

SDA - HPERA NEWSLETTER

SEVENTH-DAY ADVENTIST HEALTH, PHYSICAL EDUCATION, RECREATION ASSOCIATION

Volume 20 No. 3

2002-2003

Report from the SDA HPERA Convention, March 31 & April 1

by Joe Perrone, secretary

This year's meetings were held in Hampton Inn across the street from the Philadelphia Convention Center on Monday, March 31, and Tuesday morning, April 1.

The president, Tim Windemuth, from Walla Walla College, opened the meetings with a welcome. Brad Durby provided the devotional thought from Mark 16:15 challenging the attendees to be ministers of physical education and athletics.

W.G. Nelson, from the School of Education at La Sierra University, provided the Keynote Address titled, ". ." He stated that coaches and physical educators are in the right place at the right time to powerfully influence students' lives. We need to reflectively consider our philosophy of education.

He shared a model of SDA education and related it to physical education and athletics. Dr. Nelson also indicated that E.G. White indicated that true education include the harmonious development of the physical, mental and spiritual aspects of the learner.

Dr. Nelson provided an overview of various philosophical perspectives, and also gave some questions to consider regarding the future of Adventist education.

Stacy Nelson, co-founder of Pathways to Potential at Celebration Health in Orlando, Florida, provided the Jim Hanson Memorial Lecture titled ". ." He shared principles for engaging in crucial conversations that can be applied in a variety of situations, and suggested that Ephesians 4:15 illustrates that principle of "speaking the truth in love." And the litmus test of discipleship is found in John 13:35 where "they will know you are My disciples if you love one another."

Stacy also used the metaphor of a three-legged stool of Health Competition with the three legs of power, love, and self-discipline with a ring (of character) connecting the three legs together. He also cited John Wooden's Pyramid of Success as an excellent platform to build an athletic program upon.

In the afternoon participants divided up into 8 discussion groups to develop guidelines for SDA athletic programs built upon the morning foundational concepts. They later re-convened for each discussion group to report to the entire participants.

It was decided that the small groups would re-convene on Tuesday to polish their work and to reflect the dialogue that occurred during the group reports.

During the Business meeting the following actions were taken:

1. **Voted** that the writing committee edit the groups material into a cohesive first draft and then send the draft as an attached file via email to the attendees and other members with current email addresses. Those individuals will have up to two weeks to respond to the writing committee with their feedback. The writing committee will then incorporate the feedback, revise the draft and send out the final draft via email for a vote by the membership to accept or reject the final draft. The membership will have two weeks to respond with a vote.

2. **Voted** the following officers:
President – Delmar Lovejoy, Oakwood College
President elect – Greg Davies, Gem State Acad
Secretary – Steve Adams, Southern Adv Univ

Tim Windemuth closed the meeting with a President's address challenging the participants to make a difference in their students' lives on this earth and for the future.

Students Recognized at AAHPERD

Southern Adventist University student, Fern Christensen, was recognized as a NASPE "Major of the Year" at the national AAHPERD convention in Philadelphia. The recognition ceremony featured Beth Kirkpatrick as the honored speaker, herself a NASPE Teacher of the Year.

La Sierra University had three seniors recognized at the AAHPERD national convention honored as Majors of the Year. Jamie Pragasam, a senior Health Science major was honored as an AAHE Major of the Year. Tiffany Graham, a senior Exercise Science-scientific emphasis major, and Everton Souza, a senior Exercise Science- Physical Education major were honored as NASPE Majors of the Year. Jamie and Tiffany have been accepted into Dental School at LLU for next year.

President's Message

by Delmar Lovejoy

In reflection, the Philadelphia Convention, was exceptional. The topics that stand out in my mind were; W.G. Nelson - "Premise of Adventist Education" and Stacy Nelson - "Coaching, Competing and Conversing With Character-Inside The Lines". Tim Windemuth is to be commended for his leadership and planning of the convention program.

It is an honor to serve as president of SDA-HPERA. As we look forward to our next meeting, March 29, 2004 in New Orleans, it is with a mix of concern and optimism. Concern for the cutbacks in physical education programs, entrenching of athletic programs, etc. This is a time of high stakes, strong emotions and opposing opinions. But there is also room for optimism. We are in a primary position to be mentors in our colleges, academies and elementary schools to meet the challenges facing our administrators, faculties, students and Adventist communities such as inadequate funding, health programs, lifestyle, obesity and a host of other issues.

