



WVAHPERD Newsletter

Spring 2010

West Virginia Association for Health, Physical Education, Recreation, and Dance

A Letter from the President

Darlene Koerber

This is an exciting and crucial time to be actively involved in your professional organizations. First Lady Michelle Obama announced an ambitious national goal of solving the challenge of childhood obesity within a generation. She has launched a campaign called "Let's Move". It will engage every sector impacting the health of children to achieve this national goal, and will provide schools, families and communities simple tools to help kids be more active, eat better and get healthy. Wow, this is exactly what we have been trying to do for years and now we have the First Lady on our side. This is a perfect time to increase physical education and health in our schools.

Come to Canaan Valley Resort Conference and bring 2 new people.

I would like to take the time to welcome all Health, Physical Education, Recreation, Sport and Dance people to our fabulous organization. I would like to charge everyone that has

been to our conference to bring 2 new people to our conference in **Canaan Valley Resort on Nov. 11-13, 2010**. Our conference will provide you with one of the best professional development for our field. This year's conference has all areas (health, physical education, recreation, sports, and dance) covered for every time slot. On Thursday (Veteran's Day) we have exciting pre-conference sessions for students, higher education, and teachers.

What can WVAHPERD do for you?

- help provide comprehensive programs in health and safety education, physical education, recrea-

tion, and dance, based upon the needs, interests and inherent capacities of individuals for optimum development.

- encourage the growth of leadership essential to the continued development of comprehensive programs in the fields mentioned above.



and dance.

- assist in research and experimentation, and to disseminate findings. cooperate with activities of local, state district and national associations of health and safety education, physical education, recreation, and dance.

Here are a couple of my favorite quotes:

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"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." ~Plato
Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.

~ John F. Kennedy

I hope to see everyone at our Conference in November.

Internship Opportunity Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS), a federally funded project of NASPE and AAPAR, is seeking a Summer Intern. Part-time and full-time internships will be considered at the AAHPERD headquarters in Reston, VA. Visit www.headstartbodystart.org for more information about the project. Contact us at (703)476-3413 or headstartbodystart@aahperd.org for more information.

Bea Orr Named 2010 Fellow

Bea N. Orr was honored recently at a national meeting of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). The AAHPERD meeting was held in Indianapolis, Indiana March 17-19, 2010.

Bea was honored by being named 2010 Fellow of the North American Society of

Health, Physical Education, Recreation and Sport Professionals. This is a distin-



guished group of professionals who have achieved outstanding career accomplishment.

Bea Orr serves as the Executive Director for the West Virginia Association for Health, Physical Education, Recreation and Dance. She is currently serving as Director of Student Services with the Logan County Board of Education.

Call for Proposals: AAHPERD National Conference

2011 Call for Proposals for the AAHPERD National Convention in San Diego, CA, March 29-April 2, 2011. Proposals are due **June 15, 2010**.

We invite you to submit a presentation proposal for the 2011 American Alliance for Health, Physical Education, Recreation and Dance National Convention and Exposition in partnership with Northwest and Southwest District AAHPERD to be held in San Diego, California, March 29 through April 2, 2011. Con-

**National
Convention
San Diego, CA
March 29-April 2
2011**

vention programming is based primarily on this annual Call for Presentations, bringing practical and relevant information to AAHPERD professionals and students. By featuring you and your peers as presenters, AAHPERD provides convention attendees with the strongest forum for information exchange, problem solving, and networking on a national level. Proposals received by the deadline will

be forwarded to the appropriate national association's program planning committee, which will include planners from Midwest District and Indiana AAHPERD. Your proposal will be evaluated on the following:

- overall quality and innovation;
- national significance; relevance to health, physical education, recreation, or dance education disciplines;
- well-defined focus;
- sound research/theoretical basis; and

practical applications of materials.

Final notification of acceptance will be forwarded to you from the reviewing association by September 30, 2010. If you have not received notification, contact the Association to which you submitted.

Sessions are scheduled throughout the Convention **from Tuesday, March 29 through Saturday, April 2**. Please do not submit a proposal unless you will be able to present at anytime during the convention dates.



