Reita Clanton

Reita Clanton is an Olympic athlete and coach, author, teacher and professional speaker. In 2010, she was only the 12th woman to be inducted into the Alabama Sports Hall of Fame.

Reita’s career in sports spans 3 decades and includes participating in the 1984 Olympics as a member of the first U.S. women’s handball team and as an assistant coach for the U.S. handball team in the 1996 Olympics. She worked for the Boy’s Clubs of America, the U.S. Team Handball Federation and coached basketball and volleyball at the collegiate level. Reita served as a technical director for Special Olympics International for the sport of Team Handball. She is also a certified instructor of speed and agility training with Athletic Republic, a leader in sports performance training.

Other highlights include:
1977 – U.S. Delegate to the International Olympic Academy
1985 – USOC Sportswoman of the Year - Handball
1992 – Outstanding Alumnus College of Education, Auburn University
1996 – USOC National Coach of the Year - Handball
1996 – Co-Authorized only book on Team Handball written by an American author. (Human Kinetics, publisher)

Jacalyn Lund
SDAHPERD Scholar Award

Jacalyn Lund is Professor and Chair in the Department of Kinesiology and Health at Georgia State University. She received her Ph.D. from the Ohio State University, M.S. from the University of Northern Colorado, and her B.S. from Michigan State University. Jacalyn has written and/or co-authored 8 books about assessment, curriculum development, and instructional strategies. She has over 75 refereed publications, innumerable presentations, and has received 11 grants. Lund draws on her 16 years of public school teaching experience while working as a teacher educator. She has been involved with NASPE throughout her career in higher education, beginning with the committee that developed the National Content Standards for Physical Education (1995).

Jackie also served as President of the National Association for Sport and Physical Education (NASPE), the NASPE Assessment Series Editor, a NASPE/NCATE Adjudicator, and a NASPE PIPEline clinician.

Jackie is a Fellow of the North American Society (NAS) of the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD), a Fellow of the Research Consortium of the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD), and a recipient of the 2009 NASPE Presidential Recognition award. In 2010, Jackie was a member of the Committee to develop Health and Physical Education Standards for P-12 teachers for the Georgia Professional Standards Committee and in 2008–2009 she served as Chair of the Committee to Develop Physical Education Standards for the State of Georgia. Jackie’s areas of interest include Assessment (measuring dispositions in teacher candidates), curriculum development and teacher effectiveness.
ROOKIE RUGBY—GREAT NEW ACTIVITIES FOR THE GYM

Sue Banister • sue.banister@twc.com

After attending a KAHPERD summer workshop session on elementary rugby by Bob Heyward, two Warren County P.E. teachers purchased the balls, went to the website and taught rookie rugby for the first time. Elizabeth Johnson (Richpond and Richardsville Elementary) and Sue Banister (Warren Elementary) put together a four week unit using the website, www.rookierugby.com. At this website you will find game and skill cards, as well as youtube videos to understand the game and drills/activities. To the right you will see Warren Elementary students showing you the shovel pass and ripping flags in something called Just Score. If you are tired of teaching the same old units, give rugby a try, your students will love it.

Meet KAHPERD’S New Executive Director

Jenny S. Dearden, j.dearden@moreheadstate.edu

WORK EXPERIENCE:
Associate Professor Health, Morehead State University (MSU), Morehead, Kentucky. Department of Health, Wellness and Human Performance (HWHP).

http://moreheadstate.edu/Academic-Programs/HWHP/Health-Promotion/

Jenny will work part-time with Executive Director Davis Feb. 2014 – Dec. 2014 at which time she will become the full time KAHPERD Executive Director.

Change Starts With You! Be A Champion!

Kids Have Stopped Moving. Nationwide.
• Only 6 states require physical education in every grade
• Only 20% of school districts require daily recess
• Only 1 in 3 kids is active every day

Active Kids Perform Better.
• Up to 40% higher test scores
• Increased attention and concentration
• Improved attendance and discipline

Join Today!
Help your school create an active environment by accessing funding, support and training.

Let’s Active Move Schools
www.letsmoveschools.org
A Joint Statement from the National Association for Music Education (NAfME) and American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)

RESTON, VA. (November 20, 2013) – In many schools across the country, students are afforded the opportunity to expand their involvement in curricular physical education and music through participation in extracurricular activities including competitive sports and marching band. Naturally, talented students often must choose between activities, given the realities of competing demands on their time. However, the compartmentalization that often results between extracurricular sports and band should never be cause for division among students, parents, and instructors.

Recently, Annandale High School in Northern Virginia experienced such division when the football team and marching band were placed in competition for field time, with heated emotions placing the school’s students and their families on opposite sides. While that incident is being resolved, the perceived division between extracurricular athletics and band activities remains all too common. But it should not be that way.

We at the National Association for Music Education (NAfME), along with the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), support the vital roles that both music and physical education play in the lives of many students. Both disciplines provide opportunities to develop critical personal assets such as leadership, discipline, collaboration, and self-confidence.

As advocates of both music and physical enrichment, NAfME and AAHPERD emphasize the value of collaboration, communication, and mutual respect for the unique abilities and contributions of each individual.

In the words of President John F. Kennedy, “Not every child has an equal talent…, but they should have the equal right to develop their talent and their ability and their motivation, to make something of themselves.” And as many parents know, many students take part in both music and sport activities. Hence, any fabricated divide between those communities is not helpful for any student or their school community.

