

MINNESOTA ASSOCIATION OF HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

# Loon Lines



For more information about MNAHPERD, please visit our website at [www.mnahperd.org](http://www.mnahperd.org), or the national site at [www.aapherd.org](http://www.aapherd.org)



**DID YOU KNOW?** According to the National Association for Sport and Physical Education

April 2009

More children in this country are overweight than ever before, about double the number who were heavy in the late 1970s. The latest statistics are part of the National Health and Nutrition Examination Survey by the Centers for Disease Control and Prevention

Obesity-related diseases cost the U.S. economy more than \$100 billion every year. Inactivity and poor diet cause at least 300,000 deaths a year in the United States. Only tobacco causes more preventable deaths

Almost half of young people aged 12-21 and more than a third of high school students do not participate in vigorous physical activity on a regular basis.

Children are not as active as they should be. Fewer than one in four children get 20 minutes of vigorous activity every day of the week. Less than one in four reported getting at least half an hour of any type of physical activity every single day.

Physical activity peaks in 10th grade, at 11 hours per week as the median, and then begins a steady decline that is likely to continue into the adult years

In all grade levels, girls get significantly less activity than boys, yet three-quarters of the girls surveyed felt they get enough exercise.

“Healthy, Active Kids are Better Learners”  
N- Nutrition E-Exercise W- Water S- Sleep  
“Exercise Grows Brain Cells”

## Jump Rope For Heart as Health Promotion Learning Experience

by Brenda Hadrich, Past VP, Health

This year, after job reductions left me sans the opportunity to teach elementary physical education, I experimented with a new format in which to hold a Jump Rope for Heart Event by incorporating it into the *College in the Schools- Personal Wellness* course I teach at McGregor High School. (Students earn three college credits through Lake Superior College in Duluth.) One of the foundational topics of the course is *health promotion*. Rather than read and discuss information about health promotion, the class agreed to implement Jump Rope for Heart as a way to study health promotion first hand. The McGregor juniors and seniors helped with registration, publicity, setting up and working at the actual event, counting money, and completing the follow up paper work with fundraising. Students in grades 3 - 6 raised about \$2,400.00.

Valuable discussion was generated by a new awareness of the importance of health promotion in our school, community, and beyond. *Jump Rope for Heart* was an



McGregor Personal Wellness course students finalizing Jump Rope for Heart:

Jeanie McGee, Matt Carlstrom, Sarah Mace, Stephanie Mitchell, and Angie Shofner

excellent tool used to teach future leaders about community health involvement. The project enabled students to relate the project outcomes with the components of health they are studying in class. McGregor was one of the schools awarded a Jump Rope for Heart Grant through MNAHPERD. The \$500 grant was matched by a local grant to obtain Dance Dance Revolution equipment for PE and after school programs.

### Comments from students:

Matt Carlstrom, Sr.: "It was fun to watch the kids getting excited to help the AHA and do something to be healthy and fit."

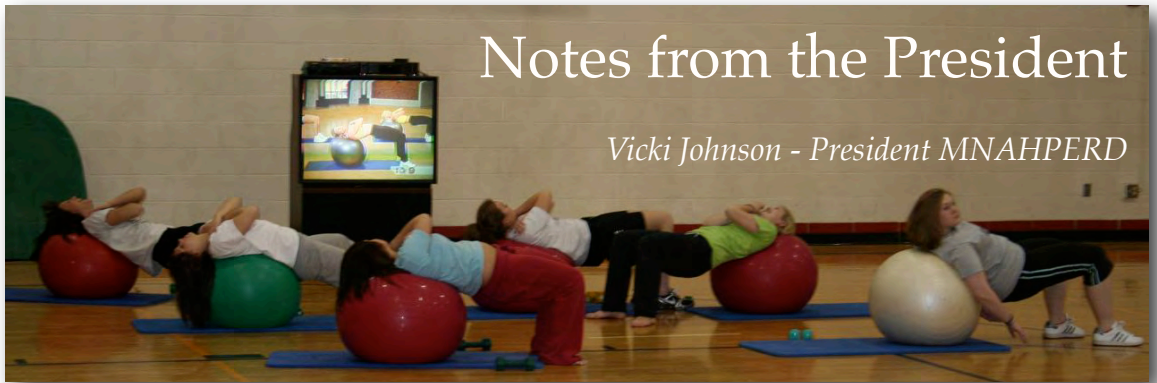
Stephanie Mitchell, Sr.: *Health promotion takes a lot of people and a lot of time, but, it's worth it."*

Jeanie McGee, Jr.: *It was nice to see how motivated the kids got!*

Angie Shofner, Jr.: "I noticed all of the small things (each dollar donated, each job we did) that add up to make the big picture."



Grants are available to any MNAHPERD member who hosts a Hoop-Jump event!



# Notes from the President

*Vicki Johnson - President MNAHPERD*

I am excited that I am able to introduce the new format for our MNAHPERD Loon Lines, designed by Kent Mollberg. We hope you enjoy the new look and find the information useful. If you take a minute to check out our web page, you will also find that it is changing. Within a weeks time our new webmaster, Rob Nielsen has made a considerable difference in format and information posting. Please follow it as it continues to change more significantly this spring and summer. Our Executive Board and our Board of Directors have been working diligently to bring MNAHPERD to our members. Board of Directors, Dee Dee Anderson, Cindy Hart, Chris Kammerer and Marci Wills presented a 1<sup>st</sup> MNAHPERD mini workshop in Minneapolis on February 21<sup>st</sup> for our members and non members. We plan to do more workshops like that in our various regions.

