



Produced by the American Association for Physical Activity and Recreation, an association of the American Alliance for Health, Physical Education, Recreation and Dance

PAR FOR LIFE

Active Living Across the Lifespan

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Fall 2008

AAPAR Wins Major Federal Bicycle Safety Grant

In September, the National Highway Traffic Safety Administration (NHTSA) awarded AAPAR \$324,000 to develop and implement a bicycle safety program. Known as a cooperative agreement, this award empowers AAPAR to work in partnership with NHTSA to develop a fun, engaging curriculum that teachers and recreation leaders will use to teach safe bicycling to children in elementary school, middle school, high school, and recreation centers.

The project will include a train-the-trainers model, a pilot program and evaluation, a new certification, and collaboration with the federal government's Safe Routes to School program. The project will span nationwide and extend for more than three years.

The planning phase began a year ago, when a NHTSA representative

approached AAPAR as a result of AAPAR staff member Chris Neumann's participation in the National Bicycle Safety Network. Former AAPAR President **Tom Evaul** and member **Charlie Schmidt** then volunteered valuable input during the draft phases of the proposal.

AAPAR was well positioned to receive this noncompetitive award because of our history with a successful 2007 Get Out! conference that included a bicycle safety program; our Paddle Safe, Paddle Smart program, which follows a similar model; and our numerous relevant councils, such as Safety and Risk Management; Lifelong Recreational Sports; Measurement & Evaluation; and the Council for Adventure and Outdoor Education/Recreation.

Children enjoy a joyous sense of

See **Bike Safety** on page 12

AAPAR and NASPE Win Major Head Start Grant

In September, AAPAR and NASPE were awarded a \$12 million grant from the federal Administration for Children and Families (ACF) to create the Head Start Body Start Center for Physical Development and Outdoor Play. This is AAHPERD's largest grant ever.

The Center, to be headquartered at AAHPERD's Reston office, will provide a broad range of services aimed at increasing physical activity, outdoor play, and healthy eating among Head Start and Early Head Start children, families, and staff nationwide. The ultimate goal is to facilitate healthy development and reduce obesity among 900,000 Head Start children.

As required by the government's RFP, most of the funds (almost \$8 million) will be allocated for subgrants of up to \$5,000 each for playground and outdoor play space improvement and construction at hundreds of Head Start Centers nationwide. Remaining funds will be used to provide research-based physical education and physical activity resources, training, and technical assistance to Head Start staff and families.

See **Head Start** on page 12

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Get Involved! We Need You, Too!

By Rick LaRue, AAPAR President

Here in Maine it's hard not to be nostalgic as summer slips away and autumn colors proclaim another change in seasons. Change is getting a lot of attention these days. When I consider change, I can't help but notice how important *people* are to the process of change!

In the previous issue of PAR for Life, I was pleased to write about our new AAPAR Board of Directors bringing change to AAPAR's organizational structure — all designed to make our governance more effective and efficient. Shortly thereafter, the AAHPERD Board of Governors approved our three-year pilot and AAPAR has already experienced an increased level of communication and activity!

The AAPAR Executive Committee has met monthly via teleconference calls to plan and review Association activities. **Thomas H. Sawyer**, AAPAR's Representative to the AAHPERD Board of Governors, attended the Leadership Development Conference in Reston, VA, accompanied by Mariah Burton Nelson, our Executive Director. AAPAR's President-Elect and Cabinet Chair **Julia Ann Hypes** sends updates to our Cabinet members (Council Chairs). Julia Ann also coordinated the 2009 Convention Program with the Council Chairs and with our AAPAR staff in Reston. Mariah Burton Nelson has continued to provide our association with exceptional leadership and service as she and the AAPAR staff manage all the operations of our association.

Tom Sawyer also represented our association when the AAHPERD Board of Governors met in Reston in late September, and Tom is chairing AAHPERD's 125th Anniversary Committee. (The celebration will take place primarily at the 2010 Convention in Indianapolis.) In October, the AAPAR Executive Committee will meet in Reston to discuss and act on a number of important items and ini-

tiatives of the association.

Here are a few more examples of the power of people to make positive change: As I began my AAPAR Presidency I started asking AAPAR members if they'd participate with me in AAPAR's leadership.

- In Ft. Worth, TX, I asked **Leroy**

As AAPAR President, what I find really exciting is how willing our members are to get involved.

- **Fanning** if he'd help. Moments later, AAPAR had a new Membership Chair! (See p.1)
- I asked **Mike Miller** and **Connie Fox** if they would continue to serve AAPAR in their respective roles as Bylaws and Operating Code Chair and Awards and Nominations Chair. Each selflessly agreed to serve!
- While sitting in a Convention session, I turned to **Jim Steil** and asked if he would serve along with Mike Miller on our Bylaws and Operating Code Committee. Jim agreed!
- When Connie Fox sent a request for AAHPERD Board of Governors' nominations, Tom Sawyer willingly accepted my nomination, thereby guaranteeing AAPAR with excellent, experienced BOG representation through AAHPERD's 2010 Convention!
- In the Executive Committee's May teleconference meeting, our agenda included the need for a new AAPAR Publications Chair. The EC recommended that I contact **Jeffrey Petersen**. I am pleased to write that Jeffrey has accepted my appointment as AAPAR's Publication Chair!
- In mid-June I received an email from **E. Newton Jackson, Jr.**,

who volunteered to serve with AAPAR's Publications Committee! Wow, we're on a roll!

As AAPAR President, I find it really exciting that our members are willing and even eager to get involved. At the same time, AAPAR still has leadership vacancies that we need to fill.

If you have an interest in getting to know us, serving your association, and learning new skills, please contact me at: rlarue@une.edu.

People become AAPAR Ambassadors when they actively advocate for AAPAR in the following ways:

- **Professional Service:** When you serve in leadership positions, offer presentations, or help plan programming for AAPAR.
- **Recruitment:** When you reach out to current and future professionals who are also passionate about physical activity and recreation!
- **Giving:** When you donate to the association with your time, talent, or financial support.

If you are not already...will you consider becoming an AAPAR Ambassador?

Your AAPAR Staff

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Got Brains? Join AAPAR's New Brain Trust

By Mariah Burton Nelson, AAPAR Executive Director

As AAPAR grows, so does our reputation, and the media is coming calling, looking for experts (like you?) to provide information and comment on trends. In the past two months alone, we have received calls from Redbook, Fitness Magazine, the Chicago Tribune, the Abilene Reporter News, and the National Capital Planning Commission, all looking for expert input. Questions range from "How many colleges and universities require students to pass a swimming test?" to "Are indoor multi-purpose facilities for athletes becoming a trend?" to "What are the

benefits of traditional gym games such as dodge ball for adults?" to "What should Washington, D.C. planners keep in mind as they add new recreational facilities throughout the D.C. area?"