We commend all students who pursue personal excellence via participation in music and sports. On behalf of NAfME and AAHPERD, thank you for the inspiration, enthusiasm, and positive example that all of you bring to your community. As parents, educators, and advocates, let us join in encouraging their respective endeavors.

For additional information, contact Nelson Duffie at NelsonD@nafme.org or Paula Kun at pkun@aahperd.org.

The vision of AAHPERD is “Healthy People – Physically Educated and Physically Active!” Headquartered in Reston, VA, 25 miles west of Washington, DC, AAHPERD is the largest organization of professionals involved in physical education, physical activity, dance, school health and sport — all specialties related to achieving an active, healthy lifestyle. Its mission is to advance professional practice and promote research related to health and physical education, physical activity, dance and sport by providing its members with a comprehensive and coordinated array of resources, support and programs to help practitioners improve their skills to further the health and well-being of the American public. For more information, visit www.aahperd.org.
2014 Southern District AAHPERD/Kentucky Convention Program

All lead presenters have been notified of the day and time of their presentation. It is their responsibility to notify co-presenters of program details for presenting.

**Wednesday — WORKSHOPS**

Angie Smith Nix/Karen Clevenger ........ Taking Dance to the Next Level — Incorporating Assessment & Choreography

Mary Ann Simpkins/Jamie Sparks ....... Creating a Culture of Health and Joy in the Academic Classroom: Innovative and Creative Strategies for Collaboration, Integration, and Engagement

Katie Cole ................... National Fishing in Schools Programs — Learning Indoors, Leads to Outdoors

Sally Hope .................... Fit2Bsmart: fun Movement Activities to Enhance Sensory, Perceptual and Gross Motor Skills in Pres-school and Elementary Children

Alfred Chavira ............ Any Body Can — Health and Wellness for Unique Learners

Eric Fuchs .................. Social Media Workshop — What’s the Newest and Latest?

Tom Coates, Mike Hall, Anne Wiggins . . . Activities from under the bus: Adventure based activities for all

**DANCE SESSIONS**

BerNadette L. Williams ..... Dance Fever: Exploring Cultural Diversity through Folk Dance

Susan Flynn ...................... Sun is Up, Move Your Body Rock This Party

Victoria Monasterolo . . . Zumba for Everyone! Strategies and easy-to-follow steps to implement a Zumba fitness program at your school

Linda Ramsey .................. Rhythms for a Lifetime

Nashwa Cahill ................. Belly Dance, the ancient conditioning for fitness

Meredith Sims ................ A Dance for Every Month...Again!

Lydia Childress Austin .......... Choreography – Ideas to Action

Fran Meyer .................. Advocating for Dance in the Fine Arts and Physical Education

Amanda Clark .................. Floor Barre for the Ballet and Jazz Dancer

Sarah Downs .............. Using Yoga and Pilates with Athletes for Balanced Fitness

Sarah Downs .......... Honoring Our Local Heritage in Contemporary Choreography

Angela Smith Nix ........ Let’s Move & Groove in Active Schools: ‘Take 3 Movin’ and Groovin’ in the Movies

Brandy O’ Mary ................ Dance as Fitness

Shelley Cushman ................ The Never Ending Circle

Rayma Beal .......... Creative Collaboration: Children’s Literature and Creative Dance

Kristi Johnson ............. Online Dance Education: Engaging the Millennial Learner

Marianne McAdam .......... Use Folk Dance to Reinforce the Elements of Dane

Karen Clevenger .................. Cap N’ Dance

Susan Mayes .................. Latest Line Dance Craze

**GENERAL DIVISION**

Charity Bryan .......... A Successful Distance Learning Model in Kinesiology Programs

Jacalyn Lund .......... 2014 Southern District AAHPERD Scholar Lecture

Stephen Smith ........... Do Sports Build Character or Characters?

Karen J Dowd ........ Finding Funds for Student Professional Travel

Vicki Johnson-Leuze .... Building Professional Learning Communities for Health and Physical Education Teacher

Laura Holloway ........... Start now it is time to make a difference anyone can

Jorge L. Olaves Hernandez .......... Reaching Internationally

Linda Ramsey .......... Stretching and Core Exercises for seniors

David Fleming .......... Physical Education Field Experiences within After School Programs

Cameron Brown .......... Putting your Best Foot forward and S.O.A.R as a Future Professional

Andy Mooneyhan .......... Creating an online Professional Development (PD) course for JUMP & HOOPS coordinators.

Sherri Huff .......... Let’s Move in Schools Let’s Move Active Schools Then and Now.

Sally Hope ............... Living, Loving and Lasting as a Coach’s Wife

Bill Dickens .............. “Hatching the Golden Egg” Preparing for an Internship

David Hanzlik .......... “Using Your Noodle: Simple Ways to Integrate Fun & PA Breaks into Any Classroom”

Heather Adams-Blair .......... 30 Minutes: Is that too much to ask?

Valarie Hilson .......... Adaptive Physical Education and Special Olympics: A winning combination

Kristi Serra .................. iTeach With An iPad

Jacy Wooley .......... The Art of Communicating Your Value

Emily Beasley .......... Coordinating Field Experiences for PETE Students: Survival Tips for the University Supervisor

Darlene Kluka .......... International NGO + International Corporation + National NGO = Designed to Move

Kathy Ludwig .............. MINEPS V: Can we play too?

Toby Dore .......... A Demographic Study of Kinesiology Graduates

Tamika Bradley Measuring Up: Assessing Health Related Fitness of program faculty and staff in the department of health, physical education and recreation — The HPERACTIVITY Project.