Linda Hoffman, Patty Mollberg and I were honored to represent you at Heart on the Hill on March 11<sup>th</sup> at the Capitol. In coordination with the American Heart Association 150 advocates were able to meet with 70% of our legislators to support our Physical Education bill. Advocacy for our profession is another area we have been working diligently to promote. In January, we were fortunate to find and hire our own lobbyist, Anne Bomstad Miller, to support the passage of the Physical Education bill and to enhance the respect and credibility our profession deserves. You can read more about Anne in this newsletter. Please let your legislators continue to hear from you supporting Physical Education standards for the children in the state of Minnesota. It is crucial we all continue to send the message that the health of our children is important and is at risk.

After Heart on the Hill, we continued on to Central District in Rochester. It was a privilege to represent you there. Our Minnesota professionals were excellent hosts and our Minnesotan's Central District President Rich Burke along with Conference committee chairs Ellen Cecrle and Nancy Christensen, planned and conducted a wonderful conference. I send Kudos to them and everyone who assisted them. I also congratulate Jump Rope for Heart on their 30 year Anniversary and Deb Johansen, Central District DAPE Teacher of the Year. We wish you success as you move on to nationals. One of two national nominees and from Central District for AAHPERD President Elect is Vicki Worrell and we also wish her success. Our Minnesota Display board was at the conference and hosted by MNAHPERD members. We met new potential members and promoted the Fall Conference to be held October 25 - 26, 2009 in Roseville, Minnesota. The conference key note speaker and presenter was Jean Blydes Madigan. According to Jean and the supporting research on movement and academic performance, we as physical educators are the most important people in the school in helping our students succeed physically and academically. She has coined a new name for what we do, we are "neurokinesiologists". If you want to discover more about brain research and movement check out her web site at [actionbasedlearning.com](http://actionbasedlearning.com). Another recent study on fitness and academic success was just released this month by the Cooper Institute and The Texas Fit Kids study. The research is there, it is up to us to promote our profession by educating others.

In this time of economic uncertainty, budget cuts, possible program cuts and unfortunately more, I urge MNAHPERD members to remain positive and continue to advocate for our profession. This is an exciting time for our profession. We need to continue to embrace the passion for what we do and advocate making Minnesota a healthier state for our children to grow and learn in. As your Board of Directors we would like you to know what we are doing to advocate and to cut costs. This year we reduced the number of board meetings from six a year to four. This will cut travel and mileage expenses considerably. We have been utilizing other methods of communication such as e-mail, free conference calling, and promoting more events in the regional areas. If you have any suggestions for opportunities you would like to see in your region, please feel free to contact me. If you have an idea and you would like MNAHPERD to provide support for something you would like to present, please let us know that, also. We are your professional organization and we are here for you, our members. I also urge you to get involved with MNAHPED. This summer President-Elect Mary Thissen Milder will be looking for members to assume positions on the board of directors. I hope you will give considerable thought to getting involved or staying involved and say "Yes". Thank you for the passion you bring to our profession and for all you do for our kids.

Sincerely,

Vicki Skaar Johnson  
President MNAHPERD  
[vjohnson@detlakes.k12.mn.us](mailto:vjohnson@detlakes.k12.mn.us)

## PHYSICAL EDUCATION NEWS

Dee Dee Anderson - VP Physical Education

What an honor to serve on the MNAHPERD Board as the Vice President of Physical Education. I encourage you to get involved in MNAHPERD by attending conferences and workshops. The "1<sup>st</sup> MNAHPERD Mini Metro Workshop", held Saturday, February 21<sup>st</sup> at Minneapolis, was an opportunity to share activities and teaching strategies. March 12-14<sup>th</sup> the Central District Association AAHPERD Conference was held at Rochester, MN. It was exciting to listen to keynote speaker Jean Blaydes Madigan, learn about current research, technology, assessments, games, dances, and network with physical education teachers. Next fall the MNAHPERD conference will be at Roseville, MN, October 25-26<sup>th</sup>!



"Promoting Physical Education: The Link to Academic Achievement", an article in the 2009 January JOPHERD, captured my interest after reading Dr. Ratey's book, Spark. Both sources are excellent for research based evidence to support physical education in your school district! A Minnesota leader in this field is Jack Olwell, physical education teacher at Farmington, whose research is on literacy and physical education. Jack and his principal, Dr. Steven Geis, have testified several times at the state capital in support of the physical education bill (HF 439). We can only hope for statewide academic standards required for physical education!

The September 2008 JOPHERD has an interesting article on teaching fitness called "Fitness in Disguise!" The main focus is on playing games so students don't know they are enhancing their fitness levels until it is pointed out afterwards. Last week as a quick aerobic warm-up, my elementary students played Walking Tag. Here is how the game is played. Students need to partner up and have a nerf ball or tennis ball to share. Students decide which partner will start with the ball, the "chaser". The chaser must hold the ball above his or her head and spin around two times giving his / her partner a chance to get a head start. The chaser then pursues the partner, trying to tag him/her. When the partner is tagged, roles are exchanged and so is the ball. Balls are not thrown. The fun comes in avoiding other students who are in pursuit of their partners. Students were focused on the chase and the movement elements were disguised as it enhanced the cardio respiratory endurance. Two other "fitness in disguise" activities from the PE Central web site ([www.pecentral.org](http://www.pecentral.org)) are "Let's Make a Deal" and "The Twelve Ways to Fitness" (Twelve Days of Christmas). Exergaming, which combines movement and exercise with video-gaming elements, is another example of "fitness in disguise." Dance Dance Revolution is probably the most popular exergame!