AAHPERD Member News

Joe Smith



As one of the WVAHPERD delegates to AAHPERD Delegate Assembly I want to share some of the happenings/actions taken by the Alliance delegates. First, the President-elect for AAHPERD is Brad Strand, Professor, Department of Health, Nutrition and Exercise Sciences North Dakota State University, Fargo, ND. If you missed his background speeches at the conference, you can find his information at <http://www.aahtperd.org/about/leaders/AAHPERD-President-Elect-Nominees.cfm>

This leads to the motion of having Open Elections at National level of AAHPERD. In spite of the argument that as a member I should have a right to vote for the president elect, this motion was defeated by the

delegates. The delegates spoke on both sides of the issue. There was one delegate who spoke that offered the following comments, which seemed to make a difference in the voting results. This person was not for or against the motion, but cautioned delegates to consider existing "checks and balances" that prevent a region from stuffing a ballot box due to large numbers of members. She also was concerned that existing procedures tend to assure a qualified candidate is selected from a person who has served AAHPERD at all levels. Personally, I would think and have seen candidates that are "win-win" candidates, but to some degree the point was, if a regional candidate could ally another large district, then overtime a domination of presidents could occur by a few geographical areas. Consequently, the motion for open elections was

defeated, but for what it matters, Darlene and I did vote for Open Elections and respect the intelligence of members to make informed decisions. We left with the feeling this motion will be brought for the Delegate Assembly again in the future, since a delegate did request that it go on record that the topic should be considered following this year's deciding vote. NAGWS is now in "limbo" again, since the motion to release them from the umbrella of AAHPERD did not receive a majority of votes. Of the 235 delegate votes, only 117 votes were cast for the dissolution of NAGWS from AAHPERD. There were 28 abstaining votes which were largely by the NAGWS representatives. This inaction will leave the incoming CEO something to deal with in the near future in regards to how funds are distributed among the members of the alliance. The NAGWS had a contingency plan to relocate at

UNC-Greensboro and continue the mission of NAGWS. Hopefully, a long term solution will develop from this for NAGWS and AAHE and other conversations between APAR and NASPE. Joe sees the mission of Lifetime Wellness being divided/segregated by the specific organizations being singled out in the AAHPERD acronym. As the collective efforts of many for healthy people of all ages evolve in the future, the acronym might be better if it was AALW. This would be inclusive of current agencies, groups, and members sharing the common goal, which is supported by each area's content and contributing part to the whole of lifetime wellness. (creates sells of new logo merchandise, too \$\$\$-HAHA) Thank you for the opportunities to serve WVAHPERD and AAHPERD at the Delegate Assembly for the past two years. Feel free to contact me if you have questions about this year's assembly.

2010 AAHPERD National Convention

The 2010 AAHPERD National Convention & Exposition drew thousands of educators to Indianapolis, IN from March 16th through March 20th where attendees participated in over 300 program sessions that provided professional enrichment in the fields of health, physical education,

recreation and dance. AAHPERD members and leaders crowded the dance floor at the Indiana Roof Top Ballroom to celebrate AAHPERD's 125 years of professional service and development at the 125th Anniversary Gala. Running guru Jeff Galloway, NASCAR driver Lyn St. James, and Olympic

track star Carl Lewis were also spotted at various program sessions and in the exhibit hall. Check out all the convention highlights on the [AAHPERD Web site](#) and [AAHPERD's Facebook Fan Page](#). Join us in 2011 for the 126th AAHPERD National Convention & Exposition, to be held on March 29th through April 2nd in sunny San Diego, California!

Staff Development Training



On January 11, 2010, RESA III along with Boone County's Health and Physical Education Leadership Academy II team held a staff development training at the Madison Civic Center Madison, WV. Areas of focus were Fitnessgram training and reporting, HEAP training and reporting, and Best Practices. A total of 25 Health and Physical Education specialist took advantage of this opportunity. This program was much needed and was a huge success.

