provided through numerous formats and settings. In many of these events university students assist local physical educators in organizing and leading the activities. This has been a wonderful opportunity for our pre-service professionals to gain experience and learn about the importance of physical activity in settings other than physical education classes. I had the opportunity to assist with the KKFD held at Fort Hays State University under the direction of Dr. Steve Sedbrook. As I moved throughout the 20 different activity stations I watched some of my university students in action. They were thoroughly enjoying themselves as they shared activities and played with the third grade students in attendance. It was a good feeling watching them utilize the knowledge and skills we had been developing throughout the semester!

These are just a couple of the great things that are happening in Kansas related to the Let’s Move In School initiative. Central District has put together a committee of great representatives from each state, chaired by Nancy Rasso-Ecklund from Wyoming, working to develop new ideas and offer assistance to each state as you initiate Let’s Move In School programs and

Dragonfly

Meggin DeMoss

President Elect



Watching the Dragonflies around the pond by school this spring has been a joy. What a beautiful creature. Did you know that dragonflies could move in all six directions? The dragonfly can move at an amazing 45 miles an hour.

It can hover like a helicopter, fly backwards like a hummingbird, fly straight up, down and on either side. It does all that while flapping its wings a mere 30 times a minute. It accomplishes its objectives with such simplicity.

As chores pile up and lists get long, I hope I can remember to use all of my gifts to accomplish my tasks in simple but effective ways. I too can move in all six directions. I can move forward to push for change. I can move backwards to let hurt feelings mend. I can move up and down and in and out of issues that need attention.

We have so many exciting challenges ahead. I wish you all the dragonflies’ ability to hover, decide what is worth doing, move fast, and accomplish it with amazing simplicity.

activities. You are not in this alone! Seek out the advice and assistance of your state LMIS representative. Share ideas with the committee. One of the topics at the upcoming Central District Leadership Development Summit this summer will address the development of workshops within CD states to support the LMIS initiative. If you are interested in offering a workshop or helping to develop one for your state please contact Nancy. Central District wants to help each state move forward with the LMIS initiative. Get on board now!



[< Return to Table of Contents >](#)

Let's Move in School Chairs

State	Committee Chair/ Contact	Chair E-mail address	Executive Director
Colorado	Christopher (C.J.) Cain	cjcain@aps.k12.co.us	Patricia Morrison-Hughes pat@coahperd.org
Iowa	Ken Daley	kdaley@mum.edu	Ken Daley kdaley@mum.edu
Kansas	Sue Stinson	suestinson@juno.com	Vicki J. Worrell vworrell@emporia.edu
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South Dakota	Breon Schroeder	Breon.schroeder@k12.sd.us	Scott W. Klungseth klungs@bmtc.net
Wyoming	Nancy Raso Eklund	eklundn@sw2.k12.wy.us	Nancy Raso Eklund eklundn@sw2.k12.wy.us
Central District	Nancy Raso Eklund	eklundn@sw2.k12.wy.us	Sally Scherrer sjscherrer@gmail.com

Greetings from your Colorado friends!

As we wind down the school year and have had our last board meeting until September, we have accomplished quite a few important tasks. First, a group of us presented an advocacy session at our state PTA conference.

Our session was done in two parts starting with "Movement is Miracle Gro for the Brain". We discussed how important physical activity is for the brain during the school day and taught our participants different brain break activities, how and when to use them, and what they can do for student learning. Part two discussed what quality PE programs should look like in their schools and provided the participants with many resources to take back to their schools. We just got back our evaluation forms and here are a few comments we received!

- Best class I've had, very inspiring!
- Great info, very passionate group, Excellent!
- Great Job! Very fun!
- Great activity! Recommendations – good info to bring back to schools
- Great! Thanks for the new info
- All of the presenters were very knowledgeable and exciting! Lots of good information! Would love to bring this to more parents – to help get the changes started.
- All of the presenters did a great job
- Loved the presentation! It makes me so proud that we are having such a success with our super hero fun run at our



own school next week. After that my next quest is a before school get moving club of some sort. Thank you! You guys and gals are awesome! Workshop should be presented a couple of times next year.

We are excited that our presentation was so well received! If you haven't presented at your state PTA Convention....JUST DO IT!

Last week Colorado Legislature **approved a measure** that would help reduce childhood obesity in Colorado by providing healthier school meals for students in our state. With less than 6 hours left in the legislative session **lawmakers passed Senate Bill 68 which will remove trans-fats from school cafeterias!!!!** The American Heart Association with testimony and support of COAHPERD did an awesome job of pushing this bill through to help improve the health of all kids!

COAHPERD is continuing to work on our strategic action plan as we put the finishing touches on our Fall Convention, WHY? Wisdom, Health, Youth. We collected over 75 session proposals and it looks to be a varied and well-represented convention. If you are making plans to visit Colorado, we would love to see you October 18th-20th in Loveland, CO at the Embassy Suites. Please check our website at www.coahperd.org for more information.

Have an adventurous, restful, and playful summer!

Donna Carey, President

[< Return to Table of Contents >](#)

'TEACHER' monument dedication to Steve France



For some the name Steve France is just an attachment to our endowment for first year IAHPERD members. But for many of us it means much more. Over three years ago we lost one of our most valued colleagues. Stephen France passed away after a long struggle with cancer on November 5, 2008.

For those of you who didn't have the pleasure of working with Steve, the list below scratches the surface of some of the positive aspects of his life...

- Steve was born December 25, 1944.
- He graduated from UNI in 1966.
- In Vietnam he was awarded the Bronze Star by Colin Powell.
- He earned a M. S. Degree in Education from Drake University in 1971.
- He served the West Des Moines School District as a Physical Educator for 34 years.
- He received the West Des Moines Jaycees Outstanding Educator Award.
- He received the IAHPERD Physical Education Teacher of the Year Award.
- He received various other recognitions as a tennis coach, official, and educator.
- On October 21, 2006, Steve was inducted into the Elinor A. Crawford and William R. Thrall Hall of Excellence at the University of Northern Iowa in recognition of his contributions to the field of health and wellness education. Steve was the first person not holding a doctorate degree to be honored with this award.

These highlights do not begin to describe the positive attitude and joyful approach Steve took toward life and working with students, athletes, and peers. Even after retiring and during his chemo therapy, Steve would make his way to the Capitol. It was here Steve would share his extensive knowledge regarding the relationship between physical activity and learning with legislators as he campaigned for quality daily physical education.

After his passing, those of us who knew him felt the need to initiate a campaign to memorialize Steve with a monument on the Iowa State Capitol campus. We learned such efforts needed a ten year vetting period. At this point we realized if Steve were with us he would indicate such an individual recognition wasn't the best approach. So, on behalf of IAHPERD, we altered our

proposal for a simple monument dedicated to the profession.

This past January the Capitol Planning Commission agreed and on May 6, 2012 at 12:00 we dedicated a new memorial on the Iowa State Capitol grounds, in Des Moines.

This memorial features one word in bold relief...TEACHER. It was a most rewarding process. We now look forward to the many stories that will play out from future visitors to the memorial as they honor Steve and teachers that made a difference.