If your physical education program is cutting teachers due to school budgets, please let someone on the MNAHPERD board know. If I can be of any assistance to you, please email me at [ddanderson@forestlake.k12.mn.us](mailto:ddanderson@forestlake.k12.mn.us).

### Recognition and Awards for the 2009 Fall Banquet: Send me an email! We need nominees! We need your help!

PLEASE CONTACT COLEEN CARDER @ [refuge@brainerd.net](mailto:refuge@brainerd.net)

It is time to recognize the professionals in our field that go above and beyond in their contribution to their students in health, physical education, recreation or dance. As a member of the Recognition & Awards Committee, the committee is asking for your input in identifying those teachers and professors who have made and continue to make a significant difference in the lives of the students they teach. There are many teachers who do extra projects, have an uncanny ability to get through to the students, or have a vision and plan that makes a difference for many of us in the long term. We would like to honor them at our Fall Conference in October. There are many categories that we award so when looking at the list, who comes to mind - teachers in your district, teachers in other districts, professors from the colleges and universities? Send me those names! Please! Send the info to Coleen Carder, [refuge@brainerd.net](mailto:refuge@brainerd.net) The information that would be helpful: 1. Teacher's name, subject, email, school name, school address, city, zip, phone number (school, teacher) 2. Your name, relationship to the nominee, phone number, email. The Awards Ceremony is a high-point during the conference because we have a chance to thank all those teachers who are making a big difference in the lives of students, in schools and in communities. It is a fun celebration! Please nominate a bunch of excellent teachers and let the committee have the hard decision of who should receive the award. It's a good problem to have when there are many nominees! Thank you for your help.

There is a full description of each award on the [www.MNAHPERD.org](http://www.MNAHPERD.org) website.

**Here is the list of awards:**  
 Elementary Teacher of the Year  
 Middle School Teacher of the Year  
 Secondary Teacher of the Year  
 Dance Teacher of the Year  
 Health Teacher of the Year  
 DAPE Teacher of the Year  
 Pathfinder – Girls & Women Sports - Award

#### MINNESOTA AWARDS:

Lou Keller Collegiate Award  
 Paul Schmidt K-12 Award  
 Carl Knutson Health Award  
 George Hanson DAPE Award  
 Dolly Strumbel Distinguished Service Award  
 Health & Fitness Advocacy Award  
 SCHOLARSHIPS:  
 Mary Lampe Future Professional Scholarship  
 Trish Meek DAPE Scholarship

*The mission of the MNAHPERD newsletter is to inform health, physical education, recreation, and dance professionals in Minnesota about their professional organization's activities and the opportunities available for participation. If you have questions, concerns or comments on the contents or layout of this newsletter please email Kent Mollberg at [kmollberg@detlakes.k12.mn.us](mailto:kmollberg@detlakes.k12.mn.us)*

*You can also access this newsletter in PDF format on the web at [www.MNAHPERD.org](http://www.MNAHPERD.org)*

# Heart on the Hill

by Linda Hoffman - Past President MNAPERD

*In talking with other physical education instructors, we found a number of our legislators were not aware of the ins and outs of the PE bill. The task of actually going and meeting face to face was a positive force in pleading our case and making a connection with our legislators.*

On Wednesday, March 11, 2009, a number of your peers met at Concordia University in St. Paul for our Heart on the Hill instruction. Here we were educated on the current status of the PE bill, American Heart's invest in prevention, and learning about the proposal of supporting an increase in the state tobacco tax to help with health care issues. A number of people presented and enlightened us on the needs and the ways to advocate for our concerns. Each participant was given

a packet with talking points, support information sheets, a legislators hand book (which was extremely helpful) a small talking point card with the issues and concerns in a condensed fashion, and a packet handout for our legislators. We were then bussed to the Capitol to begin our lobbying work.

In talking with other physical education instructors, we found a number of our legislators were not aware of the ins and outs of the PE bill. The task of actually going

and meeting face to face was a positive force in pleading our case and making a connection with our legislators. I found that I was able to communicate personally with my legislators. They asked questions which I was able to answer and we discussed other issues that tagged on the PE bill (such as the DNR's need to be physically fit to do their jobs in Northeastern Minnesota). In talking with another colleague I learned that by us coming and actually explaining what the bill is for and will

do, this legislator changed his vote from a NO to a YES. We learned that personal testimony really does work!

## Where do we go from here?

Please contact your representative and senator about supporting our bill—your efforts are crucial.

Second if you live in the Roseville district, please contact Representative Mindy Greiling and ask for her support on the bill, as she is the chair.

Third if your colleagues are not MNAHPERD members, do all that you can to get them to join our organization and lobby positively for our bill! This is the first step into getting our discipline back in the "core" group of subjects.

Physical Educators are the source and strong support of all the other academic disciplines.

If you need any information please email me at [mlhoff@lakenet.com](mailto:mlhoff@lakenet.com).

## HF439 and SF61 Overview

Requires 9<sup>th</sup> grade students beginning in the 2009-2010 school year to complete one-half credit of physical education to graduate from high school. Allows school districts and charter schools to satisfy this requirement using either state or national physical education standards.

