

Loon Lines

VOLUME 10, ISSUE 4

For more information about MNAHPERD, please visit our website at www.mnahperd.org or the national site at www.aapherd.org



MNAHPERD

November 2012

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2013 Central District Conference "Ride for the Brand" Jackson, WY Feb. 21-23

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Message from the President

Mary Cappel



What did you miss if you didn't attend the MNAHPERD Fall Conference this year? It was a great experience! Participants had many options of active classroom and technology sessions, many of which offered CEU credit for license renewal. The keynote presenters were exciting, entertaining, and informative. Well-deserved awards were presented at the celebration Friday evening, research poster presentations were available on Saturday, and there was ample time to visit the vendors and network with colleagues. Holding the conference in a school setting offered a great opportunity for presenters and participants alike.

While the 2012 conference has just ended, planning for the 2013 conference "Moving Forward" will begin this week! We will review the evaluations and discuss all the pros and cons of this year. So far we have decided to move the conference to November and again utilize a school setting, this time at Wayzata High School. If you have suggestions, comments, know a great presenter you would like to see, or if you would like to present yourself, please contact me at mary.cappel@winona.k12.mn.us. This is YOUR conference, and we'd like you to help us make it the best one ever!



MNAHPERD Presidents



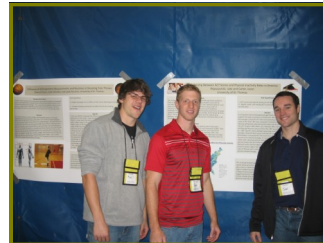
Poster Presentation



Conference Chair Kay Oling and AAHPERD President-Elect Gale Wiedow



Jump Rope for Heart Check



Poster Presentation



Team Building Activity

Here are FIVE reasons why it is imperative that you become a member of MNAHPERD

Joe McCarthy

jmccarthy@farmington.k12.mn.us

1. MNAHPERD is a leading advocate for Health, Physical Education and DAPE teaching jobs!

MNAHPERD will advocate for status within our profession. In 2010, MNAHPERD worked with the American Heart Association and hired lobbyists to pass the MN Physical Education standards. MNAHPERD knows our jobs and requirements to meet our Health and Physical Education needs were not met with this major accomplishment so MNAHPERD will not stop there! In 2011, MNAHPERD will continue the relationship with the American Heart Association and in addition to that relationship MNAHPERD will hire our own lobbyists to advocate for more! We need Physical Education graduation requirements in our schools. We need language requirements and support for Physical Education license teacher specialists to teach Physical Education in our schools. We need each child to have daily Physical Education in their school day. We need MN Health Education standards. We need Health Education graduation requirements. We need language requirements and support for Health Education license teacher specialists to teach Health Education in schools. We need each child to have more Health Education support in their school day.

Remember it is not just the responsibility of the MNAHPERD members to do the advocacy for ALL Physical Education/DAPE and Health Education teachers in Minnesota. We need everyone to support our Profession. Become a member if you are not one now! MNAHPERD has and will continue to support your job; to do this we need your membership!

2. When you attend MNAHPERD workshops, you will be given the opportunity to receive CEU's towards your re-licensure. Our goal is for all 13 regions to have 1 workshop every year.

3. You will have the opportunity to observe and participate in workshops and sessions conducted by the state's best presenters.

4. Scholarship and grant opportunities are available through MNAHPERD to MNAHPERD members.

5. Being a MNAHPERD member gives you the opportunity to be honored in our state for your great service and commitment to our profession.

Do you want to do more? MNAHPERD will assist you in promoting your own workshop in your region!

FIVE Keys to a successful workshop:

1. Design a theme
2. Find a location
3. Find presenters
4. Provide CEU's
5. Make it fun!

As a MNAHPERD member, you can be a part of this!