NASPE Sets the Standard



PE2020: Focus On the Future of Physical Education and Challenge Your Students.
NASPE's PE2020 is asking indi-

viduals to respond to the question: What should physical education look like in the year 2020 and beyond? We invite you to share your vision for the future and give your students the opportunity to participate as well. Download Free PE2020 Resources for Teacher Educators NASPE has created PE2020 sample lesson plans for teacher educators which can be used to help

pre-service teachers to develop a personal philosophy for physical education and refine their advocacy skills. To encourage participation NASPE is holding a monthly drawing for a chance to win an iPod shuffle® Visit www.PE2020.org to download FREE [PE2020 resources for teacher educators](#), to [explore submissions](#) and to write and [submit your own vision](#) for a chance to win. This initiative is sponsored by Polar USA.

Let's Move: First Lady Motivates

First Lady Motivates Parents and Child Advocates to Move.

The First Lady Michelle Obama spoke to National PTA® members during a special luncheon at National PTA's Legislative Conference about her latest national campaign, "Let's



Move"—a movement pertinent to the National PTA's efforts toward fighting childhood obesity and promoting healthy lifestyles.

How many times have you thought, "If only the 'powers-that-be' would ask AAHPERD (or

me) what we think needs to be done to increase physical activity and healthy eating in our nation's schools and communities."

Well, "if only" is NOW!

As part of the *Let's Move* initiative, President Obama has established a Task Force on Childhood Obesity that directs Federal agencies to create a comprehensive interagency national action plan to solve the challenge of childhood obesity within a generation. The President's memo directed the task force

to conduct outreach with representatives of private and nonprofit organizations, State, tribal, and local authorities, and other interested persons who can assist with the task force's development of a detailed set of recommendations.

The four pillars of Let's Move are:

1. Ensuring access to healthy, affordable food
 2. Increasing physical activity in schools and communities
 3. Providing healthier food in schools
- Empowering parents with information and tools to make good choices for themselves and their families

Calling all Job Seekers



Post your resume online at AAHPERD's CareerLink and enter to win the monthly Job Seeker Contest.

This month, one lucky AAHPERD job seeker has won a grab bag of AAHPERD goodies! To find out who won, visit [AAHPERD's Facebook page](#).

Want to win free stuff? Post a searchable resume online at [CareerLink](#) and be entered to win a free t-shirt, bag or other AAHPERD swag. Once a month, one lucky job seeker will be selected in a random drawing. Prizes can range from t-shirts to USB flash drives.

Not actively looking for a job? Let the job find you! Post your resume anyway and enter to win. [CareerLink](#) is completely confidential.

Drawings run month to month for new searchable resume posters only. Winners will be notified by the 5th of each month and announced on the [AAHPERD Facebook Fan Page](#).

CareerLink Monthly Hot Tip: Showing up can make a difference

If you have identified your dream employer, don't be afraid to demonstrate your dedication and enthusiasm by showing up in person to hand off your application. Studies show that having a face attached to your resume dramatically increases your chances of an interview. However, if you choose to visit to a potential employer be sensitive to their time constraints and keep the entire interaction under 5 minutes: smile, introduce yourself and hand them your documents, thank them and leave.

Happy job hunting!

National Middle School Teacher of the Year



Honoring the elite of the physical activity, physical education and sport professions, the

National Association for Sport and Physical Education (NASPE) today announced the National Physical Education Teachers of the Year (TOY) for Elementary, Middle School and High School levels as well as the National Athletic Director of the Year who were selected at its annual Hall of Fame Banquet in Indianapolis this past week. National award winners were:

Athletic Director: Roy Turner,
Eugene Ashley High School, NC

Elementary School TOY:
Lana Peterson-Pressler,
Rosseau El. School, NE

Middle School TOY

Darlene Koerber,

Tyler Consolidate Middle School

High School TOY

Clayton Ellis,

Aurora Central High School, CO

The National Physical Educator of the Year Awards are given in recognition of outstanding teaching performance and the ability to motivate today's youth to participate in a lifetime of physical activity. The purpose of the National Athletic Director of the Year Award is to give recognition to athletic administrators around the country who exemplify the highest standards of their profession.