# WHAT IS MNAHPERD DOING FOR YOU?

by Linda Hoffman - Past President MNAPERD

*As 2009 is now under way, MNAHPERD is working hard to get the Physical Education Bill passed in the Legislature. To date, here are some of the items we are working on: 1. A letter was sent to every state senator and representative introducing our organization to them with our mission, asking for support of our PE bill legislation, and giving them links to three websites through the CDC with supporting information on the rise of obesity in America, and children too. 2. We hired a lobbyist on behalf of MNAHPERD that will work for passage of our bill and also work with AHA (American Heart Association) too—two lobbyists instead of just one. 3. Emails were sent to the Physical Education teachers in the Brainerd and Crosby-Ironton School Districts asking them to contact their representative and ask for his support of the Physical Education bill. 4. A letter has been written and published in the Duluth News Tribune stating the need for support from our legislators and governor for passage of the PE bill. These are items that have taken place in the last two weeks. Please remember what you do as Physical Education and Health Education teachers is so important in the shaping of our student's lifestyle habits. Please make the effort to contact your legislators and ask for their support on this bill. This isn't something that is frivolous; in this day and age, it is critical.*



# Meet Anne Bomstad Miller!

## MNAHPERD'S Voice in St. Paul

As co-founder and director of Grasstops, Inc., Anne Bomstad Miller has overseen the inception and development of Grasstops while guiding the vision of the organization. Through Grasstops, Anne has had the opportunity to serve many organizations with their public policy efforts. Her recent projects include lobbying to fund the Runaway and Homeless Youth Act and advancing the efforts of the Minnesota Youth Advancement Act; advocating for effective student support services in schools with the Minnesota School Social Workers Association; and assisting Restorative Justice organizations compare the costs of their programs to the traditional justice system in order to make the case to legislators for renewed funding. Anne has also provided numerous advocacy trainings to nonprofit organizations including the Mentoring Partnership of Minnesota.

Previously, Anne assisted the MN Chapter of NASW by serving as P.A.C.E. (Political Action for Candidate Election) Coordinator. Through P.A.C.E. she encouraged member involvement in political campaigns and assisted in endorsing candidates. She has also served as an adjunct faculty member in the school of Social Work at St. Olaf College. Anne has a Master's degree in Social Work from the University of Minnesota, with a concentration in community organizing and advocacy and is a licensed graduate level social worker.



MNAHPERD

April 2009

## Excuse Me?

classic excuse notes written by parents

Please excuse Jason for being absent yesterday.  
He had a cold and could not breed well.

My son is under a doctor's care  
and should not take P.E. today.  
Please execute him.

Please excuse Ray Friday from school.  
He has very loose vowels.

Please excuse Gloria from Jim today.  
She is administrating.

Please excuse Tommy for  
being absent yesterday.  
He had diarrhea,  
and his boots leak.

Please excuse Mary  
for being absent  
yesterday. She was in  
bed with gramps

Please excuse Roland from P.E. for  
a few days. Yesterday he fell out of  
a tree and misplaced his hip

Please excuse Jennifer for missing  
school yesterday. We forgot to get  
the Sunday paper off the porch,  
and when we found it Monday,  
we thought it was Sunday.

Please excuse Burma,  
she has been sick and  
under the doctor.

Carlos was absent yesterday  
because he was playing football.  
He was hurt in the growing part.

Please excuse Jimmy for being.  
It was his father's fault.

Sally won't be in  
school a week from  
Friday. We have to  
attend her funeral

My daughter was absent  
yesterday because she was  
tired. She spent a weekend  
with the marines.

Please excuse Brenda.  
She has been sick  
and under the doctor.

Please exkuce Lisa  
for being absent  
she was sick and i  
had her shot.

# **AAHPERD Convention Offers Something for Everyone in Dance**

**Carol Conkell, VP Dance**

The American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) will hold its annual convention in Tampa, Florida during the week of March 31<sup>st</sup> –April 4<sup>th</sup>. Although many of you Loon Lines readers would “rather chew aluminum foil than teach dance”, as is the title of one such session, don’t hesitate to check out the variety of sessions offered through the National Dance Association (NDA). Whether you teach dance, DAPE, physical education, or health, NDA provides something for everyone.

Dance educators will find technique classes offered in ballet, tap, jazz, modern Hip-Hop, and creative dance. Health and Physical educators will have an opportunity to learn techniques to relieve stress, learn about the brain and body connection as well as interdisciplinary teaching through dance. Following are highlights of some of the dance sessions to be found in Tampa.

Pre-Conference Workshops. Tuesday, March 31<sup>st</sup> provides two exciting workshops. A collaborative full-day workshop will be offered through NDA and AAHE (American Association for Health Education). The workshop titled Health/ Wellness with Dance in Mind features several mini sessions in the areas of breathing techniques and yoga, dance and the mind-body workout, the role of teachers and coaches in promoting body image, Pilates, and other conditioning techniques. Another half-day workshop titled, Caribbean Culture and Social Dance will introduce participants to popular social dances from Cuba, Puerto Rico, and African-based rhythms. Pre-registration is required for both workshops.

Wednesday Highlights. Wake up with Yoga, and then examine American music trends in Ragtime to Hip-Hop. If you love Broadway musicals, then On Broadway: Let’s Sparkle with Musical Comedy is a session you will want to attend. This session promises ways to incorporate fun and flash in your classes, and guarantees to get your heart pounding, toes tapping, and your face smiling!

