

# SDA - HPERA NEWSLETTER

SEVENTH-DAY ADVENTIST HEALTH, PHYSICAL EDUCATION, RECREATION ASSOCIATION

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## President's Message

Greetings from the 2005 SDA-HPERA meetings held at Andrews University. I would like to share my reflections regarding our meetings this year. We are blessed with outstanding individuals that represent our discipline of Physical Education. Those that gave presentations and those that lead out in our discussions reminded me once again of what we are all about, that of concern for the lifestyles of our young people, in particular their wellness.

In our lives, we reflect on changes that have taken place over the years. Now is a point where we need to reflect and look again at what we are all about. I recently viewed a movie regarding Ice Bergs... OK the Titanic. What sticks out in my mind is that the tip of the iceberg was very visible, while the danger of not focusing on what was below the surface caused the real damage.

Upon reflecting on my own program, I now realize that I have focused attention on the top of the physical education iceberg, athletics, over the past few years and have at times overlooked what is the base of the iceberg of physical education, wellness. The part of the iceberg that was overlooked has perhaps damaged some of my students' lifestyles.

Our meetings at Andrews have inspired me to focus my attention on that aspect of physical education, the wellness of our young people. This does not mean that other aspects of our discipline are to be ignored, just that we need to make sure we are fulfilling our responsibility of providing "physical" education to *all* of our students first, then working on additional activities. I hope that you will take time to reflect on what is important in your own program.

We are beginning now to prepare for the next SDA-HPERA in Salt Lake. The NAD has set this convention aside for all physical education teachers to attend. If you have topics

of interest, please contact me. I look forward to having all of you attend.

Gregory Davies  
gdavies@gemstate.org

## SDA HPERA Convention Report April 11, 2005

The SDA-HPERA convention was on Monday, April 11, at the Pioneer Memorial Church Lower Commons room on the campus of Andrews University in Berrien Springs, MI.

This year's President, Greg Davies, welcomed the group and introduced the worship speaker, Dr. Neils-Erik Andreasen, the President at Andrews University. Dr. Andreasen challenged the attendees to champion the "physical" component of the Body-Mind-Spirit triad as fervently as the theologians and other content areas emphasize the Mind and Spirit elements within the educational system.

Barb Friesen, from Andrews University, provided the Jim Hanson Memorial Lecture titled "History of Andrews University Physical Education" which was excellent! She used numerous photos to illustrate the buildings, activities, and faculty members who comprised the program's development.

Susan Kundrat is the author of the book titled, "101 Sports Nutrition Tips." Her presentation was funded by the Gatorade Sports Science Institute (GSSI). Her presentation, "Nutrition and Athletic Performance" emphasized the specific nutritional needs for athletes, which are sometimes different than the average student.

Ron Cronk, intramural director at Loma Linda University's Drayson Center, presented "Obesity and physical activity interventions for children." Ron provided an overview of a grant-funded program that he has operated for at-risk and obese children.

After lunch, Bob Bengé, from Southern Adventist University, gave an excellent follow-up presentation on his study utilizing pedometers with elementary classroom teachers in the Gulf States Conference.

Rob Thomas, from La Sierra University, gave a presentation on the “Pioneers in Adventist Physical Education.” He shared pictures and information about Ingrid Johnson, Bill Napier, Bob Reynolds, and Eugene Winter.

President Greg Davies, from Gem State Academy, facilitated the “Nuts and Bolts” session. Numerous ideas were discussed. 1) A topic that had several facets was the concern of attendees for how the trend for SDA physical educators seems to have been to focus more on athletics, at the expense of physical education classes and intramural programs. This was of concern particularly in light of the “physical education pyramid” which has a foundation of education for all, then if possible... intramurals for as many as would like to participate, then if possible... athletics for those who are more gifted. It was felt that we are not truly meeting our mission of equipping *all* students for a lifetime of physical activity. 2) It was felt that the SDA-HPERA should produce and share recommendations to SDA educational leadership related to the need for a minimum number of minutes of physical education per week for all students, including those in small schools. In addition, the SDA-HPERA should provide resources for classroom teachers to easily utilize to accomplish this goal. 3) It was suggested that the NAD office of education establish a new position for a Fitness & Wellness coordinator who could address national and societal concerns about obesity and physical inactivity by cooperating with the SDA-HPERA, the regional colleges and universities, and the local academy physical educator to serve as resources for classroom teachers. 4) Recommend to the NAD office of education that the NAD K-12 teacher convention for the summer of 2006 should address obesity and physical inactivity. The SDA-HPERA could recommend a specific keynote speaker to address this topic in a general session for teachers in all content areas, and potential topics for the physical education breakout sessions as well.

The Business Meeting began with the election of officers. This year’s president, Greg Davies, of Gem State Academy, will serve again as the SDA-HPERA’s president in Salt Lake City in 2005. Officers elected included the new president-elect candidate – Joe Perrone (Mount

Vernon Academy), to serve as President in 2007 at Baltimore; and the secretary, Gregg Morrow (Andrews University), to serve again in Salt Lake City in 2006.

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 24, 2006** convention in Salt Lake City. Contact him if you would like to provide input for next year’s program content at [gdavies@gemstate.org](mailto:gdavies@gemstate.org).

There was also discussion about the organization’s finances. While this year has gone well, primarily due to the generous support of Andrews University, La Sierra University, and Gatorade Sport Science Institute, it is evident that the organization needs to examine its income streams. Possible ideas discussed included modifying the annual membership dues structure, possibly increasing the convention registration fee, and encouraging all colleges and universities to submit their institutional dues regularly. If possible, it was suggested that the organization could establish modest grants to promote research and programs providing physical activity for a lifetime for school-age children.

Term lengths for leaders was discussed. It was proposed that offices could have 2-year terms rather than the traditional 1-year terms. It was voted to keep the term-length to 1-year terms with the understanding that it was possible for an officer to be re-elected for a second consecutive term.

This year marked the second consecutive year where the SDA-HPERA convention has had partial corporate sponsorship! We would like to thank **Gatorade Sport Science Institute** ([www.gssiweb.com](http://www.gssiweb.com)) for providing Susan Kundrat’s presentation! **Andrews University** also contributed substantially in helping in a variety of ways including an excellent dinner.

The organization would like to thank Greg Davies for his efforts this year as president. The 2005 SDA-HPERA convention program at Andrews was excellent and should launch the organization strongly into the summer and upcoming 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
- Union College

### **Students Recognized at AAHPERD**

The National Association for Sport and Physical Education (NASPE) recognized outstanding college students as "Majors of the Year" at the national AAHPERD convention in Chicago at the Sheraton Hotel Ballroom. The recognition ceremony featured Beth Kirkpatrick as the honored speaker, herself a former NASPE Teacher of the Year. A La Sierra University senior, Angel Herrera, was recognized as a Major of the Year. Angel is graduating with a B.S. in Exercise Science.

### **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 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](mailto:cturner@lasierra.edu).

### **List-serv for the SDA-HPERA**

The SDA HPERA list-serv is hosted by La Sierra University. The list-serv web address needed to subscribe is:

[www.lasierra.edu/mailman/listinfo/sdahpera-list](http://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" web site**

Circle is a 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](http://www.aahperd.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)

#### **PE Central**

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

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

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

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

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

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

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

### **Potential Product Providers**

#### **Polar USA**

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

#### **DigiWalker**

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

#### **Walk4Life**

[www.walk4life.com](http://www.walk4life.com)

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