

SDA - HPERA NEWSLETTER

SEVENTH-DAY ADVENTIST HEALTH, PHYSICAL EDUCATION, RECREATION ASSOCIATION

Volume 22 No. 2

2004-2005

President's Message

if i could reach, higher
just for one moment touch the sky
from that one moment
in my life
i'm gonna be stronger
know that i've tried my
very best
i'd put my spirit to the test
if i could reach

There are *moments* in life that can change individuals. I think back when I was having some difficult times. One of those moments occurred when I was in Academy. I am not sure what exactly the difficult circumstances were (age does that to you) but what I remember most is that a Physical Educator took time with me, time away from his family one evening, to help me work through the situation. That experience led me to two decisions. The first was to commit my life to Christ and the second was to become a Physical Education Teacher.

Some days when I get really busy, I sometimes forget about the importance of taking time with students. Even for one moment. For me to take just a moment with a student could make a difference in their choice of following a Christian lifestyle. For what is the real purpose in being a Christian Physical Educator?

As I have studied the life of Christ, I find many moments that Christ took with just one. One moment took place when ten lepers approached Jesus to be healed. Jesus took that moment and changed the life of one of those individuals. Yes all were healed, but one it seems that moment with Jesus had a lasting influence on their particular life.

My challenge to you, and to myself, is to remember the importance of a *moment*. Christ in his life took moments with individuals. Those moments changed the world! Your moments with students may change *their* world.

I look forward to meeting with you in Chicago for the SDA-HPERA meetings. At this point, we will be following up on some of last years topics. Obesity follow-up with some practical ways to have students become active. Also, a presentation will be given on nutrition for athletic performance. Time will be also set aside for an open forum to for attendees to discuss current concerns; nuts and bolts, kind of things and other topics of interest to you.
...Gregory Davies, SDA-HPERA President

SDA-HPERA Convention at Andrews University April 11, 2005

The SDA-HPERA convention will be on Monday, April 11, on the campus of Andrews University in Berrien Springs, MI. Check the website www.lasierra.edu/sdahpera for further details.

Andrews University's web site has a link with information specifically for visitors. It is <http://www.andrews.edu/visitors/>

Convention Speakers & Topics

Susan Kundrat Nutrition & Athletic Perf
-Sponsored by Gatorade Sports Sci Inst.

Barb Friesen History of Andrews Phys Educ
Ron Cronk Phys Activity & Obesity
Bob Bengé Pedometers & Elem teachers
Rob Thomas Pioneers of SDA Phys Educ

Convention Manager: Gregg Morrow (at AU)

If you have questions about the SDA-HPERA convention logistics that are not covered in the newsletter, contact the convention manager, Gregg Morrow, at 269 471-3257.

Housing at/near Andrews for April 10

For those wishing to arrive Sunday evening the 10th and stay on the campus of Andrews University for the SDA-HPERA meeting Monday the 11th, the Beauty Pool has reserved 14 rooms at no cost to attendees if reservations are made by **February 25**. Between **Feb 28 and March 18**, rooms can be reserved for \$30 (or 2 persons for \$15 each). Make reservations directly with Gregg Morrow at 269-471-3257.

There are also local hotels and motels that can be reserved. Most of these are in St. Joseph (about 8 miles away) at zip code 49085, or Benton Harbor (7 miles away) at zip code 49022.

Travel Assistance from Airports to Andrews

Travel assistance from Chicago is available to the campus of Andrews University on Sunday the 10th in the afternoon. However, seating on the shuttle vans are limited, so will be reserved on a first-come, first-served basis. All van spaces must be reserved in advance (RSVP) by **Friday, March 18**. Riders will be picked up at the respective airports on Sunday, and will be returned Monday evening after the SDA-HPERA convention to Chicago at a central location near the convention center (*location*) Times and prices are as follows:

Fly into **O'Hare** Chicago

- Pick up time will 3:00pm at Terminal 2, Northwest baggage claim area
- Round trip cost: **\$50.00**

Fly into **Midway** Chicago

- Pick up time will be 5:00pm at the ATA baggage claim area
- Round trip cost: **\$40.00**

Fly into **South Bend Regional** airport:

- Pick up time will be 7:00pm at the baggage claim area
- Round trip cost: **\$30.00**

Look for either a mini-van or a 15-passenger, with the Andrews University logo. Vans will wait approximately 10 – 15 minutes before leaving. All van reservations should be made through Gregg Morrow, at 269-471-3257.

Directions to Andrews University

If you want to drive yourself to Andrews from Chicago, take I-94 east (from Chicago) into Michigan. Take exit 28. Take US 31 south 11 miles. Turn left at the Andrews University sign. Driving time is approximately 2 hours.

Items to Consider for Convention

The organization has two awards that are designed to recognize worthy candidates at (or near) then end of their professional career. The **Service Award** is based on the following criteria:

1. Consistent support of the Seventh-day Adventist Health, Physical Education, and Recreation Association.
2. A minimum of 25 years of service in the area of health, physical education, recreation, or related professions.
3. Contributions to one's employing institution through leadership in campus activities such as committees, administrative responsibilities, Faculty Senate, etc.
4. Contributions to one's community and church.
5. Nominated to the executive committee for consideration from within the profession.