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2014 Southern District AAHPERD/Kentucky Convention Program

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Elторry Ficklin .................. Experiential Learning: Engaging students in research coordinating, implementing and assessing faculty and staff in a department of health, physical education and recreation. The JSU HPERACTIVITY Project.
Sally Jones .................. The “Real World” of Teaching After Graduation
Leslie Graham .................. Physical Activity Event Planning: The good, the bad, and the dirty
Kym Kirby .................. Advocacy When I Get Around to it!
Obadiah Simmons, Jr. .......... “To Be Or Not To Be (Autonomous)”?: Rethinking Accountability In Intercollegiate Athletic Administration
Josey Templeton .......... Can Undergraduate Teacher Candidates Do Research?
Christy Lane ........ Current Dance Trends and Appropriate Music for School Dances, Family Fun Nites, Field Days and Circuit Training
Alison Epperson ........... 2013 ADA Compliance Guidelines for students with disabilities What Every School District and Coach Needs to Know to Avoid Discrimination
Dayna Seeling ...... Legal Considerations: Health, Wellness and Fitness Programs
Jacqueline Harbison .................. What Do We Save For the Archives?

HEALTH DIVISION

Dave Terrell ..Survive and Thrive: a Community based Cancer Wellness Program
Lisa Hager .................. Healthy Fundraisers and Changing School Environments
Michelle Henry ........ Mental Health Lessons that Capture Your Student Attention and Enthusiasm
Deanna Castelvecchi ........... Let’s Move In Middle School Health Class
Janet Wilbert ........ Concussion policies and legislation, what you need to know.
Charlotte Guynes .............. STEROIDS: Athletes Literally Dying To Win
Patricia Larsen .................. Igniting A Positive, Respectful and Inspirational Health Classroom
Heather Maxey ..Facilitating Healthy Lifestyles Through Education & Example
Ann Rathbun ....... A Peer to Peer Teaching Project: From Planning to Evaluation
Donna Burnett .................. Evaluating Psychological Factors Related to Food and Weight Concerns
Laura Nagle ........ Sex, Booze and Baby: Preventing Fetal Alcohol Spectrum Disorders on the College Campus
Lauren Ford ... Improving Health on a College Campus: Implementing Smoke and Tobacco Free Policies
DaNelle Jenkins .... Focusing on School Wellness Policies to Positively Shift School Environmental Change
Adele Smith ... “Collaboration and Communication in Online Health Classes”

Jason Crandall .......... The Efficacy of Service-Learning in Health Education To Increase Pre-Service Teachers Openness To Diversity
Andrea McMurtry .......... Reading + Writing = Health Class?
Michel A Bhandari Connecting learning content and practicing skills and competencies for the entry level health educator
Melody Noland .......... Recent Research in Health Promotion
Lawrence Judge .......... The College Transition: Physical Activity and Sedentary Patterns of University Students
Stephanie Little .......... Elementary Health Education Building Partnerships for Effective Teaching
Antonia Mead .......... Impact of Involvement in the Preconception Peer Education Program
Myron Douglas .......... Effects of Sleep Quality, Obesity, and Other Health Behaviors Among College Students
Catherine Hawkins .......... How To Get Into Trouble Teaching Family Life Education (Sex Education)
Krys Johnson .......... The Relationship Among Meeting Physical Activity Guidelines and Binge Drinking in College Students
Laurie Larkin .......... Risky Sexual Behaviors and Contraceptive Use in Kentucky Adolescent Females: The Need for Sexual Education Programs
Julie Lasslo .......... Falls Risk Reduction Among Older Adults
Krisit King .......... Community Health Promotion Advocacy: An Interactive “How to” Session
Monica Magner .......... M learning and Millennials in the College Setting Teaching Wellness Through Mobile Devices

PHYSICAL EDUCATION DIVISION

Susan Flynn .......... Activating Brain Power by Teaching Literacy and Math Competencies Through PA
Jill Johnstone .......... Perceptual Motor Development Laboratory
BerNadette Lawson-Williams .......... Grand Slam: Designing Effective Physical Education Service and Experiential Learning Projects
Melanie Crawford .......... Creating Elementary HPE Curriculum for Large, Urban Districts
Kevin Daly .......... Four Great Games for large groups!
Windy Thurman .......... Mind Blowing Middle and High School Games: From Penny Pinching to a Bill Gates Budget
Jack Rutherford .......... GNIP GNOP: A fun game for P.E.
Todd Farmer .......... Adapted Physical Education Standards
Joel Eros .......... Common Core and YOU: Making Connections