MNAHPERD Membership Form (or register online at www.mnahperd.org)

Name (first, middle, last) _____

Home Address _____

Home City _____ State _____ Zip _____

Home Telephone _____

Work Address1 _____

Work Address2 _____

Work City _____ State _____ Zip _____

Work Telephone _____

Email Address _____

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/includes processing fee) |
| Professional Member | <input type="checkbox"/> \$30.00 |
| JRH/HFH Coordinator | <input type="checkbox"/> \$20.00 (\$10 discount off professional membership for coordinators) |
| Student Member | <input type="checkbox"/> \$15.00 College attended full-time: _____ |
| Retired Member | <input type="checkbox"/> \$15.00 Year Retired: _____ |
| Associate Member | <input type="checkbox"/> \$30.00 |
| LifetimeMember | <input type="checkbox"/> \$600 |

Payment Method

- Personal Check (Make check payable to MNAHPERD)
- Institutional Check (Make check payable to MNAHPERD)

Mail to: Nancy Christensen
25673 Muskrat Lake Drive
Detroit Lakes, MN 56501
218-847-9769 (Home Phone)
Fax to: 218-846-2416

Questions: Call Nancy Christensen at 218-847-9769 or email nancy1485@gmail.com

Impact of Physical Education

Ben Tressel, VP of Physical Education, MNAHPERD

Physical education has a huge impact on all students in MN schools. I don't need to tell you that, but it is a fact that needs to be shared.

I am very fortunate to work in the field of education in a unique position as content lead for PE and Health in the Minneapolis Public Schools. I have a job like few others in the state or nation. I am able to focus on the curriculum and instruction in everybody's favorite subjects! In this position, I have the unique opportunity to have conversations with administration, curriculum coordinators, teachers, students, parents and at times Superintendents about health, wellness, and physical activity and the impact they have on education. Often, these conversations are able to open many eyes, but rarely change many practices.

Physical education has a huge impact on all students. It will impact brain function, attention, attendance, interpersonal skills, health, fitness, cooperation, self-esteem, friendships, obesity, stress levels...and these are just the first few ideas to jump in my mind; the list could go forever. As educators we focus on these positive opportunities, but we must identify the reality that physical education taught the wrong way has a negative impact in all of these areas.

As physical educators, we need to make sure our profession is moving forward. We need to be sure our lessons focus on learning above performance. We need to make sure our peers are on board with the goals of our profession and the needs of all students. Schools and school districts across our state and nation are making decisions on the amount of PE a student has based on a PE teacher's ability to run a quality program that has positive impacts on a student's day. If the impact is negative, for even a small number of students, the decision for administration is easy!

Teachers have the ability to change programming decisions in a district. The key to that statement is the plural form of teacher. One teacher alone can impact a student, a school, and a community. An entire department, spanning multiple schools can impact decision makers and can have a sustained impact in a district. The possibilities are endless. .

In my work as VP of Physical Education for MNAHPERD this year, my #1 goal is to implement a number of ways to include all PE teachers in professional development. This will include finding ways for members of MNAHPERD to share their knowledge, resources, and passion with other PE teachers. I look forward to learning from you as we improve our practice together.

DAPE Website Information

MNDAPE.org website has had a HUGE update! You have to take a look. It is the ultimate resource for adapted physical education teachers. It lists all events that are happening at the state level as well as regional workshops. If you don't know what region you are in, it shows you a map to determine that. You also have region representatives. They are listed with their contact information. Email or call them with any questions. The website also has resources such as the MNDAPE Operational Guide, DAPE Tri-Fold, DAPE Laws and Links.

CENTRAL DISTRICT ASSOCIATION 2013

**JACKSON, WY
FEB. 21-23**

**RIDE FOR
THE
BRAND**

www.aahperd.org/about/districts/central

SPECIAL GUESTS:

DR. GALE WIEDOW

(AAHPERD President Elect,

Dakota State University, Madison, SD) is an associate professor of Physical Education and Exercise Science at Dakota State University (DSU) in Madison, SD.

Prior to joining the faculty at DSU, Wiedow served as National Program Director for the National Youth Sports Program (NYSP).

JOANNE OWENS-NAUSLAR

(Past AAHPERD President) has spent forty-two years promoting the benefits of healthy active living and is considered one of the nation's most vocal personalities and masterful motivator on issues of physical activity and how we can improve our health and academic outcomes.

JAYNE GREENBURG

member of the President's Council on Fitness, Sports & Nutrition, is the District Director of Physical Education and Health Literacy for Miami-Dade County Public Schools.

JAMES P. OWEN

After a successful 35-year business career, Jim Owen reinvented himself as an author, film producer and social innovator.

He also created the Center for Cowboy Ethics and Leadership, a nonprofit 501(c)(3) foundation, to help spread the message that "we can all be heroes in our own lives."