Photo from left to right: Dr. Jason Glass, Director of the Iowa Department of Education; Charity Campbell, 2012 Iowa Teacher of the Year; Chris Bern, President of the Iowa State Education Association; Tim O'Hagan, IAHPERD President; Tim Lane, Public Health Consultant; Deb Stephenson, IAHPERD VP Health; Andrea Elliott, Director of Development for the College of Education, University of Northern Iowa.

[< Return to Table of Contents >](#)

Kansas Schools have been busy promoting National Physical Education and Sport week and LMIS!

Olathe schools kicked off the week with a **5K Run "Spring into Fitness"** in partnership with KS Action for Healthy Kids, KAHPERD, and MidAmerican University School of Business on Sat. April 28. At Ridgeview the following week announcements will be made about healthy foods and portion sizes along with encouraging students to be active with their entire family. During the day, teachers will be doing at least 1 Brain Break that students from the Ridgeview Fueled UP, Ready to Play 60 Wellness Committee recorded for their use. On Friday to wrap up the week, families will be coming to participate in a Family, Fun, Food and Fitness Night Event.

Thirty sites state wide held a 22nd Annual Kansas Kids Fitness and safety day, with 15,000 total kids participating!



Emporia State University hosted a Kansas Kids Fitness Day Event for area third graders on Friday, May 4th. Approximately 450 students were in attendance. The ESU Physical Education Methods Class organized the event, which included a western theme. The morning consisted of various activity stations and concluded with a scattered square dance. While the students were engaged in the morning's activities, Jodie Leiss presented their teachers with brain break ideas.

Fort Hays State University had 400 or so participating at Fort Hays State University's Moeckel Field. All the participants in Kansas were each given jump ropes and popper balls to encourage ongoing physical activity.

MidAmerica Nazarene University set up a program for our students and our faculty/staff to Move in school. It was a 3 day event that was designed to take care of anxiety issue for finals and to relieve stress. We had over 100 individuals participate and we believe it was a huge success. I am send you a picture in an attachment and I am also sending you our flyer that was distributed throughout the MNU campus. We also had parents of our students participate.

Pittsburg State University had 700 third graders from Crawford and Cherokee counties will run, jump, stretch and generally have a ball on Friday, May 4, in an annual event designed to

encourage lifetimes of physical activity. Pittsburg State University will host Kansas Kids' Fitness Day from 10-11:45 a.m. at the Weede Physical Education Building.

Topeka Public Schools had 600-plus third graders from 10 area schools met at MacLennan Park at Cedar Crest. Governor Sam Brownback and KDHE Secretary Robert Moser, M.D., welcomed participants to the event. They also presented Governor's Council on Fitness member Harold Swedlund with a Governor's Proclamation declaring today Kansas Kids Fitness and Safety Day.

Wichita Public Schools had 2900, 3rd Graders, with 350 high school students leading them through ten Physical activity centers and a great kick-off show by world renown Rene Bibaud former World Champion jump roper and Cirques sol dueli performer. Wichita state students and Friends University students assisted with the events

Other events held by Individual Schools!

Haven Elementary had our all school track meet.

Goddard elementary did a Walk at School with a literacy activity where students and staff exchanged poems AND had our SuperKids day where students from St. Francis came and ran off our activities!

Franklin Elementary in Wichita did took our students to Lawrence Dumont baseball stadium to run the bases for times and prizes, Hosted a parent fitness night, Had a staff vs. 5th graders in volleyball game with all school watching, Participated in Ks Kids Fitness Day, Hosted a Walk at School Day with the whole school walking in the morning

Isley Elementary Wichita, We took our students to Rock Springs 4-H camp for canoes archery horseback riding and even a little disc golf

Lawrence Elementary, Wichita held their annual fitness field day with 24 centers, participated in Kansas Kids Field Day, Staff/5th grade kickball game, Mighty Miler run for fun and marathon completion celebration.

Wichita Collegiate School - All early childhood students came to the gymnasium where we incorporated a Cinco de Mayo theme into our "Let's Move in School" event. Students gathered around sombreros to dance the Mexican Hat Dance. Music played and children had fun dancing, clapping, and singing. This activity was followed by the gentle cracking of cascarones (confetti filled eggs) over the head of a partner. When it was over, confetti covered the children and the gym floor. Everyone had a great time and the event was a simple reminder of the importance of movement in our everyday routine. The event finished up with a rousing "Let's Move in School" cheer!

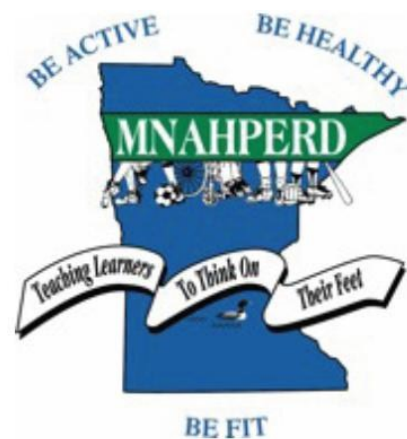


Greetings from Minnesota!

First-- the cancellation of the AAHPERD conference in Boston due to the electrical outage! It was disappointing to miss the sessions, but most Minnesota attendees made the best of the situation by site-seeing, networking, and we even held an executive board meeting! Voting for the next AAHPERD President-elect did not occur at the convention as planned, but I was proud to cast my mail-in vote for own Central District Executive Director, Gale Wiedow. Congratulations to Gale for stepping up to this leadership position, and carrying on a strong tradition of Central District presence in AAHPERD! I think missing the conference just made folks more anxious to attend next year in Charlotte, NC!

MNAHPERD continues our goal of providing quality programs, products and services to Minnesota students and professionals. We have partnered with the Minnesota Department of Health and Minnesota Department of Education to produce two webinars, which will be available on all three websites when completed. The first webinar outlines the importance of physical activity to brain function and learning, and the second focuses on expanding physical activity throughout a student's day to help increase activity level as well as provide beneficial brain breaks. Members of our MNAHPERD Board of Directors continue to advocate for quality PE throughout the state, and even participated at the NASPE Speak-Out Day in Washington, DC. Work continues to expand partnerships with various organizations to bring our message to a wider audience, and we strive to keep our membership connected and informed through our list serve, website and social media.

Schools in Minnesota have taken advantage of National Physical Fitness and Sport Month to promote activity throughout the day. Students at my school received May Activity Calendars from the NASPE Teacher Toolbox on the



AAHPERD website, and our school joined the world during Project ACES (All Children Exercising Simultaneously) at 10:00 local time on May 2nd by taking to the track for an all-school walk/run! Lots of great resources on the AAHPERD website, so there is still time to plan something fun and active!

Planning is underway for the MNAHPERD Conference to be held on October 12-13, 2012 at Hopkins High School and the adjacent Lindberg Center. We are excited to try the move from a hotel to a school and utilize this fantastic facility to offer great sessions in an authentic location. Watch for more information to come!

Finally, enjoy the end of your school year, and have a great summer!

Mary Cappel
MNAHPERD President
[< Return to Table of Contents >](#)

IN MEMORIAM

Robert Maurice Taylor, 87, of Jefferson City, Missouri, passed away, Thursday, March 22, 2012, at his home. He was born December 25, 1924, in Kansas City, Missouri, the son of the late Floyd L. and Isabel A. (Wiggins) Taylor. On March 4, 1944, he was united in marriage to Virginia O. Dinwiddie, who survives at the home.