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Christopher Landry ........................................... Martial Arts: An Alternative Activity in Physical Education
Carol Smith .............................................. Physical education teachers CAN teach dance!
Jamie Sparks .............................................. “Being the School Champ or the Chump?”
Donna Hester ............................................ Comprehensive Physical Education and Nutrition Education: A Statewide Initiative
Scott Williams ........................................... Brain Based Movers: Having a BLAST While Moving in Class!
Scott Williams ........................................... Mix Master MADNESS: Using Music Mixes to Enhance the PE Experience
Laura Prior .............................................. Healthy Eating, Active Living: Incorporating Nutrition Education within Physical Education
Heather Erwin ........................................... Teaching Fitness Activities K-12
Heather Erwin ........................................... Boosting Physical Activity during Physical Education Time
Joanna Faerber ......................................... No Quacks about It: You Can Assess!
Chris Ousley ........................................... How to Incorporate Self-Defense Instruction into Physical Activity Programs
Pola Metz ................................................... Sport Stacking with Speed Stacks: Teaching Techniques for the 3-3-3, 3-6-3 and Cycle Stacks!
Pola Metz ................................................... Connecting Kids to Movement: Sport Stacking and Fitness Fun!
Garry Bowyer .......................................... Developmentally Appropriate Fitness Activities for Elementary Children
Kyle Sochia .............................................. What in the world is Goalball?
Connie Lavergne ...................................... Using Technology to in Physical Education & Athletics
Keri Esslinger .......................................... Struggling with your PE Apps? What are the best free Apps? Which are worth the money? And which should you ditch?
WKU students give the inside scoop.
Lance Bryant ........................................... Taking the PLT? What to Expect
Ann Klinkenborg ...................................... Unlocking the Mysteries of edTPA
Dennis Minnis .......................................... How to Have a Successful “themed” Field Day!
Dennis Minnis .......................................... Mighty Milers: How to make running a part of your school culture.
Garry Bowyer .......................................... Using Cricket to Develop Skills and Tactics for Striking and Fielding Games.
Hsiu Chen Liu .......................................... Teaching Personal and Social Responsibility (TPSR) for Elementary Students
Melissa Rhoads ........................................... The Reading Connection: Joining PE & Literacy
John Jones ............................................... Quick Games for Fun & Fitness
Butch Valdes ........................................... Line dancing to ANY beat.
Johnny Newsome ...................................... Ultimate Hockey: An active brain Game
Sue Banister .............................................. Are you ready for some football?
Sandra Nelson .......................................... Moving and Connecting: PETE Candidates Mentor “Youth at Risk in Community Schools”
Glenn Miller .......................................... Discipline Strategies of Today Top Physical Educators
Leah Spurlin ............................................. Outdoor Education in Puerto Rico
Rhonda Smith .......................................... Orienteering...It’s Not Just For “Gym” Anymore!
Jeffrey Johnson ........................................ Teaching the Factors Affecting Muscle Force Production
Carole Dehaven ...................................... Deviate, Innovate, and Motivate for the Ultimate Fitness Activities!
Seth Jenny ............................................. Experiences and Guidelines Gleaned While Pursuing and Securing AHPERD Faculty Position in Higher Education
Aaron Beighle ........................................ Using a four part lesson in physical education
Aaron Beighle ........................................ Achieving Relevance in Physical Education: Looking for a Brand
Christy Killman ....................................... Co-op Games and Team Building Activities
Beth Uhlman .......................................... Get your FACTS (Fitness, Assessments, Creative, Technology, Social)
Dan Young .............................................. Moving To Success: Teaching Locomotor Skills for Transfer
Katherine Pebworth ................................ Geocaching with 5 million of your best friends
Agnetta Sibrava ....................................... Pilates and Fitness, Yoga for Everyone
Elizabeth Lange ...................................... Team Development Focused Teaching for the Collegiate Classroom (Challenging students with experiential learning activities to make the History of Sport and Physical Education engaging and relevant).
Andrew Walker ...................................... Get on the Bus with Tennis in School!
Marcia Wade .......................................... Math & Movement: Enhancing Math Ability Through Movement and Meet the CCSS.
Terry Brown .......................................... PE Across the Curriculum - Spanish
Kory Hill ................................................. Using mobile devices for teaching motor learning concepts
Gretchen Oliver ....................................... Lumbopevic-hip Complex [LPHC] Focus for Efficient Movement in Youth
Andrea McMurtry ................................ Developing 21st Century Thinkers in Physical Education
Terry Gooding ....................................... Omnikin: Have a Ball! Small, Medium, and Large
Terry Gooding ....................................... KIN-Ball: A Non-Traditional Action-Packed Game
Gregory Green ........................................ Teacher-Coach Role Conflict: Its impact on Students and Student-Athletes
James Strainer .......................................... A Middle School PE Magnet Program
Meredith George ..................................... Motivating Factors of Middle School Students
Brandy O’Mary ........................................ Fitness Fun for Large Groups

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2014 Southern District AAHPERD/Kentucky Convention Program

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Michael Gross ........................................ Everlasting Gobstopper Activities
Sally Jones ........................................ Bike Riding: Methods to Teaching Bike Riding
Brian Devore .................................. Fast and Furious in the First 5!
Jim Hammond ............................ Teaching Basketball Fundamentals Begins with “Fun”: Basketball Olympics for Physical Education Classes
Todd Farmer ........................................ Positive Fitness Activities
Cody Hinton ........................................ Physical Education Activity and Assessment
D’Artagnan Coots............................. Cooperative Hula Hoop Activities (K-12)
Melody Hamilton..... Ways to prove your “teacher effectiveness!” Best Practices for PE (Using data and technology to drive instruction, differentiation, and gain support from the community)
Martie Bell ................................. Wii Wii? Using Wii to Teach Bowling Skills
Billie Stone .................................. Stacking and Beyond... Adding fitness components
Carol Ryan ................................. Collaboration: The Key to Increasing Physical Activity and Healthy Nutrition
Robin “Me Me” Ratliff .......................... #PEGEEKS Unlocking the world of physed
Dan Young ................................. Using Formative Assessment to Improve Student Performance
Crystal Reimer ......................... Action Based Learning and Students with Disabilities in PE
Tina Hall ................................. State Policy Trend: Teachers Held Accountable for Student Learning in Physical Education
Joel Eros ................................. An Apple for the teacher in 2013
Louisa Summers ...... The Effects of an Eight Month Adapted Physical Activity Program On Gross Motor Skills of Children with Disabilities
Louisa Summers ...... The Effects of Adapted Aquatics On Aquatics Skills in Children with Disabilities

