

# SDA - HPERA NEWSLETTER

SEVENTH-DAY ADVENTIST HEALTH, PHYSICAL EDUCATION, RECREATION ASSOCIATION

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## SDA HPERA Convention, March 31 & April 1

The SDA-HPERA convention will be a two-day event this year for the first time! Monday, March 31 will be the first and major day. The convention will be in the William Penn room at the Hampton Inn at 1301 Race St. in Philadelphia, very close to the Philadelphia Convention Center. A general schedule for day one will appear later in this newsletter.

The second day (Tuesday, April 1) will be a smaller session for those who are interested in continuing to contribute to the writing the document. Others may choose to attend the ½ day sessions at the 1st day of the AAHPERD national convention (that Tuesday).

## AAHPERD convention: April 1-5

Go to [www.aahperd.org](http://www.aahperd.org) for further info on how to register, how to reserve a hotel, the convention schedule, etc.

## Other Events in/near Philadelphia

**Philadelphia Flyers** vs Columbus Blue Jackets, Tuesday, April 1, at 7pm at First Union Center at 3601 South Broad Street. Tickets are \$23-100.

**2003 USA Hockey Girl's/Women's Nationals** April 2-6. Take interstate 95 South to Exit 3 / SR-322 West (past Philadelphia Airport) for 1.5 miles to SR-452 North. Turn right onto SR-452 North. Go to 2nd traffic light (Duttons Mill Rd). Turn Right onto Duttons Mill Rd (Taco Bell on left and Pharmacy on Right). Ice Works is on the left about 0.1 miles. 610-497-2200.

## Driving directions to the Hampton Inn

From I-95 South or North, take exit 11, stay straight to Broad St. & make a left, turn left on Race Street. Daily Parking Charge: \$14.00. Valet Parking Charge: \$18.00

## Local Map of Philadelphia near Hampton Inn



## Murrill & Seltman from the Heartland by Mary Murrill & Teresa Seltman

With this issue we are introducing a column dedicated to elementary physical education. We write from middle America just outside Kansas City. We teach at Midland Adventist Academy, which is a K-12 day academy with an enrollment of about 180 students.

In preparing this article we considered a variety of topics including: how much time should you spend teaching complex team sports to elementary when you know at least one half of the students are involved in organized sport programs outside of school? Another question could be whether dodgeball should be banned from the elementary physical education

curriculum? How much weight for a PE grade should be placed on effort vs performance? Has the elementary PE program in our small Adventist schools become a dinosaur? If so, what should we do about it? But this time we will share selections of what we enjoy in our physical education program.

“Specials” (we do these each year for a week or so) include parachutes, hula hoops, obstacle course (one of the most fun things we do and can be made from almost anything – we’ll spend a column on this later), and stations. Stations allow us to organized large groups in a small space, and can help students focus on specific skills while rotating from one station to the next.

Three ideas for “Adaptations” include using old T-shirts cut horizontally in strips for scooter pulls. Exit tag is a game where the teacher is “it.” When you’re caught you go back to class (K-4). Four team capture-the-flag: we divide the gym into 4 quadrants for the 4 teams to defend. This fast-paced game ends when one team gets all 4 flags.

If you’re excited about elementary physical education like we are and have something you’d like us to share in this column, please contact us at [mmurrill@midlandacademy.org](mailto:mmurrill@midlandacademy.org).

### **“Teacher” or “Coach”?**

by Steve Adams

Teacher or Coach? That is the Question. A recent graduate of Physical Education told me that he studied PE because he wanted to coach. Coaching opportunities in SDA schools certainly are more prevalent now than ever before. However, what is our true mission as physical educators – to teach or coach?

Coaching is a specialized form of teaching, but typically we get hired to meet the needs of the *entire* student population. If our passion is to be in the specialized arena of coaching, who is passionately meeting the needs of the non-varsity students, who make up the majority of our students? The likelihood is that you will be responsible for both; you will be expected to teach and to coach. I have rarely seen both together done well since coaching

could be a full time responsibility (as should teaching).

As we all strive to strengthen the image of our profession and the outcomes for our students, we should continually consider our mission and endeavor to meet the needs of everyone. There are many experienced professionals in Adventist education who have had to strike this balance. Let’s use each other as a resource of ideas so we can work with passion and not leave any student behind.

### **Student’s Corner**

by Everton Souza

Over the Christmas break I had the opportunity to revisit my native country of Brazil. It was a wonderful experience for me to visit many of my relatives and friend who I had not seen for over 13 years. As I traveled to different places in Brazil, my attention was captured by the many young children who lived in poverty along with their families. Like their parents, many of these children will never have the opportunity to go to school and possibly create a better life for themselves.

As Christians and future educators I think it is important for us to take part in helping those who are less fortunate than us, and to pass this message across to others as well. We are very blessed to have the opportunities that we have, and it is our duty as La Sierra University students to seek, to know, and to serve those in need. (*editor’s note: To Seek, To Know, & To Serve is a portion of the LSU mission*)

### **Web sites**

#### **Adventist Education Forum**

<http://edforum.adventist.org>

#### **PE Central**

[pe.central.vt.edu](http://pe.central.vt.edu)

#### **Philadelphia Convention & Visitors Bureau**

[http://www.pcvb.org/custom\\_conventions/aahperd.asp](http://www.pcvb.org/custom_conventions/aahperd.asp)

## **SDA HPERA Convention Outline for Philadelphia, March 31 & April 1, 2003**

### **Monday, March 31: at the Hampton Inn (William Penn room)**

- 8:00a Registration
- 9:00a Welcome Tim Windemuth, WWC
- 9:10a Worship
- 9:30a Keynote & Discussion W.G. Nelson, LSU  
"Our Philosophical Roots and the Future"
- 10:45a Break
- 11:00a Jim Hanson Memorial Speaker: Stacy D. Nelson, Celebration Health  
"Inside the Lines: Coaching and Competing with Character"
- 12:00a Lunch
- 1:00p Break-out Sessions (Small discussion groups with facilitators)
- 3:00p Groups report findings
- 4:00p Business Meeting  
President's Message
- 6:30p Dinner

### **Tuesday, April 1**

- 9:00a Worship: Tim Windemuth
- 9:15a Writing the document
- 1:30p Editing the document

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SDA-HPERA web site

[www.lasierra.edu/sdahpera/](http://www.lasierra.edu/sdahpera/)