Robert attended East High School in Kansas City and was a 1949 graduate of Missouri Valley College in Marshall and then received his Doctorate in Education from the University of Missouri-Columbia in 1970. Robert served in the United States Army during World War II from 1943 – 1945, where he served in the Pacific Theater. He was decorated with the Bronze Star and the Purple Heart.

Robert was employed with the Kansas City Public Schools from 1951 to 1965. He was later employed with the Missouri Department of Elementary and Secondary Education from 1965 to 1990 where he retired.

The new HeadStartBodyStart Get Moving Today evergreen **calendars** in English and Spanish are up for your viewing and sharing pleasure.

- Preschool age group, but would work for Kindergarten as well

Perfect for:

- Teachers & Pre-school support staff
- Day Care Providers
- Families

<http://www.aahperd.org/headstartbodystart/activityresources/activityCalendar/index.cfm>



Nebraska Association for Health, Physical Education, Recreation and Dance

NAHPERD was excited to host the third annual Student Conference for pre-professional students in Nebraska. This Student Conference was held April 12th and 13th at the University of Nebraska at Omaha. Over 100 student pre-professionals from all colleges around Nebraska were in attendance. The planning and development of this conference



included pre-professional students and the NAHPERD Board. Presentations at the conference revolved around the students' interests and included sessions on interviewing, classroom management, technology, job searching, professional development and interactive sessions on physical education and recreation activities. We appreciate the time and effort of Dr. Mike Messerole and student pre-professionals Steve Stutzman and Cressey Yuetter in organizing this conference.

April 28th and 29th was NASPE Speak Out! Day in Washington, D.C. This was the first time that Nebraska has participated in this event. On Capitol Hill, we met with members of Congress to ask for support for the passage of two legislative initiatives that will help children and youth become more physically fit. The two legislative initiatives that we were asking members of Congress for support on passing were the ESEA bill (Elementary and Secondary Act) and the PEP ACT (Carol M. White Physical Education and Health Act). These two bills are critical for physical education and health programs.

Information brochures and posters on the Let's Move in School Initiative were distributed at our booth during the Nebraska Action for Healthy Kids Summit in Lincoln, Nebraska.

At this time, NAHPERD is in the process of developing a summer workshop program for professionals at Hastings College in Nebraska with Dr. JoAnne Owens Nausler. We are also looking at an organizational collaboration meeting with like organizations in Nebraska to generate inertia in Nebraska to push physical activity.

Stan Erickson
NAHPERD President

[< Return to Table of Contents >](#)



Missouri Update

MOAHPERD's Quality Health and Physical Education Project (QHPE) for the spring of 2012 was a success! Approximately 150 teachers attended the seven workshops held throughout the state. Planning is underway for the spring 2013 QHPE workshops.

Planning is progressing very rapidly for the 2012 MOAHPERD fall convention to be held November 9-11, 2012 at The Lodge of Four Seasons, Lake Ozark, MO. Stacey Bryant is our convention manager. Anyone who wants information about the convention should go the www.moahperd.org and click on convention.

Just recently we were able to design our member database so that we can e-mail information to all of our members through our district representatives. We also with the cooperation of the Department of elementary and Secondary Education have developed a database with the e-mails of all health teachers in the state of Missouri and all of the physical education teachers in the state. DESE now collects this information through their CORE data program and shares it with us. Both of these programs will make it easier to communicate with health and physical education teachers in the state.

We are beginning to make preparations for the 2014 AAHPERD convention in St. Louis.



AAHPERD National Conventions

2013

Charlotte, North Carolina
Charlotte Convention Center
April 23-27

2014

St. Louis, Missouri
America's Center
March 18-22

SDAHPERD's Physical Education is Powerful (PEP) Initiative

The Physical Education is Powerful (PEP) Initiative is a statewide effort led by the South Dakota Association for Health, Physical Education, Recreation, & Dance (SDAHPERD) and its collaborative partners to improve the quality of K-8 physical education in South Dakota through increasing the amount of time our students spend in moderate to vigorous physical activity (MVPA), enhancing the professional knowledge of K-8 health and physical educators in our state, providing professional development to classroom teachers and families to increase physical activity in youth, and to provide access to quality age-appropriate equipment and curriculum to teachers throughout the state.



The program is in its developmental stages in searching out additional partners, funding resources, and developing its school partnerships. Additional information will be shared with Central District and the program gets going. We are hoping for implementation of the program starting in the spring of 2013. Below is a synopsis of the program we are developing.

SDAHPERD and its collaborative partners will work with twenty-five schools in Year 1 of the PEP Initiative forming the "core" group of schools. The "core" schools will sign a letter of commitment to take part in all assessments/evaluations required by the program and to provide professional development time for health-physical educator and staff to meet program requirements. In return, the "core" schools will receive travel stipends for health-physical education staff to attend professional development sessions, on-site professional development at no cost, and equipment/curriculum mini-grants for their health and physical education programs. In Year 2 the initiative would add an additional ten schools and in Year 3 an additional ten schools.

The PEP Initiative comprises four key components: 1) Development of 5 regional professional development/equipment sites, 2) SDAHPERD Professional Development Series, 3) provision of equipment/curriculum mini-grants to school participating in the initiative, and 4) on-site professional development to increase physical activity in and outside the school setting.

Regional Professional Development Sites and Equipment Check Out

The PEP Initiative will establish a series of 5 Regional SDAHPERD Professional Development sites strategically located throughout the state. Each regional site will host two to three professional development sessions/courses each year and serve as an informational resource center for the region. Additionally, each regional site

will possess a variety of physical education equipment and curriculum packs that schools in the region can check out for no cost to complete units within their schools. Each regional site will have a "site coordinator". Each site coordinator will work with the PEP Initiative project director to coordinate professional development efforts, manage physical education equipment and curriculum packs for check out; and serve as an informational resource for schools in their region.

SDAHPERD Professional Development Series

The SDAHPERD Professional Development Series (PDS) will be created as part of the PEP Initiative. The PDS will consist of 2-3 sessions at each of the regional sites during the year and the SDAHPERD Convention. The regional site sessions will be open to any health, physical educator, or physical activity instructor in the state at no cost. Travel expense stipends to these sessions will be provided to attendees from PEP Initiative "core" schools. The SDAHPERD Convention is open to anyone who would like to attend. Travel expense stipends for two attendees from each PEP Initiative "core" schools is provided.

Equipment/Curriculum Mini-Grants

Each PEP Initiative "core" school will receive a mini-grant for the purchase of equipment and/or curriculum for their school.

On-Site Professional Development

PEP Initiative "core" schools will be eligible to receive on-site professional development at no cost. On-site professional development includes a 1-1 ½ hour session for classroom teachers on how to implement physical activity in their classroom teaching, a 1-1 ½ hour session for physical education staff, and a 1-1 ½ hour session for parents and families on physical activity ideas for the home.