The **Honor Award** is based on the following criteria:

1. Consistent, active participation and outstanding leadership in the Seventh-day Adventist Health, Physical Education, and Recreation Association.
2. A minimum of 30 years of service in the area of health, physical education, recreation, or related professions.
3. A commendable record of scholarly productivity as evidenced by publications in professional and/or denominational literature; presentations at national, regional, or state conventions/conferences (i.e.: AAHPERD, ACSM, NAPEHE, SDA-HPERA); participation in professional workshops, panels, and symposia.
4. Outstanding service as evidenced by membership in national, regional, state, and/or local professional organizations.

5. Significant contributions to one's employing institution through leadership in campus activities such as committees, administrative responsibilities, Faculty Senate. etc.; contributions to one's community and church.
6. Nominated to the committee for consideration from within the profession.

Take the time to reflect on an individual who may be deserving of recognition and nominate them to the executive committee for consideration this year. FYI: The criteria for these awards are also on the organization's web page in the "Announcements" section.

Potential change to SDA-HPERA's Constitution

It has been suggested that the organization modify the term-length for president, (and possibly for secretary as well). The constitution currently states that term-lengths are for one year. The suggestion is for the term-length to be lengthened to a duration of 2 years. If you are interested in obtaining the text of this proposed change with some arguments in favor and opposed to it, you may request it from Rob Thomas at rthomas@LaSierra.edu.

AAHPERD Convention in Chicago April 12 - 16, 2005

Go to www.aahperd.org for further info on how to register, how to reserve a hotel, their convention schedule, etc.

McCormick Place Convention Center

Chicago's convention center is located at 2301 S. Lakeshore Drive. It's web site is www.mccormickplace.com and has parking info, etc.

Chicago Convention & Tourism Bureau

<http://www.chicago.il.org/>

Resources in/near Chicago

Chicago Events Calendar
http://www.chicago.il.org/event_calendar.html

Bulls www.nba.com/bulls
Cubs <http://www.cubs.com>
White Sox <http://www.chisox.com>
BlackHawks
<http://www.chicagoblackhawks.com/>

Univ of Chicago <http://www.uchicago.edu/>
Hinsdale Hospital (630) 856-9000

Chicago Cubs play at home at Wrigley

The Cubs will be on a homestand during the early part of the AAHPERD convention. They play 4 day games at 1:20pm Sunday through Wednesday. Sunday they host the Brewers. Monday thru Wednesday they host the Padres.

New Database Available for Free!

The Combined Health Information Database (CHID) is a fairly new resource available for professionals and the general public. The CHID represents efforts by the National Institutes for Health (NIH) and the Health Resources and Services Administration (HRSA), and is located at <http://chid.nih.gov/>

As an index, it provides easy access to over 100,000 pieces of information on a wide array of health-related topics that has appeared in various print and media outlets. Check it out this week!

Guidelines for SDA Athletics

It has now been printed in a booklet format 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 951 785-2084 or at cturner@lasierra.edu.

New address for SDA-HPERA list-serv

La Sierra University changed the server for all of the mail-lists it hosts, necessitating a

change for the web address for our SDA-HPERA list-serv. To subscribe, go to the new url at lists.lasierra.edu/mailman/listinfo/sda-hpera/

Featured Resource for Physical Educators

Bonnie's FitWare is an excellent resource for teaching rubrics, software, HR monitors, etc for K-12 and University-level physical educators. She has presented at numerous state-level AHPERD conventions, and at the national AAHPERD convention several times. She is a former physical educator, who was drawn into administrative duties for various school district and state entities related to technology for physical education. Her efforts evolved into her own services and web-site designed to help physical educators be more efficient with their time, money, and other resources. Website: <http://www.pesoftware.com/>

Other Web sites

Adventist Education Forum

<http://edforum.adventist.org>

La Sierra University
SDA-HPERA
4500 Riverwalk Parkway
Riverside, CA 92515

Officers

President

Greg Davies, Gem State Academy
gdavies@gemstate.org

President Elect

Chuck Evans, Pacific Union College
cgevans@puc.edu

Past President

Delmar Lovejoy, Oakwood College
dlovejoy@charter.net

Secretary

Gregg Morrow, Andrews University
gmorrow@andrews.edu

Executive Director

Rob Thomas, La Sierra University
rthomas@LaSierra.edu

SDA-HPERA web site

www.lasierra.edu/sdahpera/

AAHPERD

www.aahperd.org

American College of Sports Medicine

www.acsm.org

Combined Health Information Database

** <http://chid.nih.gov/>

Gatorade Sport Science Institute

www.gssiweb.com

Healthy People 2010

www.healthypeople.gov

National Strength and Conditioning Association

www.nscs-lift.org

National Wellness Council

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

PE Central

pe.central.vt.edu

NEW → SDA Physical Education List-serv

lists.lasierra.edu/mailman/listinfo/sda-hpera

Non Profit
Organization
PAID
Riverside, CA
Permit No. 206