Olympic gymnast Shannon Miller, Darlene Kluka, full professor and coordinator of sport management programs at Barry University, Miami Shores, Florida, and Marian Franck, retired physical education

teacher, coach and administrator with the School District of Lancaster, Pennsylvania, were inducted into the NASPE Hall of Fame. John Hichwa, retired physical education teacher and education consultant of Redding, Connecticut, received the Joy of Effort award. Georgi Roberts, director of health and physical education for the Fort Worth Independent School District in Texas received the Channing Mann Outstanding Physical Education Administrator Award, and Jacquelyn Cuneen, professor at Bowling Green State University in Ohio received the Sport Management Outstanding Achievement Award.

NASPE Sets the Standard



National Association for
Sport and Physical Education

an association of the American Alliance for Health,
Physical Education, Recreation and Dance

NASPE Sets the Standard

The preeminent national authority on physical education and a recognized leader in sport and physical activity, the National Association

for Sport and Physical Education (NASPE) is a non-profit professional membership association that sets the standard for practice in physical education and sport. NASPE's 15,000 members include:

K-12 physical education teachers, coaches, athletic directors, athletic trainers, sport management professionals, researchers, and col-

lege/university faculty who prepare physical activity professionals. NASPE seeks to enhance knowledge, improve professional practice, and increase support for high-quality physical education, sport and physical activity programs. It is the largest of the five national associations that make up the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD). For more information, visit www.naspeinfo.org.



Distinguished Service Award

Dr. Linda Carson, the Ware Distinguished Professor Emerita at West Virginia University who has devoted her career to promoting healthy preferences for young children and the adults who make decisions on their behalf, will receive the Margie R. Hanson Elementary Physical Education Distinguished Service Award from the National Association for Sport and Physical Education (NASPE) during the national convention of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD).

This honor will be recognized at the NASPE Hall of Fame Banquet on Friday, March 19, at the Marriott Downtown Hotel in Indianapolis, Indiana. Other honorees that evening include the National Physical Education Teachers of the Year for Elementary, Middle and High School, the National Physical Education Administrator of the Year as well as the Athletic Director of the Year Award.

The banquet is sponsored by Playworld Systems®, the leader in outdoor commercial playground equipment and the creator of EN-ERGI™ Total Body Fitness System.

A national recognition, the Margie R. Hanson Elementary Physical Education Distinguished Service Award is given to professionals who have made outstanding contributions to the field of physical education for children. The award is supported through donations to the Margie R. Hanson Fund. Hanson, a dedicated AAHPERD member for 26 years, was a pioneer in promoting physical education for children through her own teaching and her advocacy and AAHPERD program support.

Dr. Carson earned her undergraduate and Masters Degrees from Slippery Rock University and her doctoral degree in Childhood

Motor Development from West Virginia University. She taught in the New Jersey public schools and at Purdue University before beginning her 30-year career at West Virginia University. As the former Director of the WV Motor Development Center, Professor Carson developed innovative learning laboratories for WVU students and award winning physical activity programs for infants, babies, toddlers, preschool, and elementary school age children in both land-based and water-based learning environments, earning recognition for involving family members as play partners. She has written children's music and other resource materials with embedded health messages showcasing her children's character, *Choosy*.

Dr. Carson is the founder of Choosy Kids, a company that uses Choosy to promote healthy decision mak-

ing and active learning. Choosy Kids recently partnered with Lakeshore Learning Materials to help early childhood educators and allied health professionals to address childhood obesity in young children. In addition, the award-winning educator has served as an expert trainer for the obesity prevention initiatives, "*I Am Moving, I Am Learning*" and "*Little Voices for Healthy Choices*," launched nationwide by the Office of Head Start. Dr Carson served on the leadership team of WV Games for Health, a series of statewide projects in WV based on the team's pioneering research that demonstrated significant changes in the health indicators of obese children as a result of playing active video games. She currently serves on the Advisory Board of Head Start Body Start National Center for Physical Development and Outdoor Play, headquartered in Reston, VA.