PRE-CONFERENCE EVENTS

THURSDAY, FEB. 21

Archery in the Schools
Instructor Certification
(All Day event—must be pre-registered)

AM EVENTS

Climbing Wall at
Enclosure Climbing Gym
US Tennis Association Workshop
Cross Country Skiing
Disc Golf on Snow Shoes

PM EVENTS

Platform Tennis on heated Courts
Intro to Skate Skiing
Snow Biking on the
National Elk Refuge
Downhill Skiing with
Instruction on Snow King Mt.

POST CONFERENCE OPPORTUNITIES

SATURDAY, FEB. 23

If there is a cost, you are responsible for it yourself.

Skiing at Snow King or
Teton Village
Sleigh Ride on the
National Elk Refuge
The National Museum of
Wildlife Art
Walking History tour or
downtown Jackson
Tubing on the Snow King Hill
Walking Art Gallery Tour of
downtown Jackson
Grand Teton National Park
Craig Thomas Visitors Center
in Moose

**THERE WILL BE A LIVE AND SILENT AUCTION,
SO PLEASE BRING SOMETHING TO DONATE,
AS WELL AS YOUR CHECKBOOK!**

Dance was Alive and Well at MNAHPERD

Cyndee Johnson, VP Dance Division and Dr. Carol Conkell, Past VP Dance Division

One of the dance sessions at the fall MNAHPERD conference was Drums Alive. Nancy Marcy presented two Drums Alive sessions. Drums Alive is a recent trend in fitness clubs using drum sticks and stability balls to get a moderate to vigorous aerobic workout. During the first session, Nancy modeled how she would teach a high school class Drums Alive. During the second session, the conference attendees learned the basic Drums Alive movements and were given an opportunity to create their own routine using drumming and locomotor movements. Nancy's handout is on the MNAHPERD's website under fall conference.

You can find an example of a similar lesson plan and video on PE Central's website, which was submitted by Kathleen Johnson from Rhode Island College. To find the lesson plan and video go to www.pecentral.org, click on lesson ideas, click on dance, click on Dance-Rhythms with Equipment-Original, and finally, click on Yoga Ball Bash. Your students will have a blast with this activity.

Some university students, along with their professors, stepped it up and presented more dance sessions at the conference. University of Wisconsin Superior students presented the two sessions on the Texas Two Step with their professor, Dr. Glen Carlson. The first session shared the basics of performing the Texas Two Step along with an introductory routine. The second session provided a review of the Texas Two Step and introduced an intermediate routine.

Saint Cloud State University students, Lindsay Leko and Eric Grimsby presented two dance sessions with their professor, Dr. Carol Conkell. One session introduced American Heritage dances. The second session, "*Awesome Rhythmic Games and Activities*" shared fun and nonthreatening ideas for getting students moving quickly and rhythmically. Following are two activities from those sessions.

Jesse Polka

This old time 16 count dance may be done to country western music, or any good polka.

Music: Folkcraft 1093; Blue Star 1588 and 1667; or "Rhythmically Moving", Disc 8/ 1.

Formation: Groups of 2-3 in a line, with arms around each other's waists; moving counterclockwise around the room.

Part I: 8 Count Heel-and-Toe Sequence

Touch left heel forward, then step in place.

Touch right toe back, then touch right foot beside left.

Touch right heel forward, then step right foot beside left.

Touch left heel forward, and then cross in front of right.

Part II: Two-steps or Polka Sequence

Starting with the left foot, do 4 two-steps in the line of direction.

(Cue: 1 & 2, 3 & 4 etc. or left-right-left; right- left-right etc.)

Repeat to End

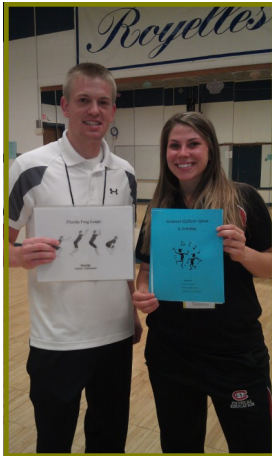
Follow the Leader

Goal: Students create dance moves while moving to the beat of the music.

Music: "Party in the USA" (CD: Kidz Bop Dance Party, 2010)

Procedure: Place students into groups 5-7. The person at the front of each line is the line leader and the rest of the students are the followers. The leader chooses a dance move(s) that his/ her group will copy. Students will follow the leader's movements until the teacher calls out for the students to switch leaders. At this time, the leader will move to the back of the line and the person at the front of the line is the new leader; making sure each student gets to be the leader.