We currently work with AAPAR Council Chairs and listservs to find sources. But we might be omitting knowledgeable AAPAR members.

So we're also compiling an AAPAR Brain Trust to help us direct inquiries to appropriate experts. To apply for AAPAR's Brain Trust, please submit

these items (via email only) to AAPAR@aahperd.org.

1. Your name, professional title, email and phone number/s.
2. A BRIEF bulleted list of your areas of expertise (such as playground design and management, aquatic fitness, adventure education, basketball for women over 50, etc.)
3. Your resume or CV.

Put Brain Trust in the subject line. If you're accepted, just think how impressive this will sound to friends! :-)

Adapted PE Assessment Reaching Across the U.S.

In just nine months since its launch in January, the Adapted Physical Education Assessment Scale (APEAS II) has reached teachers and students in 30 states and Puerto Rico! The brainchild of former AAPAR executive director and adapted physical activity expert **Janet Seaman**, and the product of much work by many other volunteers as well as technical guru **Dan Cariaga**, this updated assessment tool helps teachers identify students who qualify for special assistance.

It was developed in collaboration with the Los Angeles Unified School District (LAUSD),

The new norms were developed by former AAPAR President **Connie Fox** and graduate students in measurement and evaluation at Northern Illinois University. Experimental test items were piloted by **Cindy Martinich** and **Diane Larrabee** of LAUSD.


Available in two versions – one for

classroom teachers, the other for university professors – the APEAS II can be used in electronic or paper-and-pencil formats. **Order yours and we'll be able to report sales in all 50 states soon!** – and, more importantly, we'll know that we're making an impact in the lives of teachers and students nationwide.

More here: www.aapar.org.

And more about the Adapted Physical Activity Council on page 5.

Do Your Students Need Help?



With the new Adapted Physical Education Assessment Scale (APEAS II), you'll learn which students qualify for special adapted physical education services so you can get them the help they need.

Updated. Easy-to-use, revised format.


(downloadable electronic score sheet or paper & pencil)

- Perceptual motor function
- Object control
- Locomotor skills
- Physical fitness
- Adaptive behaviors

Encourage your school district to purchase copies for you and your peers.

Order in bulk and save!

Questions | 703.476.3430
For more info: www.aapar-apeas.org
To order: www.aahperd.org/bookstore



Fit to Swim — and Compete — After 50

By Terri Lees, Council for Aquatic Professionals Chair

When my three children had graduated from high school and from successful swimming careers, it was time for me to explore swimming options for people over fifty—including myself. Now mind you, I have been swimming laps at least two days a week for nearly 35 years. I taught high school aquatics and coached high school swimmers for nearly 20 years. I coached my own kids when they were little and I coached one of my sons in high school.



I am the Aquatic Supervisor at a Community Center in North Kansas City Missouri. I love teaching and coaching adults. After the 2004 Olympics, requests for adult private swimming lessons were at an all-time high (much like now after the Phelps and Torres victories) and I “dove in” to coaching with much enthusiasm. Most of my students are between 60 and 75, and are as excited as the youngsters to learn to compete. The most challenging part was finding competitions that were fun without

being too intimidating.

Fortunately we discovered State Senior Games. You must be over 50 to participate.

The Kansas and Missouri State Games are within a short drive of our facility. Most of the seniors can tolerate two to three swims a week but not more than about 1500 yards at a time. I have to be very careful about what they do for warm up and cool down. I have to beg and borrow deep water and starting blocks from other local facilities so that we can practice starts and turns. We have 10-15 active participants, and several of us qualified for Senior Nationals in 2007 after only twelve weeks of preparation. If you need ideas or resources for getting a 50-plus team started, email me at talees@nkc.org.

Swimming with a Heavy Heart

By Jane Katz

As a longtime AAPAR member, masters swimmer, and physical educator, I was honored to be profiled in these pages almost a year ago. Shortly afterward, my husband and best friend, Herbert Erlanger, died of a sudden stroke. Since you, too, are undoubtedly facing your own losses as we all swim through life, perhaps you'll be interested in this personal update — and this ode to exercise.

I have been a competitive swimmer since I could walk (or wade!) and have held my position—as a health and physical education college professor and varsity women's swim coach at John Jay College of Criminal Justice—for almost as long. Herb was an attending anesthesiologist at New York Hospital-Cornell Medical Center.

Herb and I knew each other for

almost 40 years, and he travelled all over the world with me to swimming meets. He understood that water makes me feel lighter, healthier, happier. The water is comforting, just as Herb's presence was. He was my cheering section, in and out of the water. “Keep laughing, keep swimming,” he would say.

Herb loved meeting new people, found the good in everyone, and was truly interested in what people had to say. He had a child-like wonder about the world. The special years when we swam through life together as a couple were wonderful.

Now he's gone. There's no warm-up, no practice that prepares you for this sort of loss.

People ask, “What helps?” The answer is, exercise helps. On May 1, Herb's birthday, I competed in the

United States Masters Swimming Short Course Nationals.

It was a tough meet for me: tough to train for it in the midst of my grief, and tough to just keep moving. Tough to win, too: There are a lot of fast old ladies out there! But in Herb's honor, I entered and won the 200-yard backstroke for women aged 65-69.

Over and over again, I immerse myself in the pool, feeling the water, feeling my still-strong body, and feeling my sadness as my tears are literally washed away. As always, the water embraces me, comforts me, supports me. The water makes everything seem lighter... and I know that one day my heart will be lighter too.

I can still hear Herb saying, “Keep laughing, keep swimming.”

Adapted Physical Activity Council

By Rebecca Lytle, APAC Chair

The Adapted Physical Activity Council has been busy completing projects and starting new ones. Completed is the new “Highly Qualified” Statement for Adapted Physical Educators, now on AAPAR’s website. **Ellen Kowalski** and **Lauren Lieberman** are working on the assessment book to accompany the NASPE assessment series, which will show how to use the series for individuals with disabilities. Other projects include the “What is adapted physical education?” brochure; an accreditation process for university adapted physical activity programs; and monographs on disability awareness, aquatics for children with autism, and behavior management. **Pam Skogstad** is chairing the legislative committee and has been working at the federal level to create an advocacy action plan for quality teaching and programming for individuals with disabilities.

APEAS: Adapted Physical Education Assessment Scale (APEAS II) on a roll: See page 3.

