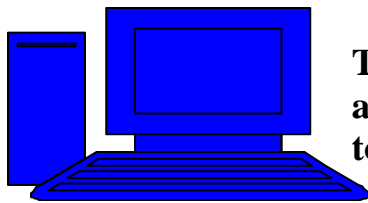


Summer 2010

# IAHPERD Update

*Iowa Association for Health, Physical Education, Recreation, and Dance*



## The IAHPERD announces switch to online journal

The IAHPERD Legislative Council recently met to plan future initiatives including a new online journal format.

“Shifting journal resources toward a dramatically improved online product will attract writers and generate readership,” said Council member Chad McDole from Graceland University. “Our Division of Health and Movement Science faculty and students are already planning articles.”

Guidelines for journal articles are on the IAHPERD website. Writers are encouraged to join the Association, but membership is not a prerequisite. Topics can range from research articles to practitioner-based curricular topics. Unique free-standing photos with captions are also always welcome. For more information, contact Ed Thomas at [ed.thomas@iowa.gov](mailto:ed.thomas@iowa.gov).

## Healthy Kids Act Co-Director joins IAHPERD to promote fitness

Iowa Department of Education Healthy Kids Act Co-Director Jennifer Neal recently received a \$500 check from the IAHPERD in support of her efforts to improve the nutritional habits and physical fitness of Iowa children and youth. Jennifer is the current Miss Pearl City, and will compete in this year’s Miss Iowa competition. She is last year’s runner-up, and the IAHPERD is happy to support her health and physical fitness platform. The IAHPERD contribution will be used to print copies of a nutrition book written by Jennifer and distributed at no cost to the elementary students she visits in schools across Iowa.



Jennifer Neal and Valerie Unkrich

## 2010 IAHPERD Convention will focus on fitness

Planning for this year’s IAHPERD Convention is underway. Nationally known presenters from twelve states and throughout Iowa will make this event memorable, interesting and valuable.

The convention emphasis is *Iowans Fit to Serve*. The steadily declining physical fitness of our children and youth clearly threatens our military preparedness, national productivity and cultural evolution. Fitness simply must become our priority.

Progress in any field is a constant and critical challenge. This event is aimed at helping current and future health and physical educators reach beyond the mainstream paradigm toward a scientifically and historically defensible, student-centered, and inclusive model that will address the increasingly complex national and global issues the future will surely bring.



**2010 IAHPERD Convention**  
**19-21 November 2010**  
**Davenport West High**



## IAHPERD PEP Grant remains on course

*Iowa Team Fitness* is a 2008 \$500K IAHPERD PEP Grant consortium of seventy-eight K-12 public and private schools, and over 130 partners including the Iowa Department of Education and Iowa Public Television Network. It is the only PEP Grant ever awarded to a state AHPERD, and it includes schools that reach over 23,000 students.

The grant received a one-year extension, and will end in June of this year. Grant Director Mike Dailey will then issue a final report, but *Iowa Team Fitness* will continue.

“This project has wings,” said Dailey. “The curriculum improvements align with solid trends in the human performance field, and our teachers are committed to improving the fitness and motor skills of our children and youth. The IAHPERD should be proud of the accomplishments our PEP consortium members have made.”

“The logic of our grant is fundamental,” said Past-President Valerie Unkrich. “If we want our children to move often, we must first teach them to move well.”

PEP Grants require careful self-analysis to identify curriculum weaknesses and needed improvements. Fitness, body mechanics and off-the-ground deficiencies were consistently reported as our PEP grant schools evaluated their programs. “We also discovered that an emphasis on teaching students to lead and teach their peers was lacking,” said Dailey. “This grant allowed us to address these and many other important issues that have paid dividends to our students.”



