

SDA - HPERA NEWSLETTER

SEVENTH-DAY ADVENTIST HEALTH, PHYSICAL EDUCATION, RECREATION ASSOCIATION

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SDA HPERA Convention Report March 29, 2004

The SDA-HPERA convention was on Monday, March 29, at the Holiday Inn Select at 881 Convention Blvd near the convention center in New Orleans, LA.

This year's President, Delmar Lovejoy, welcomed the group and introduced the worship speaker, Bruce Peifer, the Vice President for Advancement at Oakwood College.

Bruce Peifer's worship thought incorporated three concepts, Communication, Coaching, and Leadership that can be applied to health and physical educators to help others grow physically, mentally, and spiritually.

Dr. Don Morgan, from the department of Kinesiology at Arizona State University, gave an address titled, "Combating obesity in adolescents through Physical Activity". His data-driven address covered the alarming trend in the recent years illustrating the epidemic of obesity in our society, in both adults and youth as well. He indicated that we can combat this through the school system, the family, and the community at large by incorporating physical activity into our regular daily living behaviors.

Dr. Bob Benge, from Southern Adventist University, built on the previous lecture with his presentation titled, "Feasibility of classroom teachers using pedometers to promote physical activity in school-age children." He presented initial data from his pilot study in the Gulf States conference elementary schools where classroom teachers collected pedometer data for 6 weeks. The data from the first week served as a baseline, and the following five weeks measured activity levels of students after intervention efforts by the classroom teachers.

Following a break for lunch, Dr. Tom Bunch, the Vice President for Academic Affairs at Southwestern Adventist University, provided the Jim Hanson Memorial Lecture titled, "Duck

on a rock: John Bunn and the Adventist Church." He provided a life sketch of John Bunn, the author of the classic text on officiating "The Art of Officiating."

Don Morgan shared concepts for those interested in doing graduate studies in the final presentation of the day titled, "How to succeed in graduate school." The concepts covered included the perspectives of both the potential graduate student as well as that of the graduate professor considering graduate applicants.

The Business Meeting began with the election of officers. This year's president-elect, Greg Davies, of Gem State Academy, will serve as the SDA HPERA's president in Chicago in 2005. Officers elected included the new president-elect candidate – Wally Fox (Georgia Cumberland Academy), to serve as President in 2006 at Salt Lake City; and the new secretary, Gregg Morrow (Andrews University), to serve in Chicago in 2005.

The executive director, Rob Thomas (La Sierra University), provided the attendees with an update on what had happened with the Guidelines for SDA Athletics that was developed last spring. He indicated that the education directors for the local conferences, unions, and the North American Division had all received a cover letter and a copy of the published guidelines, and that he had been invited to present a brief report to the Union Education Directors in January. Published copies of the Guidelines are available at La Sierra University's department of Health, Exercise Science and Athletics by calling 909 785-2084. NOTE: The area code will be changing in July to 951.

The attendees were interested in continuing dialogue related to the need for physical activity and health eating to combat the epidemic of obesity, as well as exploring the possibility of partnering with other SDA educators. Greg Davies, as the new President for SDA HPERA, will be planning the convention program for the **April 11, 2005** convention in

Chicago. Contact him if you would like to provide input for next year's program content.

This year marked the first time the SDA HPERA convention has had corporate sponsorship! We would like to thank **Melaleuca, Inc** for providing the meeting room expenses as well as additional expenses incurred by the organization to host the New Orleans convention. We want to thank the **Southwestern Union Conference** for providing the evening meal for the convention attendees at Bravo's. The dinner was excellent!

The organization would like to thank Delmar Lovejoy for his efforts this year. The 2004 New Orleans SDA HPERA convention program was particularly strong and should launch the organization strongly into the coming school year.

College/University Sponsors

We would like to thank several colleges and universities for their support this year to the SDA HPERA. These include:

- La Sierra University
- Oakwood College
- Southern Adventist University
- Southwestern Adventist University

Students Recognized at AAHPERD

The National Association for Sport and Physical Education (NASPE) recognized several Adventist college students as "Majors of the Year" at the national AAHPERD convention in New Orleans. The recognition ceremony featured Beth Kirkpatrick as the honored speaker, herself a former NASPE Teacher of the Year.

A senior Southern Adventist University physical education major, Adam Brown, was recognized. He will finish his program in December of 2004.

La Sierra University senior, Stephanie Moore, was recognized as well. Stephanie is graduating with a B.S. in Exercise Science, with an emphasis in Wellness Management.

Guidelines for SDA Athletics

The SDA HPERA membership voted this summer to approve the final draft of the document created at the two-day convention in the spring of 2003 in Philadelphia. It has now been printed in a booklet format this past fall and is currently available at La Sierra University's HESA department for \$1.50 per pamphlet plus shipping and handling. Contact the department's administrative secretary, Cindy Turner, for specific ordering information at 909 785-2084, or at cturner@lasierra.edu.

Article Submission Information

To submit an article for publication consideration, send your carefully crafted article (150-200 words) to Robert Thomas as an attached file via email at rthomas@lasierra.edu.

New list-server for the SDA HPERA

The SDA HPERA list-serv is now hosted by La Sierra University. We would like to thank Southwestern Adventist University for their sponsorship and initiating that service for our membership. The new list-serv web address needed to subscribe is:
www.lasierra.edu/mailman/listinfo/sdahpera-list

The purpose of the list-serv is to provide a vehicle for members to share pertinent with fellow subscribers. It is a low-volume list, so will not be high-maintenance for subscribers. Subscription instructions are simple, and are provided on the site.

Adventist Circle (new resource)

Circle is a new curriculum and instruction resource linking educators across the world. It has information related to health and physical education. The webmaster is interested in having additional resources posted on the site. See <http://circle.adventist.org/> for further information (note there is not a "www").

Web sites

Adventist Education Forum

<http://edforum.adventist.org>

AAHPERD

www.aahperd.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

Gatorade Sport Science Institute

www.gssiweb.com

Healthy People 2010

www.healthypeople.gov

National Alliance for Youth Sports (NAYS)

<http://www.nays.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 Circle (Curriculum Resource)

<http://circle.adventist.org/>

SDA Physical Education List-serv

(NEW host and web address)

www.lasierra.edu/mailman/listinfo/sdahpera-list

Potential Product Providers

Polar USA

www.polarusa.com

DigiWalker

www.digisforschools.org

Walk4Life

www.walk4life.com

Model healthy, physically active behavior!

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