APENS 2nd Edition! The National Coalition for Physical Education and Recreation for Individuals with Disabilities (NCPERID) is pleased to announce the second edition of the *Adapted Physical Education National Standards*, the guide to taking the test by the same name (APENS). Edited by **Luke Kelly**, this valuable resource is the only complete guide to the standards.

Hestor Henderson, Ron French, Lisa French and NCPERID members deserve credit for collecting and editing this valuable resource. Every adapted physical educator must know these standards in to pass the APENS exam and become a certified adapted physical educator (CAPE).

Revised and expanded, this edition includes new and enhanced features:

- A format that is designed for

ease of study so that teachers can prepare with confidence to become certified

- An overview of the 15 standards, helping teachers understand how to apply the standards in the real world of teaching students with disabilities
- Specific performance indicators for each standard, showing teachers what they should be able to do in the field
- Everyday applicability so that teachers (and administrators and university faculty) can apply the information to ensure effective delivery

Adapted Physical Education National Standards, Second Edition, also features a new appendix of frequently asked questions as well as a complete glossary of terms, abbreviations, and acronyms. The result will be a deeper comprehension of the content, which enhances retention and aids in future implementation.

The Adapted Physical Education National Standards Project is housed at the State University of New York at Cortland under the leadership of **Timothy D. Davis**. If you are interested in becoming certified, please contact him or the APENS office at 1 (888) APENS-EXAM or (607) 753-4969.

New DVD: “Teaching Children with Visual Impairments or Deafblindness in Physical Activity”

This 35-minute DVD has in-depth information about visual impairments, instructional strategies, equipment and rule modifications, blind sports, and tips for teaching children who are deafblind. The DVD was created by faculty from SUNY Brockport, SUNY Cortland, and SUNY Upstate Medical with a grant from The Children’s Miracle Network. The DVD can be downloaded from the Camp Abilities site: www.campabilities.org under

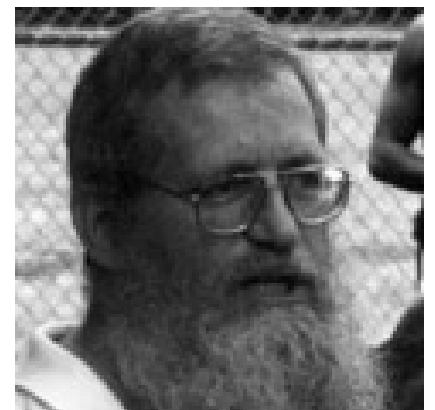
camp videos. It will be distributed at physical education conferences.

37th National Adapted Physical Education Conference

Promoting Physical Activity for All Abilities-Disabilities-Possibilities; CLIMB: Challenge, Learn, Improve, Motivate, Believe; Westin Horton Plaza, San Diego, CA; November 20-22, 2008. www.sc-ape.org/NAPEC.htm.

International Basketball Legend Ed Owen Dies

The disability sport community is mourning the passing of **Ed Owen**, who died August 1, 2008. Owen achieved legendary status in the sport of wheelchair basketball. His involvement spanned nearly 50 years as an athlete, coach, and author of *Playing and Coaching Wheelchair Basketball*, the definitive resource on the subject. Owen was inducted into the National Wheelchair Basketball Association Hall of Fame (NWBA), and named by the NWBA as the best wheelchair basketball player of all time. He received the International Wheelchair Basketball Federation’s Gold Medal Triad Award for his work worldwide — the first ever awarded to a U.S. citizen. As a seven-time Paralympic athlete, Owen won numerous gold medals in wheelchair basketball, as well as medals in swimming, the pentathlon, and the discus.



Measurement Member Spotlight

By Anita N. Lee, Measurement and Evaluation Council Secretary

To help other AAPAR members learn about the Measurement and Evaluation Council (M&E), we're offering a member spotlight.

Kathy Tritschler, a former M&E Council Chair (2006-2008) now serves on the M&E Advisory Committee. She is a Professor in the Department of Sport Studies at Guilford College in Greensboro, NC.

Tritschler serves on the Editorial Board of the *Measurement in Physical Education and Exercise Science* journal and is the section editor for the Teachers' Toolbox/Tutorials. As a measurement teacher, Kathy is most interested in how best to promote valid and reliable use of assessments by practitioners in field settings.

Tritschler has authored two measurement textbooks: *Barrow & McGee's Practical Measurement and*

Assessment (Baltimore: Lippincott, Williams & Wilkins, 2000); and, with **H. Barrow** and **R. McGee**, *Practical Measurement in Physical Education and Sport* (Philadelphia: Lea & Febiger, 1989). While Chair of the M&E Council, Tritschler worked with **Weimo Zhu** from the University of Illinois at Urbana-Champaign in the planning of the 2007 M&E Cooper Institute Conference. She also presented "Measurement Issues and Psychometric Advances in the SPAS" at the AAHPERD Convention in Baltimore in 2007.

Tritschler received her B.S. degree at the University of Wisconsin at Madison, where she was first introduced to the study of measurement by **Jo Safrit**. She completed her M.S. degree at the University of Arizona, and earned her Ed.D. from the University of North Carolina-Greensboro, where she studied with **Rosemary McGee**.

MPEES Journal

Measurement in Physical Education and Exercise Science (MPEES) is the official journal of M & E Council. The upcoming issue focuses on youth fitness testing. More info and subscriptions: <http://www.tandf.co.uk/journals/titles/1091367X.asp>

Questions or suggestions for AAPAR's M&E Council?

- Chair: **Tracey D. Matthews**, Springfield College: tmatthews@spfldcol.edu
- Chair-Elect: **Minsoo Kang**, Middle Tennessee State University: mkang@mtsu.edu
- Secretary: **Anita N. Lee**, Eastern Connecticut State University: Leean@easternct.edu

Fit for AAPAR: What More Can We Do?

By Linda Woods Huber, Fitness and Wellness Council Chair

Maybe we should be asking: what have we done, what should we be doing, who can help, where do we start, how shall we proceed and what are the goals we want to accomplish, both short-term and long-term?

The Fitness and Wellness Council (F&W) of AAPAR has a large membership: more than 2000 people. Getting us all connected and actively involved poses a challenge. If you are considering joining the F&W Council or already have joined us, please contact me so we can share ideas for new initiatives, programs, and services. (lhuber@redrose.net)

A team of F&W members completed

the 2009 Convention Program Proposal Evaluations and has submitted our choices for presentations at the AAHPERD Convention in Tampa, FL. Special thanks to: **Jiji Jonas**, **James Wilkinson**, **Judy Ingram**, **Laura Borsdorf**, and **Robyn Ricketts** for their help in evaluating the submissions. F&W helps to enhance the fun activities offered for the Annual AAHPERD Convention by providing various "Wake Up—Warm-Up" sessions in which to participate. These sessions are held Wednesday, Thursday, Friday, and Saturday 6:30-7:15 AM. Locations and leaders for each session will be noted in the Convention Program. Participate in these popular sessions and you'll meet many other

interesting, active attendees while getting a good workout!