Physical educators will also be interested in the afternoon Interdisciplinary Connections Workshop with sessions titled: The Dance of the Blue Footed Boobie Bird, and Teaching Native American Hoop Dancing in Physical Education. Participants will “travel” to Guam to study the eccentric movements of the Boobie Bird, and learn the history and symbolism behind the popular Native American hoop dance often performed at Pow Wows.

Thursday Highlights. Thursday has many sessions for DAPE and physical educators. Integrating People with Developmental and Physical Disabilities into your Choreography explores ways to create movements and dances unique to each dancer. Physical educators can learn user-friendly moves and sequences by attending Hip-Hop Social Dance and Hip-Hop Tappin’ for Elementary School Students, and Line Dancing with a Twist.

If you are a jazz and Motown lover, the African and African American Dance and Culture, Part 2 workshop will provide good music, activity and fun for all. With sessions titled The Shim Sham: Tap History in Motion, and Dancing in the Street with Motown you’ll learn how during the 20<sup>th</sup> century African American dance evolved from the street corners to musical shows as well as Motown’s influence on American culture song and dance.

Friday Highlights. Although there are several sessions appropriate for physical educators, the 8:45 am session, I’d Rather Chew Aluminum Foil than Teach Dance is a great session for those that are not comfortable teaching dance. This session will showcase SPARK dance strategies and offer assessment ideas as well. Other sessions educators will find helpful include: Using Props in Dance: Learn, Explore, and Design Routines; Using Haiku Poetry in Children’s Creative Dance; and Motion into Emotion.

Saturday Highlights. If you weren’t able to attend Tuesday’s workshop on Caribbean and social dance, you will still have a chance to learn some dances from this region. The Caribbean Potpourri will share ways to teach adolescents how to improve their health and social interaction, and provide multicultural understanding through learning dances such as the Salsa, Merengue and Bachata.

The morning also provides sessions in ballroom for all levels. Starting with Four Easy Steps to Teach Ballroom Dancing, this session combines fun with fitness in this introduction to ballroom dance as well as a guide for teaching the classic dances. Also offered is a ballroom workshop with ballroom icons Lee and Linda Wakefeld. Finally, Dancing at the Crossroads: Percussive Clogging and Irish Social Dancing teaches basic steps, formations through group and two-hand dances while providing historical information of Irish and Celtic customs. This participation session is open to all. Special shoes are not required.

Attendees will find a complete list and description of sessions offered by the National Association for Dance at the AAHPERD website ([aahperd.org](http://aahperd.org)). Please look under convention programming. I hope to see you in Tampa and kicking up your heels!

## 120/60 Credit Reality Hits Major Programs

Donna K. Palivec, Ed. D  
Professor/Chair

Department of Physical Education, Health & Sport  
Bemidji State University

The Minnesota Legislature, guided by members of the Higher Education committee passed into law a requirement that has impacted health education and physical education curricula in higher education institutions. State colleges and universities must now guarantee that students have the ability to complete a two-year degree in no more than 60 semester credits and baccalaureate degree in no more than 120 semester credits.

As a result, a number of state institutions that offer major teacher licensure programs in physical education and health must review curricula and make reductions in major program credits to meet the 120 credit limit. Liberal education credits, professional education core credits, and major program credits are counted in this 120 credit total.

For example, students at Bemidji State University must complete at least 42 credits in liberal education. In addition, students enrolled in teacher licensure programs must complete 33 credits in the professional education core. The major programs have 45 credits to prepare students for the diversity of content in health (5-12) and physical education (K-12). What should be cut from our major programs? How do these cuts impact the quality, depth, and breadth of preparation for teaching in our fields?

At Bemidji State University, our major program in physical education faces a cut of eight credits and our health education major, a three credit reduction. The PEHS curriculum committee has recommended and the department supports the following reductions:

- Eliminate Motor Learning as a required course (2 credits) in physical education. When our new liberal education program (40 credits) is in place (2010), put Motor Learning back into the list of required courses.
- Reduce Methods of Elementary Physical Education by one credit. As a result, all five methods courses in physical education will be two credits.
- Eliminate all required electives (4-6 credit reduction) which include: athletic training, all coaching classes, personal trainer courses, DAPE courses, and adventure programming.
- Reduce the physical education and health seminar courses from two credits to one credit.
- Eliminate Human Sexuality as a required course in health education (3 credits).

The 60/120 credit limit reduces the number of credits students must complete to graduate with a degree. This helps offset higher tuition costs. As we all tighten our belts to make the most with less, will further credit reductions be necessary? If so, at what cost to the quality of the depth and breadth of preparation in teacher licensure programs?





Be Active. Be Healthy. Be Fit.  
[www.mnahperd.org](http://www.mnahperd.org)

*MNAHPERD* is a school-based professional association that provides professional services and resources for teachers, organizations and individuals to provide quality programs. *MNAHPERD* is dedicated to improving the skills, knowledge, health and well-

## Physical Education Programs in Minnesota are Declining

As more of America's school-age children are getting larger, the physical education curriculum that might help them win the fight is gasping for air. No Child Left Behind (NCLB) is causing reductions in the physical education curriculum as educators focus more and more on test scores and rigorous academic work (Helen Trickey, Special to CNN, 8-24-2006).

Since 2003, physical education standards in Minnesota have been determined by each school district and our teachers are reporting reductions in programming every year. Locally-developed standards have allowed districts to reduce their programs, creating a wide variance in programs across districts. As a result, our members are seeing a decrease in student cardiovascular health identified through fitness testing and a lack of motivation for participation in physical activity both inside and outside the school day.

