

UAHPERD News

President's message—Frank Wojtech

REGISTRATION IS NOW OPEN!

Planning your summer? Be sure to include the ultimate professional development experience offered to health-related educators in Utah. UAHPERD and the USOE are collaborating once again to provide an exciting, meaningful conference experience to enhance instruction for Utah's students.

This year's *theme Fitness Matters, Wellness Works* will showcase what Dr. John Ratey and other brain biologists are demonstrating- that *physical activity is the key to stimulating brain function* for people of all ages. The main emphasis this year is staff wellness and how personal fitness makes us all better, more effective educators. You will have opportunities to actively participate in activities such as Biking, Jogging, Golf, Tai Chi, Social Dance, Nordic Walking, Yoga, Water Aerobics, Archery and many more. There will also be time set aside to allow you to participate in the many Park City venues for health and recreation.

The July 9-10 conference is limited to 300 registrants and all must be pre-registered. Currently only hard copy registration is available, but an electronic option will be added shortly. Some highlights are:

- Nationally recognized Keynote Presenters
- Lodging at Park City Marriott (\$80.00 per night- rate good three days prior and after conference)
- Two track options- *staff wellness and traditional* breakouts- may move between tracks
- Western themed awards banquet

with dinner, dancing and social networking

- UAHPERD membership included in registration fee
- 1.5 lane change credit or 18 re-licensure points available

Make this conference a working vacation where your personal well- being is our number one consideration! See you in Park City!

Presenters Wanted!

Share your passion for wellness with your colleagues by presenting at this year's conference. Applications can be found online at www.uahperd.org.



Nominations Wanted!

UAHPERD will soon be accepting nominations for **Outstanding Teacher/ Professional of the Year**.

Awards will be given in the following categories:

- Elementary and Secondary Physical Education
- Middle School and High School Health
- Dance
- Physical Activity/Recreation
- Higher Ed. Physical Educator or Health Educator
- Administrator of the Year

Winners will be honored at an evening awards banquet July 9th during the State Conference. In the teacher category nominees should be members of UAHPERD so that winners may be submitted to compete for the South West District Award and possibly the National Award. To be considered for the SWD and AAHPERD award the nominee must also be an AAHPERD member. Applications are available online at www.uahperd.org.

Sign up for Summer conference at: <http://uahperd.weebly.com/annual-conference.html>

Volume 2012, Issue 1

UAHPERD 2011-2012 Conference

Fitness Matters, Wellness Works!

July 9-10, 2012— Marriott Hotel,



Conference will include:

- o Fitness/Nutrition Information
- o 5 Minute Energizers for the Classroom
- o Pedometers for Personal Use
- o Staff Wellness Manual
- o State Recreational Site Manual
- o Fitness/Recreation Activities (Low Impact)

Keynote Speaker: Dr. Steven Aldana

SHOUT OUT!

Wall Sit Record Set at Clayton Middle School

Blake Hansen, otherwise known as "Blaze Hansen" set a new wall sit record at Clayton Middle School. Blake held a perfect wall sit for 50:00 minutes. The previous record was set in 2010 By Thomas Broadband with a time of 45:00 minutes. The wall sit is a measure of muscular strength and endurance on the Fitness Gram test. A healthy score is between :30 to 1:30. Blake was focused and determined to break the previous record. He stated that he concentrated on his breathing and ignored the pain that was occurring in his body. Blake is an all around great athlete and student. He placed 2nd in the Annual Clayton Fun Run this fall, is on a competitive basketball team and excels at all sports. Blake has a 4.0 GPA and recently became an Eagle Scout. Blake is on a path to accomplish great things in his life and we look forward to following his accomplishments. (Betsy Spiegel & Reid Anderson—Clayton P.E. Department)



2012 AAHPERD Research Consortium

Graduate Student Research Award

Congratulations goes out to **Dave Phillips**. Dave was selected as the one award winner for the 2012 Research Consortium Graduate Student Research Award. There were 90 entries this year, 5 finalists, and one winner. He will be recognized at the McCloy Breakfast during the AAHPERD Convention in Boston. This is a tremendous honor for Dave and for the Sport Pedagogy program at the University of Utah.

Physical Education Goes Outside the Gym



Timpanogos High physical education teacher **Robyn Bretzing** found herself wondering if what she was teaching her students was impacting them past graduation. Bretzing said, "I realized that it wasn't. We were teaching kids the same thing for six years in a row. You wouldn't read the same book every year in English classes, so why should P.E. be any different?"