SPORTS AND LEISURE DIVISION

Mark Deaton... Evaluating the Relationship between Mass Specific Force Strength Training and Improvements in Acceleration and Speed of Collegiate Athletes
Andrew Mead ......................... Get Your School Involved With the HERSHEY’S Track & Field Games!
Lon Seiger ................. Playing Musical Rhythms: A Creative Teambuilding Activity
James Holbrook.... Skill Sets needed for the Sport Management & Leisure Industry
Martie Bell ................................. Getting a Job: Perspectives of Female NCAA Women’s Basketball Coaches
Steve Chen . Female college athlete’s perceptions on gender stereotypes and discrimination in collegiate athletics
Steve Chen .. Considering Cheerleading & Stunt to Be a Competitive NCAA Sport
Toby Dore ................................. A Demographic Study of Doctoral Prepared Certified Athletic Trainers
Stuart Currie . Combining Two Instructional Models, Game Sense & TGFU, For Increased Student Participation & Enjoyment in Playing The International Net Game of Short Tennis
William Hey ................................. The Importance of Strategic Communication in Marketing Sport Brands
William Hey ................................. Best Practices for Creating Interdisciplinary Online Cohort Graduate Programs
Wardell Johnson ......................... Developing a Professional Perspective: Resume Writing, Interview Techniques and Professional Dress.
Sharon Hunt ...... “The Role of the Faculty Athletics Representative in Monitoring Academic Integrity in Athletic Programs in Higher Education Institutions”
Dennis Minnis ...... Tchoukball: How to play the game of Tchoukball and how to make it fun!
John Jones ......................... Track, Field Events & Speed Development for Females
Joseph DeBella ......................... How to improve your golf game on the range.
Eric Moore ......... P.R.A.I.S.E. — Strategies to Promote Motivation in Youth Sports
Jeffrey Johnson ............... Using Dartfish To Improve Skill Performance in Athletes
Carol A Smith ......................... National Standards 5 & 6 Aligned with Adventure Based Learning
Tom Coates ......................... Outdoor activity curricula: What options are available
Tom Coates ........... Practical application of classroom theory: Inclusion of athletic departments in sport management classes
Darren Smith ................. Volunteer Experiences: Do they Matter?
Tricia Jordan ............... Sport Communication: Strategies for Crisis Management
Dylan Naeger ................. What Comes First the Student or the Athlete?
Dennis Johnson ............ Developing Sex Abuse Policy in Youth Sport Day Camps
Heather Adams-Blair .......................... When in Doubt, Tell the Truth
Brent Heidorn ......................... Developing Fitness from Exercise Science: What Every Coach Needs to Know
Andrew Walker- ......................... Let’s Play Tennis After School!
Ajit Korgaokar .. Scenario-based small-sided games to improve possession in soccer
Phyllis Love ................................. Global Careers in Sport Science
Bobby Heyward ...... Rookie Rugby: Non-contact Games to Get Everyone Moving!
Paula Upright ...... The Economic Impact of Recreational Sporting Events on a Rural Community
Jim Hammond ........................ Why Didn’t I Know This 25 Years Ago?
Eric Fuchs ...... Concussion Legislation what does it mean for Me Coach, Physical Educator and How to implement Concussion management Program from Education to Emergency Action Plan Requirements
Abigail Mobley Bellinger .... Aqua Aerobics: One of the Best Kept Secrets for Aging Gracefully

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2014 Southern District AAHPERD/Kentucky Convention Program

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Obadiah Simmons, Jr. ....................... The (Lost) Art of Officiating Sports
Jennifer Laswell ...................... The Positive Impact of Special Olympics in the Lives of Special Needs Individuals
Dayna Seelig ................................. Strength Training for Adolescents

Saturday — WORKSHOPS
Christy Lane ........................................ Dare to Dance
Gary Trotta ........................................ Exercising the Brain

SPECIAL EVENTS
Dance Kaleidoscope
WD 40
State and University Socials
Exhibit Hall
Exhibits Gala, Taste of the States, and Silent Auction
Casino Night
Division Assembly of Members
Future Professional and Retiree Social
Health Linkage Breakfast
Southern District and Kentucky Past President’s Luncheon
Southern District Executive Director’s Breakfast
Southern District and Kentucky Awards Luncheon
Southern District Scholar
Research Poster Presentations
Kentucky General Assembly
Southern District General Session
Southern District Representative Assembly

KY’S CAROL M. WHITE PHYSICAL EDUCATION PROGRAM (PEP) GRANT RECIPIENTS!!

Congratulations to
Erlanger-Elsmere Independent School District - $725,893
Newport Independent Schools - $478,403
KAHPERD HONOR AWARDS
NOMINATIONS

_____ Mustaine Award – This is the highest honor that KAHPERD bestows. The recipient should have been recognized at some earlier date. It should be an award of great honor and the person must be carefully chosen.

_____ Life Member Award – This is awarded to someone who has had a long period of service (at least ten years) or who may have retired. It recognizes distinguished service to the profession.

_____ Distinguished Service Award – This is awarded to members of KAHPERD in recognition of meritorious service over an extended number of years.

_____ Merit Award – This is awarded to members and non-members of KAHPERD. It is to recognize merit in the fields of HPERD and fields of allied interests. It may be presented to persons, schools or institutions/corporations.