This is extremely unfortunate because there has been a major paradigm shift in the teaching of physical education over the past few decades. The old-style PE met the needs of just 30 percent of students. Everyone else was often left with a lifetime of bad memories and demeaning experiences, like being picked last for basketball scrimmage or being ridiculed by teachers and fellow students for being too weak or too slow. Today, PE classes are more about developing a healthy lifestyle. From the heart-rate monitors to a comprehensive computer-based fitness station where students measure everything from strength and flexibility to cholesterol levels, physical education works to provide students with the tools and the information they need to live healthy, active lives.

**All Minnesota youth deserve to participate in quality physical education programs that follow the same standards.**

### *MNAHPERD*

## Minnesota's Current Law is Not Working!

[www.cdc.gov/healthyouth](http://www.cdc.gov/healthyouth).

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



# How Does Your Physical Education Program Rate?

*submitted by Patty Mollberg*

***Evaluate your strengths and weaknesses and prepare a plan for improvement where needed.***

1. Is physical education taught by a qualified teacher with a degree in physical education?
2. Do students receive formal instruction in physical education? a. for a minimum of 150 minutes per week (elementary) and 225 minutes per week (middle and high)? or b. for at least 3 class periods per week for all grades the entire school year.
3. Is the physical education class size similar to other content areas to ensure safe, effective instruction?
4. Is there adequate equipment for every student to be active?
5. Is appropriate technology incorporated on a regular and continuing basis?
6. Are indoor and outdoor facilities safe and adequate (so that physical education classes need not be displaced by other activities)?
7. Is there a written mission statement and sequential curriculum based on state and/or national standards for physical education?
8. Are formative and summative assessments of student learning included in the physical education program, and are they related to meaningful content objectives?
9. Does the program provide for maximum participation for every student ( inclusion, no elimination games, all students active at once, developmentally appropriate activities, etc)?
10. Does the program help to systematically develop the physical, cognitive, social and emotional aspects of each student?
11. Do the physical education teachers regularly participate in physical education professional development activities and have memberships in related professional organizations?
12. Do the physical education teachers receive student health information and have a plan for handling emergencies?
13. Is there regular periodic evaluation by administrators of the physical education program and teacher performance?
14. Do the physical education teachers communicate with other educators, administration and parents on a frequent basis?
15. Do the physical education teachers seek feedback for improvement from students, peers, parents as a means for program evaluation and improvement?

If you answered “ yes” to all the questions on the Physical Education Check-Up, your school may be able to qualify for the NASPE STARS national recognition program for quality physical education programs. For more information, visit [www.naspeinfo.org/stars](http://www.naspeinfo.org/stars). If you answered “ No” to one or more of the question on the Check-up, please utilize this Action Plan for Quality Physical Education to get you started improving your school physical education program. NASPE has the necessary physical education standards, opportunity to learn standards, appropriate instructional practice, professional inservice programs and assessment tools to help you. Call 1-800-321-0789 or visit their website.

## Adapted Physical Education

*by Steve Sizer*

There was a great turnout of over 40 for the D/ APE in Your Backyard on Thursday before Central District. Gail Girand presented on due process, Susan Tarr presented on assessments, Bob Slaybaugh and Laurie Evarts presented on fishing in D/ APE, Dr. Sherry Folsom-Meek presented on CAPE, Kay Oling and Heidi Fisher had a wide variety of activities and make and take projects and Steve Sizer presented on small space and small group games. Thanks to all the presenters and Bruce Suneson for putting together this workshop.

Congratulations to Deb Johanson for being awarded the D/ APE Teacher of the Year for Central Distict at the banquet on Friday night at Central District.

The fall D/ APE Conference at Camp Courage will be September 24<sup>th</sup> and 25<sup>th</sup>. More information on presenters will come out in the next newsletter



## Digital Photos?

If you have good digital photos of you or your peers in action that would be appropriate for Loon Lines, mail or email them to:

Kent Mollberg  
1048 South Shore Drive  
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# In Appreciation

by Nancy Christensen, Executive Director

*I would like to take this opportunity to say thank you to Rich Burke and the CD Board of Directors. It has been a great year.*

## A HUGE THANK YOU TO RICH BURKE

As most of you know, Rich Burke has just completed a very successful year as the President of the Central District Association of the American Alliance for Health, Physical Education, Recreation and Dance. "The Passion of One – The Power of Many" was the theme of the 2009 CD Convention that happened this past weekend, where Rich and his convention committee greeted approximately 260 convention attendees. (Congratulations Minnesota as we had over 115 in attendance) Jean Blaydes-Madigan was the keynote

presenter, giving us much information reinforcing what we know, that the brain needs exercise to function properly. It was a weekend of sessions, meetings, dance, silent auction and recognition for the teachers of the year from all states with final recognition going to the Central District Award winners. Our own Debra Johansen was presented with the CD Award for Developmental Adapted Physical Education Teacher of the Year. Congratulations Deb!

I would like to take this opportunity to say thank you to Rich Burke and the CD

Board of Directors. It has been a great year. According to Sally Scherrer, Executive Director for Central District, the following are a few of their accomplishments:

A successful convention with Jean Blaydes – a huge hit!!!