Congrats!

What You Eat After Exercise Matters

ScienceDaily

Many of the health benefits of aerobic exercise are due to the most recent exercise session (rather than weeks, months and even years of exercise training), and the nature of these benefits can be greatly affected by the food we eat afterwards, according to a study published in the *Journal of Applied Physiology*.



"Differences in what you eat after exercise produce different effects on the body's metabolism," said the study's senior author, Jeffrey F. Horowitz of the University of Michigan. This study follows up on several previous studies that demonstrate that many health benefits of exercise are transient: one exercise session produces benefits to the body that taper off, generally within hours or a few days.

"Many of the improvements in metabolic health associated with exercise stem largely from the most recent session of exercise, rather than from an increase in 'fitness' per se," Dr. Horowitz said. "But exercise doesn't occur in a vacuum, and it is very important to look at both the effects of exercise and what you're eating after exercise."

Specifically, the study found that exercise enhanced insulin sensitivity, particularly when meals eaten after the exercise session contained relatively low carbohydrate content. Enhanced insulin sensitivity means that it is easier for the body to take up sugar from the blood stream into tissues like muscles, where it can be stored or used as fuel. Impaired insulin sensitivity (i.e., "insulin resistance") is a hallmark of Type II diabetes, as well as being a major risk factor for other chronic diseases, such as heart disease. Interestingly, when the research subjects in this study ate relatively low-calorie meals after exercise, this did

not improve insulin sensitivity any more than when they ate enough calories to match what they expended during exercise. This suggests that you don't have to starve yourself after exercise to still reap some of the important health benefits. The paper, "Energy deficit after exercise augments lipid mobilization but does not contribute to the exercise-

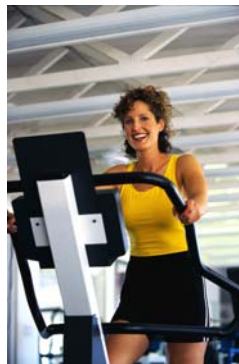
induced increase in insulin sensitivity," appears in the online edition of the journal. The authors are Sean A. Newsom, Simon Schenk, Kristin M. Thomas, Matthew P. Harber, Nicolas D. Knuth, Haila Goldenberg and Dr. Horowitz. All are at the University of Michigan. The American Physiological Society (APS: www.the-aps.org) published the research.

Study Design: The study included nine healthy sedentary men, all around 28-30 years old. They spent four separate sessions in the Michigan Clinical Research Unit in the University of Michigan Hospital. Each session lasted for approximately 29 hours. They fasted overnight before attending each session, which began in the morning. The four hospital visits differed primarily by the meals eaten after exercise. The following describes the four different visits:

1. They did not exercise and ate meals to match their daily calorie expenditure. This was the control trial.
2. They exercised for approximately 90 min at moderate intensity, and then ate meals that matched their caloric expenditure. The carbohydrate, fat, and protein content of these meals were also appropriately balanced to match their expenditure.

3. They exercised for approximately 90 min at moderate intensity and then ate meals with relatively low carbohydrate content, but they ate enough total calories to match their calorie expenditure. This reduced-carbohydrate meal contained about 200 grams of carbohydrate, less than half the carbohydrate content of the balanced meal.

They exercised for approximately 90 min at moderate intensity and then ate relatively low-calorie meals, that is, meals that provided less energy than was expended (about one-third fewer calories than the meals in the other two exercise trials). These meals contained a relatively high carbohydrate content to replace the carbohydrate "burned" during exercise. The exercise was performed on a stationary bicycle and a treadmill. The order in which the participants did the trials was randomized. In the three exercise trials, there was a trend for an increase in insulin sensitivity. However, when participants ate less carbohydrate after exercise, this enhanced insulin sensitivity significantly more. Although weight loss is important for



improving metabolic health in overweight and obese people, these results suggest that people can still reap some important health benefits from exercise without undereating or losing weight, Dr. Horowitz said. The study also reinforces the growing body of evidence that each exercise session can affect the body's physiology and also that differences in what you eat after exercise can produce different physiological changes.