The membership of the F&W Council is diverse in our backgrounds, occupations, interests, and expertise. If we can identify the various audiences and interests of our members, we may be able to better plan appropriate initiatives, awards, programs and other services. Since we do not get together face-to-face except once a year at the AAHPERD Convention (AAPAR Roundtables), I welcome your ideas for additional growth and service. I look forward to hearing from you (lhuber@redrose.net) and hope to see you Wednesday April 1, at the AAPAR Roundtables!

Revised Facilities Text Coming This Spring

The Council on Facilities and Equipment (CFE) is proud to announce the near-release of the twelfth edition of the popular *Facility Design and Management for Health, Fitness, Physical Activity, Recreation and Sports Facility Development*. The new edition, due out in time for AAHPERD's 2009 convention, will again be published by Sagamore Publishing of Champaign,

Illinois, in collaboration with AAPAR. **Thomas H. Sawyer** serves as editor-in-chief. The text is a joint effort of facilities specialists nationwide and has been endorsed by the CFE since 1946! In other council news, Jeff Petersen (past-chair and convention planner) has been working on a full slate of quality presentations for the Tampa convention. The ever-popular "Ask the Experts" will once

again be offered. Other Council projects in the works include a design specialist certification program and an electronic journal on Physical Activity, Recreation, and Sport Facility Design and Management. Support the Council through your participation! For more info:

Chair **Mike Hypes:**
MHypes@moreheadstate.edu.

Wanted: Playground Fitness Volunteer Leaders

AAPAR and its platinum partner, PlayCore, Inc., are seeking elementary-level physical educators and recreation professionals to participate in an evaluative study of new playground fitness programming.

Play On! Playground Learning Activities for Youth Fitness promotes physical fitness in alignment with NASPE standards for physical education. Selected sites must offer physical education or physical activity programming to children in grades K-5, and be willing to execute the Play On! program as directed by

the researchers. Thirty beta sites will be selected to participate, so get your application in soon!

To support execution of the *Play On!* Program, GameTime (a PlayCore brand) is offering limited-time promotional playground pricing for *Play On!* Activity Center playgrounds specially designed to implement 100% of the Play On! activities.

Support playground fitness research and join us in the important project. For more information about becoming a Beta Site Leader or to learn more about GameTime's

promotional playground pricing, go to www.gametime.com/betasite.

Applications must be received on or before November 1, 2008.

If this project is not right for you, you can still purchase *PLAY ON! Learning Activities for Youth Fitness*, at the AAHPERD online bookstore.

Includes 100 full-color creative games and activities that promote fitness using playground equipment. Also: variations for kids with disabilities, safety guideline, a send-home guide for parents, and more!



Go Play Outside

New playground curriculum for fun & fitness | K-5.

100 creative activities & games.

Full-color binder.

Aligned with NASPE standards.

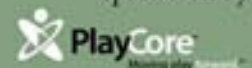
Variations for kids with disabilities.

Send-home guide for parents.

800.321.0789

www.aapar.org

This Program Proudly
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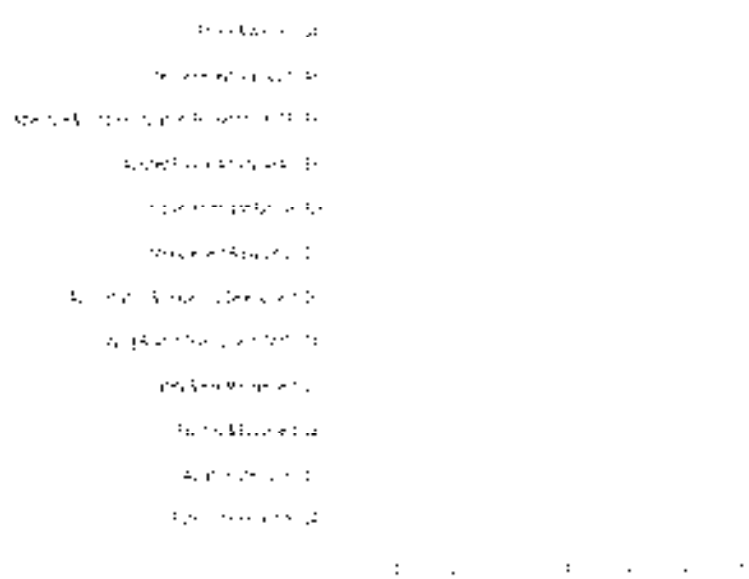


www.PlayCore.com

AAPAR Member Survey Says....

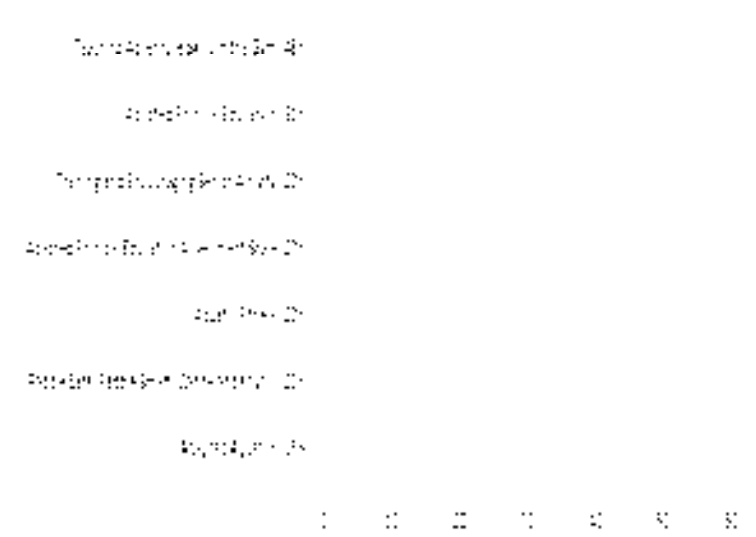
Thanks to all who participated in AAPAR's recent member survey! The return rate was a healthy fourteen percent: 787 out of 5556. (Didn't receive the survey? Then we don't have your email address, and you're missing other key messages too. Just send your email to AAPAR@aahperd.org. Subject line: My email address!) The survey taught us a lot about how members perceive AAPAR and how we can serve you better. We heard lots of "Great job!" – type accolades. Of course you also offered suggestions for improvement, which we welcome. Here are some highlights:

"What Councils do you find most appealing?"



