

SDA - HIPERA NEWSLETTER

SEVENTH-DAY ADVENTIST HEALTH, PHYSICAL EDUCATION, RECREATION ASSOCIATION

News From Around the SDA Physical Education World...

Atlantic Union College

Fitness Walking class has become very popular at AUC. Carole Steele is the full-time faculty member in the Physical Education department.

Canadian University College

Two new programs are happening on campus. One is an Outwards Pursuits degree in International Health and internet studies. This degree teaches about developing countries and relief work for organizations like ADRA. The other program is an Outdoor Adventure Business Studies degree. This is for individuals who want to combine outdoors with business for selling products, or perhaps research and design.

La Sierra University:

Jennifer (JJ) Gless joined the HESA department this summer as its newest faculty member. Beginning in January 2002, several faculty in the department have been collaborating on a study examining the effect the speed of repetition performance has on the development of strength for college-age individuals. Rob Thomas, Walt Hamerslough, & Joel Haldeman gave a poster presentation on the preliminary results of the strength study at the Western College Physical Education Society meetings in Reno, NV in October. Roger McFarland co-facilitated a round-table discussion at the WCPES conference in Reno as well.

Southern Adventist University:

This new year has brought with it new opportunities, challenges, and personnel. Steve Adams joined us this summer from graduate school in West Georgia where he completed his Ed.S. this spring. He is doing a fantastic job with a very large and complex intramural and

recreation program. Currently he has 41 flag football teams and will have more than that in volleyball. His experiences and personality have won the hearts of our students and faculty alike and we look forward to many years of service from Steve.

Since Bob Bengé received his Ph.D., last fall in Physical Education from New Mexico, he is catching his breath from that while hustling with his new teaching responsibilities. What a blessing to have another terminal degree with us. Rick Schwarz has the Gym Masters out performing already (Miraculous) and is working around the clock to have ACROFEST ready and meaningful for the 900 expected participants. Rick continues to amaze us with his talents.

Heather and Judy are up to their usual wonderful ways of inspiring and challenging their students and colleagues. What a blessing to me, to our students, to Southern and to our profession to have such a dedicated, hardworking team of professionals.

We look forward to seeing many of you at ACROFEST and at the National Convention in Philadelphia next spring... Phil Garver

Union College:

This year is our first year to have a wellness program for the faculty/staff here at Union. We have 80% participation this first semester. A wellness class is being taught for all interested faculty/staff. Employees are actively participating in an exercise program and a behavior modification program.

Ernie Reynolds, a former graduate of Union, has returned to be the Intramural Director, coach women's volleyball and teach a couple activity classes. He reports participation in intramurals is higher than ever!

President's Message

It is both exciting and scary to take on the SDA-HPERA Presidency this year and I would like to take a few minutes of your time to share some of my thoughts. I truly feel that this is what the Lord wants me to do at this time. It is a privilege to serve you in this capacity and I am looking forward with great anticipation to our convention in Philadelphia.

Hopefully all of you have received a letter about the upcoming convention. I believe one of the largest goals for our organization is to take some accountability with our college and academy athletic programs in the Seventh-day Adventist church. After dialoging with many of you, the need for this is evident and way overdue. I do not have all the answers, but working together with God's direction, I am confident we will come to some solid recommendations that can help us all. It is said that a man is only as good as the people who surround him and I know that I am surrounded by quality people. This awesome task will take all of us spending time on our knees before the convention and then bringing our thoughts and ideas in a concerned effort. Enough said on the convention; I look forward to seeing you there.

I know at this time of the year things can get so busy with classes, intramurals, athletics and all the extra things we do as physical education professionals. It is all worth it. Your time and energy are well spent. If you are having any doubts at this time, then just slow down and take a good, long look into one of your student's eyes after you have just taught him/her a new skill. Or, an athlete who is struggling with sportsmanship issues, with whom you talked and prayed. These experiences can renew your job purpose knowing you will see those very eyes in heaven. Keep looking towards Jesus, the true source of our strength.

In Christian Love,
Tim Windemuth,
SDA-HPERA President

(Tim Windemuth currently teaches at Walla Walla College and is Athletic Director. He previously served at Campion Academy and Oranewood Academy.)

Brief Convention Preview

This year's AAHPERD national convention is in Philadelphia from April 1-5. Our SDA HPERA convention will be on Monday & Tuesday

(March 31 and April 1). Put these dates on your calendar and look for further details in the upcoming newsletter, or check AAHPERD's web site at aahperd.org.

Heart Rate Monitors

by Ric Gatling

As anyone in the field of Physical Education knows, the push for physical fitness is in full force. Those of us teaching at any level, especially high school, would be remiss if we did not devote some, if not a major portion of our service class time to the pursuit of physical fitness. While attending the AAHPERD National Convention five years ago, I sat in on a session that made me aware of a relatively new program (1994, 1999) developed by The Cooper Institute for Aerobics Research (endorsed by AAHPERD), called *FitnessGram*. Among others, its Advisory Committee consisted of such notables in our field as Corbin, Cureton, Pangrazi and Pate, with another dozen rounding out the list.