SDAHPERD State Convention

November 7-9, 2012
The Lodge
Featured Speaker: Jean Blaydes Madigan
Find out more at:
http://sdahperd.sdstate.org/SDAHPERD_Convention.htm



Hello Central District Colleagues;

I sure everyone is extremely busy with end of school year stuff and the last thing you want to think about is something that is happening next February, but Central District will be here before you know it. As you know Wyoming is hosting CD in Jackson and WAHPERD is busy ordering plenty of snow for all you skiers, snowmobilers and winter enthusiast. WAHPERD is also putting together a live auction and silent auction. This year besides usual items I thought it would be fun to have an art auction. I have asked the art teacher at Alta Vista, the school where I teach to donate a couple pieces of art for the event. Ben is an excellent artist and has graciously consented to donate some of his work. Two other art teachers in Laramie County School District #1 have also agreed to donate their work. I would like to encourage all of you who plan to attend CD to ask any talented artists you may know if would donate some of their work as well. We also need the usual items also. If you have any items that you would like to donate or know of someone who would be willing to donate items it would be greatly appreciated. Anyone having items for the auction, please contact me by e-mail. My e-mail address is brundager@laramie1.org. I hope everyone has a great summer.

Rick Brundage, President WAHPERD

Dear Central District Members,

My name is Shane Tweeter and I am an elementary adapted physical education specialist for Albany County School District in Laramie Wyoming. I also teach part-time in the division of Kinesiology and Health at the University of Wyoming. As the new president-elect for Wyoming I look forward to serving this organization for the next three years. I will work with Rick Brundage our current president to ensure WAHPERD is a key contributor to the Central District Association.

After attending the wonderful Central District Convention in Colorado Springs this past February, I am reminded how important it is to continually grow as professionals. Our district organization provides opportunities for this growth. I would encourage each member to get involved in some manner. This may be by serving on the board, presenting at the convention, or encouraging colleagues to attend our convention. Wyoming will be working with President Dr. Scott Strohmeyer in hosting Central District in Jackson February 21-23, 2013. His theme is

North Dakota Updates



North Dakota AHPERD is busy planning for our state conference coming up on September 12, 2012 at the University of Mary in Bismarck, ND. The theme for the conference is *"Let's Move...for the Health of it"*. We are looking for presenters if anyone wants to make the trip to our wonderful state and it should be before the snow flies!

We continue to look at different ways we can get the word out about our organization to all PE and Health teachers in the state and will be trying some postcards before our state meeting to see if that will boost attendance and membership.

ND will have 3 representatives that will attend both the AAHPERD LDC in Green Bay and the Central District Leadership Summit at Mahoney State Park.

Prairie Rose Elementary in Bismarck will be holding different activities for the National PE and Sport Week. Mayville State Students went to the public schools and lead groups of student in movement stations to music. MSU students went to 3 schools in Minot and did open gym sessions, lead yoga and MSU for staff and students. University of Mary students went to 4th grade classrooms in Mandan in the fall and Bismarck in the spring for LMIS activities 5 times during the course of the semester at each school.

We are also looking for different ideas as incentive to increase the JRFH and HFH.

Rachel Johnson Krug, MS, ATC, LAT
NDAHPERD President
University of Mary
Bismarck, ND

"Ride for the Brand" with character, values, and principles highlighting the rules of the range. The Snow King Resort will be a great location and we are excited to host this convention. Please consider sharing your expertise by presenting at the convention. To propose a presentation complete the appropriate form on the Central District website and return it no later than **June 15, 2012**. Those selected will be notified by October 15, 2012. This convention is a great opportunity to network with other professionals and foster new friendships. The skiing should be great in Jackson, so make plans to join us in February of 2013.

We look forward to seeing you at the Jackson convention!

Sincerely,

Shane Tweeter
WAHPERD President-elect

Central District Welcomes New Board Members

Dr. Kristen M. Hetland joins the Central District Board as the Vice President-Elect for Sport and Physical Education. Kristen is the department chair and an assistant professor of physical education and health pedagogy at Concordia College in Moorhead, Minnesota. Her academic preparation includes an undergraduate degree in Physical Education and Health (Concordia College, Moorhead, Minnesota), a master's degree in School Health Education (University of Wisconsin, La Crosse), and a Ph.D. in Human Development with an emphasis in Wellness (North Dakota State University). Dr. Hetland's professional experience includes five years of K-12 teaching physical education, health, and first aid along with a variety of coaching experiences. Additionally, she has seven years of experience in higher education including an assistant professor position at NDSU and adjunct work at Minnesota State University, Moorhead.



tion (NASPE) Executive Board. Scott is currently on the KAHPERD Executive Council serving as Parliamentarian (12 years) and is the Past Co-Chair of the National Student Services Committee for AAHPERD.

Becky Gunderson joins the Central District Board as the Vice President-Elect for Dance. Becky has taught at Mayville State University since 1987. She graduated from MSU with a BS degree in HPER and Elementary Education. Her teaching duties include American Red Cross aquatics classes, First Aid & CPR, Rhythms & Tumbling, Folk/Social Dance, an Outdoor Pursuits class, and Foundations & History of PE & Sport. Becky has been an active member of NDAHPERD and AAHPERD, having served as NDAHPERD VP of College/University, VP of Dance, President and now as Co-Executive Director. She was the 2010 Central District recipient of the Dance Division Merit Award.



Dr. Wendy Frappier joins the Central District Board as the Vice President-Elect for Health. Wendy currently serves as Chair of Health and Physical Education and Professor of Physical Education at Minnesota State University Moorhead, where she has taught since 1999. Her academic background includes a B.S. from Minnesota State University Moorhead; and M.S. degree from North Dakota State University; and her Ph.D. from the University of North Dakota. A 1985 graduate of Fargo South High School, Wendy won 13 varsity letters and went on to become an All-America sprinter at Moorhead State University.

Dr. Scott Gorman joins the Central District Board as Vice President-Elect for Physical Activity and Recreation. Scott is a University Professor and has taught for 24 years at Pittsburg State University. He has also served 19 years as Graduate Coordinator of the Master of Science Program for the Health, Human Performance and Recreation department. Scott has an Ed.D. from the University of Georgia, a Master of Arts Degree from Western Carolina University, and a Bachelor of Arts from Elon College. He is the Past-President of both KAHPERD and Central District. He has served two terms on the National Association for Sport and Physical Educa-



Central District is pleased to welcome Cyndee (CJ) Johnson as Secretary on the Executive Board. Cyndee is an Elementary Physical Educator for grades 4, 5, & 6 and also serves as an Adapted Physical Educator, K-12. She received her Bachelor of Arts degree from Gustavus Adolphus College and holds a Master of Education degree from the University of Minnesota Duluth. In addition to her teaching duties, Cyndee is active in the Minnesota Association of Health, Physical Education, Recreation and Dance where she serves as Vice President Elect-Dance. She also serves on PE Central's Advisory Boards for classroom management and dance, Jump Rope for Heart and Hoops for Heart co-coordinator, and is active in the Minnesota Curling Association.



Tim O'Hagan joins the board as the interim Treasurer, filling the position created with Gale Wiedow's election as Alliance President-Elect. Tim has been active in Central District and is the current President of Iowa AHPERD. Tim has taught physical education in both Wyoming and in Iowa, and was employed in the banking industry prior to completion of his teaching degree.



Welcome to All!

[< Return to Table of Contents >](#)

Physical Activity & Recreation Division

By Ken Bias

Vice-President, Physical Activity and Recreation

Wow, another great school year has come and gone. Amazingly there never seems to be enough time to get things done before our students leave for summer. While you begin to take advantage of your own down time from summer, take a few minutes to fill out a proposal form for next year's convention in Jackson Hole Wyoming. I know many of you think you do not have anything special to present but you truly do have unique activities and success stories, all of us would benefit from hearing and seeing.