Bretzing decided that her students needed physical education that would go beyond team sports and teach them lifelong fitness principles and activities. She knew that the only way she could teach her students fitness activities would be to learn them herself. Bretzing began by breaking out of her comfort zone and learning different types of exercise. "It was hard," she said. "I started taking classes like yoga, kickboxing and spinning. When I first started learning yoga, I was not very flexible and felt awkward. I thought of exercise as getting hot and sweaty, so yoga was a completely different experience for me. But as I attended more classes and started teaching it to my students, I became more flexible, more knowledgeable, and more confident in my ability to teach yoga. Now I love it and my students do too!"

Most teachers are not willing to step outside their comfort zones and teach students things they do not know or have only recently learned themselves. "It's scary and makes you feel uncomfortable," Bretzing said. "But the students are more willing to try something new when they see that I am learning and stretching myself."

Bretzing designed her new Fitness for Life classes to teach all kinds of activities, such as land paddling, bouldering, spinning, and kickboxing. The change has made a big impact on the Timpanogos P.E. department and the effects have been positive with her students. One student who took a Fitness for Life aerobics class told Bretzing afterwards that it changed her life. "She lost 25 pounds, felt better, and was more self-confident," said Bretzing. "It's moments like this that make teaching worth it. Even if it only affects one kid, it's worth it."

The Fitness for Life class and curriculum has been so successful that Bretzing has been invited to give several keynote speeches and activity presentations at conferences and workshops around the country, including the PE4Life convention in Kansas City. She will also be presenting at this year's National AHPERD Convention in Boston. "It's so important to get out of your comfort zone and try new things," said Bretzing. "Don't ever let the fear of failure hold you back." (<http://education.byu.edu/news/2011/12/26/fitness-beyond-p-e/>)

Robyn Bretzing is the UAHPERD President Elect from the Alpine School District

*If you would like to recognize a teacher, student, or event in the **Shout Out** section of the newsletter please send the information to cecie.scharman@slcschools.org*

Elementary PE

Chinese Jump Rope

Jenny Grosh

Chinese New Year is the longest and most important celebration in the Chinese calendar. The Chinese year 4710 begins on January 23, 2012.

A question was asked to me recently, "What can 60+ kids do in a small space with little equipment?" I took some time to think about it and this was one idea that I had, *Chinese Jump Rope*.

Many years ago, I played as a child with just elastic bands during recess and now as a physical educator I find myself drawn back to the simple game that gave me hours of fun and enjoyment.

There are many Chinese Jump Rope games and here are a few. But first the basic rules, you need to get into groups of three, with two holders and one jumper. The jumper stands sideways to the rope facing one of the two other players holding the ends of the rope. The rope starts out at ankle level. The jumper gets one try to successfully make this level. If they succeed, and complete the pattern, the rope moves up to calf level. This is continued until the rope reaches knee level and then hip level. If the jumper succeeds in making this level, the player starts a new game. If the jumper fails or misses, the jumper is out and one of the holders becomes the next jumper.

One of basic games that you can play is called Americans. In this game, the jumper begins by jumping four times over each side of the rope landing with the rope between the legs. Then the jumpers jumps up and lands with both feet together inside the two ropes. Then the jumper jumps up and lands with feet apart inside the rope, jumps again with feet together, and finally the jumper jumps up in the air and lands with each foot on each side of the rope. The count for the jumper would be: 1-2-3-4, in, out, in, on.

Another popular rope game I played was Diamonds. In this rope game, the rope is stretched around one foot of the holders. The jumper steps in between the two ropes, lifting the closest side of the rope to the far side. This creates a diamond shape with the

rope. The jumper then jumps and spins a half turn landing and facing a holder while spelling their names or the word "diamonds." Once spelled, the jumper jumps with their feet together then apart, together again then the jumper jumps up out of the rope and lands sideways on the rope. Once they are successful with their try, the rope moves up each level until they reach hip level or they miss. The count here is N-a-m-e or

(D-i-a-m-o-n-d-s), in, out, in, on.

Another popular game is Levels or Cliffs. In this rope game, each side of the rope is at different levels. One side of the rope is under one of the holder's feet while the other is at a higher level and is raised as the jumper completes each level. The pattern for the jumper is like Americans where the jumper jumps four times over each side of the rope landing with the rope between the legs. Then jump and land with both feet together inside the two ropes. Jump up and land with their feet apart, then jump with feet together, and finally jump up and land with each foot on each side of the

rope. The count would be: 1-2-3-4, in, out, in, on. There are more patterns out there that you can try, or make one up of your own.

