

SDA - HIPERA NEWSLETTER

SEVENTH-DAY ADVENTIST HEALTH, PHYSICAL EDUCATION, RECREATION ASSOCIATION

Volume 23 No. 1

2005-2006

News submitted 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

La Sierra University

The Health and Exercise Science department has had some staffing transitions over the summer. We still have Hedrick Edwards, Jennifer Gless, and Rob Thomas as full-time faculty. Roger McFarland has divested himself of the title of Facility Manager and has taken on full-time faculty duties this year. Joel Haldeman, who was ½ time in Student Life (as Athletic Director and Men's Basketball Coach) and ½ time in our department (as Intramural Director and Instructor), has moved full time into Student Life due to the growth of our athletics program. His teaching duties have been covered by Roger McFarland. We have crafted a brand new staff position of Facility Manager / Intramural Director for this year. Donna Morgan has filled this position. We are glad to have her energy, enthusiasm, and expertise as a new member of our team.

Roger McFarland is on study leave this fall quarter. He is working on completing his doctorate through LSU's School of Education.

Our athletics program has acceptance into the NCAA division III level for 2006 and has geared up with ten teams for this school year. We currently have men's and women's teams for basketball, tennis, and soccer. We have women's volleyball, and are beginning golf, softball and baseball teams.... Rob Thomas

Loma Linda Elementary

There have been several exciting happenings at Loma Linda Elementary in physical education. First, we have started a club to promote physical activity among our students called the "Kids L.I.F.E. (Living In Fullness Everyday) Club." To join, students engage in at least 10 minutes, 3 days per week in after school physical activity. Each week they take home a sheet to fill out and have their parents sign. When they turn in their fourth one they are part of the club. There are additional incentives each fourth week they complete.

Another exciting event includes first through fourth grades learning juggling, hula hoop tricks and gymnastics to put on their own Circus Arts program for parents. We have just begun and students are very excited.

Finally, we have started a lunch time intramurals program for 5th and 6th graders that will prepare them for team sports as they move on the junior high and high school. School is off to a good start and I look forward to an exciting year here.... Matt Lee

San Gabriel Academy

San Gabriel Academy Physical Education and Athletic Departments lost Kevin

McCloskey at the end of last year and hired a recent La Sierra University graduate, Grant Agadjanian as their new physical educator. They have over 40% of their student body involved in interscholastic athletics.

Southern Adventist University

The 2005-2006 school year has brought with it some exciting changes to the School of Physical Education, Health and Wellness. Thank goodness none of them are personnel related.

The eight old tennis courts were demolished this summer and we are now palying and teaching on 8 new courts at a new location, allowing the Wellness Center to be built on the site of the old courts.

We have partnered with Outdoor Education on a wide range of "adventure" activity courses. We have added Fly Fishing, Kayaking, Backpacking, Mountain Biking and Rock Climbing to our activity courses.

This year we had 26 softball teams and 37 flag football teams in intramurals.

Around the Southern Union:

Bass Academy was hit hard during Hurricane Katrina. The gym lost the roof and some walls were blown down.

Collegedale Academy has a new physical education teacher. Ron Reading retired and Ryan Perry has replaced him.

Spalding Elementary physical education teacher, Chad Hutchinson, accepted the position at Southwestern Adventist University and Bryce Reading has taken his place.

Highland Academy hired Andy Wade, a Southern graduate in 2005 to assume physical education responsibilities as Carlyle Ingersoll moved to the Dean of Boys position.

It is a pleasure to be in a Union with so many dedicated physical education professionals striving to get and keep "ALL" our students active.... Phil Garver

South Lancaster Academy

Gerard (Gerry) Ban is the new physical educator for South Lancaster Academy. He has been teaching in the junior high at Browning Elementary as a multi-subject teacher prior to this year.

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.

Communication with Educational Leadership

During last spring's convention at Andrews, actions were taken to communicate with the educational leadership of the North American Division on a variety of topics. Gordon Bietz, the current president of the Adventist Association of Colleges and Universities responded favorably to our suggestions related to physical education and health issues in higher education. Gerald Kovalski, the Director for Education K-20 in the North American Division, also responded favorably to our communication and will be discussing our ideas with his Union Education directors this month.

Service in the Community

There are numerous ways we as physical educators can serve in our communities, local churches, town parks and recreation departments, etc. Here is a brief comment as an example. "For the past two years, I have volunteered with the Coronary Heart Improvement Program (CHIP) at the Calimesa SDA church. The CHIP participants were learning how to take better care of their health through diet and exercise. My role in the program was to occasionally lead discussions and demonstrations on topics that included cardiorespiratory exercise, weight training and flexibility. I was usually there once a week. My presentation time lasted anywhere from 15-30 minutes depending on the program schedule. After my presentation, I usually stayed around during the break or end of the session to answer questions that the class may have had or to just to get to know them better. They seemed to enjoy the interactive approach and the opportunity to try new activities." ... Jennifer "JJ" Gless- La Sierra University

Spring Convention Sneak Peak

The SDA-HPERA convention will be held at Salt Lake City, Utah on Monday, April 24, 2006. Greg Davies is planning an excellent session with topics related to promoting and assessing physical activity, the ethos of caring, and others. Information related to the specific location for the meetings, 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 also be in Salt Lake City, and is immediately after the SDA-HPERA convention. AAHPERD is April 25-29, 2006. Convention registration forms are online at www.aahperd.org.

Related Web sites

Adventist Education Forum

<http://edforum.adventist.org>

AAHPERD

www.aahperd.org

American College of Sports Medicine

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

Gatorade Sport Science Institute

www.gssiweb.com

Healthy People 2010

www.healthypeople.gov

National Alliance for Youth Sports (NAYS)

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

National Intramural & Recr Sports Assoc

www.nirsa.org

National Strength and Conditioning Association

www.nasca-lift.org

National Wellness Council

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

PE Central

pe.central.vt.edu

PE Links 4 You

www.pelinks4u.org

SDA Physical Education List-serv

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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