Date Submitted: ____/____/____
Your Name: ________________________________________________________________
Address: ___________________________________________________________________
City/Zip: _________________________________________________________________
Phone: _______________________________________________________________
Email:  ________________________________________________________________
Nominee Name: __________________________________________________________
Nominee Address: _________________________________________________________
Nominee Phone: (work) _____________________________________________________
(home) _________________________________________________________________

Justification for the Award: For the committee to consider the nominee we MUST have one FULL typewritten page of specific information that justifies why this person is deserving of the award.

Mail completed information to:
Sue Banister
530 Iroquois Drive • Bowling Green, KY 42103 • sue.banister@twc.com

Online forms are available at kahperd.com under Honor Awards.

All Nominations must be received by January 5, 2014

Note: It is possible that every category will not be awarded each year. To be honored at the SD/KAHPERD Convention in February 2014.

Teacher of the Year Awards (TOY)

PROFESSIONAL AWARDS
____ Elementary Physical Educator (K–6)  ____Health Educator (K–12)
____ College/University Physical Educator  ____Recreator of the Year
____ Health Educator College/University  ____Middle/Secondary Physical Educator (7–12)
____ Dance Educator of the Year

COLLEGE/UNIVERSITY STUDENT AWARDS
____ Health Student  ____Recreation Student  ____Physical Education Student

Information on the Nominee:
Name ________________________________________________________________
Address ______________________________________________________________
City/State/Zip _________________________________________________________
Email _________________________________________________________________

Justification for the award must be submitted along with this form. Check out kahperd.com for complete instructions. Individuals nominated for the above Special Awards should exhibit outstanding qualities in their respective area.

Name of person nominating: ______________________________________________
Phone ________________________________________________________________
Email _________________________________________________________________

Please refer to the KAHPERD website for complete instructions on the nomination process for special awards. www.kahperd.com

Nominations should be sent to: Sue Banister
530 Iroquois Drive • Bowling Green, KY 42103 • sue.banister@twc.com

Note: It is possible that every category will not be awarded each year.

Nominations are due on or before January 5, 2014
To be honored at the SD/KAHPERD Convention in February 2014.
Everyone needs to “renew / become” a KAHPERD Member prior to Dec. 31, 2013.

Follow @kyahperd on Twitter

Follow KAHPERD on Pinterest & Facebook

Let’s Move! Active Schools
Deborah Campbell • deborah.campbell@madison.kyschools.us

Let’s Move! Active Schools is a comprehensive program that empowers P.E. teachers, classroom teachers, principals, administrators, and parents to create active environments that enable all students to get moving and reach their full potential. After signing up, these school champions are guided through a simple, Six Step Process that helps them build a team, make a plan, and access free in-person trainings, program materials and activation grants, and direct, personal assistance from certified professionals. Once they’ve achieved their goals in the five areas above, schools are publicly recognized and celebrated.

Is your school registered with LMAS? There are only 134 schools signed up in Kentucky. Spread the word to your colleagues about this awesome program!

To sign up, visit: www.letsmoveschools.org.

If you have any questions, you may contact: Deborah Campbell at deborah.campbell@madison.kyschools.us
PRESIDENT’S MESSAGE

Jim Hinerman, President • jim.hinerman@eku.edu

KAHPERD Welcomes Southern District to Lexington for The 2014 Convention

KAHPERD welcomes its Southern District member States this year as we host the Convention for the first time in over half a century! Please plan on joining us as we gather together for a great opportunity to expand educationally and socially February 19 – 22, 2014 in Lexington. The convention will be housed in the Lexington Center, home of Rupp Arena, the center hosts many conventions and trade shows, incorporates locally owned boutiques in its venues and runs an Opera House as well. Located downtown, the center is immediately connected to the Hyatt Regency Hotel and is accessible through covered walkways to the Hilton Downtown Hotel, and an array of shops and restaurants.

The Convention will kick off Wednesday February 19th with workshops and a Convention welcome party called WD 40. Thursday through Saturday will bring us well over 100 sessions to choose from for our educational pursuits with Social events added in like: Taste of the States (Free Stuff' bring your little bag), Dance programs, Casino Night (with prizes), Socials, and much more.

You need to book your rooms at the Hyatt Regency as soon as possible to get good rates and to insure availability! The University of Kentucky women’s team hosts South Carolina on Thursday evening and the LSU Tigers men’s team is coming to town on Saturday, 22 and we do not need to give the out-of-towner’s an opportunity to get our rooms if we book late.

As you prepare to sign up for the Southern District Convention keep these things in mind: The Southern District website convention sign up looks different than ours and is mechanically different than what you are used to at our KAHPERD website. There are two early registration time frames, Early Bird up to December 15th and Pre-registration up to February 14. There is also different sign up areas for dual members of KAHPERD/AAHPERD or just KAHPERD members only.

KAHPERD will once again resume its normal convention routine next school year Sunday, November 16 through Tuesday 18, 2014 at the Griffin Gate Resort located in Lexington.

Please come and be with us as we host the best of both worlds, education of the mind and the heart. What better time can be spent than with fellow educators in the pursuit of higher expectations for ourselves!

EXECUTIVE DIRECTOR’S MESSAGE

Lonnie Davis, Executive Director • Lonnie.Davis@twc.com

The theme of the 2014 Southern District Convention is “Finding Joy in the Journey.” President Jim Hinerman and his Board are modeling this theme through their hard work and dedication to making this Convention outstanding and one you will not want to miss. Mark your calendar for February 19-22, 2014 at the Lexington Convention Center and Hyatt Regency. All KAHPERD members will serve as hosts to the 13 states that make up the Southern District. This is the first time in over 62 years that Kentucky (KAHPERD) has hosted our district convention!

