

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 Center for Chronic Disease Prevention

December 2009

Nearly half of American youths aged 12-21 years are not vigorously active on a regular basis.

Participation in all types of physical activity declines strikingly as age or grade in school increases.

Only 19 percent of all high school students are physically active for 20 minutes or more, five days a week, in physical education classes.

Daily enrollment in physical education classes dropped from 42 percent to 25 percent among high school students between 1991 and 1995.

About 14 percent of young people report no recent physical activity. Inactivity is more common among females (14%) than males (7%) and among black females (21%) than white females (12%).

Well designed school-based interventions directed at increasing physical activity in physical education classes have been shown to be effective.



## Living Your Dash

Chelsea Anderson  
Minnesota State University - Moorhead  
MNAHPERD Future Professional Vice President

I recently attended the AAHPERD National Student Leadership Conference near Annapolis, MD. What a great opportunity it was for networking and making connections with professionals and peers in the health and physical education fields. I went into the weekend not knowing what to expect, but I was excited. When I arrived at Camp Letts, a YMCA camp, I felt instantly welcomed. There was a game of sand volleyball roaring and small talk on the sidelines with AAHPERD president Dana Brooks, among others.

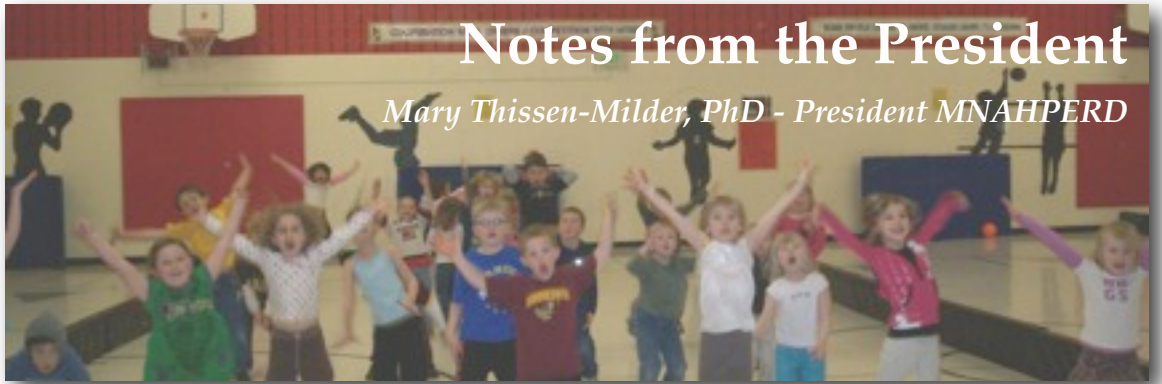
The schedule was packed with sessions and activities. I particularly enjoyed the session called "Living Your Dash." AAHPERD Past President, Danny Ballard spoke about living intentionally because life goes by in a dash. I thought she had such valuable advice for us, college students, since it seems as though we have much of our "dash" left to live. My eyes were opened to the new experience of interviewing when we went through a speed interviewing session. What a beneficial 60 minutes! As a large group we had a blast playing different challenge contests and dancing until we all nearly fell over. Meal time was the perfect opportunity to make connections with the mentors (professionals) and

to engage in great conversation with them, as well as with our peers. The conference staff did a superb job planning meaningful and fun activities. I learned something new in every session and took home so many wonderful ideas for my future classroom.

Thank you, MNAHPERD, for sending me to this conference. It was an experience I will not forget. The networking connections and personal growth made there will have a positive impact on the rest of my life.



Chelsea Anderson is seated in the top row second from the left.



## Notes from the President

Mary Thissen-Milder, PhD - President MNAHPERD

# The Power of MNAHPERD

*It is my honor and privilege to serve as the President of MNAHPERD over the next 12 months.*

During my past years as both an MNAHPERD member and Board of Directors member, this organization has taught me a lot about the power that a group of people can have. It is true that the strength of an organization is its membership; and MNAHPERD is made up of strong, committed professionals who have learned there is strength in our numbers and have learned to utilize our strength to move our profession forward for Minnesota students. I'd like to take this opportunity to remind us all of the power of MNAHPERD:

- **Who are we?** We are a school-based professional association that provides professional services and resources for teachers, organizations, and individuals who provide quality programs.
- **Do You need \$?** We provide opportunities for funding opportunities through grants for its' members. Three types of grants are available to members of MNAHPERD and schools in Minnesota that demonstrate a professional need for financial assistance in securing equipment or completing projects related to the disciplines of health, physical education, recreation, or dance
- **Do you need \$?** We provide opportunities for scholarships. Scholarships may be given annually to members of MNAHPERD who demonstrate a professional need for financial assistance in completing an endeavor related to the disciplines of health, physical education, recreation, or dance.
- **Who are our best teachers?** We recognize teachers of the year at the Elementary, Middle and High School levels in PE; Middle and High School levels in Health Education, Dance Teacher of the Year, DAPE Teacher of the Year, and the Pathfinder Award. MNAHPERD also has many state recognition awards as well.
- **Why do we need HPE?** We are an active advocate for HPE. Grassroots Inc is our lobbying firm. MNAHPERD is an active member of the Mn. Healthy Kids Coalition whose focus is legislative change. We have advocacy resources to advocate for your programs!
- **Need PD?** We provide professional development opportunities for its members by hosting an annual statewide conference and regional workshops.



**MNAHPERD does all this for you. At what cost? \$30.00 a year.**

Unbelievable! If you are a member, great! If not, join us!

Visit our website for any additional information at [www.mnahperd.org](http://www.mnahperd.org).



# Happy New Year 2010!





# Minnesota Advocacy



## Minnesota Legislative Informal Task Force Obesity Working Group Formed

by Mary Thissen-Milder, Minnesota Department of Education & MNAHPERD Advocacy Committee

MNAHPERD continues to participate in strong advocacy efforts to reinstate their health education and physical education standards. Three years ago, the Minnesota Coalition for Healthy Kids was formed. This group is composed of major supporters in cardiovascular and obesity reform representing major insurance companies, medical associations, public health and education, non profit agencies and organizations and K-16 education. MNAHPERD has been an active participation in this Coalition in navigating through physical education and health education legislative efforts. In 2008, MNAHPERD hired a lobbying organization, Grassroots Inc, who also now has a seat on the Coalition representing MNAHPERD along with a representative of the MNAHPERD Board of Directors. This Coalition continues to lead our legislative efforts.

In the fall of 2009, The Minnesota Legislative Informal Task Force Obesity Working Group was formed through the efforts of the Coalition to examine and make recommendations that require legislative actions regarding a variety of strategies within schools and communities that will significantly reduce childhood obesity. Bi-partisan, key legislative stakeholders are hosting these meetings at the state capital. Besides drafting and introduction of legislation, the working group's efforts will culminate in a joint hearing of key legislative committees that have interest in addressing childhood obesity or a pre-legislative symposium, focusing on childhood obesity that showcases the working group recommendations.

At the time of this newsletter printing, two meetings have occurred in which the Task Force has heard presentations and held discussions regarding trends and issues of childhood obesity, physical education/ activity and school nutrition policies in schools, and the MN State Health Improvement Program (SHIP). Other key childhood obesity research and recommendations identified at the task Force meetings are found in the following resources:

- Council of State Governments, "Childhood Obesity: Sharing what Works": [http://www.csg.org/knowledgecenter/docs/ProgramsThatWork\\_Low\\_Res.pdf](http://www.csg.org/knowledgecenter/docs/ProgramsThatWork_Low_Res.pdf)
- National Governors Association Center for Best Practices, "Shaping a Healthier Generation: Successful State Strategies to Prevent Childhood Obesity" <http://www.nga.org/Files/pdf/0909HEALTHIERGENERATION.PDF>
- Robert Wood Johnson Foundation, "Active Education Physical Education, Physical Activity and Academic Performance" [http://www.leadershipforhealthycommunities.org/index.php?option=com\\_content&task=view&id=211](http://www.leadershipforhealthycommunities.org/index.php?option=com_content&task=view&id=211)

**MNAHPERD is representing you at this table!** The Task Force will meet again in December and January. Stay tuned to the next issue of loon Lines for the final recommendations and potential public hearings during legislative session identified by this group.

## Celebrate National Girls and Women in Sport Day!

February 3, 2010

Capitol Hill, Washington DC

Host an event in your school or community to honor girls and women! Past events include banquets, half-time honors, lectures, and fundraisers. The NGWSD Coalition develops a Community Action Kit each year to guide potential hosts as they plan their own celebration. Visit the Web site of NAGWS for more information.