In 2008, students and cadre from four states participated in a week of ITF leadership training at Camp Dodge

## NASPE honors Iowa students

Andrew Durham from Coe College, Samantha Conrad and Patrick Macki from Iowa Wesleyan College, Derek Vaske from the University of Northern Iowa, and Madison Bliss, Ryan Domeyer, Anne Grabowski and Jacob Hanselman from Loras College were honored as “Outstanding Majors of the Year.” This award was given for Exercise Science and Physical Education by the National Association for Sport and Physical Education in Indianapolis, March 18<sup>th</sup> at the National AAHPERD Convention.

The purpose of this award is to recognize outstanding students majoring in disciplines related to health, physical education, exercise science, recreation, dance or sport from colleges and universities throughout the country. This year 200 students were honored at the ceremony and reception during the Annual Convention of the American Alliance for Health, Physical Education, Recreation and Dance in Indianapolis, March 18<sup>th</sup>. Keynote speakers at the award ceremony included Chat Williams of the National Strength and Conditioning Association (NSCA) and Kirk Anderson, Director of the United States Tennis Association.

According to NASPE President Stephen Jeffries, “These young professionals will be the leaders of the future in improving educational programs and encourages all Americans to make fitness and health a part of their daily lives. Their recognition as outstanding majors of the year is a crowning glory of their college years and introduces them to the value of professional involvement.”

NASPE is the largest of AAHPERD’s six national associations. A nonprofit membership organization of more than 18,000 professionals in the fitness, health, physical activity fields, NASPE is the only national association dedicated to strengthening basic knowledge about health, physical education and sport among professionals and the general public. Putting that knowledge into action in schools and communities across the nation is critical to improve academic performance, social reform, and the health of all individuals.

Those present for the AAHPERD ceremony were Andrew Durham from Coe College, and Samantha Conrad and Patrick Macki from Iowa Wesleyan. Congratulations to all, and hats off to the faculty who have mentored, inspired and supported them.

---

### Nominate an IAHPERD Teacher of the Year

Our membership is filled with talented and dedicated individuals that deserve recognition for their service and contributions to our field. Every year at the IAHPERD convention, we honor some of them. The process begins with a letter that must include the nominee’s name, phone number, address, and the specific award category. The nominee will then be notified and receive a packet requesting further information. If you know of colleagues who deserve IAHPERD recognition, please select from the following categories and nominate them.

- \* *Elementary Physical Educator of the Year*
- \* *Middle School Physical Educator of the Year*
- \* *Secondary Physical Educator of the Year*
- \* *Adapted Physical Educator of the Year.*

\* *Dance Educator of the Year*

\* *Health Educator of the Year*

\* *Distinguished Service Award requires five years IAHPERD membership, five years of professional involvement, and distinguished professional service.*

\* *Honor Award (the highest IAHPERD award ) requires membership in IAHPERD, ten years of professional involvement, distinctive leadership, and distinguished/meritorious service.*

#### For more information, contact:

Debby Eldred  
515-221-2382--home  
515-242-8210--school  
515-242-8214--fax  
debeldred@mchsi.com  
deborah.eldred@dmps.k12.ia.us

### Central District Association AAHPERD Convention 2011

*In Conjunction with South Dakota AHPERD*

**The Hills Are ALIVE: Active Learning is Vital Education**

**February 10-12, 2011**

Rushmore Plaza Holiday Inn, Rapid City, SD

## Advancing your leadership

*Lois A. Boeyink*

As you approach your classes and students this week, remember you are a leader. You are the leader of your students, your profession, and your values. I know we all value a physically active lifestyle and strive to be the best we can be as we help others achieve this goal. Maybe this is the reason I got involved with this association at the district level. Iowa has so much to offer individuals in our field of health, physical education, recreation, and dance. The conventions have been great for networking, gaining insight to the work of others, and getting support for what you are doing in our state. I am thrilled at the increase of interest in our organization.

At the district level, we are able to expand these efforts and introduce you to others outside of Iowa. Central District: 1) provides communication with member states, 2) recognizes leaders above the state level, 3) uses updated and current strategic plans to operate with a purpose, 4) has consistently put forth strong leadership from state to district to national levels, and 5) has developed a Leadership Summit for the district and state leaders which has had a long term impact.