Professionals from all over the South: including Virginia, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Tennessee, Kentucky, Texas, Arkansas, Oklahoma and Louisiana, will be attending the SD Convention. What a wonderful opportunity to network with others in our fields and only have to travel to Lexington. It is an honor to be chosen as the host state, but it is also going to require all KAHPERD members to “step up to the plate” and help make the Convention the successful one we know it can be. You don’t want to miss out on being present and making sure that you are an integral part of this great event. Let your school administrators and KAHPERD President Jim Hinerman (jim.hinerman@eku.edu), know that you want to be a part of the team by immediately registering for the convention and joining KAHPERD as a member. This is a great way you, too, can “Find joy in the Journey.” KAHPERD members are always wonderful about giving of their time and talents to make this organization one in which we are so proud.

Now, more than ever, KAHPERD has a responsibility to be the best it can be and reach as many people as possible for this Southern District Convention. We must let people all over Kentucky know about our message of the importance of movement and healthy lifestyles for all Kentuckians. Seldom can you open a newspaper, magazine, listen to a radio broadcast, or watch a T.V. show that at some point, concern is not expressed over the fitness and well being of people in all age groups, especially in our K-12 school children. It isn’t enough to talk about the issue, we have to be prepared to share strategies for reversing the trend. Again, KAHPERD and S. D. members are “Finding Joy in the Journey” and are making a difference. We need each other for support and ideas. That’s what we’ve done in the past and that is what we will do in the future.

In order for KAHPERD to remain a strong organization and to host the greatest Southern District Convention ever, we all have a responsibility to become active and involved. Some ways you can do this are:

- Communicate with your KAHPERD Board members and tell them about your interest, concerns, and vision for KAHPERD.
- Improve the visibility of your program, by identifying partners within your school or community.
- Volunteer to help with the hosting of our February 19–22, 2014, Southern District/KAHPERD Convention by contacting President Jim Hinerman @ (859) 948–2566 or jim.hinerman@eku.edu.

There is still much work to do if we are going to “Find joy in the Journey” but many hands make the work easier and enjoyable.

I hope to see each of you along with someone new, at the February Convention, at the Lexington Convention Center and Hyatt Regency.
DANCE DIVISION  
Deborah Campbell, Vice President  
Deborah.Campbell@Madison.KySchools.us

As if the excitement of the SDAAHPERD Convention being in Lexington this February wasn’t enough, the variety of DANCE sessions being offered is just phenomenal. Many talented artists and teachers will be traveling to the Bluegrass to help us with “Finding Joy In The Journey.” Some sample session titles are: Cap N’ Dance, Dance Fever, Rhythms for a Lifetime, the Never Ending Circle, Latest Line Dance Craze, Dare to Dance, and Sun is UP, Move your body. There are plenty more to choose from.

So warm up this winter at the 2014 SDAAHPERD/KAHPERD Convention February 19–22, 2014 in Lexington, Kentucky.

HEALTH DIVISION  
Laurie Larkin, Vice President, laurie.larkin@eku.edu

What an amazing opportunity we have in Kentucky to host for the 1st time in over 60 years, the 2014 SDAAHPERD/KAHPERD Convention February 19–22 in Lexington, KY. It will be an excellent opportunity to show professionals from all over the southeastern United States our wonderful hospitality and beautiful Bluegrass state. You do not want to miss our next convention. It will be an incredible gathering of professionals who are passionate and excited about making a difference in our nation’s health and quality of life.

Some of the topics to be presented will include: health education program planning, evaluation, and policies, health advocacy, connecting learning skills, and competencies, Let’s Move in middle school health classes, peer education strategies, classroom behavior management, preventing fetal alcohol spectrum disorders, binge drinking, community-based cancer wellness program, and implementing smoke-free policies, among other topics. If you want to learn cutting-edge health information, network with other health professionals, and return to your job renewed and re-energized, make it a priority to join us in Lexington, February 19–22. See you there!

PHYSICAL EDUCATION DIVISION  
Jamie Sparks, Vice President, Jamie.sparks@education.ky.gov

Since 2010 Kentucky has been full speed with implementation of Senate Bill 1, otherwise known as Unbriddled Learning. It has been a whirlwind of new changes under the new accountability system to include common core standards, teacher effectiveness and Program Review to just name a few. The most notable change for Physical Education (along with health education and other arts/humanities content), Kentucky students are no longer tested at the end of the year on the state accountability test. That challenge along with being a state that continues to have no elementary or middle school requirements for amount of PE time, means there are plenty of variables threatening quality physical education.

However, this new system does offer a new path of advocacy for local site based decision making councils for PE/health teachers. So while, PE time remains a local decision in Kentucky, the Program Review equips local teachers with a process of determining implementation levels for best practices around concepts such as Coordinated School health committees, school level wellness policy and comprehensive school physical activity programs (CSPAP). The concept of physical literacy has also been embedded within the curricular expectations for proficiency with the Program Review characteristics, a term that was only recently added to the National Standards for Physical Education. So while these expectations are not mandated by state law, they are critical in helping to inform and improve school physical education programs for local teachers.