Reference: Bennett, J. R. & Riemer, P. C. (2006) *Rhythmic Activities and Dance*. Champaign, IL: Human Kinetic



SCSU
students Eric
Grimsby and
Lindsay Leko



Eric Grimsby
and Lindsay
Leko with
professor
Dr. Carol
Conkell

Just in Case you Missed the Celebration...

Sue Tarr

On Friday, October 12th MNAHPERD members, family, and friends gathered to celebrate the accomplishments of the MNAHPERD award winners. When you see these folks throughout the year, please share your congratulations with them for a job well done! There are a LOT of quality people in our state doing quality things so let us share their good accomplishments with the rest of our state!

MNAHPERD 2012 Award Winners

- Sue Tarr (St. Cloud State University): George Hanson Developmental Adapted Physical Education Award
- Aaron Banks (Gustavus Adolphus College): Lou Keller Collegiate Award
- Mike Doyle (Wayzata Public Schools): Adapted Physical Education Teacher of the Year
- Amy Strickland Johnson (Minneapolis Public Schools): Health Education Teacher of the Year
- Bonnie Reimann (Gustavus Adolphus College): Aquatics Teacher of the Year
- Joe McCarthy (Meadowview Elementary School, Farmington): Elementary Physical Education Teacher of the Year
- Jason Karn (Buffalo Hanover Montrose Public Schools): High School Physical Education Teacher of the Year

Many thanks to the Awards Committee (Sue Bremer, Bridget Duoos, Sandy Hasse, Vicki Johnson, Karen Nash, Kay Oling, Marci Wills) for their hours of work reviewing applicant materials and assisting with Awards Celebration!



2012 MNAHPERD Award Winners

38th Annual MN DAPE Conference

Barb Eilers

We had a great turn out for the 38th Annual MN DAPE Conference on September 26-27. We had a new location at Camp Friendship just a few miles away from Camp Courage. You can see the conference schedule, session descriptions, presenter bios, and conference handouts on MNDAPE.org under EVENTS.

Keynote Speaker

Patrick Kasper from Positive Motion rocked the place!

Questions to ask yourself:

Inspire: How can I lead by example?

Encourage: How can I help people have more confidence?

Motivate: How can I supercharge people to get them moving in a positive way?



More from the MNAHPERD Fall Conference...

Barb Eilers

The MNAPHERD Conference was held at Hopkins High School on Oct 12 & 13. It was filled with many valuable and practical sessions. The MNDAPE Leadership Committee members Sue Bremer, Mike Doyle, Barb Eilers, and Sue Tarr gave two presentations titled:

1. "Adaptations to Traditional PE Activities So ALL Can Be Successful" (activities included jump rope, basketball, tennis and floor hockey and a ropes course). Handouts are located on MNAPHERD Website.
2. "How to Communicate & Have A Good Relationship with Your Paraprofessionals in the Gym." This presentation included a survey of 66 PE/DAPE teachers and 30 paraprofessionals sharing their thoughts about improving communication. The PowerPoint presentation, session handout, teacher survey results and paraprofessional survey results are all located on the MNDAPE Website on the MNDAPE Homepage.



Scholarship Opportunities

MNAHPERD awards three different scholarships throughout the year for students in undergraduate and graduate school. These are: the Future Professionals Conference Travel Scholarship Award, Mary Lampe Scholarship, and the Trish Meek Developmental Adapted Physical Education Scholarship. Applications are included in this newsletter and due at different times throughout the year. Please encourage students and professionals alike to apply for the appropriate scholarships.

Future Professionals Conference Travel Scholarship Award: This scholarship is awarded to full-time undergraduate students majoring in the field of health, physical education, recreation, or dance to assist them in traveling to conferences. **Due December 15, 2012.**

Mary Lampe Scholarship: The Mary Lampe Scholarship is awarded to professionals, full time undergraduate and graduate students in good standing with MNAHPERD in their quest to enhance professional/educational development. The establishment of this award was to honor and recognize the outstanding efforts, services and contributions of Mary Lampe, who retired from the Health, Physical Education, and Recreation Department at the University of Minnesota, Minneapolis. **Due February 14, 2013.**

Trish Meek Developmental Adapted Physical Education Scholarship: Trish Meek DAPE Scholarship is awarded to full-time undergraduate student(s) pursuing licensure in Developmental Adapted Physical Education (DAPE). **Due February 14, 2013.**