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



*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)*



# Scenes from the Fall Conference in Roseville





# Presidential Active Lifestyle Award

## Mary Thissen-Milder, Minnesota Department of Education

The General Mills Foundation through their General Mills Champions for Healthy Kids program, Governor Pawlenty and the Minnesota Department of Health are sponsoring this program for all Minnesota schools to implement in Grades 3 and higher. The PALA award recognizes children and youth who begin and continue regular physical activity as part of their daily lives in school and at home.

PALA purpose: To enthusiastically encourage students to participate in the PALA program by doing at least 60 minutes of physical activity, 5 days a week for 6 weeks.

The Minnesota Department of Health hosts the web site that provides all of the necessary self-guided instruction materials and handouts for any school to start its own PALA program. Typically, schools will need to have one individual or a small committee begin the planning process, implement and track the program. The PALA program is designed to be used during any six-week period during the school year and may be done on an annual basis. At the conclusion of the PALA program, each student that successfully participates will receive an Embroidered Blue Badge with the Presidential Emblem and a Certificate signed by the President of the United States.

Also available on this Web site is the Champions Action Pack. This information provides fun ideas for active games and activities for 1st-5th graders in their classrooms or other areas with limited space. Go to <http://www.health.state.mn.us/pala> and explore!

## Hello MNAPERD Members!

My name is Mary Ann Donnay and I am part of the upcoming Central District AAHPERD convention to be held in Fargo, ND from Feb 4-6, 2010. We are excited and have been working hard to organize the social events that make attending a convention extra special.

To go along with CD president Kelly Cook's theme "Are Your F.E.E.T. Cold Yet?", we have designed activities at the conference that tie into a 2010 Winter Olympic theme. We will be offering a chance for conference attendees to be an Olympic athlete "North Dakota" style.

We will be hosting the following "Olympic" events: Chuck a Puck, Take a Plunge (no you will not get wet in this event), Team Goggle Sled, Up North Combined, and Short & Sweet Pairs Sloshing. Attendees can sign up for these events at the conference registration tables Thursday Feb. 4<sup>th</sup> and Friday Feb. 5<sup>th</sup> 8:00 a.m. to noon.

To celebrate the beginning of our convention we are holding opening ceremonies Thursday evening beginning at 10:15 p.m. At 9:30 p.m. Thursday, each state will be given a white flag and asked to decorate their flag based on the theme of our convention including the name of your state. Select a flag bearer for your state to lead your team as they march in behind our CD president Kelly Cook. We will provide the music!

Schedule of Social Events (appraisableox.) will be:

### Thursday Feb 4<sup>th</sup>

9:30-10:10 pm	Flag decorating and Olympic BINGO
10:10-10:15pm	Organize for opening ceremony
10:15-10:25pm	LET THE GAMES BEGIN!
10:30-	Chuck a Puck/ Take a Plunge

### Friday Feb 5<sup>th</sup>

6:30 -8:45 pm	Banquet—Casual Dress
9:00pm	Olympic Events continued



## 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  
Detroit Lakes, MN 56501  
mollberg@arvig.net



# Central District AAHPERD Convention 2010

## Focus Energy to Enhance Teaching

February 4-6, 2010

Fargo, North Dakota

**Keynote Speaker**

Brent Rasmussen - Sit Volleyball Athlete

**Convention Hotel:**

Holiday Inn Fargo

3802 13th Ave South

Fargo, North Dakota 58103

Phone: 701-282-2700

[www.fargond.holiday-inn.com](http://www.fargond.holiday-inn.com)



Be sure to say you are with Central District Association.  
Deadline for the hotel reservation January 12, 2010.

**Reserve your room before January 12, 2010 and receive an additional \$10 discount on room rates. Only available until January 12, 2010.**



**Season's greetings!**

Can you find the PE teacher who is disguised as Santa's helper?





# VISIBLE, PREDICTABLE, ALERT, ASSERTIVE



Donna Palivec

VP Higher Education

Physical Education, Health, & Sport Bemidji State University

A cross-section of the Bemidji community participated in the first Traffic Skills 101 workshop offered by the Minnesota Bicycle Alliance (<http://bikemn.org>). The group assembled for this 9-hour workshop included a Department of Natural Resources trail developer, an emergency room physician, a development specialist from the Headwaters Regional Development Commission, a BSU Environmental Studies major, a BSU Exercise Science graduate, and me, a professor in the department of Physical Education, Health, & Sport.