As Central District President I hope to make a better connection between the states and what Central District has to offer you. This past year we began to put together an advocacy grant designed to give you help with presentations to local school boards, administrative conventions, and parents. Workshops are being developed in some states with the help of Central District. If you are unable to travel to convention, hopefully you can still become current with trends and issues in our field. If you are interested in hosting a workshop with Central District, please let me know. We are also looking for presenters for the next convention. My e-mail address is attached to leave the door open. If I can assist you in any way, or if you would like to make your voice known, please contact me. Central District is here for you. [boeyinkl@iowatelecom.net](mailto:boeyinkl@iowatelecom.net)

### Know your history

At the 1932 Columbus, Ohio Middle West Society Convention, Strong Hinman from Kansas, C.H. McCloy from Iowa, and Mabel Lee from Nebraska began conspiring to reshape the organization. In 1933, the plan succeeded with the Mississippi creating the Midwest District Association on the East side and the Central District on the West. Lee and McCloy did much to shape Iowa's physical education, and both were voices of reason at the national level.

## Visit The University of Iowa Women's Physical Education Digital Photo Collection



One of almost 1000 great photos in the collection

\*Almost 1000 historic photographs of University women's physical education classes – from archery and synchronized swimming to basketball and dance – are now publicly available online. In celebration of Women's History Month, the University of Iowa Libraries has released the UI Department of Physical Education for Women digital collection: <http://digital.lib.uiowa.edu/wpe>.

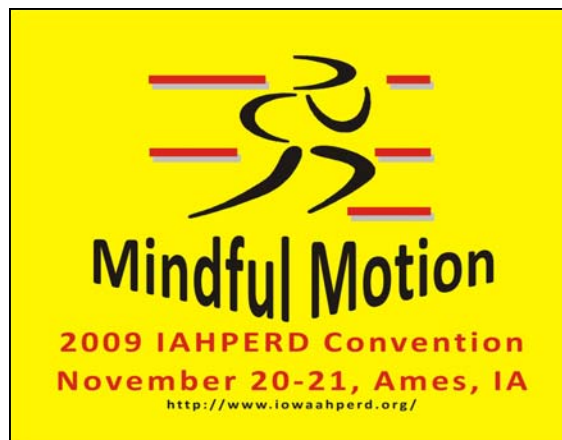
The photographs, spanning almost 100 years (1906-2004), are part of a larger manuscript collection that documents the rise of women's athletics at Iowa from the one-member Department of Physical Culture and Athletics to the dawn of women's inter-collegiate sports. The Department of Physical Education for Women at the University of Iowa was a pioneer in the development of graduate study and professional training as well as athletic opportunities for women.

“These photographs offer a fabulous window into women's sport—and campus life—over the past century. They're very appealing, from the expected team portraits and sports action shots to the more surprising images of laboratory experiments, rifle enthusiasts, and slumber parties,” says Kären Mason, Curator of the Iowa Women's Archives. “The digital collection provides easy access to these photos, and I hope it will inspire people to explore the equally fascinating records of the Department of PE for Women that are available in the archives.”

*\*This information was extracted from the University of Iowa archives website.*

## 2009 IAHPERD Convention honors award recipients

Every year, the IAHPERD recognizes outstanding health and physical educators selected by their peers for exemplary service, dedication and professional contributions. The 2009 awards ceremony was held last November at the evening banquet and the IAHPERD Convention on the campus of Iowa State University in Ames. Over 300 people attended the Convention, and well over 100 came to the banquet to recognize the following IAHPERD members.



Rip Marston, Ph.D.,

This year's Honor Award recipient is Dr. Rip Marston from the University of Northern Iowa. He earned a B.S. at James Madison University, M.S. at the University of Tennessee- Knoxville, and a Ph.D. at the University of Iowa. Rip taught in the Lynchburg Public School system, Knoxville Public School, and has coached soccer and gymnastics on various levels. He has been a member of the IAHPERD for over 30 years, during which he has served in most council positions from section chair to president, and on a variety of committees/task forces. Rip is married with two daughters, two step daughters, and eight grand children.