I would like to tell you about all the great physical activity and recreation sessions from this year in Boston. Well, we all know how the National Convention went this year (Dark). However, Dennis Docheff and I had the opportunity to attend the Midwest AAHPERD 100th birthday celebration in Chicago. I was fortunate enough to attend several sessions on Autism, working with special needs students, and recreational activities for all ages. I will be working to get some of these same presentations up to Jackson Hole in February so all of you will be able to see them.

On a final note, I know Scott Gorman our VP-Elect and I are always willing to provide assistance to you if needed. Please feel free to contact us with question or ideas you have to make our profession grow and develop further. Scott and I look forward to seeing all of you in Jackson Hole!

Dance Division

By Deb Stephenson

Vice-President, Dance

Ready, Set, Next Year!

Another school year is coming to a close and as teachers; we begin to examine both the successes and the opportunities for change. In doing so I challenge you to examine how you teach dance to your students? What can the Dance Division do to aid in your continued success or help with the changes you would like to make.

How healthy is your dance program? Do your students get excited when they know they are going to dance, or is it the dreaded area of your curriculum? Each year as I begin teaching dance, I promise my students that when they leave class they will have smiled at least once.

As we prepare for next year's convention, I would like to make that same promise to you. Take a few moments to look at your dance needs. What sessions would you like to see offered? Are you comfortable teaching dance? Do you need new dances, a specific style of dance or teaching techniques to improve your delivery? Perhaps you are ready to share your skills with us on the dance floor and present some of the successful methods you are using.

Whatever personal needs you have or strengths you possess, the dance division would like to hear from you. As your Vice-President of Dance I am extending an invitation to you. Please contact me with your session ideas or fill out a proposal form and share your successes with all of us at next year's Central District Convention in Jackson, Wyoming. You may contact me at dstephenson@cbcsd.org.

2012 District Scholar Announced

The District Scholar Committee has been diligently working on identifying deserving candidates and had the honor of evaluating two superior CDA colleagues. We are proud to announce that Dr. Bridget Duoos, Associate Professor at the University of St. Thomas in St. Paul, has been selected to receive the 2013 District Scholar Award. Sherry L Folsom-Meek, Minnesota Committee Representative and past 2001 Central District Scholar nominated Dr. Duoos. Dr. Folsom-Meek's nomination letter stated... "Her background is physical education and health education, with graduate specialization in biomechanics at the master's and doctoral levels. Dr. Duoos teaches biomechanics, kinesiology, physical education pedagogy, research methods for exercise science and motor development at her university, and her versatility in the physical education profession is exem-

plary. With her strong biomechanics and teaching backgrounds, she has integrated biomechanical principles in her courses. Few higher education physical education pedagogists have the knowledge and ability to integrate biomechanical principles in their courses." The committee obviously agrees and looks forward to attending and learning from Dr. Duoos's scholarly lecture scheduled to be presented at our 2013 convention in Jackson Hole, Wyoming.



[< Return to Table of Contents >](#)

Sport & Physical Education Division

By Clayton Ellis

Vice-President, Physical Education and Sport

Congratulations! You made it through another school year! I hope everyone has a very relaxing and enjoyable summer break. Summer time is also a great time for physical education teachers and sport coaches to evaluate the last year and plan for the promotion of a re-energized program for the next school year. Of the hundreds of thousands ideas floating around in our heads, some people might call them dendritic connections, NASPE has a couple ideas that could assist with sending out a consistent message. In March, I attended the 4th annual "Speak-Out Day!" Central District was well represented by Blake Taylor and Rick Pappas from Kansas, Stan Erickson from Nebraska, Bev Ahern from Iowa, Joe McCarthy from Minnesota and me from Colorado. Although there has not been very much progress towards the reauthorization of the Elementary and Secondary Education Act that includes FIT Kids, NASPE did recognize Senator Bob Casey (D-PA) and Congressman Jim Gerlach (R-PA) for their efforts to make physical education more of a priority in our schools. Do you know where your representatives stand on physical education issues? "Speak-Out is a great opportunity for our members to network with outstanding physical educators across the country and to advocate for our programs with our representatives.

Every year May 1st to 7th is National Physical Education and Sport Week. (<http://www.aahperd.org/naspe/advocacy/events/mayWeek/index.cfm>) This year the theme was "Let's Move in School!" "Let's Move in School!" is a NASPE initiative that provides tools for you to assist your schools decision makers to ensure that they provide a comprehensive school physical activity program that includes Physical Education, Physical Activity During School, Physical Activity Before and After School, Staff Involvement, Family and Community Involvement with quality physical education as the foundation. (<http://www.aahperd.org/letsmoveinschool/index.cfm>) This past February, I participated in the Family and Community Involvement Webinar. My topic of discussion was how to host a Family Fitness Night at school.

The first step to hosting a Fitness Night is to advocate for your program with your building administration, district administration and even your school board depending on the size of event that you wish to host. Gain permission, set a date and reserve your facility, gym, or nearby park. Then network and make connections. Do you collect business cards from the vendors that are set up at your State AHPERD conventions? Do you know what health related and fitness related facilities are around your school? Have you made connections with these community members to see if they could possibly help you out with the promotion of your physical education program? There

are Martial Arts Schools, Dance Studio's, Personal Trainers and medical personnel everywhere that would be willing to help out in the schools. Find out from your students what activities they participate in outside of school and they may be able to assist you with making some of these connections.

Plan your event by recruiting your new connections and your students to showcase or celebrate how they participate in physical fitness activities in your class or outside of school. (NASPE Standard 3) Design your schedule of presentations around the variety of activities that you intend to incorporate. This year I had a community group or personal trainer present for approximately 15 minutes followed by an elementary school demo group, a Martial Arts demo, or a Dance Group present for 5 minutes. The trainer presentations were audience (family) participation activities to get everyone moving. One of my high school classes participated in a sport performance demonstration with one of the personal trainers. Invite the outside demonstration groups to bring a table to set up around the edge of the facility and they become your vendors for the event by sharing information about their organization. This could also become a great fundraiser for your school if a fee is charged to reserve a spot or table.

Promote the event! Work with your school districts communications department and have them communicate the what, when and why your community should participate in your event. They can assist you with writing up a quick press release and create fliers to share with your students and all over your community. Utilize the community organizations that you invite to present at your event to share the information with their contacts as well. Just by reaching out to them, you will begin to receive emails and phone calls from people that are willing to volunteer or participate in your fitness night. Ask that these community groups provide some sort of door prize that you can present to participants for example, 1 free trial membership for a month.

I used a "Liability Waiver" form as an attendance tool. Participants signed the form and designated which school they represented. The 1st ever Family Fitness night in my district was a competition between the schools to see which school could promote the event and get the most people to attend. I had the superintendent provide awards to the schools that were best represented. Make sure to set up a table for yourself in order to provide advocacy, brain research, and quality physical education information. Include information to showcase what your program has to offer.

Have a GREAT Family Fitness Night! Provide certificates of participation. Follow up by thanking your support people and evaluating the evening for future reference. **DO SOMETHING** to make it a bigger and more successful event the next year and to promote physical education and activity in your community!