The Summit with Jennifer Jones, AAHPERD Marketing Director

Implementation of a convention marketing plan

A complete ballot for CD Board candidates – 2 for each position

Implementation of regular convention planning conference calls (I can attest to those)

PIPEline workshop

30<sup>th</sup> Anniversary Celebration for JRFH

Transitioned finances to AAHPERD Financial Services

New CDA Logo

Implemented quarterly Executive Board conference calls

Represented CDA at the North Dakota, Iowa and

South Dakota state conferences

Formed an ad hoc committee which wrote operating codes for the CDA Summit

Established CDA Sunshine Committee

Thank you Rich. Minnesota AAHPERD is very proud to recognize you as a past state president and lifetime member of our association. Through your leadership, compassion, enthusiasm and dedication Central District has seen a tremendous amount of growth – 2007-2010.

## Safety First

By Nadine Moeller

When was the last time you checked the safety equipment and first aid supplies in your pool. Is the equipment easily accessible and stored properly? Is it in good working condition. Is it plainly marked "For Emergency use only." Have you practiced using it lately? I have learned the hard way more than once about not having the safety equipment readily accessible. I was lucky that I was able to handle the situation without the piece of equipment I wanted to use.

The bottom line is that we are liable if we don't have the right equipment or if it is not in ready condition. I had our Engineer check out what lifesaving equipment we are required to have in our pool. He went on line and found the Minnesota Pool Code.

It stated that one Lifesaving Equipment Unit is:

- a ring buoy attached to a 3/16 inch manila, or equivalent material, rope that is 1-1/2 times the pool width, but not over 60 feet; and
- a lifepole or shepherd's crook pole with blunted ends and a minimum fixed length of 12 feet; or
- where a lifeguard is provided, a rescue tube may be used instead of a ring buoy.

One unit must be provided for each 2,000 square feet of water surface or fraction thereof. This seemed rather minimal and we both agreed that it is essential and wise to have safety equipment on both sides of the pool. Where is your first aid kit? Do you have one in the pool? I was surprised to see how extensive the list of items a first aid kit must contain. How is your first aid kit? The filled first aid kit and a spine board with ties must be within the pool enclosure and ready for use. It is important to have an Emergency Plan put in place and reviewed with the people listed in the plan. I also believe that if you teach and work in the pool area it is important that you keep your certifications up to date for your own safety. It is important to remember SAFETY FIRST.



Rich Burke at podium conducting his last BOD meeting



Rich Burke accepting his plaque from incoming President, Kelly Cook

## Central District Association AAHPERD Conference at Rochester

by Nancy Laines

**DAPE in Your Backyard:** This day-long Adapted Physical Education workshop included “best practice” activities and strategies for students from early childhood through transition age, from assessment to inclusive programming. Presenters included National, District, and State level Teachers of the Year. There were “make and take” activities to bring home.

**P.E. Metrics - Dr. Joyce Ellis and Dr. Steve Sedbrook:** This session was an introduction to the latest assessment tools that are available for physical education, standard #1 (motor learning). The presenters talked about the data collecting to make the assessments valid. I purchased the book and cd so I can begin using the assessments.

**Indo Board Fitness for Middle and HS Student - Candee Stuchlik:** This session provided an overview of how to incorporate Indo Training Boards into middle and high school physical education curriculums. This is a balance and core training work out.

**Action-Based Learning - How Brain Research Links Movement to Learning -Jean Blaydes Madigan:** Neuroscientists are advocating the importance of movement and physical activity in the learning process. Jean used this interactive session to summarize recent brain research that links movement to learning.

**Quality Middle School Physical Education - Crystal Gorwitz:** This session provided activities to teach the five components of fitness, healthy lifestyle activities, and yoga education. The goal was to empower teachers with tools to provide a lifetime of health and wellness choices for their students.

**Catch a Brain Wave! - Liz Jones-Twomey and RONNO:** In this interactive session we learned how specific movements stimulate brain development.

**Future Directions Meetings:** We met with our divisions to discuss current situations, needs and future plans. I met with the Sport/Physical

**Join the Resistance - Develop Strength and Fitness Levels Throughout the Year! - Mike Meeteer:** This session showed us how to eliminate down time and implement strength training year-round with effective and portable, functional training tools.

**Know-Brainers: Easy Academic Activities that Move KIDS to Learn - J B M:** Know Brainers are simple, quick, interactive lessons that reinforce academics through movement based on the research that supports the link of movement to learning.

**Ethnic Dance and Assessment for Elementary - Carol Conkell:** We learned a Native American dance and an African dance in this session. Assessments look at performance as well as affective and cognitive understanding.

**Lacrosse Fun in PE Class - Karen Marley:** We learned skills and drills that can be used at every level from 4<sup>th</sup> grade to high school.

**Folk Dances for Holidays - Rebecca Gunderson:** We learned dances to celebrate St. Patrick's Day, Oktoberfest, Cinco de Mayo, and Syttende Mai. We were given the music on a cd to take home with us.

**10 Ways to Beat Bullying - Shawna Shane and Vicki Worrell:** This session provided some basic facts on bullying along with teaching strategies that can be used in the classroom to educate and empower students to stand up to bullying.

**Geo-Fitness and Dance - JoAnne Owens-Nauslar:** GeoFitness is an innovative fitness and learning program, providing fun, safe and easy methods to encourage learning, physical activity and fitness. GeoFitness and Dance are movement-based products and curriculum that are developmentally appropriate, easy to use, and cost effective to increase fitness and academic achievement.

**Exhibits:** There were about 40 exhibitors to talk to and view the latest products and programs. I won some Speedminton equipment in a drawing! I was given a sample PE uniform to bring to school and show the kids, to see if there is interest in buying a uniform. I also won a dvd from the last session on Geo-fitness. Lucky me!