FUTURE PROFESSIONALS CONFERENCE TRAVEL SCHOLARSHIP AWARD

Minnesota Association for Health, Physical Education,
Recreation & Dance

Application Due December 13, 2012

Criteria for Selection:

1. Scholastic proficiency
2. School, community, professional activity/service
3. Character attributes

Criteria for Application:

1. Applicant must be a current member of MNAHPERD and a member of AAHPERD, or be willing to join, if selected.
2. Applicant must be majoring in the field of health, physical education, recreation, or dance.
3. Applicant must have a minimum grade point average of 3.2 overall on a 4.0 grade point scale.
4. Applicant must be at least sophomore class standing at the time of application.
5. Applicant must attend a college or university within Minnesota AHPERD.
6. Applicant must be first time Future Professional Conference Travel Scholarship Award.
7. Applicant should have evidence of contribution to their:
 - Major department
 - Involvement in university organizations
 - Community
 - And/or individual accomplishments/honors/awards
8. Two letters of recommendations
9. Recipient(s) shall present a **written report/summary of the benefits derived through this experience.** This can be a report to the board of directors, an article for MNAHPERD newsletter *Loon Lines* or a presentation (individual or group) at the MNAHPERD state conference.
10. Recipient(s) shall provide an **itemized written financial report** – including original receipts.

Award: This scholarship is up to \$200.

FUTURE PROFESSIONALS CONFERENCE TRAVEL
SCHOLARSHIP AWARD
Minnesota Association for Health, Physical Education,
Recreation & Dance

APPLICATION FOR UNDERGRADUATE STUDENTS

PLEASE TYPE OR PRINT: All information will be confidential except for the biographical summary that may be used for publication if applicant receives the award.

Name: _____ Date: _____

Home Address: _____

Telephone: _____ E-mail: _____

School Address: _____

Telephone: _____ E-mail: _____

AAHPERD Membership number: _____ Exp Date: _____

MNAHPERD Membership number: _____ Exp Date: _____

Student Information:

Institution: _____

Major: _____ Minor: _____

Units Completed: _____ GPA: _____

Anticipated Graduation Date: _____

Please include with application:

1. Two Letters of Recommendation
2. Transcript
3. Resume: Including professional organizations with dates of membership, contributions to major department, university organizations, community, and/or individual accomplishments/honors/awards.
4. Letter to MNAHPERD addressing your professional goals and what conference this scholarship will help you attend. Please be specific in what you intend to spend the money on.

Send completed application by Dec. 13, 2013 to Nadine Moeller, 4724 3rd Ave. South, Duluth, MN 55803. Email: moe12342charter.net or Nancy Christensen, nancy1485@gmail.com

MARY LAMPE SCHOLARSHIP

Minnesota Association for Health, Physical Education, Recreation & Dance

The Mary Lampe Scholarship is awarded to professionals, full time undergraduate and graduate students in good standing with MNAHPERD in their quest to enhance professional/educational development. The establishment of this award was to honor and recognize the outstanding efforts, services and contributions of Mary Lampe, who retired from the Health, Physical Education, and Recreation Department at the University of Minnesota, Minneapolis.

Application Must Be Postmarked By: February 14, 2013

Criteria:

1. The applicant must be a member of MNAHPERD.
2. Nominee/applicant must indicate in writing the professional scholarly endeavor for which the finances will be used.
3. Nominee/applicant shall indicate their contributions and/or services to the profession.

Recipients of the award are required to:

1. Present a **written report/summary of the benefits derived through this experience.** This can be a report to the board of directors, an article for MNAHPERD newsletter *Loon Lines* or a presentation (individual or group) at the MNAHPERD state conference.
2. Provide an **itemized written financial report** – including original receipts.

Scholarship Amount: \$250 - \$500

***Award is presented at the MNAHPERD Fall Convention.

Application for Mary Lampe Scholarship

Date: _____

Name: _____

Home Address; _____

City: _____ State: _____ Zip Code: _____

Home Telephone: _____ E-mail : _____

MNAHPERD Membership Number: _____ (located on newsletter label)

Amount you are requesting: _____ (up to \$500.00)

If you are applying as a Professional Member:

Your Title: _____

School, College/University Address:

Area/ Specialty: _____

If you are applying as a Student:

College/ University: _____

Major: _____

Year in School: _____ GPA: _____

Working toward a degree in: _____

Please submit with application:

1. Resume

2. Two letters of Recommendation

- Professionals: One from a colleague and one from an administrator
- Future Professionals: Two professors

3. Essay describing

- Contributions/ services to your profession
- The purpose for which the scholarship would be used for your professional enrichment during 2011-2012.
- How you expect this experience to assist you in your professional development.