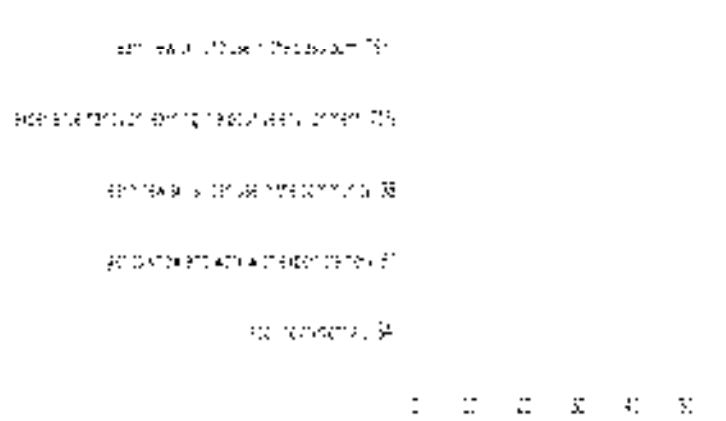
Many respondents requested more information about the councils and how to join. Staff followed up to help you get connected. If you have more questions or requests, contact us at any time (aapar@aahperd.org).

The AAPAR workshops that people expressed the most interest in attending:

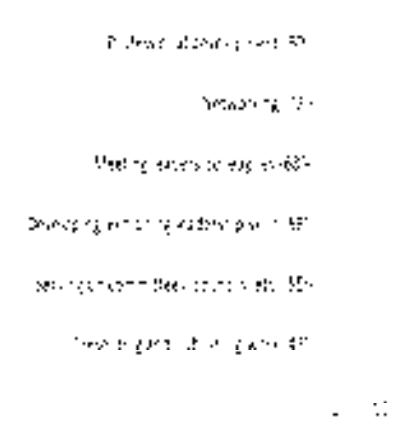


About 160 of you expressed interested in hosting a workshop. Great! AAPAR staff followed up on these requests. We'd love to host more workshops. Please contact us if you're interested, regardless of whether you filled out the survey: AAPAR@aahperd.org.

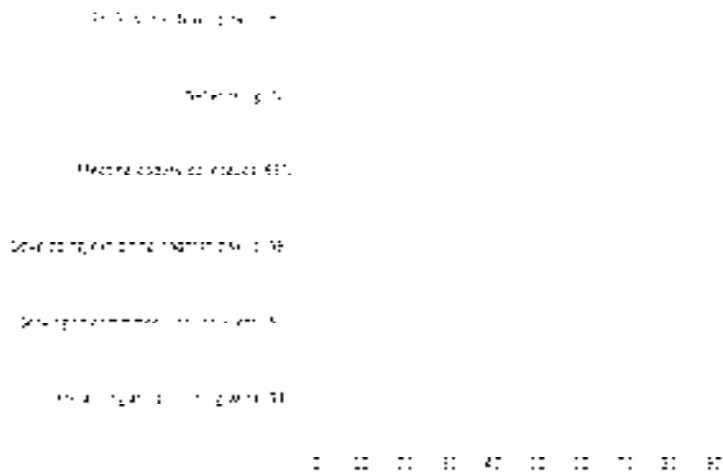
Your top reasons for attending AAPAR workshops: To...



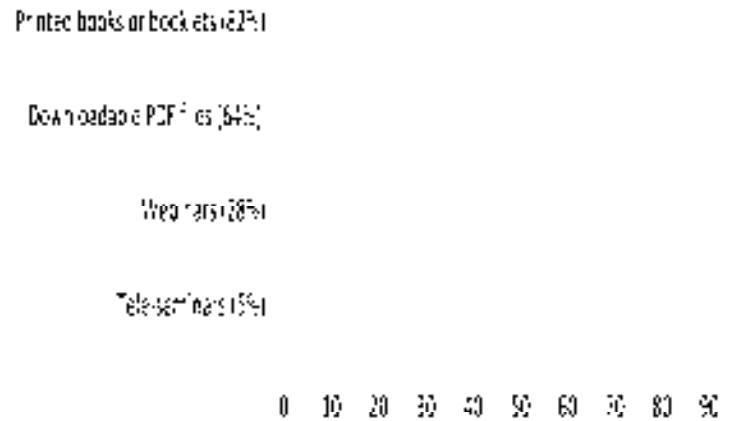
Your top reasons for attending Convention:



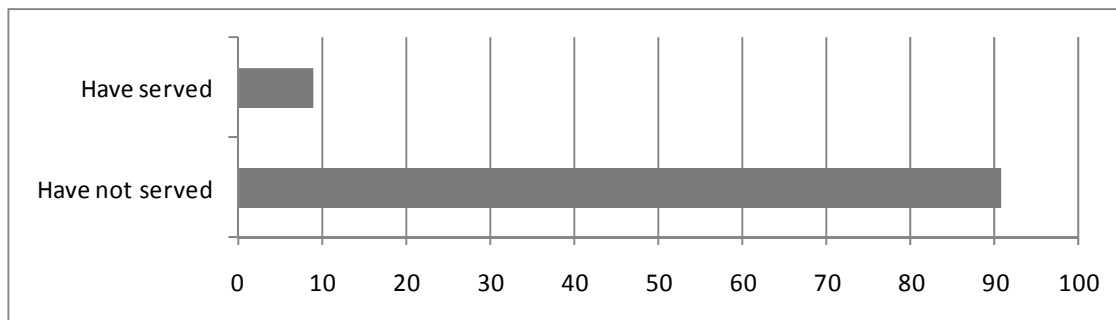
Why are you a member of AAPAR?