## RESERVE THE DATE!

Sunday October 25 &  
Monday October 26, 2009

Minnesota Association for  
Health,  
Physical Education,  
Recreation and Dance  
STATE CONFERENCE

“BE ACTIVE,  
FEEL GOOD,  
HAVE FUN”

RADISSON HOTEL  
ROSEVILLE

Dr. Robert P. Pangrazi  
Pangrazi is a professor emeritus in the Department of Kinesiology at Arizona State University. Professionally, he has served as an elementary teacher, a university teacher/researcher and as a university administrator. Dr. Pangrazi is a Honor Fellow of AAHPERD, a Fellow in the American Academy of Kinesiology and Physical Education and a Fellow in the North American Society for HPERD Professionals. He was honored by NASPE with the Margie Hanson Distinguished Service Award. After 15 years of teaching students and training 1,500 Physical Education instructors, Bob Pangrazi is regarded an expert in his field. Students and faculty commend him for his passion and commitment to his work.

Dr. Annie Clement, Ph.D., J.D.  
Annie Clement, author, researcher, attorney, academic administrator, and faculty member in the Sport Administration program at the University of New Mexico, is also a graduate of Proctor High School, University of Minnesota, Duluth, and the University of Minnesota, Minneapolis. Dr. Clement is best known for her texts: [Law in Sport and Physical Activity](#). She is the author of 20 book chapters, eighty articles, and over one hundred presentations. Her areas of research are risk management, trademark, gender equity and aquatic injuries. Dr. Clement is a past president of NASPE, has received the American Alliance for Health, Physical Education, Recreation and Dance Honor Award, a Merit Award (Aquatic Council) and the Joy of Effort Award (NASPE).



Home Address \_\_\_\_\_

Home City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Telephone \_\_\_\_\_

Work Address1 \_\_\_\_\_

Work Address2 \_\_\_\_\_

Work City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work Telephone \_\_\_\_\_

Email Address \_\_\_\_\_

MNAHPERD Membership #: \_\_\_\_\_ # of years in HPERD Profession \_\_\_\_\_

**Areas of responsibility (circle all that apply):** Advocacy, Agencies, Aquatics, Athletics, Curriculum, Dance, DAPE, Exercise Science, Health, Recreation, Retired, Physical Education, Sport Management, Other: \_\_\_\_\_

**Level of responsibility (circle one):** Community, College/University, Early Childhood, Elementary, Middle School/Junior High, High School

**Membership Categories** (select one)

	Membership Fee (annual)
Professional Member	<input type="checkbox"/> \$30
Student Member	<input type="checkbox"/> \$15 College attended full-time: _____
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Mail to: MNAHPERD c/o Human Kinetics  
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Champaign, IL 61825-5076, USA  
Fax to: (217) 351-1549

Questions: Call Jackie Moore at 1 (800) 747-4457 ext. 2231, or email [jackiem@hkusa.com](mailto:jackiem@hkusa.com)

## MINNESOTA ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

**PROGRAM PROPOSAL**

2009 Fall Conference - October 25 &amp; 26, 2009

Radisson Hotel, Roseville, MN

**“Be Active, Feel Good, Have Fun”**

Name(s) \_\_\_\_\_

Work Address: \_\_\_\_\_

Home Address: \_\_\_\_\_

City \_\_\_\_\_ State &amp; Zip \_\_\_\_\_

Work Phone: (\_\_\_\_) \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_

**Brief Biography:** (Information to Introduce Speaker(s):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_**Title of Presentation:** \_\_\_\_\_**Description of Presentation:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_**Type of Presentation:**

Lecture

Demonstration

Active Participation

**Preferred Audience:**

Physical Education: Elementary, Middle, or High School

DAPE, Health, Aquatics, Dance, Higher Education Other: \_\_\_\_\_

**Audio Visual requests (LCD Projectors and Computers will not be supplied)**  
\_\_\_\_\_  
\_\_\_\_\_

(An honorarium will be given to presenters \$25 per session or \$35 for two sessions if the same session is repeated. If there is more than one presenter per session, the honorarium will be split among the group. All presenters must be current members of MNAHPERD or other AAHPERDs.)

**Please Mail or E-Mail to:** Linda Hoffman70214<sup>th</sup> Ave.

Two Harbors, MN 55616

218-834-3905

[mlhoff@lakenet.com](mailto:mlhoff@lakenet.com)**ALL PROPOSALS MUST  
BE SUBMITTED BY  
JUNE 1ST, 2009!**

# MNAHPERD

*MNAHPERD is a school-based professional association that provides professional services and resources for teachers, organizations and individuals to provide quality programs. MNAHPERD is dedicated to improving the skills, knowledge, health and well-being of all Minnesota students.*

## MNAHPERD Executive Committee

President	Vicki Johnson	(218) 834-3905
President Elect	Mary Thissen-Milder	(651)-582-8505
Past President	Linda Hoffman	(218) 834-3905
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088
Secretary	Patty Mollberg	(218) 841-1576
Executive Dir.	Nancy Christensen	(218) 847-9769
Parliamentarian	Gerry Levos	(218) 262-6750



Remember to clip those box tops!



Ellen Cromwell-Cecele; Sally Scherrer, Nancy Christensen receiving CD Presidential Citation Awards



Detroit Lakes Middle School PE teachers: Bob Gorden, Patty Mollberg, Jake Blow & Cali Harrier

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