Send completed application, letters of recommendation, and resume by Feb. 14, 2013 to Nadine Moeller, 4724 3rd Ave. So., Duluth, MN 55803. Email Nadine at moe1234@charter.net

TRISH MEEK DEVELOPMENTAL ADAPTED PHYSICAL EDUCATION SCHOLARSHIP

Minnesota Association for Health, Physical Education, Recreation & Dance

Trish Meek DAPE Scholarship is awarded to full-time undergraduate student(s) pursuing licensure in Developmental Adapted Physical Education (DAPE).

APPLICATION MUST BE POSTMARKED BY: FEBRUARY 14, 2013

Criteria for Scholarship:

1. The applicant must be a MNAHPERD member
2. At least one-half of the DAPE licensure courses in respective approved Minnesota Board of Teaching DAPE Licensure program must be completed prior to applying for this scholarship.
 - You may be currently enrolled prior to the application, meaning that half of your courses would be completed in the semester of application.

Recipients of the award are required to:

1. Present a **written report/summary of the benefits derived through this experience**. This can be a report to the board of directors, an article for MNAHPERD newsletter *Loon Lines* or a presentation (individual or group) at the MNAHPERD state conference.
2. Provide an **itemized written financial report** – including original receipts.

Scholarship Amount: \$250 - \$ 500

***Award is presented at the MNAHPERD Fall Convention.

Application for Trish Meek Developmental Adapted Physical Education Scholarship

Name: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Home Telephone: _____ E-mail: _____

College/ University: _____

Year in School: _____ (undergraduate student) GPA: _____

Application for Trish Meek Developmental Adapted Physical Education Scholarship

Number of DAPE courses completed at time of application: _____

Number of DAPE courses required for licensure: _____

Tentative date of completion of DAPE licensure: _____

Name of your advisor: _____

Advisor's Address: _____

MNAHPERD Membership Number: _____ (located on newsletter label)

Letter of recommendation will be coming from:

_____ (DAPE coordinator)

_____ (Faculty member)

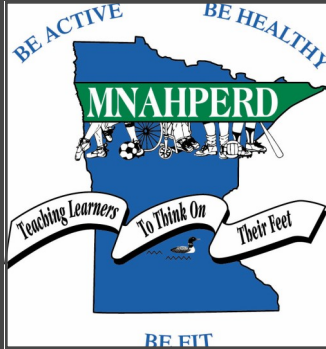
Amount you are requesting: _____ (up to \$500.00)

Please submit with application:

1. Resume
2. Transcript: Please highlight the DAPE courses on the Transcript
3. List of all required DAPE courses to complete licensure at your institution
4. Two letters of recommendation
 - One from the DAPE coordinator at your institution
In this letter, have your DAPE coordinator verify the courses you have completed and the number of courses remaining.
 - One other professional letter from a faculty member at your institution.
5. Essay describing:
 - Reflection on experience with individuals with disabilities.
 - The purpose for which the scholarship would be used for your professional enrichment during 2010-2011.
 - How you would expect this experience to assist you in your professional development.

Send completed application, letters of recommendation, resume, and transcript by Feb. 14, 2013 to Nadine Moeller, 4724 3rd Ave. So., Duluth, MN 55803. Nadine's email is moe1234@charter.net

MNAHPERD Executive Director
Nancy Christensen
25673 Muskrat Lake Dr
Detroit Lakes, MN 56501



www.mnahperd.org

Loon Lines

November 2012

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.

Contact information for MNAHPERD Board of Directors is posted on www.mnahperd.org

MNAHPERD Executive Committee

President	Jack Olwell	(612) 432-9082
President Elect	Sue Tarr	(320) 217-2371
Past President	Mary Cappel	(507) 454-1641
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088
Secretary	Vicki Johnson	(218) 847-5212
Executive Director	Nancy Christensen	(218) 847-9769

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

Amy Knopf at aknopf@detlakes.k12.mn.us.

You can also access this newsletter in PDF format on the web at www.MNAHPERD.org