

# SDA - HIPERA NEWSLETTER

SEVENTH-DAY ADVENTIST HEALTH, PHYSICAL EDUCATION, RECREATION ASSOCIATION

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News from around the organization's membership...

## **Calexico Mission School**

Calexico Mission School has begun volleyball and basketball teams. While regular practice has helped improve the students' skills, they know that my goal is to help them adopt a fitness program for life that will help them improve or maintain their health. The running (shuffle) of lines, touching every line with both hands and returning to the first one, until they touched 10 different lines, has improved their cardio endurance. I am open to new ideas. Thank you. ...Jesus Garcia

## **Canadian University College**

Canadian University College was granted accreditation from the government of Alberta for a Bachelors Degree in "Adventure Based Counseling." The four-year BA degree in Adventure Based Counseling is an outgrowth of the current three-year program in the same area. Current three-year graduates and any new students have the opportunity to be admitted in this program. This is the first degree of its kind in Canada in both the private and public sector. As part of the preparation for this degree the Outward Pursuits department at CUC had to have external reviewers evaluate the program, its proposal, programming and content. It is with God's grace that this program has passed and many professional contacts have been established in Academic areas.

Adventure Based Counseling taught in a Christian setting offers a unique inter-disciplinary choice for students. The proposed four-year degree emphasizes quality education while promoting competent service to a variety of populations.

The four-year degree will educate students using techniques such as practical applications in technical and leadership skills, group dynamics and solo experiences, counseling techniques, group process and communication, supervised practica and volunteer opportunities. The action/reflection model is used to foster personal insight, growth and commitment. This will result in confident and compassionate graduates. The degree is designed to train students in the areas of using the outdoors to counsel and help individuals in need. This could be but not limited to: youth at risk, special needs groups, dormitory deans, etc. For more information contact plehmann@cauc.ca ... Paul Lehmann

## **Fresno Adventist Academy**

Greetings from the Sports Ministry Department of Fresno Adventist Academy! I would like to throw out a challenge to all of my colleagues.

1. Understand the tremendous opportunity and responsibility to develop the "total athlete" - physically, mentally, and more importantly, spiritually.
2. Do not use the term 'competition' synonymously with sports. Competition denotes a battle between good and evil. Ellen G. White calls it the "Great Controversy" or better yet, the Great Competition. If this is the case, one team must be good and the other team evil. Competition in its truest sense is a moment in time when we are faced with having to make a decision to choose good or bad (Christ or self (Satan)). Yes it happens in a game. It also happens at work, board meetings, in families, in the classroom, anywhere and any time. We don't have to apologize for sports like some would like

to us to believe. What better practice for coping with stresses of life, decision making, and exercising our faith than in a game which is "only a game." Remember the game for each player and team has been won or lost - before they even hit the field.

3. Adopt an every day reminder of your responsibility to your students, constituency, and most of all God. Is your department only about sports? ... Rico Balugo

### **La Sierra University**

The Health, Exercise Science & Athletics department is undergoing exciting times. From a facilities perspective, we have a new track, soccer field, softball field, and multi-purpose field at the new University campus entrance that look very good. We have new bleachers in the gymnasium (700+ capacity)!

We have made significant revisions to our Health Science curriculum which now includes four areas of emphasis: 1) Health Education/Promotion; 2) Bio-Health Science; 3) Health Care Administration; 4) Globalization and World Health. We are preparing to review our Exercise Science major this coming year. It has three areas of emphasis: 1) Physical Education teacher preparation; 2) Scientific Basis; and 3) Wellness Management.

The total number of student majors in either Exercise Science or Health Science has increased to almost 80 this fall. While this enrollment growth is exciting, it is also challenging our faculty's advising services, since our staff size remains the same as last year (including Hedrick Edwards, Jennifer Gless, Joel Haldeman, Roger McFarland, and myself).

Rob Thomas is on Sabbatical leave this fall quarter, and Hedrick Edwards will be on Sabbatical leave during winter quarter. They are both enjoying the prospect of having time dedicated to their research interests. This is the first time that HESA faculty have been able to take sabbatical leaves.

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

### **San Gabriel Academy**

San Gabriel Academy Physical Education and Athletic Departments have grown with the school. In the 5 years I have been here our 9-12 enrollment has gone from the 220's to over 300. At the same time our athletic department has become full members of the CIF-SS and of the Valley League for which I am now President. We currently have 8 teams involved in Boy's and Girls - Volleyball, Basketball, Soccer and have just added Cross Country. We have over 120 students (40% of our student body) involved in interscholastic athletics.

We have found Interscholastic Athletics to be an invaluable tool in shaping students' attitudes and character and being ambassadors for Christ. The SDA-HPERA Guidelines helped us shape our athletic handbook which we had molded after Tim Windemuth's program at WWC. With our goals and objectives clearly defined we were able to seek out great quality coaches and our students have been not only able to excel individually and collectively in sport but have excelled on the forefront of the battle for souls. We cherish the self-discipline, confidence and self esteem, social interaction and selflessness that are taught in our program and through athletics. We thank God for this great venue of sport that he has given us the ability to train to be better athletes, teammates and Christians. ... Kevin McCloskey

### **Southern Adventist University**

Greetings from Southern! Hope all is well with all of our friends across this great country. We are off to a very fast start and with the first month behind us we are already looking forward to mid term break.

Harold Mayer PhD joined our staff this summer. He is an exercise specialist and comes to us from the Life Style Center of America. He brings a wealth of knowledge and experience with him. Judy Sloan took a hard fall off of her bike, broke her jaw in 14 plus places, has survived surgery and a wired shut jaw. She is a real trooper and is hanging in there. Rick Schwarz is off and running with the Gym Masters and is getting ready for our Southern Union bi-annual clinic the middle of Oct. He is happy with the talent sent to him by all you coaches across America. Keep them coming.

The Wellness center plans and funds are gaining momentum, praise the Lord. Thanks to

Bob Benge, the Gulf States Conf. elementary teachers are all participating in a plan to get students active. What a great link to these teachers and students. Hope to see all of you in Chicago. Have a great Year! ... Phil Garver

#### **Note to Readers:**

Schools and Colleges not mentioned in this issue were not ignored or forgotten, they did not submit information to be included this time.

#### **Spring Convention Sneak Peak**

The SDA-HPERA convention will be held on the campus of Andrews University on Monday, April 11, 2005. Greg Davies is planning an excellent session with topics related to promoting and assessing physical activity, nutrition, and others. Information related to travel from Chicago, specific speakers and topics will be provided in the winter issue of the newsletter. Greg Davies' contact info is: Gem State Academy, 208 459-1627x156, gdavies@gemstate.org

The AAHPERD convention will be in Chicago this spring from April 12-16, 2005. Convention and housing registration forms are online at [www.aahperd.org](http://www.aahperd.org).

#### **Related 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.nscf-lift.org](http://www.nscf-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**

[www.lasierra.edu/mailman/listinfo/sdahpera-list](http://www.lasierra.edu/mailman/listinfo/sdahpera-list)

##### **SDA Circle (Curriculum Resource)**

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

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

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

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