## Teachers of the year



Tim O'Hagan from Spirit Lake is this year's Elementary Teacher of the Year. He has also served in/on numerous IAHPERD positions/committees.



Deb Stephenson and  
2009 IAHPERD president, Valerie Unkrich

Davenport West High Physical Educator Bob Gill is this year's Iowa High School Teacher of the Year. West is a President's Challenge Demonstration School, and Bob is this year's convention manager.



Deb Stephenson from Lewis Central High School in Council Bluffs received the Presidential Citation Award. Deb has served in many IAHPERD positions including president. She is also a past-Health Teacher of the Year and a regular convention presenter.

**IAHPERD Legislative Board minutes summary**  
**Grimes Building**  
**Des Moines, IA**  
**May 1, 2010**

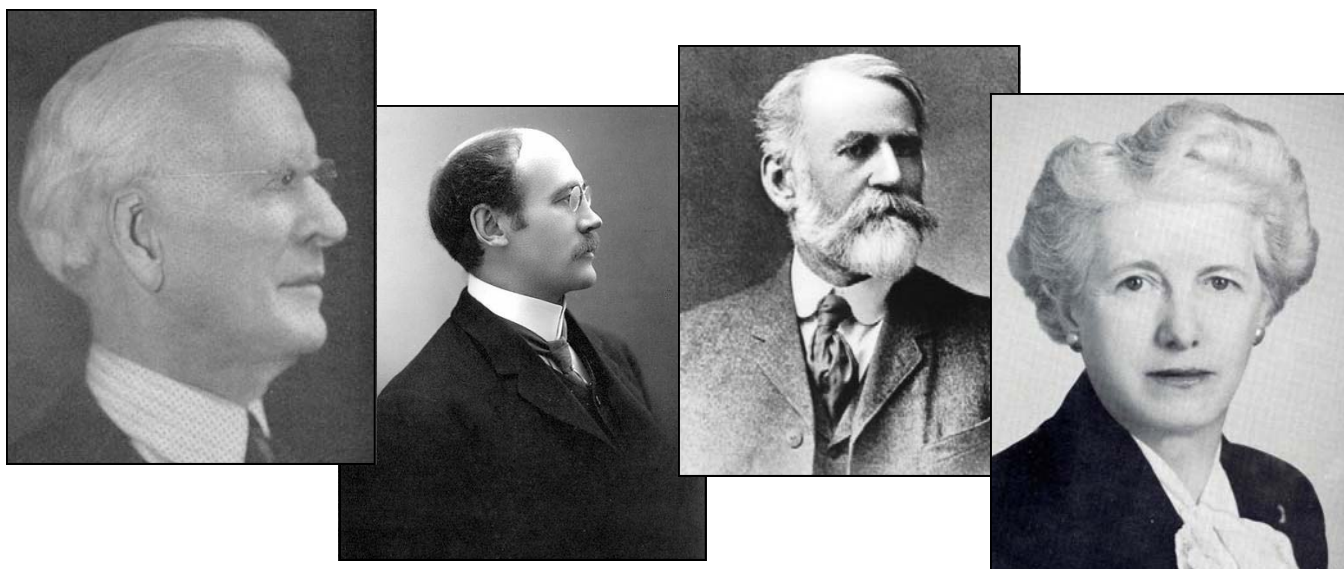
Here are a few highlights from the meeting.  
 For complete minutes contact Kari Bullis.