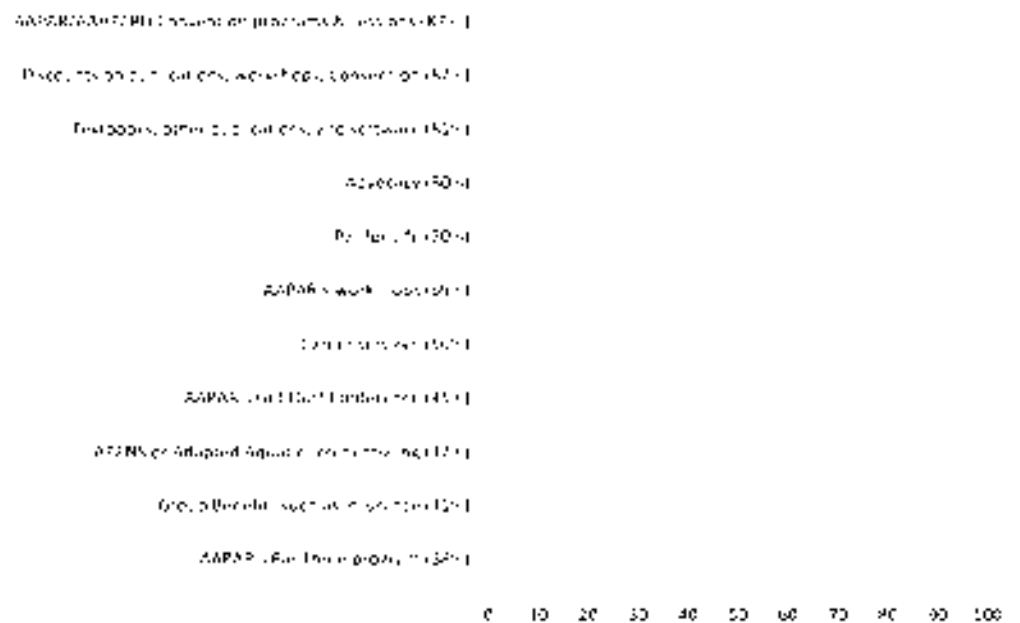
How do you prefer to receive your published information?



Have you served on an AAPAR Council, committee, board or other leadership role in the past two years?



These are the top benefits and opportunities considered important or somewhat important:



Lead-Up Games for Lifelong Recreation Sports

By Tom Evaul, Council for Lifelong Recreational Sports Chair

A lead-up game isolates one or more of the skills, rules, and/or strategies used in a complete game. Participating in lead-up game is a way of learning these components in a fun situation. With lifelong recreational sports being taught more in schools and recreation programs, lead-up games can play an important role in preparing people to participate in the actual sport.

The Council for Lifelong Recreational Sports is soliciting your favorite lead-

up games in sports in which people may participate throughout much of their life. These will be published on AAPAR's web site for others to share, and may eventually be assembled in a book.

To view a sample, see the Council for Lifelong Recreational Sports page on AAPAR's website. (The black Councils Tab is near the top of the page.)

Here's how you can contribute: After viewing the sample on the web,

select one or more games that you have used successfully. Describe your game/s using the same format we used on the web. Send your game/s to the project director, **Curt Hinson** at drcurthinson@comcast.net.

Be sure to include your name as the author. Take this opportunity to get published and share your expertise with other professionals in the field.

If we each give a little, we will all gain a lot.

LRS is Rolling

The Council for Lifelong Recreational Sports (LRS) has established eight committees to promote sports in which people may participate throughout their lifespan. Many of these committees work in cooperation with other organizations (American Canoe Association, U.S. Tennis Association) and other councils (e.g. CAOER, CAAD). If you have an interest in any of these sports and would like to join one or more of these committees, or if you are passionate about another lifelong recreational sport and would like to create a committee, contact Tom Evaul, LRS council chair at evaul@verizon.net.

The committees and their chairs:

- **Bicycling:** Charlie Schmidt
- **Canoe/Kayaking:** Tom Evaul
- **Fly Fishing:** Gayle See
- **Golf:** Curt Hinson
- **Spin and Bait Fishing:** Pete Della Ratta
- **Tennis:** Debra Sension-Hall
- **Track and Field:** Marilyn Strawbridge
- **Volleyball:** Heather Sawyer

PAR-ticipate in AAPAR Communication

The following Councils have created listservs to enhance conversation among people with similar interests. Council members use them to learn, share ideas, ask questions, build relationships. To be added, email aapar@aahperd.org and specify which listserv(s) you would like to join. If you're not yet in that Council, we'll help you switch.

Adapted Physical Activity Council (APAC)
Administration & Leadership Development (ALD)
Council for Adventure & Outdoor Education/Recreation (CAOER)
Council on Aging and Adult Development (CAAD)
Council for Aquatic Professionals (CAP)
Council on Facilities and Equipment (CFE)
Fitness & Wellness Council (FW)
Measurement & Evaluation Council (ME)
Safety & Risk Management Council (SRM)



New PA Guidelines Released

On October 26, 2006, Health and Human Services Secretary Mike Leavitt announced that the Department would develop comprehensive guidelines, drawn from science, to encourage Americans fit physical activity into their lives. The first step in the development of the Physical Activity Guidelines was the establishment of the independent Physical Activity Guidelines Advisory Committee, which was charged to review existing scientific literature to identify where there was sufficient evidence to develop a comprehensive set of specific physical activity recommendations.

AAPAR member **Amelia Lee** of Louisiana State University sits on this committee.

The *Physical Activity Guidelines Advisory Committee Report 2008* is now available. It is the product of the 13-member Advisory Committee and more than 30 consultants. You can access the report by clicking the Report link at <http://www.health.gov/paguidelines/>.

The 683-page report can be viewed or downloaded in its entirety or by individual chapter. The report sum-

marizes the Advisory Committee's review of science relating physical activity to a variety of health outcomes. It addresses the benefits of physical activity for particular subgroups of the population such as children and youth, pregnant and postpartum women, persons with disabilities, and individuals with some chronic conditions.

The report will be a valuable resource for students, researchers, or anyone interested in the health benefits of physical activity. It provides the scientific basis for the *Physical Activity Guidelines for Americans*, which is currently being developed by the Department of Health and Human Services for a planned fall 2008 launch.

The Department of Health and Human Services welcomes your input – as well as information and data relevant to the development of the *Physical Activity Guidelines for Americans*. All comments will be considered in the preparation of the *Physical Activity Guidelines for Americans*.

AAPAR will be hosting a session on the Guidelines at Convention.

Thanks to Committee Members

Members serve AAPAR numerous ways – sometimes behind the scenes. In its first three years, AAPAR has distributed four RFPs (requests for proposals) related to curriculum development, research, and conference planning.

The following AAPAR members have served on ad hoc committees that evaluated these proposals and selected consultants or collaborators for AAPAR projects.

For this volunteer service, AAPAR offers it sincere thanks to **Tom Coates, Linda Woods Huber, Susana Junius, Rick LaRue, Anita Lee, Lisa Quirk, and Thomas H. Sawyer.**

Thanks also to **Tracey Matthews** and **Kathleen Tritschler** for identifying ad hoc committee members.

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Head Start continued

AAPAR and NASPE are equal partners on this project, and equally excited about the prospect of promoting physical development and outdoor play on a grand scale. The project will span four years, and should have a lasting impact on children nationwide. The plan has three major components:

- Assist the Office of Head Start in setting national priorities and developing policies that facilitate increased activity among children at Head Start Centers.
- Train and support Head Start and Early Head Start staff in best practices that increase activity among Head Start children.
- Increase outdoor play at Head Start Centers by building and/or improving outdoor play areas and providing support for proper use of those areas.