Chinese Jump Rope is easy for your students to learn and can be hours of fun!

Jenny is the UAHPERD Elementary Physical Education VP Elect. She is the Elementary PE Specialist for Granite School District.

Any newsletter submission: please send full article with logos to CeCie Scharman.

*All submissions are due on **March 1, 2012** to
CeCie Scharman
(cecie.scharman@slcschools.org)*



Health

A Little Movement Goes A Long Way....

Jenne Leigh Hamlin

We have all had the experience. A painfully long class, a painfully long lecture with no end in sight. And then, the wiggles set in, the attention wanders, the drowsiness starts to creep up, and soon enough you are gone. We can watch the progression in our students. The signs are all there. We rattle on and they glaze over. As health educators, we know better! Yet now and again, we get wrapped up in "getting through the curriculum". Once in a while we need to be reminded that our "curriculum" is all about behavior. How can we expect the behavior change we are encouraging if we don't model the behavior in class? We know our students need to practice the skills we are teaching. A little movement goes a long way!

Taking time out of class each day to move makes all the difference in the world. This year I decided to incorporate the "5 minute break" into my class periods. Halfway through class we get up and move. We do jumping jacks, run in place or other activity followed by a couple of stretches. I will be honest; this is as much for me as my students! In the beginning it was 5 minutes

of forced participation. But as the semester progressed it became the most requested 5 minutes of the class period. If I got going in that dreaded teacher zone and forgot the break, my students made sure to remind me. They noticed the difference and liked it! Droopy eyes and distracted minds became alert and attentive. The class period passed easily instead of dragging on endlessly. Students became interested in being more physically active and more flexible. They came with questions for stretching different body parts or ideas for starting a running routine. They became more active in their health and wellness. Isn't that exactly what we are trying to do?

Take the challenge! Set a timer or designate a time each class to get your students up out of their desks to move. Try jumping rope or hula hooping in the hall. Learn a couple of new yoga moves that can be done in the classroom or modify them so you can. Ask the students if they have suggestions or requests. It doesn't take long! The time you sacrifice to move pays back tenfold in student attention and learning. They will be better for it and so will you!

Jenne Leigh Hamlin is UAHPERD Health VP Elect from the Salt Lake School District and was the 2011 UAHPERD High School Health Teacher of the year



Dates to remember

March 13-17

May 5

National AAHPERD Conference, Boston MA.

UAHPERD/USOE State Superintendent's

Fitness Challenge 5K Fun Run

At Wheeler Farm in May and is intended to be the culminating experience for the Superintendent's Fitness Challenge. Have fun as a staff and train for this event during the course of the school year.

June 13-16

July 9-10

Southwest District AAHPERD, Turtle Bay Resort Kahuku, HI

UAHPERD/USOE State Conference, Marriott Hotel, Park City

USOE Sponsored Courses (All courses are held from 8 a.m. to 12 p.m.)

March 26-27

USOE Prevention/Health Education Conference

for Health Educators, St. George

Exercise Physiology, site TBD

June 11-14

June 11-14

June 25-28

June 25-28

Human Sexuality/Sex Education, Fairfield Jr. High

Methods of Teaching Sport Nutrition, Syracuse High

Care and Prevention of Injuries, West High Field House Room 115

AAHPERD Announces NEW Membership Option — The Flexibility You Want... The Information You Need!



AAHPERD's Basic e-professional membership delivers the information directly to you in the format you want.

AAHPERD's Basic e-professional member benefits form the foundation of our core membership:

- You'll receive UpdatePLUS — AAHPERD's electronic, searchable magazine published six times a year providing industry news and information to those working in the health, physical education, recreation, and dance professions.
- Password-protected member benefits on the AAHPERD website — packed with valuable content on a wide range of topics that will benefit you and the students you are dedicated to helping.
- Et Cetera — a weekly email newsletter reporting on a variety of topics relevant to AAHPERD members.
- Plus, you'll receive all the regular member discounts on AAHPERD books and materials, other publishers' resources in the AAHPERD online store and discounted registration fees for all AAHPERD conferences and professional development programs, plus much more!

All delivered electronically for the deeply discounted rate of \$65. A savings of \$70! Additional add-on resources are available to help advance your career. This is a non-voting category of membership. For a comparison of benefits available to basic e-professionals click [here](#).