[< Return to Table of Contents >](#)

Advocacy Update

Submitted by Jack Olwell, Central District Advocacy Co-Chair

The war on obesity has recently expanded in its efforts to include a strategy that has been proven by research to be an effective tool in reversing the trend. That, of course, is daily Physical Education. A study in the *Archives of Pediatric Adolescent Medicine* in 2008 by Menschik et al. reported, "Each week-day that adolescents participated in physical education decreased the odds of being an overweight adult by 5%, with participation in all 5 weekdays of physical education decreasing the odds by 28%." This was further reinforced by a study out of the University of California at San Francisco and UC Berkeley. According to Kristine A. Madsen, MD, MPH the study's lead author, "We took an incredibly comprehensive look at all of the opportunities kids have throughout their day to engage in physical activity and determined which are the most strongly linked to fitness and weight status... *"PE was by far* the most significant predictor of students' fitness and was the only variable associated with improved weight status."

The Chicago public school system apparently is taking this to heart. Recently Chicago announced it would expand its Physical Education program to include daily PE for all of its K-8 students. Quality Physical Education has so many amazing benefits it is sometimes forgotten that we are by nature movers. Quality PE teaches us and more importantly *trains* us to be better movers. Yes, PE increases our chances of being a normal weight adult and enjoying the associated health benefits. Yes, movement and the fitness achieved regular quality PE makes us better learners, Yes, PE creates opportunities to develop appropriate social and behavioral skills, Yes, PE is a great builder of self confidence. PE is a gift to the student's future but it fills us with the joy of movement now.

The wheels of progress turn slowly and there will be great resistance from unlikely sources. In Virginia where both parties in both houses of the legislature voted overwhelmingly to require daily PE K-8 the bill was vetoed by the Governor. One of its main opponents? the state teachers' union. Education is like my closet at home: it is packed already. If something new is to be put in something has to come out. So we have our work cut out for us. There are two things we can do immediately: 1] commit ourselves to creating an undeniably outstanding program, and 2] educating our district's parents (the primary stakeholders) about the benefits of a great PE program.



Meet the Central District Joint Projects Chairs

Meet Amy Kaiser and Jason Busche, co-chairs for Joint Project for the 2012-2013 school year.

Amy: Greetings from Minnesota! I have been chairing Central District Joint Projects for the past 3 years. In addition to Central District, I have been co-chairing MNAHPERD Jump/Hoops with my buddy, Sandy Hasse for many years. I have been an Elementary PE teacher for 17 years and have been hosting Jump for Heart Events since the beginning. Each year I am humbled by our students desire to help their community and collect donation for the American Heart Association.

There are stories of sadness and celebration as these students learn about healthy lifestyles and the importance of the vigorous exercise jumping rope provides. This past year we almost doubled our donations! The highlight of the event this year was having a Mom, who lost her husband to heart disease, participate side-by-side with her daughter.

Jason: I have taught K-8 physical education for 5 years at Anthony Elementary/Middle School. We have conducted both Jump and Hoops for Heart events in those five years, the last 4 years only Hoops for Heart. I was awarded the Jump/Hoops for Heart Grant in 2009, and I was the National Hoops for Heart Coordinator of the Year in 2011. My love is the desire and determination the students have for our event each and every year. We continually raise the bar in our collections and our students meet and exceed them annually. Cardiovascular disease is a real epidemic and I teach how the money raised goes to aid in research and treatments. We have several students that have benefited from the American Heart Association and that adds a local connection to what we do and why. Our events are a celebration of our accomplishments. I have adult sponsors come in and run stations. The students have a great time and we recap the event with a discussion session about what we learned and ways to prevent cardiovascular diseases and what we can do to help throughout the year. Our school has embraced this program and is something the kids start asking about as soon as school starts.

Amy and Jason: We are excited to work together as a team. Last year at the Central District Conference in Colorado Springs, Joint Projects and the American Heart Association sponsored the Early Bird Fitness Run/Walk and provided a breakfast for all Jump and Hoops Coordinators that were in attendance. In the upcoming year, our goal is to provide meaningful support for all of you that sponsor Jump and Hoops Events in your schools. See you at the conference in Wyoming!

[< Return to Table of Contents >](#)

Health-Risk Behaviors and Academic Achievement

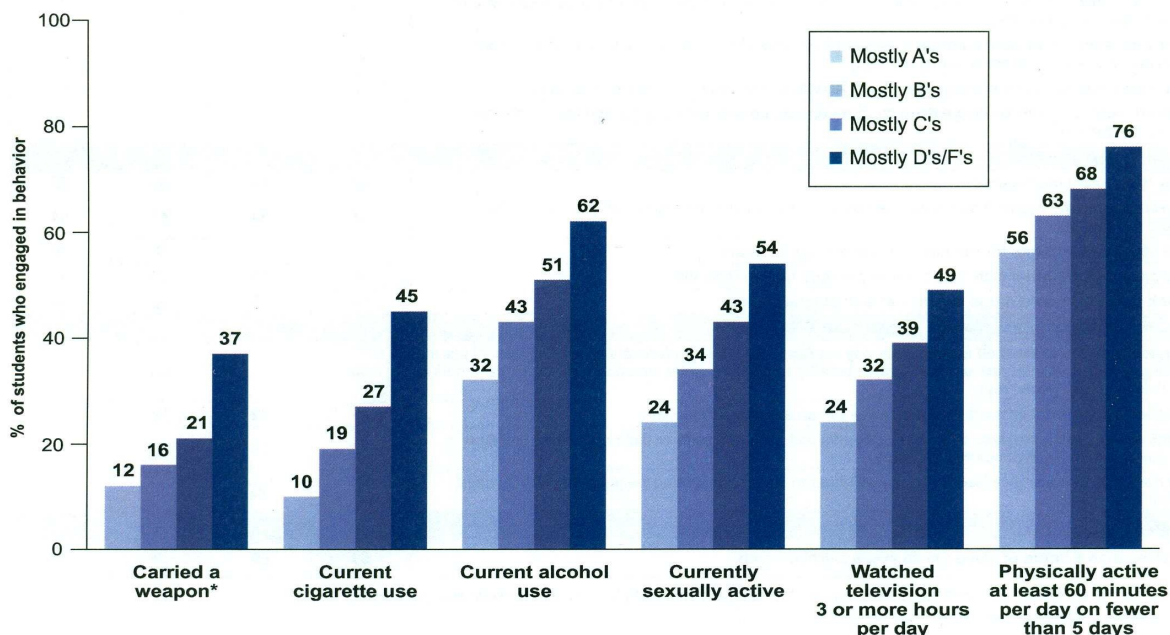
What is the relationship between health-risk behaviors and academic achievement?

Data presented below from the 2009 National Youth Risk Behavior Survey (YRBS) show a negative association between health-risk behaviors and academic achievement among high school students after controlling for sex, race/ethnicity, and grade level. This means that students with higher grades are less likely to engage in health-risk behaviors than their classmates with lower grades, and students who do not engage in health-risk behaviors receive higher grades than their classmates who do engage in health-risk behaviors. These associations do not prove causation. Further research is needed to determine whether low grades lead to health-risk behaviors, health-risk behaviors lead to low grades, or some other factors lead to both of these problems.