Contact me dlovejoy@charter.net to suggest topics, program input, and concerns for our next professional workshop.

May we rely heavily upon Paul's admonition in Eph. 4:12-15, for unity and speaking the truth in love and grow up in Him in

all things, and lastly, John 13:35, the litmus test of discipleship, if you have love for one another.

Secondary School Physical Education

by Ric Gatling

Fitness is "in" more than ever, and technology is growing with leaps and bounds. We as physical educators have at our fingertips the opportunity to use that technology to safely improve our students fitness in a way we never before imagined.

In April of 1997 I attended the AAHPERD national convention and became aware of POLAR Electro., Inc., the makers of POLAR Heart Rate Monitors. I became convinced that Heart Rate Monitors needed to become an essential component of my High School Physical Education courses. At that convention I ordered 4, and as of last fall, I now have 24. I use them in every physical education/fitness course that I teach. The beauty of Heart Rate Monitors is that each student works at their own intensity level based upon their own heart rate. (And yes, "Jocks" have to work harder than "non Jocks", and the out of shape, overweight student can work at their own level and be motivated because they can see improvement and are not compared to anyone else.) I use the simple "220 minus their age" formula, and so I have all of my High School students work out at an intensity level of between 150 - 200 beats/minute with a goal of at least 25 minutes or more per 40 minute class period. (Contact me for a complete grading scale chart) On most days, they get to choose individually what they want to do during that time period to keep their heart rate within the range. In any given "cardio" class period, at one time, students will be running, speed walking, rope skipping, following a tae-bo or kick boxing tape, playing basketball, volleyball, soccer, handball, racquetball, badminton, or any other activity that THEY LIKE TO DO, as I want them to develop lifetime habits of engaging in activities that they like. The sky is the limit, so long as they are within the range. (It is interesting to watch kids jump up and down in place as they play a typically non aerobic game or activity such as badminton or volleyball so they can keep their heart rate up) For the most part, they love it, because they see quantifiable improvement in their fitness, and they have the choice in what they do during the class period.

It's a win-win situation. In my physical education courses I take one class period (out of three weekly) and do "cardio" with the monitors. In my fitness courses I take three class periods (out of five weekly) and do "cardio" with the monitors. Heart Rate Monitors have become an indispensable safety and fitness tool in my courses. For more information, you may e-mail me at nvclock@bellsouth.net and I will be happy to answer your questions.

You may contact Polar's website at <http://www.polarusa.com/> or may call them at 1-800-227-1314. Their address is Polar Electro Inc. 370 Crossways Park Drive. Woodbury, NY 11797

Web sites

Adventist Education Forum

<http://edforum.adventist.org>

AAHPERD

www.aahperd.org

American College of Sports Medicine

www.acsm.org

Cooper Institute for Aerobics Research

www.cooperinstitute.org

Gatorade Sport Science Institute

www.gssiweb.com

Healthy People 2010

www.healthypeople.gov

National Athletic Training Association

www.nata.org

National Federation of State High Schools

www.nfhs.org

National Intramural & Recr Sports Assoc

www.nirsa.org

National Strength and Conditioning Association

www.nasca-lift.org

PE Central

pe.central.vt.edu

PE Links 4 You

www.pelinks4u.org

SDA Physical Education List-serv

<http://lists.swau.edu/mailman/listinfo/sdahpera-l>
(last character is a lower-case "L")

La Sierra University
SDA-HPERA
4700 Pierce St
Riverside, CA 92515

Officers

President

Delmar Lovejoy, Oakwood
dlovejoy@charter.net

President Elect

Greg Davies, Gem State Academy
gdavies@gemstate.org

Past President

Tim Windemuth, WWC
windti@wwc.edu

Secretary

Steve Adams, SAU
steveadams@southern.edu

Executive Director

Rob Thomas, LSU
rthomas@LaSierra.edu

SDA-HPERA web site

www.lasierra.edu/sdahpera/