Dodgeball By Any Other Name Is Still Dodgeball

USOE Physical Education Core Curriculum and
National Association for Sport and Physical Education

CeCie Scharman

Some games are not appropriate to teach children in public educational setting. Games that have the potential to embarrass students; to cause danger, injury or harm; to limit participation time; or to eliminate students from participation should not be part of the physical education curriculum and USOE Physical Education Core Curriculum.

Dodgeball in any form with any type of ball is an example of an inappropriate activity.

The National Association for Sport and Physical Education in their Position Statement on Dodgeball state, "...students who are eliminated first in dodgeball are typically the ones who most need to be active and practice their skills. Many times these students are the ones with the least amount of confidence in their physical abilities. Being targeted because they are the 'weaker' players, and being hit by a hard-thrown ball, does not help kids to develop self-confidence. The arguments most often heard in favor of dodgeball are that it allows for the practice of important physical skills — and kids like it.



Dodgeball does provide a means of practicing some important physical skills — running, dodging, throwing, and catching. However, there are many activities that allow practice of these skills without using human targets or eliminating students from play.

Some kids may like it — the most skilled, the most confident. But many do not! Certainly not the student who gets hit hard in the stomach, head or groin. And it is not appropriate to teach our children that you win by hurting others."

Games and activities offered in schools should be those that help students develop self-confidence, be active, and practice their skills in an emotionally and physically safe environment. As educators we should always be asking ourselves are we providing an emotionally and physically safe environment and if someone is hurt will this activity be defensible in court — probably not.

CeCie Scharman is the UAHPERD Past President and the Healthy Life Styles Supervisor at the Salt Lake School District



I am pleased for the opportunity to share few thoughts with you in this newsletter. There are some very exciting things going on in the allied fields of AAHPERD. You may have heard of the efforts to unify the alliance into a more responsive and effective organization. At this point, reports and recommendations have come from task forces and various committees charged with looking into the ramifications of the proposed reorganization. As, you can imagine, this is a complex issue that involves legalities associated with being a non-profit organization, the structure and function of district and state levels, finances, etc. I am pleased to report that we have our best people working very hard to come up with a way to keep our central mission focused squarely on those who need us most—the children and youth we serve.

Within the SWD, we have initiated two major initiatives: The Evidence Matters Task Force and the Let's Move in Schools district committee.

The LMIS committee promotes the national initiative within SWD and its member-states. While SWD states have been lagging behind the national rates of registering schools, we have seen a recent increase of participant that is encouraging. We encourage all schools to join in this national initiative by

Greeting to all Utah AHPERD members!!

going to the AAHPERD website and registering your school as an LMIS school. So far, we have over 3,500 schools and over 5 million students that are registered participants. There are webinars filled with great information available to all schools. Please take the time to become part of this effort to reach our goal of 10 million students. In doing so, we will gain a voice, no longer just a whisper, that policy makers will listen to. Utah schools remain the lowest in numbers, so please, get the word out to take ten minutes and register your school.

Evidence Matters, headed by our president-elect, Monica Lounsbury, is looking at how the district can more effectively make a difference in our fields with extensive data gathering and dissemination through close collaboration between practitioners in the field and researchers in higher education as well as like-minded entities such as the allied-health field. There will be much more to come on this that will set an ambitious agenda for the district and its member-states.

The National Convention is nearing. It will be held in Boston (March 13-17) and you can find the details on the AAHPERD website. I hope many can join us. For those of you who will be in attendance there is a SWD social planned for Friday evening from 5-7PM at Charlie's on Newbury. I hope to see you there.

The SWD Convention is at The Turtle Bay in Hawaii (June 13-16). We are all very excited to feel, once again, the Aloha spirit of the islands and her people. Please begin now to make your arrangements for travel and hotel. Details are on the SWD website that you can access on the AAHPERD website.

The 2013 SWD Convention will be held in Salt Lake City and co-hosted with UAHPERD a year from this June. The committees are busy already. It will be a real treat to bring our SWD members to this great state. Please mark your calendar and be looking for updates on the SWD-UAHPERD 2013, Convention.