The *FitnessGram* assessment measures three components of physical fitness which have been identified as being important because of their relationship to overall health and optimal function. They are (1) **aerobic capacity**, (2) **body composition**, and (3) **muscular strength, endurance, and flexibility**. Several testing options are provided for each area, with one test item being recommended (*) for each. Test options for **aerobic capacity** are (1) The PACER* (Progressive Aerobic Capacity Endurance Run), a unique endurance run that uses an accompanying pre-recorded tape, (2) the One Mile Run, or (3) a Walk test (calculated for secondary students only). **Body composition** options are (1) Skinfold measurements*, or (2) Body Mass Index. The **Muscle Strength, Endurance, and Flexibility** category is broken down into four areas that include: Abdominal strength and Endurance, using a unique curl-up test. Trunk Extensor Strength and Flexibility, using the standard Trunk Lift. Upper body strength, using the options of (1) Push-ups*, (2) Pull-ups, (3) Modified Pull-ups, or (4) Flexed arm hang, and Flexibility, using either (1) the Back-saver sit and reach*, or (2) the Shoulder stretch. Each test is scored by gender and age (5-17+) and the goal is to score within what they call their Healthy Fitness Zone.

I do not use the *FitnessGram* as a grading component based on their scores, although it is calculated into their grade by merely completing the entire battery of tests. I give it at the beginning of the year, and by using the accompanying software, print detailed results of the tests, along with what needs improvement, and how to make those improvements.. These results, along with my personal comments, are then sent home to the parents with the first 9 week grade report.

All in all, this is a program that seems to work for my students. I get lots of "thanks" from parents who do in fact take the time to read the report. It is fairly quick and certainly easy to administer. I purchased my materials through Human Kinetics, out of Champaign, IL. Their toll free number is 1-800-747-4457, and their website is www.humankinetics.com. Their most recent catalog shows yearly subscriptions, licenses, etc. ranging anywhere from \$79.00-\$207.00. Bottom line is that if you have a \$5.00 skin caliper, all it will cost you is \$21.00 for the Administration Manual and \$12.00 for the PACER tape or CD and you can do just fine.

(Ric Gatling has been teaching physical education on the high school and elementary level for 31 years. 7 at Hinsdale Junior Academy, 7 at Cedar Lake Academy, and 17 at Madison Academy. His hobbies include sports, furniture making, and antique clocks.)

Curriculum Guide Update

by Steve Adams

Pittsburg, PA., June 2002 –

The NAD Educational Office hosted physical educators from across North America to revise the 1993 K-12 Curriculum Guide. Drawing from the ranks of teachers at the elementary, secondary, and university levels, the committee spent two weeks completing their task.

Several issues of concern were immediately raised by committee members. First, that the curriculum guides actually get into the hands of the teachers and graduating physical education majors. Secondly, great discussion evolved regarding what balance to strike in the guide referring to varsity athletics as a form of physical education.

While the task of the committee was to create the guide and not market it, members had to pray that the creation of the guide was not merely a bureaucratic exercise for the NAD.

The curriculum guide in its finished form (to be presented for acceptance in December, 2002) has incorporated the NASPE national standards for physical education in an augmented form that incorporates uniquely Adventist perspectives on exercise and health. While the national standards break physical education at every grade level into 7 areas, the committee created a new standard listed as standard 1 that suggests ways to incorporate Christ into the physical education classroom.

If you do not have a curriculum guide in your department or classroom, request one from your conference office.

(Steve Adams recently joined the faculty at Southern Adventist University. He has taught at academies on the east and west coast and has taught at AUC and is now at SAU.)

Student's Corner

by Everton Souza

Taking 18 units and holding three jobs at the same time has been a little challenging lately. I have been blessed to have been given many opportunities in the work field in the past few months, and I went from holding one part time job and taking 15 units last quarter, to having to balance out three part-time jobs and managing 18 Units at LSU. A common question is how I do it. Honestly, there is no magic formula, just a lot of hard work and plenty of support from those around me.

My personal belief is that if I'm willing to spend the time and effort, I'm able to accomplish anything I want. Whether this may be coaching my team to a successful season or passing all my classes, my belief in myself has led me to some degree of success. This is a message that has been taught me by my professors at LSU, and that I teach to my volleyball team. As a future physical educator I plan to get this message across to my students and hopefully provide an example that they can follow.

(Everton Souza is a senior Exercise Science-Physical Education major at La Sierra University. He is married, coaches the boys varsity volleyball team at La Sierra Academy and is active in the community. Hobbies include soccer, hiking, surfing, skiing.)

Web site for SDAHPERA listserv

<http://lists.swau.edu/mailman/listinfo/sdahpera-l>
(note: the last character is an "L")