To achieve these objectives, NASPE/AAPAR will be assembling an Advisory Board, creating and implementing a seven-part physical activity training for Head Start staff, deploying consultants to provide on-site assessments and recommendations, and evaluating success. The plan includes the creation of new resources such as blogs, webinars, and other direct and online services.

NASPE and AAPAR are uniquely qualified and positioned to create and oversee the National Head Start Body Start Center for Physical Development and Outdoor Play. As national professional associations, both organizations have a proven track record of providing resources and trainings that are based on current research and best practices. They are committed to identifying and pro-

moting a full range of high quality resources and partnerships in order to provide state-of-art information and service. As part of the AAHPERD Alliance, AAPAR and NASPE bring to the project not only a history of collaboration, but the potential for a strong and successful partnership that will, AAPAR and NASPE leaders hope, wildly exceed expectations.

NASPE set the very standards that were referred to in the government RFP. That's NASPE's motto: "NASPE sets the standard." AAPAR's is, "We educate every body."

You'll be hearing much more about this exciting project as it develops over time!

Bike Safety continued

freedom and competence from riding bikes, and this early pleasure can lead to a lifelong love of physical activity, a lifelong commitment to physical fitness, and a lifelong interest in healthy, energy-efficient transportation.

However, bike riding is one of the

most frequent causes of injury-related death for young children. More children are injured while riding bicycles than while using any other consumer product except the car.

With financial and technical assistance from NHTSA, AAPAR plans to create a program that will

increase safe ridership, decrease accidents, and make a significant contribution to national traffic safety. AAPAR will soon begin hiring consultants to help develop and deliver materials. If interested, make sure we have your email address (if not, send it to AAPAR@AAHPERD.org) and keep an eye out for RFP's.

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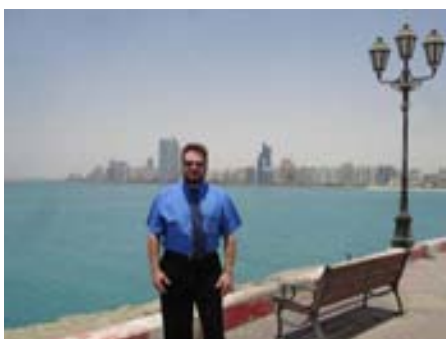
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Member News: What's Up With You?

During the 2007-08 school year, **Adam Stanislawski**, Certified Adapted Physical Educator for Loudon County Public Schools in Northern Virginia, and his father, a construction teacher and master carpenter, invented a product they call the Adapt-A-Bowl™. Designed for use with students with disabilities, the Adapt-A-Bowl™ can be used in many environments and with a variety of games. The PVC construction makes the device light and durable so that teachers can carry it with them to multiple settings as well as assemble and disassemble the device within minutes. Made for, but not limited to students in wheelchairs or gait trainers, the Adapt-A-Bowl™ can be placed directly in front of students so they can enjoy games and skills involving bowling, rolling, and throwing with greater independence.



AAPAR President Rick LaRue in Abu Dhabi.

Theodore Curtis, professor in the department of sports administration at Lynn University in Boca Raton, Florida will bring 15 students to the baseball winter meetings in Las Vegas in December for unprecedented access to baseball insiders. Students will have exclusive meetings with dozens of baseball executives in Lynn's own conference room at the Las Vegas Convention Center, turning the meetings into Lynn University's private learning laboratory on the business of baseball.



Theodore Curtis with his students at 2007 Baseball Winter Meetings in Nashville

Scott Melville of Eastern Washington University recently edited, annotated, and self-published an anthology entitled "The Scent of These Armpits: Poetic Thoughts on Sports." It is a comprehensive collection of poetic prose and poems (more than 50 sports represented, by 136 authors). The authors range from old masters (Walt Whitman and Jack London) to modern masters (John Updike and Billy Collins) to lesser-known writers who deserve to be discovered. See a description and reviews at amazon.com. Melville has been giving readings to local groups and at professional conferences. They have been wonderfully received and he is looking for opportunities to spread the good words.

This past May, **Kristi Leonard**, Assistant Professor at Waldorf College,

led four students from Waldorf College's Wellness program on a two-week trip to Mexico to take a course on "Exploring Wellness in the Yucatan." Swimming in the Caribbean, climbing the Ek Balam pyramids, and meeting students at Marista University in Merida were some of the highlights. Says Leonard, "It was fun to recall some of my own memories from twelve years ago as a student in Mexico, but even more rewarding and gratifying was my role as a professor leading a study abroad trip."



From left, Kayla Clark, Lacey Graham, Jeremiah Zalzarriaga, Alyssa Lee and Kristi Leonard at the Ik-Kil cenote (a water-filled limestone sinkhole).

Mike Miller placed fifth in his age group (65-69) out of 41 entrants in the NorthShore Inline Marathon in Duluth, Minnesota. His time for the 26.2-mile distance was 1:24:17—ten minutes faster than his personal record, set four years ago. After starting a Boot Camp class last year, Miller has lost 12 pounds, reduced his body fat from 24.7 to 12.7, and made dramatic strength gains. "I am in better shape now at 66 than I was at 40 or 50," says Miller. "Along with the Boot Camp I have been riding my son's cycle and skating between ten and twenty miles three times a week. One day I will retire and be able to do this fulltime."

Member News continues next page

Member News continued

Three years ago **Alan Arnett**, physical education teacher at Westbrook Elementary in Brookville, Ohio added a synthetic ice-skating rink to his school. Arnett acquired the necessary funding through two grants. For many years, roller skating and rollerblading had been part of his elementary physical education program. Now "ice" skating has become a successful addition. Each school year, Arnett assembles the rink and blocks off the gym for 3 weeks. Half the students "ice" skate in the middle of the gym, while the other half roller skate around the outside. Students are required to wear helmets, and Arnett skates with the students in grades 1-4. To add energy and fun, he plays music while they skate.



Send us a photo of you in your AAPAR T-shirt, and we'll include it in an issue of *Par for Life*! Here is the first: **Mariah Burton Nelson** on the Great Wall of China. **PARTICIPATE!** T-shirts just \$10 in online store.

Your colleagues want to know you better! Send your news (up to 100 words) and photos to aapar@aahperd.org.

Calling All Authors

Have you been sitting on a great idea for a book or monograph (mini-book) but don't know where to turn? Are you currently working on an article that could be converted to a longer format that other people in your field would find useful?