Over the course of four classroom hours and five bike-riding hours we learned about the importance of being visible, predictable, alert, & assertive. The highlight of our riding came when our group (7 riders) rode down busy four-lane Bemidji Avenue, a road with a posted speed limit of 35 MPH, but often filled with drivers in more of a hurry. The significance of our adventure came when we positioned in the right hand tire track of the right lane (to give us a safe space to our right). We noticed that drivers slowed down, gave us space as they passed, and showed respect for our group! We shared the road!

I encourage any physical educator with an interest in teaching bicycling/bicycling safety in his or her school to consider this workshop as a starting point. Some of the topics included in Traffic Skills 101:

**The Basics:** Choosing a bike, adjusting a bike, pre-ride safety check, basic maintenance, helmet fit, & handling basics that include gear selection, starting/stopping, steering in a straight line, scanning & signaling

**Bicycling in Traffic:** Traffic law, changing lanes safely, avoiding crashes, & hazard avoidance maneuvers that included quick stop, rock dodge, avoidance weave, & instant turn

**Enjoying the Ride:** Cadence, nutrition, hydration, ride etiquette, riding with a group, and how to help motorists share the road

If you are unsure as to whether or not you will learn anything through your participation, take a moment to complete this mini-quiz.

1. The number one factor in car/bike crashes; causes 14% of all car/bike accidents.
  - A. Failure to yield to crossing traffic
  - B. Failure to yield when changing lanes
  - C. Riding on the left side of the road, facing oncoming traffic
  - D. Entering the road from a driveway without looking for traffic

2. A pre-ride safety routine, ABC Quick Check includes a check of:
  - A. Air, brakes, Cranks, chain, cassette, & quick release
  - B. Alignment, brakes, chain, & quick release
  - C. Air, brakes, cranks
  - D. Alignment, brakes, cranks, chain, cassette

3. The current accepted practice for a cyclist who wants to make a right turn:
  - A. Left arm extended, bent up at elbow
  - B. Right arm extended
  - C. Left arm extended, bent down at elbow
  - D. Left arm extended

4. Which of the following is true about lane positioning on a bike?
  - A. Ride 3' to the right of motorized traffic when the lane is 14' wide or wide enough to share safely.
  - B. When lanes are narrow, control the lane by riding in the center or in the right hand tire track.
  - C. If traveling faster than other traffic, overtake on the left, keep a safe distance from slower traffic.
  - D. All of the above

5. How to check if the chin strap on my helmet is properly adjusted
  - A. Loose enough so I can place the chin strap on my chin
  - B. Tight enough so I have strap burns under my chin
  - C. Tight enough so the helmet moves when I open my mouth wide
  - D. Loose enough so the helmet tilts backward in the wind

Answers: 1) C; 2) A; 3) B; 4) D; 5) C

Regardless of the accuracy of your responses to the questions above, as physical educators we look for activities that offer enjoyment, health benefits, and safe participation. Let's take the lead and connect our students and community members with the trails and roadways Minnesota offers cyclists!

**BIKING CONTINUED ON P8**



Donna Pavlic  
Tensleep Canyon  
Wyoming

# A Big Thank You from Jump/Hoops

As State Jump/Hoops coordinators, we want to thank everyone who is hosting a Jump or Hoop event at their school this year. The American Heart Association and MNAHPERD have a great partnership that is enhanced with your work in the schools. Through Jump/Hoops Events we teach students about a healthy lifestyle, promote lifelong learning and teach students about service to others.