Lastly, much of what I have mentioned above comes to members of AAHPERD at the national level. I applaud what each member-state does for its local members and I too am a UAHPERD member. But, I am also a national member. As such, I enjoy added benefits and extended influence on be-

half of my profession. The cost for national (including SWD) membership is about \$10 per month and I highly encourage each of you to consider joining. I know and understand that you will all want to know what you get in return for that \$10, and I am happy to say that you will get far more than the money it will cost. However, I want you to recognize the flip-side of the membership coin—what does my \$10 give to my profession? It give you a collective voice. No one else is in Washington speaking on your behalf other than AAHPERD. They need your support. We number about 18,000 members nationally. We need to number in the hundreds of thousands if we really want to get our message out. That message is simple, "We are the answer to healthy and active children!" Please join us in such numbers that we will be heard. Then, let us roll up our sleeves and deliver what we say we can.

Thank you for all you do for children every day.

Keven A. Prusak is the Southwest District President and a BYU Professor

June 13-16, 2012
Turtle Bay Resort, Hawaii
Southwest District Convention





EXTENDED APPLICATION DEADLINE

(Please apply by Feb 15th, initial deadline was Dec 1st)

The Department of Exercise and Sport Science at the University of Utah is pleased to announce the availability of a

FULLY ONLINE MASTERS DEGREE PROGRAM IN SPORT PEDAGOGY

This fully online program is available, starting FALL 2012, and has been designed and implemented with practicing Physical Education teachers in mind! Wherever you are in the country, as long as you have access to a computer, you can take advantage of this opportunity to advance your teaching career, without having to attend graduate classes on campus while maintaining your teaching and coaching schedule. For Utah residents, standard in-state tuition rates apply!

Course Sequence

Year 1

Fall:

ESS 6100 Effective Teaching in Physical Education

ESS 6101 Teaching Health-Related Fitness K-12

Spring:

ESS 6102 Tactical Games Content in Physical Education

ESS 6103 Educational Dance & Gymnastics Content

Summer:

ESS 6104 Professional Issues in Physical Education

ESS 6105 Designing Curriculum in Physical Education

ESS 6850 Graduate Seminar

Year 2

Fall:

ESS 6106 Teaching Interdisciplinary Physical Education

ESS 6107 Programs in Special Physical Education

Spring:

ESS 6108 Physical Education Supervision

ESS 6109 Assessment & Evaluation in Physical Education

Summer:

ESS 6110 Reflective Teaching in Physical Education

Program Professional & Technological Requirements:

The following must be met in order to be considered for admission to the program:

- Must be a licensed physical education teacher currently teaching physical education classes
- Must have access to a reliable computer and the internet
- Must possess and have working knowledge of software such as Microsoft Office, Adobe Acrobat and Flash Player
- Must have an undergraduate GPA of 3.0 or higher overall or during the last two years of undergraduate work
- Must have attained a Bachelor's degree from a regionally accredited college or university

For application procedures and other information please contact

Dr. James C. Hannon, Director of Graduate Studies (email: james.hannon@hsc.utah.edu)

Department of Exercise & Sport Science, 250 South 1850 East, Room 252, Salt Lake City, UT 84112-0920

Direct link: http://www.health.utah.edu/ess/Graduate_Studies/Application_Guidelines.html

Webinars

Join AAHPERD the second Wednesday of every month for a webinar about what's new with Let's Move in School, resources to use in your school, and real life examples from those in the field. You will learn about everything from successful staff wellness programs and community-based physical activity opportunities, to incorporating nutrition education into physical education curriculum. December and January webinars focused on "Physical Activity During School" and "Staff Involvement."



LET'S MOVE in School

www.LetsMoveInSchool.org

Can't listen in live? No Problem! Each webinar will be archived on the Let's Move in School website and is easily accessible for your convenience. Speakers of past webinars include Georgi Roberts, Fort Worth Independent School District; Noah Drew, Fort Worth Independent School District; Melanie Moore, Wichita Public Schools, Maitland Lachman, Nickelodeon; Aaron Beighle, Univer-

sity of Kentucky; Monica Lepore, West Chester University; and Ellen Abbadessa, Kyrene School District. Have further questions? www.Let'sMoveInSchool.org.

Get in the Action!

2/8/2012

1:00-1:45pm EST

Family and Community Involvement

Families can support a comprehensive school physical activity program by participating in evening and weekend special events and parents/guardians serving as physical education/activity volunteers. Learn about joint-use agreements and hear examples from schools that have benefited from community-based physical activity opportunities.