Members Present

Valerie Unkrich, Kari Bullis, Rip Marston, Ken Daley, Tim O'Hagan, Ed Thomas, Lana Wohlers, Tim Lane, Daniel Grandon, Jennifer Schnell, Diane Delozier Lohr, Jim Patterson, Sue Blair, Debby Elrod, Linda Wax, Kevin C. Robb, Robert Gill, John Baker, Tara Stemsrud, Mike Dailey, Chad McDole, Diane Bartholomew, Luann Swanson, Sue Vogler, Ann Griffin

- Trial Balance as of 4/25/10: 495,847.54
- Mike Dailey, principal at Fairfield Middle School, will soon become the new IAHPERD treasurer.
- Lois Boeyink is now the Central District President and will host next year's 2011 convention in Rapid City.
- Jan Grenko Lehman has volunteered to be the convention manager for next year. The 2011 convention will be held in Cedar Rapids. Theme: *Having 2020 Vision- looking ahead to the future, what is your vision for the year 2020?*
- *Team Nutrition* would like us to join them and *Healthier US School Challenge* in helping prepare some classroom teachers to teach physical activity. Committee was formed to investigate the offer.
- The IAHPERD journal will switch to an online format beginning with next issue. Send articles, captioned photos and other relevant materials to thomasschool@earthlink.net.
- Diane Bartholomew will organize a pre-conference student leadership conference on Thursday afternoon before the 2010 convention. Health, physical education, exercise science, wellness, dance, and recreation students from schools across the state will be invited.
- Tim Lane will try to arrange for a monument in memory of Steve France to be placed on the Capitol grounds.
- Expenses are exceeding income. Board discussed the notion of building a model training facility in Des Moines to raise funds, promote professional development, and explore curricular innovations. A committee was formed to study the idea and report their findings to the Executive Council.

**Who are they?**



L-R — William G. Anderson, R. Tait McKenzie, Dudley Sargent, and Mabel Lee.



- One out of every 100 female athletes ages 14 to 22 who compete in the same sport as males will suffer a catastrophic knee injury. The average cost of an ACL operation is approximately \$25,000 to \$27,000.
- Cheerleading accounted for 65 percent of catastrophic sports injuries for high school girls during the past 25 years.
- Concussions are more commonly reported for girls than boys in high school and college sports played by both sexes.
- Girls' soccer ranks second only to boys' football for reported concussions among high school youth.
- Recent research published in the Clinical Journal of Sports Medicine indicates that traditional static stretching before exercise is not effective, and may actually do more harm than good.
- A 2001 New York Times article suggested that the notion of a target heart rate lacks scientific basis. Noted physical training expert Mike Boyle recently criticized its widespread use.
- An increasing number of experts are confirming that a 60-degree hip angle is optimal for sitting. A slanted work surface adds to efficiency in learning, as does attention to lighting intensity,



extraneous noises, diet, and host of other issues. In other words, a child is a thinking body, so physical educators should be involved in how kids move outside the gymnasium.

- It is impossible to tickle yourself.
- We are about one cm taller in the morning than in the evening.

## Des Moines teachers investigate *Foundational Fitness*

The Des Moines School District recently invited Wisconsin-based *Foundational Fitness* creator Mike Meeteer to Goodrell Middle School for a full day of theory and practice of his fitness-based curriculum. Mike and John Ditter built their concepts out of a PEP Grant a few years ago, and their ideas are now being replicated across the country. Mike and John present across the nation, and John will be at our 2010 Convention in Davenport this November.

Foundational Fitness, Inc. has a three-part mission: to educate, inspire, and transform teachers and students through the implementation of a fitness curriculum based on precision, progression, and variety.



Mike Meeteer



Tam Ho moves through a tubing drill

Department of Health and Movement Science  
Graceland University  
1 University Place  
Lamoni, IA 50140



### **3-Day Functional Training Summit**

Designed to provide physical educators, physical trainers, coaches, and therapists with a combination of lectures and hands-on learning experiences with many of the top professionals in the fitness and human performance industry.

- Centrally located in downtown Chicago
- Friday evening social
- 27 lectures
- 26 hands-on sessions
- CEU's available: NSCA, NATA, ACE, NASM
- Hundreds of participants and speakers from the USA, Canada and abroad.



**Chicago, IL  
June 25-27, 2010  
McCormick Place**

**For more information  
visit [www.performbetter.com](http://www.performbetter.com)**