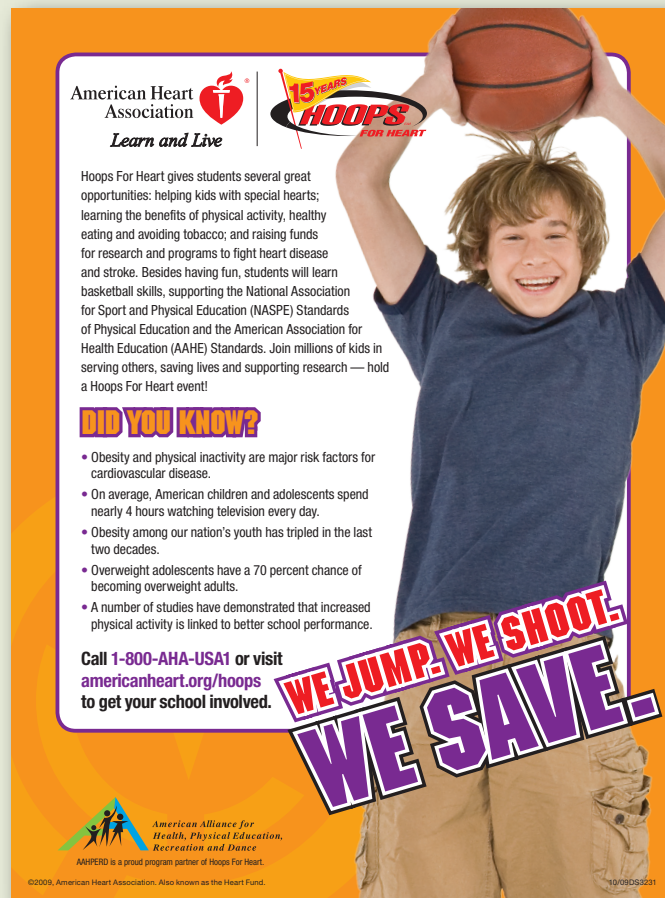
As a thank you to MNAHPERD we received a check from the American Heart Association at our fall conference in the amount of \$43,678. That will go a long way to help keep our organization strong.

As a thank you to YOU, remember that you are eligible to apply for a \$500 equipment grant for your school. Simply go to the MNAHPERD website and download an application. Grant applications are due Feb. 15 of each year.

We are happy to help you have a successful year and to continue (or start!) hosting a Jump for Heart, or Hoops for Heart Event. Please feel free to email if you need assistance.

Amy – Jump for Heart questions;  
[amy.kaiser@duluth.k12.mn.us](mailto:amy.kaiser@duluth.k12.mn.us)

Sandy – Hoops for Heart questions;  
[shasse1@isd77.k12.mn.us](mailto:shasse1@isd77.k12.mn.us)



American Heart Association  
 Learn and Live

15 YEARS  
**HOOPS FOR HEART**

Hoops For Heart gives students several great opportunities: helping kids with special needs; learning the benefits of physical activity, healthy eating and avoiding tobacco; and raising funds for research and programs to fight heart disease and stroke. Besides having fun, students will learn basketball skills, supporting the National Association for Sport and Physical Education (NASPE) Standards of Physical Education and the American Association for Health Education (AAHE) Standards. Join millions of kids in serving others, saving lives and supporting research — hold a Hoops For Heart event!

**DID YOU KNOW?**

- Obesity and physical inactivity are major risk factors for cardiovascular disease.
- On average, American children and adolescents spend nearly 4 hours watching television every day.
- Obesity among our nation's youth has tripled in the last two decades.
- Overweight adolescents have a 70 percent chance of becoming overweight adults.
- A number of studies have demonstrated that increased physical activity is linked to better school performance.

Call 1-800-AHA-USA1 or visit  
[americanheart.org/hoops](http://americanheart.org/hoops)  
 to get your school involved.

**WE JUMP. WE SHOOT.  
 WE SAVE.**

American Alliance for Health, Physical Education, Recreation and Dance  
 AHA/PERD is a proud program partner of Hoops For Heart.  
©2009, American Heart Association. Also known as the Heart Fund.

## BIKING CONTINUED FROM P7

If you do not have the time for a workshop (9 hours) or the minimal course fee (\$25 membership & \$25 workshop fee), maybe some of the resources listed below will help jump start your efforts to bring safe bicycling to our students and community.

Bicycle Alliance of Minnesota: <http://bikemn.org>  
 Their vision, "Minnesota is a state where bicycling is a safe, easy, fun and cool choice for everyone."

Website includes information on Share the Road, Minnesota Bike Laws, Smart Cycling Program, courses & course schedule, news & events, and links to other local, regional, & national links. You can become a member and sign up for Traffic Skills 101 through this website.

Minnesota Share the Road Bicycle Safety Education Program: <http://www.sharetheroadmn.org>

A collaborative effort of the MN Department of Transportation and the State Non-motorized Transportation Advisory Committee, this organization offers information on rules of the road, crash facts, bicycle education, bike helmets, children's bicycle safety, safe bicycle commuting, and resources for newsletters and public service announcements.