[Register Now!](#)

3/7/2012

1:00-1:45pm EST

Integrating Nutrition Education into PE

Nutrition is an important part of students' overall fitness and health. Learn simple ways to effectively integrate nutrition education into an existing physical education curriculum. Hear from physical educators who are successfully implementing nutrition into their PE programs. A special thanks to Fuel Up to Play 60 for sponsoring this webinar.

[Register Now!](#)

4/11/2012

1:00-1:45pm EDT

Director of Physical Activity Certification

NASPE has developed a Director of Physical Activity (DPA) Certification Program to prepare physical education teachers to excel in the role of comprehensive school physical activity (CSPAP) director and coordinator. Those who successfully complete and pass the program will become a NASPE Certified Director of Physical Activity (CDPA).

[Register Now!](#)

5/9/2012

1:00-1:45pm EDT

Summertime Physical Activity

Help your students, staff, and community stay physically active over the summer! Learn new and innovative ideas to encourage your school community to continue to be active during the summer months. Hear examples and tips from current physical educators.

[Register Now!](#)



UAHPERD/USOE State Superintendent's Fitness Challenge 5K Fun Run

May 5 at the Wheeler Farm and is intended to be the culminating experience for the Superintendent's Fitness Challenge. Have fun as a staff and train for this event during the course of the school year. Check it out at <http://www.schools.utah.gov/CURR/healthpe/Fitness-Challenge.aspx>

Resources

Let's Move in School Toolkit

This toolkit offers tools & resources for building a culture that supports daily physical activity as part of the learning environment for all students and teachers.

The toolkit includes:

A Let's Move in School DVD, Active Kids & Academic Performance brochure, Physical Activity Guide for a Healthy School, 101 Tips for Implementing a Comprehensive School Physical Activity Program, and a Healthy Kids = Active Learning brochure.

Let's Move in School Poster

Hang it up at the entrance to the gym to display the connection between moving and healthy, bright students.

PTA/PTO Online Toolkit

- Free Online Toolkit
- Inventory tool to assess current status of CSPAP in school
- Goals & Procedures to determine steps for change
- Modifiable Power Point presentation to promote change
- Model resolution to encourage CSPAP in school/district

101 Tips

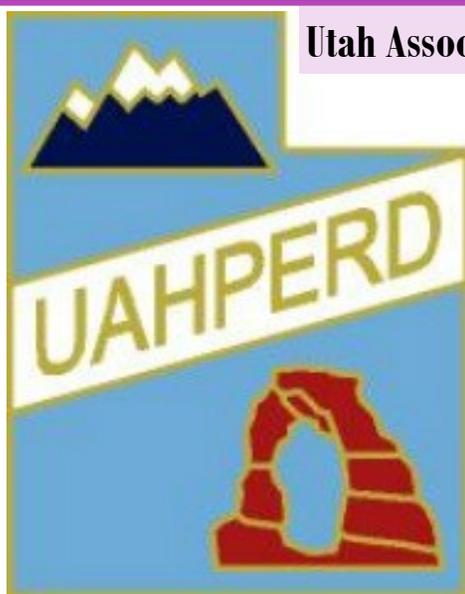
The perfect tool for creating a comprehensive school physical activity program at your school! Helpful tips guide you through the process of building buy-in, involving staff and garnering support from families & the community

Physical Education Teacher Toolkit

- FREE Online Toolkit
- Easy-to-use activities
- Single-focused themes with tips & resources
- Physical activity breaks
- Communication to parents
- News about upcoming webinars

Superintendents & School Boards Online Toolkit

- Free Online Toolkit for school board members and superintendents
- Inventory tool to assess level of physical education/activity provided by school districts
- Use to create awareness of the benefits of CSPAP
- Ultimate goal to increase physical education/activity.



Utah Association of Health, Physical Education, Recreation and Dance

Frank Wojtech, President

**Utah State Office of Education, 250 E 500 S, Salt Lake City, UT 84111
frank.wojtech@schools.utah.gov 801-538-7732**

Our mission, with AAHPERD, is to promote and support creative and healthy lifestyles through high quality programs in health, physical education, recreation, dance and sport, and to provide members with professional development opportunities that increase knowledge, improve skills, and encourage sound professional practice.

The Utah Association of Health, Physical Education, Recreation and Dance is dedicated to promoting physical activity and healthy lifestyles in Utah schools and community programs for Health Education, Physical Education, Recreation, and Dance by using the best philosophical, social, physiological and educational principles available and the most recent peer reviewed research in the several disciplines.

Check us out at www.uahperd.org