Students with higher grades are significantly less likely to have engaged in behaviors such as

- **Carrying a weapon** (for example, a gun, knife, or club on at least 1 day during the 30 days before the survey).
- **Current cigarette use** (smoking cigarettes on at least 1 day during the 30 days before the survey).
- **Current alcohol use** (having at least one drink of alcohol on at least 1 day during the 30 days before the survey).
- **Being currently sexually active** (having sexual intercourse with at least one person during the 3 months before the survey).
- **Watching television 3 or more hours per day** (on an average school day).
- **Being physically active at least 60 minutes per day on fewer than 5 days** (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time on fewer than 5 days during the 7 days before the survey).

Figure 1. Percentage of high school students who carried a weapon, smoked cigarettes, drank alcohol, were sexually active, watched television 3 or more hours per day, and were physically active at least 60 minutes per day on fewer than 5 days, by type of grades earned (mostly A's, B's, C's, or D's/F's)—United States, Youth Risk Behavior Survey, 2009



* This means that 12% of students with mostly A's carried a weapon and 37% of students with mostly D's or F's carried a weapon.

The national YRBS monitors priority health-risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. It is conducted every 2 years during the spring and provides data representative of 9th- through 12th-grade students in public and private schools throughout the nation. In 2009, students completing the YRBS were asked, "During the past 12 months, how would you describe your grades in school?" and given seven response options (Mostly A's, Mostly B's, Mostly C's, Mostly D's, Mostly F's, None of these grades, Not sure). In 2009, 31% of students received mostly A's, 40% received mostly B's, 19% received mostly C's, 6% received mostly D's or F's, and 4% reported receiving none of these grades or not sure.

[< Return to Table of Contents >](#)

Percentage of high school students who engaged in health-risk behaviors, by type of grades earned (mostly A's, B's, C's, or D's/F's)—United States, Youth Risk Behavior Survey, 2009[†]

Health-Risk Behaviors	Percentage of U.S. high school students who engaged in each risk behavior, by type of grades mostly earned			
	A's	B's	C's	D's/F's
Unintentional Injury and Violence-Related Behaviors				
Rarely or never wore a seat belt (when riding in a car driven by someone else)	6	8	14	24
Rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)	21	27	35	47
Carried a weapon (for example, a gun, knife, or club on at least 1 day during the 30 days before the survey)	12	16	21	37
In a physical fight (one or more times during the 12 months before the survey)	19	30	41	58
Ever physically forced to have sexual intercourse (when they did not want to)	5	7	8	18
Did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)	3	4	6	13
Attempted suicide (one or more times during the 12 months before the survey)	4	5	8	18
Tobacco Use				
Current cigarette use (smoked cigarettes on at least 1 day during the 30 days before the survey)	10	19	27	45
Ever smoked cigarettes daily (ever smoked at least one cigarette every day for 30 days)	5	10	17	30
Current tobacco use (current cigarette use, current smokeless tobacco use, or current cigar use)	16	27	34	52
Smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)	2	4	7	21
Alcohol and Other Drug Use				
Current alcohol use (had at least one drink of alcohol on at least 1 day during the 30 days before the survey)	32	43	51	62
Binge drinking (had five or more drinks of alcohol in a row within a couple of hours on at least 1 day during the 30 days before the survey)	17	25	30	46
Ever used marijuana (used marijuana one or more times during their life)	21	37	50	66
Ever took prescription drugs without a doctor's prescription (took prescription drugs [e.g., OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax] without a doctor's prescription one or more times during their life)	13	19	26	41
Ever took steroids without a doctor's prescription (took steroid pills or shots without a doctor's prescription one or more times during their life)	2	2	4	12
Ever used ecstasy (used ecstasy [also called MDMA] one or more times during their life)	3	5	9	21
Offered, sold, or given an illegal drug by someone on school property (during the 12 months before the survey)	15	22	27	44
Sexual Risk Behaviors				
Ever had sexual intercourse	32	46	59	69
Currently sexually active (had sexual intercourse with at least one person during the 3 months before the survey)	24	34	43	54
Had sexual intercourse for the first time before age 13 years [‡]	3	4	9	18
Had sexual intercourse with four or more persons during their life	7	13	19	31
Drank alcohol or used drugs before last sexual intercourse [‡]	16	18	25	40
Physical Inactivity and Unhealthy Dietary Behaviors				
Physically active at least 60 minutes per day on fewer than 5 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time on fewer than 5 days during the 7 days before the survey)	56	63	68	76
Watched television 3 or more hours per day (on an average school day)	24	32	39	49
Drank a can, bottle, or glass of soda or pop (not including diet soda or diet pop at least one time per day during the 7 days before the survey)	22	29	36	47
Did not eat for 24 or more hours (to lose weight or to keep from gaining weight during the 30 days before the survey)	7	10	13	19
Sleep Behavior				
Had less than 8 hours of sleep (on an average school night)	66	69	73	77

[†] All associations are significant at $p < 0.0001$, using logistic regression and controlling for sex, race/ethnicity, and grade level.

[‡] Among students who were currently sexually active.

For more information visit www.cdc.gov/HealthyYouth/health_and_academics or call 800-CDC-INFO (800-232-4636).



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
Division of Adolescent and School Health
www.cdc.gov/HealthyYouth



[< Return to Table of Contents >](#)

EDUCATION WEEK

TEACHER

DIGITAL DIRECTIONS

TopSchoolJobs

May 14, 2012

EDUCATION WEEK

Mandatory Physical Education Linked to Student Fitness

By Hannah Sacks on May 7, 2012 3:20 PM

From guest blogger Hannah Rose Sacks

Does physical education really make a difference in student health? Apparently so.

Students are more likely to be physically fit when the school requires mandatory physical education, reports a new [study](#) in this month's issue of the *American Journal of Preventative Medicine*.

The study, headed by Emma V. Sanchez-Vaznaugh, examined district-level compliance in California with physical education policies for 5th grade students. California law requires physical education for students in grades 1 through 6, with a total of 200 minutes of physical activity every 10 days, [reports](#) Health Behavior News Service.

Of the 55 districts for which compliance data were available, only 28 met the state physical education mandates.

The researchers found that students in schools compliant with the physical education policy were 29 percent more likely to be physically fit. The researchers measured fitness based on students' performance on a 1 mile run or walk test.

The study notes that there are barriers to compliance. If adequate funding for physical education and compliance monitoring were available, schools and districts might better be able to comply, reports Health Behavior News Service.

Sanchez-Vaznaugh urges parents, educators, policy makers, and schools to get involved in finding ways to help schools comply with physical education laws. She emphasizes the importance of creating a school and community culture that emphasizes children's health, underscoring the important role physical education plays.



[< Return to Table of Contents >](#)

American Heart Association 
Learn and Live



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.
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STUDENTS RUN, DANCE AND BIKE DURING NATIONAL PHYSICAL EDUCATION AND SPORT WEEK, MAY 1-7

West Virginia students start off the week with a state-wide dance performance

RESTON, VA, April 30, 2012 – More than 66,000 students from all 55 school districts across West Virginia will Cha Cha Cha their way to a more physically active lifestyle as part of the [National Association for Sport and Physical Education's](#) (NASPE) [National Physical Education and Sport Week](#) (NPESW) May 1-7. The week was officially designated as NPESW through U.S. Senate Resolution 444 sponsored by Senator Amy Klobuchar (D-MN) and passed by members of the U.S. Senate last week. The nationwide celebration emphasizes the value of physical education and physical activity in the lives of children and young adults and kicks of May: National Physical Fitness and Sports Month. NASPE has put together free resources for schools including [activity lesson plans](#), a physical activity proclamation, a template press release and more to encourage every school in the country to move!