League of American Bicyclists: <http://www.bikeleague.org>  
 Offers information on Bike Friendly American, bike education, advocacy, safe routes to schools

Minnesota Department of Transportation: <http://www.dot.state.mn.us/bike/>  
 Bicycling in Minnesota homepage – offers information on safety, bikeways design & planning, policy & funding, traffic laws

Minnesota Safe Routes to School Program: <http://www.dot.state.mn.us/saferoutes/>  
 This offers resource information to parents, educators, community groups, & kids about walking and biking safe routes to school.

National Center for Safe Routes to School: <http://www.saferoutesinfo.org/index.cfm>  
 Offers ways to get started in the Safe Routes to School (SRTS) program that include: state contacts, resources, online library, funding, training, and news.

Kids Health: [http://kidshealth.org/kid/watch/out/bike\\_safety.html](http://kidshealth.org/kid/watch/out/bike_safety.html)  
 Article on importance of bicycle safety, how to put on a helmet, safety checklist, how to be seen and be safe, where to ride, road rules, and hand signals.



# A Whole Lot of Shakin' Went On



by Carol Conkell - Past VP Dance

Variety was the name of the game for the dance sessions presented this year at the MNAHPERD Conference in Roseville. Lori Head, the current past president for the National Association of Dance (NDA) presented an assortment of dance styles for MNAHPERD members to choose from. Lori taught ballroom basics, Swing, Salsa as well as Pilates and yoga classes. Tracy Vacura, a professional dancer from Minneapolis, kept everyone moving with beginning Hip Hop. Saint Cloud students, John Kuefler, Michelle Moen, Katie Roberts, Krystal Scott and Heidi Taylor pleased the crowd with line dances from the 1970's disco era to present day.



Saint Cloud students teach Saturday Night Fever



Dr. Lori Head (NDA past president) and Dr. Robert Pangrazi (Author of "Dynamic Physical Education for Elementary School Children") share a light hearted moment at the banquet.



Lori Head demonstrates the basic Cha Cha step with Rochelle Gladu Patten.

## Saturday Night Fever

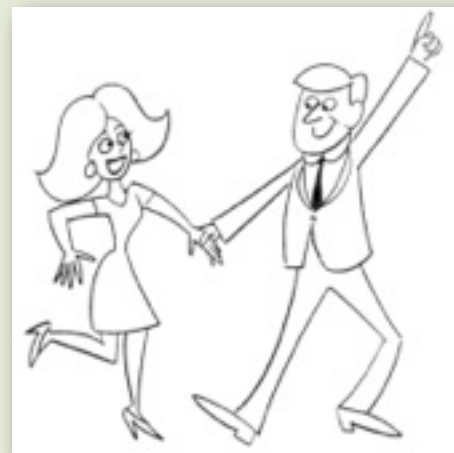
The Saturday Night Fever Line Dance became popular in the 1970's after the movie with the same name became a sensation. Starring John Travolta, the movie opened the door to the disco era.

**Music:** CD: "Saturday Night Fever Soundtrack"

**Track:** "Night Fever", by the Bee Gees

**Formation:** Line up in rows facing the front of the classroom.

<u>Counts</u>	<u>Footwork</u>
Part 1	(Walks)
1-4	Walk back four steps: right foot, left foot, right foot, tap left
5-8	Walk forwards four steps: left foot, right foot, left foot, tap right
Part 2	(Grapevine Turn)
1-4	Grapevine turn right: right foot, left behind, right foot, touch left.
5-8	Grapevine left: left foot, right behind, left foot, touch right.
Part 3	(Kickball Change and Skates)
1-4	2 Kick -Ball Changes (Kicking with the right foot)
5-8	4 Skates: right, left, right, left
Part 4	(Travolta arms with Hips)
1-8	4 John Travolta Arms (Left hand on hip; Point Right finger up/down)
Part 5	(2 Hips and 2 Funky Chickens and Turn)
1-4	Hip to Right 2x; Click heels out and together 2x
5-8	Right heel forward, Right toe back; Right toe side, raise knee high and quarter to turn to the left.
	<b>Repeat the dance!</b>



## PHYSICAL EDUCATION DIVISION

By Marci Wills, Vice-president of Physical Education

[mwills@buffalo.12.mn.us](mailto:mwills@buffalo.12.mn.us)

I am so happy that I had the opportunity to attend this year's MNAHPERD Fall Conference – I learned a lot and had the chance to network with a lot of enthusiastic people who are passionate about teaching. If you missed the conference this fall, start making plans to attend next year's – you won't be disappointed!

