

SDA - HPERA NEWSLETTER

SEVENTH-DAY ADVENTIST HEALTH, PHYSICAL EDUCATION, RECREATION ASSOCIATION

Volume 26 No. 1 (Fall)

2008-2009

President's Message

New discoveries and technologies are constantly changing the way Health, Physical Education and Recreation professionals live and work. Through multiple research and development, many of our colleagues are laying the foundation of the progress for our profession.

Over the past twelve years, serving at different institutions and countries, I have learned to become open and ready for revolutionary methods, training and conditioning trends and ground-breaking equipment. Above all, as a part of a team of energetic, innovative and creative members, I witnessed every day how many young professionals had better answers than the most "experienced" colleagues to complex situations and challenges that the organizations that I worked for needed. That is why we need everybody active in our organization, regardless of your age, degree or experience. We tend to think that the more experience or years of service we have, the better the response should be to a challenge, crisis or problem will be, especially if what Randy Pausch stated in his Last lecture is true, and I quote, "experience is what you get when you don't get what you wanted", then most of us have a lot of experience. Age and degrees are not the only requirement to contribute to our team. It is important, but is not enough.

We all struggle with those long fifteen hour days of teaching, intramurals, varsity and after that, coaches meeting or league meetings, all in one day (not counting days when we had to be on cafeteria supervision or evening duty...) small budgets, ungrateful parents and administrations, and the list can go on.

This year we would like to share success, solutions and some of the frustrations of programs that do not work for our schools. That will help us all to improve the quality and efficiency of our planning, assessment, and execution of our Health, Physical Education,

interscholastic and intramural programs, as well as Recreation activities.

The strength, transcendancy and usefulness of our SDA-HPERA lies in our God and its members – and most particularly its active ones. We invite and encourage you to consider lending your talents and time to the organization that represents Health, Physical Education and Recreation professionals and institutions throughout our North American Division and around the world. Please email us. We need you as an active part of a revolution that brings healing and restoration not only to the bodies but also to the souls of those around us on daily basis.

On Monday, March 30th 2009, our convention will take place here in Orlando, FL, and we are sure that you are dreaming of being here, (and not only to see Mickey Mouse). If you need any assistance from the Executive Director or the President to communicate with your principal, Conference or Union representative about the importance and need for you to attend to this convention, do not hesitate to contact us. We will do our best to have you here, and also to hear from you as often as possible in order to share with others what works for you in your school, academy, university, hospital, etc, in our newsletters and emails.

God Bless you and your ministry,

Sincerely,
Nestor Osorio, MS; Forest Lake Education Ctr
SDA-HPERA President

News from around the organization's membership...

La Sierra University

The Health and Exercise Science department has developed more formalized Learning Outcomes for its majors as a part of our preparation for the WASC accreditation visit. This has given us the chance to re-visit our department's priorities for students and has re-vitalized our passion for what we do.

Last January we were joined by a new Health Science faculty member, **Dr. Bill Andress**. Bill joined us from Oakland University in Rochester, MI.

This past spring **Jennifer "JJ" Gless** engaged in a 50-day Outward Bound experience in Oregon. She came back with lots of stories, great pictures, and her life changed! Sadly for us, JJ has decided to continue her graduate studies at Cal State San Bernardino in Clinical Psychology. She leaves a huge hole in our department's heart, but we wish her well in her new endeavors!!

Department chair **Rob Thomas** was elected the Faculty Senate chair-elect for this year. This past spring he was promoted to Associate Professor and received Tenure. In addition he was recently appointed to be the University Marshal to lead out in Convocation and Commencement exercises for the University.

Roger McFarland is working on his dissertation exploring the historic developments and interactions of several gymnastics-related organizations.

We have an open faculty position for July 1, 2009 with a focus on Physical Education Teacher Education (we may have two positions).

The crew at LSU wishes you well and hopes to see you in Orlando on March 30! *Rob Thomas- LSU's chair of Health & Exercise Science.*

Puget Sound Adventist Academy

"A Garden Grows in Kirkland" (originally published in the September "Gleaner")... A newly planted idea is growing on the campus of Kirkland Seventh-day Adventist School and Puget Sound Adventist Academy. The school has recently created an outdoor garden and pond where students can experience nature and learn about various wildlife. "Nature is one of the best places to learn, and it offers us many teaching tools," says Javier Krumm, the teacher who is supervising

the project. "Nature gives us the chance to connect our students with God, His creation, and at the same time learn about the wildlife and all that's included in it."

The garden is located at the south end of the campus between the school playground and the neighboring property fence. The garden includes a waterfall and a pond which is home to amphibians, fish and water life. The students will maintain the garden even as they watch it grow and develop. Classes will occasionally be taught outdoors amidst the garden environment.

