

# SDA - HIPERA NEWSLETTER

SEVENTH-DAY ADVENTIST HEALTH, PHYSICAL EDUCATION, RECREATION ASSOCIATION

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News from around the organization's membership...

## **Canadian University College**

Canadian University College (CAUC) taught 2 courses in Peru this summer. International Travel Trekking and Activities in Outward Pursuits. It was offered to those on the ADRA service trip that CAUC does every summer plus to other students who wanted to join us in Peru for the class. Paul Lehmann taught the classes and DonnaLee Lehmann (Assistant Professor of Outward Pursuits) was one of the faculty sponsors for the service project in Peru. Specifically the project was building houses in Lima for families of street children so that the children could return to a house and a home. The present conditions where these families were living were deplorable. The classes were offered throughout the project and then concluded with trekking into Machu Pichu, part of the Inca Trail, and Lake Titicaca.

The Outward Pursuits program has grown to 47 students this year with 17 new students for this year. We are developing a 4 year degree in Adventure Based Counseling and will be applying to the Private Colleges Accrediting Board for this program within this school year.

On the horizon for next summer (2004) we plan to teach a class for teachers entitled "Service Learning". This will be a class that can count as credits to maintain denominational certification and/or a credit class necessary to maintain number of classes taken to keep current for other certifications. We will travel to a developing country (such as Peru or Nepal) and do a service project followed by some culture touring in the country. This will most likely take place in July for 3-4 weeks. It is the intent to help teachers learn and develop ways to use service learning in education. If anyone is interested they can contact me at plehmann@cauc.ca

We have been invited to share our Outward Pursuits Program at the Association of Experiential Education Conference in Vancouver

in November. This is a large conference and we will be part of the consortium of schools to present what we have at CAUC in the Outdoor Education/Adventure Education area. God bless and keep up the good work....Paul H. Lehmann

## **La Sierra University**

The Health, Exercise Science & Athletics department is undergoing exciting times. We just had a ribbon-cutting ceremony for our new CardioTheater in our Fitness Center on October 2. We have acres of graded dirt near our offices in preparation for a new track, soccer field, softball field, and multi-purpose field at the new University campus entrance that should be completed around February. We have upgraded our gas analysis equipment & software in our Human Performance Lab. We are in the process of significantly revising our Health Science curriculum.

Our number of student majors in either Exercise Science or Health Science has increased to almost 60 this fall. This is taxing our faculty's advising services which remains the same as last year (including Hedrick Edwards, Jennifer Gless, Joel Haldeman, Roger McFarland, and myself).

We are finishing up a study on muscle strength development, and are preparing for a new validation study for our LSU Treadmill test.

Our athletics program has provisional acceptance into the NCAA division III level for 2006. We currently have men's and women's teams for basketball, volleyball, and tennis. Soccer will begin next year (with our new fields).... Rob Thomas

## **Southern Adventist University**

Hello to everyone from Southern Adventist University. The School of Physical Education, Health, and Wellness is off and running once again.

This spring, Judy Sloan successfully defended her dissertation and returned to the University of Nebraska to have her Ph.D conferred on her.

During this summer, Dr. John Pangman joined our staff and he has brought a wealth of experience and professional know how to our program. It is great to have him here.

Last year we had twenty students graduate from our three bachelors degrees, and one hundred percent of our Physical Education majors passed their Praxis Exams.

During Spring Break the Gym Masters went on a mission trip to Cancun, Mexico where they worked on a church project by day and shared anti-drug messages and Christ through gymnastics by night.

Our campus is the proud new owner of a two-thousand square foot, synthetic putting green complete with fringe, chipping area, and six cups. We are looking forward to year round, maintenance free putting.

We are excited about the future of Physical Education, Health and Wellness here at Southern Adventist University. We hope to see many of you at New Orleans next spring... Phil Garver

### **Guidelines for SDA Athletics**

The membership voted this summer to approve the final draft of the document created at the two-day convention this spring in Philadelphia. It is in the process of being printed in a booklet format this fall and should be in print and available by Christmas from the Executive Director. A close approximation to it is available online at [www.lasierra.edu/sdahpera](http://www.lasierra.edu/sdahpera)

### **Web sites**

#### **Adventist Education Forum**

<http://edforum.adventist.org>

#### **AAHPERD**

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

#### **American College of Sports Medicine**

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

#### **American Council on Exercise**

<http://www.acefitness.org/>

#### **American Public Health Association**

<http://www.apha.org/>

#### **Cooper Institute for Aerobics Research**

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

#### **Gatorade Sport Science Institute**

[www.gssiweb.com](http://www.gssiweb.com)

#### **Healthy People 2010**

[www.healthypeople.gov](http://www.healthypeople.gov)

#### **National Alliance for Youth Sports (NAYS)**

<http://www.nays.org/>

#### **National Intramural & Recr Sports Assoc**

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

#### **National Strength and Conditioning Association**

[www.nscs-lift.org](http://www.nscs-lift.org)

#### **National Wellness Council**

<http://www.nationalwellness.org/>

#### **PE Central**

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

#### **PE Links 4 You**

[www.pelinks4u.org](http://www.pelinks4u.org)

#### **SDA Physical Education List-serv**

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

#### **USA Track & Field**

<http://www.usatf.org/>

**Tentative Program for SDA HPERA convention in New Orleans  
Monday, March 29, 2004**

President (program planner): Delmar Lovejoy, Oakwood College

Contact info:           dlovejoy@charter.net  
                              256 726-7312

Presentations:

Obesity in Adolescents	Don Morgan- Arizona State Univ
Pedometer Use Study	Bob Benge- Southern Adventist Univ
John Bunn:	Tom Bunch- Southwestern Adventist Univ
How to succeed in grad school	Don Morgan- Arizona State Univ

Business Meeting

Dinner

If you have a presentation you'd like to make, or a topic you'd like to see addressed in our sessions or in the business meeting, please contact Dr. Lovejoy with your idea!

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**AAHPERD National Convention- New Orleans, LA  
Tuesday – Saturday, March 30 – April 3, 2004**

Convention information may be obtained at [www.aahperd.org](http://www.aahperd.org)

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SDA-HPERA web site

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