Dr. Robert Pangrazi gave an excellent Keynote address that was very thought provoking. He talked about the lack of direction we seem to have in physical education. Over the years our focus has changed so much, he feels that we don't really know which direction we should be heading. He had some suggestions about where he thinks we should be heading. If you missed his address, or would like a copy of the powerpoint presentation, e-mail me and I will send it out to you.

I also attended a session given by John Thompson (1991 NASPE TOY) that was "moving." If you go to the US Games website and click on John Thompson you will find the games that he presented.

If you haven't yet done so, you may want to consider registering your school for the Fuel Up To Play 60 (FuelUpToPlay60.com) program sponsored by the National Dairy Council and the National Football League. This program inspires youth to make themselves and their schools healthier. Students log on to keep track of their physical activity and healthy eating and can even enter the national competition. My kit came earlier this month, and my students are excited!



Works are in the plans for a regional workshop to be held in the metro area sometime this winter focusing on physical education. Be looking for specific information and registration on the MNAHPERD website.

Here are some websites that I find helpful. Hope you will also. Please e-mail me your favorites to share in future loon lines!

[www.mnahperd.org](http://www.mnahperd.org)  
[www.pecentral.com](http://www.pecentral.com) / [www.pelinks4u.org](http://www.pelinks4u.org)  
[www.actionforhealthykids.org](http://www.actionforhealthykids.org)  
[www.supportrealteachers.org](http://www.supportrealteachers.org)  
[www.kidshealth.org](http://www.kidshealth.org)  
[www.nutritionexplorations.org](http://www.nutritionexplorations.org)  
[www.pbskids.org/itsmylife/body](http://www.pbskids.org/itsmylife/body)  
[www.pesoftware.com](http://www.pesoftware.com)  
[www.macmh.org](http://www.macmh.org) (mental health fact sheets)



Do any of you teachers out there use a PDA that syncs with Mac computers? Who uses an ipod to record assessment data on excel? Are any of you using SmartBoards in your teaching? Please e-mail me. I would like to include some technology sharing in future articles.

Lastly, congratulations to our Vice-President Elect, Jack Olwell, who was recently elected to the MNAHPERD Board of Directors. I look forward to working with him to strengthen our profession.



**RESERVE THE DATE!**

**Monday February 8 &  
Tuesday February 9, 2010**

**30th Annual  
Minnesota School  
Health Education Conference**

**Teaching & Learning  
Health Literacy  
for All Learners**

**Minneapolis Airport Marriott  
2020 American Boulevard East  
(East of Mall of America)  
952-854-7441  
800-228-9290**

**Registration Deadline  
January 15, 2010**

**Registration Questions  
John Rohwer  
651-962-5378  
[rohwo550@stthomas.edu](mailto:rohwo550@stthomas.edu)**

**Program Questions  
Debby Rye  
763-381-8331  
[debby.rye@breckschool.org](mailto:debby.rye@breckschool.org)**

**Visit the conference website for program  
information and registration materials.**

**[www.mnhealthconference.pbworks.com](http://www.mnhealthconference.pbworks.com)**







# MNAHPERD Membership Form (or register online at [www.mnahperd.org](http://www.mnahperd.org))



## Member Information

Name (first, middle, last) \_\_\_\_\_

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: _____ |
| Retired Member      | <input type="checkbox"/> \$15 Year Retired: _____               |
| Associate Member    | <input type="checkbox"/> \$30                                   |
| Lifetime Member     | <input type="checkbox"/> \$600                                  |

### Payment Method

- Personal Check (**Make check payable to Human Kinetics**)  
 Institutional Check (**Make check payable to Human Kinetics**)  
 Visa       MasterCard       American Express

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Name on Card: \_\_\_\_\_

Mail to: MNAHPERD c/o Human Kinetics  
Attn: Jackie Moore  
P.O. Box 5076  
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)



# 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	Mary Thissen-Milder	(651)-582-8505
President Elect	Kay Oling	(218)-722-8215
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Treasurer	Jeremiah Hinkemeyer	(218) 329-2088
Secretary	Patty Mollberg	(218) 841-1576
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