Next Steps: The research team is now performing experiments with obese people, aimed at better identifying the minimum amount of exercise that will still improve insulin sensitivity at least into the next day.

Get your free copy: *101 Tips for Youth Sports Coaches*

An Optimal Sport Experience Begins With Great Coaching. Parents across the country send their children to practices and events with the expectation that adult supervision will foster positive sport outcomes, as well as maximal learning and skill development. The National Association for Sport and Physical Education (NASPE) and Polar USA will help make this happen with the new *101 Tips for Youth Sport Coaches*. Offering 101 suggestions to become a complete coach, the brochure introduces youth sport coaches to the fundamentals of good coaching and encourages their professional development so that every young athlete



will have an optimal sport experience.

A former youth sport diving coach, NASPE Executive Director Charlene Burgeson says, "*101 Tips for Youth Sport Coaches* is the perfect guide for not only the first year coach or inexperienced parent volunteer, but also those coaches who have been around the sport for decades. This quick, and easy to read resource goes over everything from what to do in practice and competition, to parent involvement, as well as health and safety tips. There is also a section on how to incorporate technology into training and practices."

Among the recommendations in the brochure are that coaches use progressions, from simple to more complex, for learning and practicing skills, advise their athletes and parents about pre-competition nutrition and sleep, be the last person to leave an event and make sure everyone has a ride home, and learn from other coaches through observation and feedback. Tips for youth sport coaches are grouped into the following categories: adopting an athlete-centered coaching philosophy, prioritizing team-building, developing knowledge and skills to be an effective coach, being vigilant about athlete health and safety, and much more!

It is hard to discuss *everything* that coaches need

to do for their teams and players in pre-season meetings, drafts and clinics. *101 Tips for Youth Sport Coaches* will help make the coaches in your league/organization knowledgeable, gain a basic understanding of the responsibilities that coaching involves, answer some common questions and concerns, and help ensure that you are giving the best experience possible to the kids.

To receive a free copy of *101 Tips for Youth Sport Coaches*, send a stamped, self-addressed 6 x 9 envelope to: NASPE/101 Tips Coaches, 1900 Association Drive, Reston, VA 20191. The brochure is sold in packages of 50 at \$25 retail and \$15 for AAHPERD members. For bulk purchases of 200+ copies for your coaches, call 1-800-321-0789. Stock number is 304-10500.

Teaching Sportsmanship

Tom Winiecki

There is one "skill" (if you can call it that) that you can teach all year. That skill is "sportsmanship." The good thing about this is that it can constantly be going in the background of everything else you do. Teaching our students to be good sports and good teammates



can be done at any level in the elementary school. Just make it an expectation within everything your kids do. Just as you taught your kids what "control" looks like in the begin-

ning of the article, you can also tell and show them what sportsmanship looks like.

Teaching sportsmanship doesn't have to be limited to the athletic arena. We can teach it every day in our physical education classes. It's the "unit" that you teach all year long!

To get a copy of this article in its entirety please contact twiniecki@fmschools.org

WVAHPERD Membership Form

Name: _____

Home Address: _____

Business Address: _____

County: _____

School: _____

Home Phone: _____

Business Phone: _____

Fax: _____

E-Mail: _____

Areas of Interest

_____ Physical Education

_____ Health

_____ Recreation

_____ Dance

_____ Athletics/Athletic Training

_____ Coaching

Areas of Employment

_____ Primary

_____ Secondary

_____ College/University

_____ Student

AAHPERD Member: _____ yes _____ No

AAHPERD Membership #: _____

Membership Category:

_____ Student (\$10) _____ Associate (\$10) _____ Professional (\$20) _____ Life (\$150) _____ JRFH?HOOPS
(complimentary)

Membership referred by: _____

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Please visit:
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For TOY nomination forms,
awards, convention information
and a list of current officers