Thus Kentucky physical education teachers find themselves in a unique position hosting Southern District AAHPERD in February 2014. We are positioned to transform the profession and potentially pace the nation in defining and exemplifying the concept of physical literacy via CSPAP. We must set the expectation bar high for our profession and have peer accountability to truly serve our schools as Physical Activity Leaders (PAL). The AAHPERD partnership with Let’s Move Active Schools is a win-win situation for everyone and the work has just begun to train and identify a PAL for each school. Kentucky has more PAL trainers than any other state. As a PAL, we must learn that in order to meet the needs of our students, we must be a physical activity expert beyond just the four walls of our gym. Our students need more physical activity not only for their own health but as a means for improving their academic achievement and cognitive abilities. Physical education teachers are the frontline for improving both the healthcare system of our nation and the college/career readiness of our students. PE teachers must be the Physical Activity Leader for their school, “Let’s Move” our schools and our state forward in 2014! See you in Lexington in February!
It is hard to believe that the 35th anniversary is here for Jump Rope for Heart and the impact that it has had on my students!

I have been doing Jump Rope for Heart for 29 years and I still look forward to hosting my event every year. It has become a staple in my program and my students look forward to learning about their hearts, new jump rope tricks and healthy lifestyles.

If you are not doing Jump Rope for Heart then your students are missing out on a super opportunity to learn about the heart and healthily living. I encourage you to host an event this year and get your students jumping!

Contact your local American Heart Association rep to see if a demo team is available for your school.

Make sure to stop by the Jump Rope for Heart booth at Southern District!
KAHPERD Members,

In order to stay current with our parent organization in regards to recent changes in by-laws and constitution at AAHPERD, KAHPERD will be bringing a similar motion to its membership when we next meet at the Southern District convention in February of 2014. We will be moving to discontinue alternating genders on alternating years for the President-elect position.

AAHPERD Board of Governors meeting from September 2012:

“...It is moved by M. Wilder, seconded by S. Ladda that the tradition of alternating gender for the AAHPERD president-elect position be discontinued effective with the 2014 election.”
Call for Nominations – Officers

Nominees must: (1) be a member of KAHPERD for three years or more; (2) assume the duties/responsibilities of the office; and (4) 4-year commitment for President, 3-year for Vice-Presidents, Board Members-at-Large and Section Chairs (one board meeting the evening prior to the convention, one board meeting immediately following the convention, and three board meetings that are not held in conjunction with the convention — held on Saturdays throughout the year and include one Leadership Workshop in January, one spring board meeting, and one summer board meeting). Any member of KAHPERD may submit nominees for the following offices by sending the names to the address on the bottom of this form. Reproduce this form as needed.

<table>
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<th>Office</th>
<th>Candidates for 2014</th>
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<tr>
<td>President</td>
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<td>VP Physical Education</td>
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<th>Section Chairs within the General and Physical Education Divisions</th>
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<tr>
<td>Recreation</td>
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<td>Coaching</td>
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Nominated by: Name: ____________________________
Address: ____________________________________ Email: ______________________________
Phone: ____________________________ Email: ______________________________

Send to:
Jim Hinerman
gin.hinerman@eku.edu
202A Moberly Building • Eastern Kentucky University • Richmond, KY

DEADLINE – September 1, 2014

Volunteers Needed

KAHPERD needs volunteers, to serve the association in a leadership role, at the Fall Convention, and at the Summer Physical Education Workshop. The lifeblood of any organization are the volunteers, and the new ideas they bring.

If you would like to volunteer, please complete the form below or go to www.kahperd.com, under About Us.

Lonnie Davis, Executive Director
KAHPERD
546 Gingermill Dr. • Lexington, KY 40509
Lonnie.Davis@twc.com

NAME ____________________________
ADDRESS __________________________________
CITY ____________________________ STATE _______ ZIP-CODE _______
HOME PHONE ____________________________
COUNTY ____________________________
SCHOOL/UNIV. NAME ____________________________
CITY ____________________________
COUNTY ____________________________
E-MAIL ____________________________

I wish to serve in the following capacity (check all that apply):

- Leadership Position on Board
- Fall Convention Worker
- Summer PE Workshop Worker
- 2014 SDAAHPERD/KAHPERD Convention Worker
- Summer Health Workshop Worker
KAHPERD Members Plan to Attend the 2014 SDAAHPERD Convention

PAY your KAHPERD Membership by going to [http://www.kahperd.com/index_main.asp?id=314](http://www.kahperd.com/index_main.asp?id=314) Pay your Membership w/credit card through PayPal. You can print the receipt after you have paid through PayPal. THEN register for the SDAAHPERD/KAHPERD Convention on the AAHPERD web site [http://www.aahperd.org/about/districts/southern/convention.cfm](http://www.aahperd.org/about/districts/southern/convention.cfm) Go to the bottom of the page click on “online registration.” If you are not an AAHPERD MEMBER you will need to setup a one time registration name/password then you will be able to proceed w/your registration for SDAAHPERD.

Hotel Registration needs to be **MADE ASAP** (UK Men play on Sat., Feb. 22, 2014) Link to Hotel Registration [http://lexington.hyatt.com/content/propertywebsites/hotels/regency/lexrl/en/group-booking/lexrlgsdah2013.html](http://lexington.hyatt.com/content/propertywebsites/hotels/regency/lexrl/en/group-booking/lexrlgsdah2013.html)

Any Rooms left after the **Dec. 15th deadline** will be rented for more than our special rate of $144.00!

**eNews**

Sign up for the eNews on the KAHPERD Website. Scroll down to the bottom right & fill out the form. Receive updated info in a timely way!