As a result of the garden project, students will be more aware for the need of conservation, experience hands-on projects, and learn the process of maintaining their small garden space. Teachers will also benefit from this new experience by having a chance to get students out of the classroom with a variety of teaching sites. Overall this new habitat center will help PSAA have a more complete and integral program, based in physical, mental, social, and spiritual development of students. The NPUC recognized **Javier Krumm**, PSAA and KSDA's Athletic Director with the "Don Kelee award."

Sacramento High School

Justin Gatling has been teaching at Sacramento High School, an urban public high school, for the past 6 years, and recently moved into the position of Athletic Director. Managing fourteen different sports at the Varsity, Jr. Varsity, and Freshman levels, and coaching Varsity volleyball is a challenge, but the Lord has blessed him with assistants who cover all Sabbath conflicts. All students and coaches know that come sundown on Friday, Justin observes his day of rest and worships the Lord. In June 2008, Justin also received his Masters degree in Education from Pacific Union College.

Southern Adventist University

Southern is very fortunate to have been able to add 2 people to our staff this year, **Lesslie Evenson**, Director of the Wellness Institute, Dedicated to taking a holistic message of Balance and Joy and Hope to the surrounding community. What an opportunity!! The other is **Don Mathis**, our Facility Manager. He has already changed the way we do business in so many ways. We look forward to getting into our new facility the end of October. Would love to have each of you stop by for a visit!!

We are in our third week of school with enrolment up for the 18th consecutive year. We

look forward to seeing all of you at the convention in Tampa. *Phil Garver, Southern's Dean of Physical Education, Health, & Wellness*

Southwestern Adventist University

Howdy from Southwestern Adventist University. We've been busy preparing for the start up of a new academic year. Over the summer, the department upgraded its collection of cardio equipment with the purchase of eight Woodway treadmills, two PreCor elliptical machines and four Cybex stationary bikes. A new outdoor scoreboard will arrive soon and be installed on our lighted athletic field. The scoreboard will be a huge improvement and benefit to Flag Football and Softball intramurals.

Our Facilities/Intramural director, **Jeremy Perkins**, has taken on the responsibility of sponsoring the student-driven sports clubs. We now have clubs in ladies volleyball, men's and ladies basketball, men's and ladies soccer, as well as men's baseball.

Chad Hutchinson spent part of his summer working with a gymnastics workshop for academy and other college coaches. He's also been busy developing two new courses with an outdoor education flavor. We're looking forward to offering TerraCaching and Orienteering & Camping beginning next year.

Krystal Hauff had a book published and is available on Amazon.Com. The title of her book is Body Mass Index Among Seventh-Day Adventists in North Texas.

During the summer **Rod Bussey** presented at a workshop for the Texas Homeschool Association, taught Health & Wellness and continued work on his dissertation.

Maranatha! *Rod Bussey, chair of Physical Education & Wellness at SWAU*

Updates on some "Retired" people

Walt Hamerslough is in CO, and is still writing and active in several professional organizations.

Delmar Lovejoy is in TN, and is teaching a night class at Alabama A & M.

Nelson Thomas is in Highland, CA, and is contract teaching at LSU.

If you are aware of news/activities/location of other retired individuals, notify Rob Thomas at rthomas@LaSierra.edu

Web sites

AAHPERD

www.aahperd.org

American College of Sports Medicine

www.acsm.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/>

**** Obesity in America (MSN report)**

<http://health.msn.com/reports/obesity/>

PE Central

<http://www.pecentral.org>

PE Links 4 You

www.pelinks4u.org

SDA Physical Education List-serv

<http://lists.lasierra.edu/mailman/listinfo/sda-hpera>

USA Track & Field

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

**Overview for SDA HPERA convention at
Orlando, FL
Monday, March 30, 2009**

President (program planner): Nestor (Coco) Osorio, Forest Lake Education Center
Contact info: cocoosorio@yahoo.com

Presentations

Several sessions throughout the day

**** Exhibits**

From attendees: featuring materials from your programs (building on what we began last year)

Business Meeting

Everyone: participate in the business of the organization

Dinner

Enjoy food and fellowship

If you have a topic you'd like to see addressed in our sessions or in the business meeting, please contact Nestor Osorio with your idea!

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

Officers for Convention March 30, 2009

President

Nestor Osorio, Forest Lake Education Center
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President Elect

Ric Spaulding, Union College
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Past President

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Mike Boyd, Southern Adventist University
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SDA-HPERA web site

www.lasierra.edu/sdahpera/

SDA HPERA list-serv

[http://lists.lasierra.edu/mailman/listinfo/sda-hpera /](http://lists.lasierra.edu/mailman/listinfo/sda-hpera/)

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