The state wide dance will take place on **Wednesday, May 2 at 10 AM**, a day the state's board of education declared West Virginia Let's Move! Day; part of a resolution to make health and wellness a priority through educating the whole child. This year's theme is Let's Move-A-Palooza! WV and gives students an opportunity to participate in a wide-variety of physical activities that are fun and created specifically for every age group. The state superintendent of schools, Dr. Jorea Marple will join students at Elk Elementary Center, a PreK-5 school in Charleston, during the state wide dance performance. State education leaders hope to beat their January Cupid Shuffle state wide dance participation of 313 schools. To see a list of the schools, visit the [West Virginia Physical Activity Plan](#).

Other school districts and physical educators nationwide have also organized activities to reenergize students and families about living a healthy lifestyle by incorporating NPESW's theme, [Let's Move in School](#) (LMIS). LMIS is a national education initiative of the [American Alliance for Health, Physical Education, Recreation and Dance](#) (AAHPERD) which aims to ensure students receive opportunities to be physically active before, during, and after school. Currently close to 7,000 schools have registered with this national effort.

"The goal for the week is to showcase opportunities for school based physical activity to develop physically educated students who participate in the nationally recommended 60+ minutes of physical activity each day," says Mary Jo Sariscsany, NASPE President and professor at California State University-Northridge. "Whether it be a community-wide run, a fitness and fun day for an entire school, or a dance performed by kids across the state, LMIS and NPESW gives educators and parents the vehicle to push students to be more physically ac-

tive, healthier and well rounded members of society."

Highlight of Events during May Week and National Fitness and Sports Month

- **Tuesday, May 1, 6:30- 9 PM** Aurora Public Schools, **Aurora, CO**: An inaugural "Let's Move Aurora" Family Fitness Night at Aurora Central High School will take place with more than 500 students and members of the community. The event will feature local sports performance and fitness professionals with interactive demonstrations such as Taekwondo, Sol Vida Dance, and bungee boot camp. Local radio personality Mark McIntosh from Mile High Sports Radio will be the special guest emcee and motivational speaker. Contact **Clay Ellis, 2010 Physical Educator of the Year** ceellis@aps.k12.co.us.
- **Tuesday-Friday, May 1-4**, Heritage High School, **Vancouver, WA**: Throughout the week, 2012 **National Dance Educator of the Year, Kimberleigh Anderson** will lead students in a variety of activities as students step into their dance shoes and take part in Zumba, learn a flash mob routine, participate in a school-wide basketball tournament, a good old fashion game of bad mitten, ultimate handball or soccer. Contact: Kimberleigh Kimberleigh.Anderson@evergreenps.org.
- **Wednesday, May 2, 10:15 AM and 1:15 PM**: Turner Ashby High School, **Bridgewater, VA**: Students will participate in a five-mile bike run led by **2012 High School Physical Education Teacher of the Year Cindy Ferek**. Adapted physical education students and 10th graders will take on the challenge to complete the ride in 90 minutes. Contact: Cindy Ferek cferek@rockingham.k12.va.us.
- **Wednesday, May 2, 2 PM** Manorhaven Elementary School, **Port Washington, NY**: More than 400 students will participate in what's been coined "the world's largest exercise class," [Project ACES](#) (All Children Exercise Simultaneously), as they take a trip around the world performing signature cultural dances such as the Mexican Hat Dance, Cha Cha Slide, Conga Line, Ramaya and the all American line dance, the Cupid Shuffle. Contact: Megaera Regan mregan@portnet.k12.ny.us. More than 500 students at Eisenhower Elementary in **Fort Leavenworth, KS** will also participate in ACES Day at **10 AM**. Contact: Mary Lou Anderson mlouanderson21@gmail.com.
- **Friday, May 4, Kansas**: 20TH annual Kansas Kids' Fitness Day: This statewide event focuses on increasing physical

activity and safety awareness among 3rd grade students. Nearly 18,000 students participate each year at more than 40 sites across the state. <http://www.kdheks.gov/kkfd/index.html>

Friday, May 4, A Celebration of Healthy Eating and Living through Body and Soul, Fox Chase Cancer Center in Cheltenham, PA, just outside of **Philadelphia**: Rick Howard, past president of the [PSAHPERD](#) will hold a workshop on the LMIS initiative and how communities as a whole can work together to promote living a healthy lifestyle by taking physical activity back to the congregation, The session includes how to incorporate a jump rope and walking program. The presentation is through the [Body & Soul](#) health program geared towards African American church communities for the past decade. Contact: Rick Howard rihoward41@gmail.com.

Saturday, May 5, 9-11 AM Mantua Elementary School, **Fairfax County, VA**: The school's physical education department will host its 1st Bike Rodeo. Students will take on obstacle courses and learn about bike safety, just in time for the upcoming [National Bike to School Day](#), May 9. Contact Karen Bruining, kjbruining@fcps.edu.

Sunday, May 6, 9:30 AM The Learning Community Center, **Providence, RI**: Over 150 parents and students will participate in the 23rd annual [Ronald McDonald Walk Festival](#) at Roger Williams Park. All week at 8:30 AM students and teachers will head out in the hallways for a two-minute dance party, promoting the centerpiece of LMIS; the opportunity to be physically active before, during and after school. Throughout the month, physical education teachers will offer the entire school staff free yoga classes, and parents are invited to join an after school Zumba class and boot camp. Contact Kath Connolly kath@thelearningcommunity.com

Sunday, May 6, 1-4 PM Taylor Elementary School, **Arlington, VA**: Students will participate in the [27th Annual Potomac Overlook Open House and Heritage Festival](#) at the Arlington Potomac Overlook Park for the 20th consecutive year. Students will perform their annual "May Pole Dance" from 3-4 PM, as part of the park's spring open house. Contact: Deborah DeFranco, deborah.defranco@apsva.us.

Saturday, May 12, 10 AM -2 PM Prince William County Public Schools, **Prince William County, VA**: All County Health and Physical Education Expo, Pfitzner Stadium Complex, 7, Woodbridge, VA. Nearly 3,000 members of the community will attend as parents see what is offered during physical education class. Students will be showcasing line dancing, Zumba, Geo Fitness, archery and First Tee golf. Contact: Beth Tomanek tomanek@pwcs.edu.

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NASPE

The preeminent national authority on physical education and a recognized leader in sport and physical activity, the National Association for Sport and Physical Education (NASPE) is a non-profit professional membership association that sets the standard for practice in physical education and sport. NASPE's 15,000 members include: K-12 physical education teachers, coaches, athletic directors, athletic trainers, sport management professionals, researchers, and college/university faculty who prepare physical activity professionals. NASPE seeks to enhance knowledge, improve professional practice, and increase support for high-quality physical education, sport and physical activity programs. It is the largest of the five national associations that make up the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD). For more information, visit www.naspeinfo.org.



[< Return to Table of Contents >](#)