Good news! AAPAR is accepting proposals for publication. We want to hear your ideas for textbooks, monographs, PDF's, and e-books in the field of physical activity and recreation. Potential topics of interest include, but are not limited to:

- Aquatics
- Outdoor and Adventure Education
- Older Adult Fitness
- Facilities Design

- Safety and Risk Management
- Adapted Physical Education
- Managing Money on the Sidelines
- Leadership
- Lifelong Recreation Sports
- Fitness and Wellness
- Measurement and Evaluation

Whether you are an expert or just starting out, published work can help you advance your career.

Take the next step: go to www.AAPAR.org and download a Publication Proposal Form.

Sawyer to Serve a Second Term as BOG Rep

Thomas H. Sawyer, AAPAR's representative to AAHPERD's Board of Governors from 2006-2009, was nominated by AAPAR's President **Rick LaRue** and confirmed by consensus for a second three-year term. Dr. Sawyer will serve through 2012. "Tom's leadership and representation has been a key element to AAPAR's success" says LaRue, "and we're very lucky he's willing to continue to represent AAPAR at the AAHPERD level."



Your Ad Here?

Our mission:

The American Association for Physical Activity and Recreation (AAPAR) is dedicated to enhancing quality of life by promoting creative and active lifestyles through meaningful physical activity, recreation and fitness experiences across the lifespan with particular focus on community-based programs.

Our members:

Our members include more than 8000 college faculty, teachers, trainers, community leaders, fitness professionals, and students, all of whom are committed to fitness and fun for all for life.

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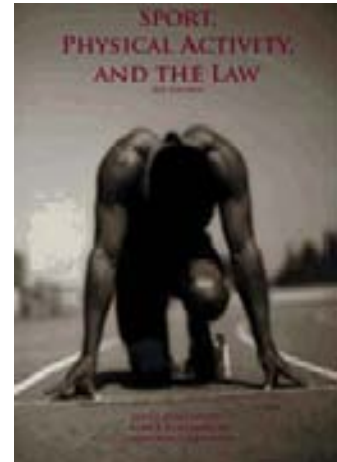
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New Legal Books from AAPAR

Sport, Physical Activity, and the Law, 3rd Edition

An Essential Guide!

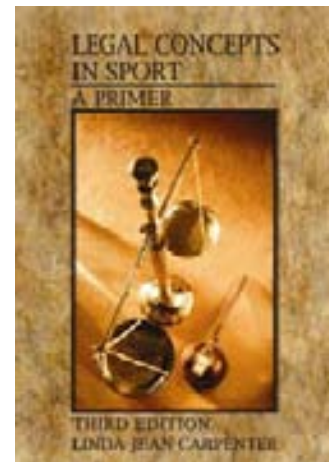
This popular book, revised and updated, provides a practical approach for using the law as a day-to-day management tool in a sport or physical activity setting. It includes supplementary case studies, management guidelines, and discussion questions on issues such as risk management, responsibilities of game officials, breach of contract, product liability, role of the EEOC, right to participate, and statutes such as the American with Disabilities Act. Written by legal experts **Neil J. Dougherty**, **Alan S. Goldberger**, and **Linda Jean Carpenter**,



Legal Concepts in Sport: A Primer, 3rd Edition

Just Released!

This book will give you a conceptual foundation for understanding the law and its relationship to sport and physical education programs. It attempts to place the kinds of legal problems faced in the day-to-day operations of a physical education or athletic/sport program into commonsense perspective that is easily understood and remembered. It is not intended to teach all there is to know about the law, but instead to serve as an introduction to the areas of law that most often have an impact on administrators, teachers, and coaches. Written by **Linda Jean Carpenter**.



To order review copies, call 800-321-0789. Call the same number or go to the online store at www.aapar.org to order copies.

AAPAR's 2008 Adapted PE Teacher of the Year



Rocco Aiello recommends the new Sportime GymDonuts™ for core stability work.

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performing exercises (and yoga meditation), while the donut-hole contour provides secure grasping points for holding GymDonuts between hands or legs for static or dynamic movements.



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How and Why To Sign Up New Members

By Leroy Fanning, Membership Chair

Research indicates that those who are professionally affiliated are more likely to succeed than those who are not. But as an active AAPAR member, what have you done lately to make sure young professionals develop the habit of AAPAR membership? It may be easier than you think.

By interviewing a number of Alliance Life Members, I learned that their initial decision to join the Alliance was usually at the request of their college professors. They *stayed* because of the exceptional opportunities for professional development, networking, leadership, and learning. But they *joined* because a professor told them to. I suspect this is still the solution as well as the challenge.

Management guru Peter Drucker, in his book, *Management and the World's Work*, reminds us, "The single most important thing to remember about any enterprise is that there are no results inside its walls. The result of a business is a satisfied customer."

How can we create more satisfied customers (members)? Here's how: If you're a college professor, I challenge you to attract new members to AAPAR by following these easy steps:

1. Do not require a textbook for your professional introduction class. Rather, require the future professionals to join AAHPERD. (The \$45.00 student fee is cheaper than any textbook. They won't protest.) I have been doing this for the past 15 years. AAHPERD will help you out. Simply contact the AAHPERD Membership Office (Membership@aahperd.org or 703/476-3490) and tell them how many students you have.

Request that number of sample *Updates*, *JOPERDS*, *Par for Life's*, and membership applications. This way, students will receive instant educational materials, without having to wait for their applications to be processed.

2. Use the journals to link best practice to professional preparation. Use the website to direct them to additional content. Insist that they join AAPAR Councils, contribute to listservs, and attend events. Connect active membership to the grading process.
3. Make a professional affiliation requirement a theme in other classes too – such as internship eligibility and student-teaching applications. This helps impress upon students the importance of continued membership and creates a membership habit. In the interview process, ask about their professional affiliation and activities.
4. Model professional affiliation by participating actively in work-

shops, conferences, and Convention. Students may or may not listen to what you say, but they definitely pay attention to what you do.

For me, this strategy has generated more than 100 new AAHPERD members per year for the past 15 years. If you join me, this strategy can go a long way toward filling our membership ranks with the young people who represent our future.

Final Thought: A wise philosopher once said, "It's much easier to ask for forgiveness than it is to seek permission." I agree! I have never asked for permission to initiate this strategy and have not been challenged. I think NIKE has it right: "Just Do It."

Do you have your own membership retention or attraction strategies you'd like to share? Want to join my committee? Let's talk! 423-425-4196; leroy-fanning@utc.edu

Check out some results from the latest AAPAR survey: pg. 8

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