

# PAR *for* LIFE

We educate every body

## Convention Rocked!

Sarah Snyder

Tampa was hot in late March, both literally and figuratively, when AAHPERD's Annual Convention rolled into town. From engaging lectures to fun workshops to congratulatory award ceremonies, AAPAR's sessions were well attended. The General Session was a packed house as members showed up to listen to keynoter **Scot Hollonbeck**. Twenty lucky attendees at the Sidelines Workshop received a free copy of Mariah Burton Nelson's book *Making Money on the Sidelines*, and compliments of the Fitness & Wellness Council, scores of early birds turned out for 6 a.m. walks, water aerobics—outside in the dark—Tai Chi, and other workouts. AAPAR members practice what they teach!

For more Convention highlights and photos, including a list of award winners, turn to pages 6 & 7.

## Get Out! Just Keeps Getting Cooler

Sarah Snyder

Even though summer is here, that doesn't stop some of us from daydreaming about shredding through ten inches of fresh powder or imagining gliding on our skinny skis through a snow-coated forest. You winter sports enthusiasts know what we're talking about: You may be hanging ten on the surf or flying down the mountain on your Mongoose dual-suspension, but you really can't wait to hit the slopes again as soon as the first flakes touch down.

But why keep those pleasures to yourself when you could be teaching others the skills to enjoy winter sports? Attend 2009's *Get Out!* conference in New Hampshire, December 3 - 5, and learn how to incorporate winter sports into your school or community center's curriculum.

Keynote speaker Dr. Robert Harney, an orthopedic surgeon nationally recognized in the field of disabled sports, will deliver the opening address and be on hand to answer questions. "Dr. Bob" has served as vice president of Disabled Sports USA, president of the American Academy of Sports Physicians, and chairman of the National Medical Team for Disabled Sports USA.

"We're excited to have Dr. Bob because of his outstanding contribution to disabled sports," says Christopher Neumann, AAPAR senior program manager. "He was instrumental in developing disability classifications for the Paralympics, which fits hand-in-glove with AAPAR's mission to promote physical activity and recreation opportunities for all."

Some of the topics will include how to dress for mobility and warmth, how to start a school or community snow sports club, and how to manage risk and insurance issues. In addition, participants will learn the basic skills needed for alpine and cross-country skiing, snowshoeing,

*Get Out!* | continued on page 8

PAR-ticipate | [www.aapar.org](http://www.aapar.org)

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



AMERICAN ASSOCIATION  
FOR PHYSICAL ACTIVITY  
AND RECREATION



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## Reflections on Tampa, Looking Toward Indianapolis

Rick LaRue, AAPAR President

It's nearly 7 p.m. here in the Kingdom of Bahrain, and I'm sitting on the deck of the rooftop swimming pool at the Elite Suites Hotel in the Seef Area of Manama.



Rick with a student at Shaikh Khalifa Sports City, Bahrain.

The temperature is in the 90s, but with an offshore breeze, it is as pleasant as the desert can be in May. (Remember, I'm from Maine.) The setting has afforded me time to re-create and reflect on our Convention in Tampa—where I also enjoyed a couple evenings like this one—and to look forward to my second year as AAPAR President.

Tampa was everything I expected and more!

- AAPAR's leadership participation grew as we began our second full year of a pilot re-organization, designed to create an association that can be proactive and timely in responding to opportunities and challenges. Thanks to technology, we stay connected as often as needed throughout the rest of the year.
- Scot Hollonbeck, our keynote speaker at the AAPAR General Session, connected with us by emphasizing the importance of physical activity and recreation (PAR) for life for *every* body. We must continue to create and deliver programming that promotes inclusive recreation and physical activity across the lifespan. With passion-

ate reminders from Scot and others, we can meet this essential goal!

- We inaugurated the AAPAR Ambassadors program at Convention, and nearly 400 AAPAR members were recognized with very cool red AAPAR Ambassador ribbons. Board, Cabinet, and AAPAR members distributed the ribbons to other Ambassadors, along with a business-size card that describes how you can become an AAPAR Ambassador. Can you imagine if service as an AAPAR Ambassador were truly the "in" thing to do? Please hold this thought because we're only beginning to reach out!
- At no time in my professional experience (35 years and counting) have I felt more passionate about our collective need to promote physical activity and recreation. We need to commit to spreading this message through all the lives we touch: with our colleagues, our families, our communities, and the world. Now is the time to reach out beyond our AAHPERD family to every health, physical education, recreation, sport, and dance professional and convey the value of what AAPAR has to offer in their lives and professional activities.
- In the next year we have much to look forward to: AAPAR's Second *Get-Out!* conference in New Hampshire (December 3 – 5), upcoming programs spearheaded by the Head Start Body Start Center, and the 125th anniversary celebration of the Alliance in Indianapolis (March 16 – 20, 2010), to name a few. I sincerely hope that as you contemplate these and other opportunities, you'll help us spread the need to get involved with AAPAR and promote physical activity and recreation for life!

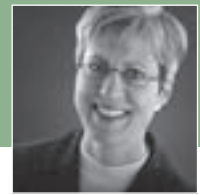
Salam and Kindest Regards,

Rick

### Help AAPAR conserve resources!

Sign up to receive *PAR For Life* via email.

Email us at [aapar@aahperd.org](mailto:aapar@aahperd.org);  
subject line: "Email PAR."



## Every Body Can!: Announcing AAPAR's New Video Contest

Mariah Burton Nelson, Executive Director

I have an exciting new YouTube contest to announce. YouTube is quickly filling with educational and inspirational videos related to our passions: recreation, lifelong fitness, health promotion, obesity prevention, aging and adult development, aquatics, and much more. Now you too can be on YouTube, and can use it as a teaching tool, if you're not already.

To get you into the competitive spirit, check out the list of YouTube videos below and choose the one that does not belong:

- A. In "Wheelchair Skating" Aaron Fotheringham demonstrates "hardcore sitting" at a skate park, handling his wheelchair like a skateboard by swooshing up and down ramps and railings. He performs what is billed as the world's first wheelchair back flip. Wow!
- B. In "Special Olympics" a man with Down Syndrome soberly states, "People look at you. They stare. They all stare. They point at you. They shout things. They make you feel different....It's fantastic." It's hard not to get choked up by the image of him riding on the shoulders of his teammates after a Special Olympics event.
- C. "Body Invaders" shows incredible National Geographic footage of parasitic wasp eggs that grow, develop, then burst through the walls of their host caterpillar, which, as it's dying, spins a protective cocoon around the wasp larvae.

Well, that was pretty easy. "C" is obviously the outlier here, but all three videos have something in common: They're popular, fascinating, and available on YouTube.

Here's the scoop on the contest: AAPAR's Adapted Physical Activity Council (APAC) is sponsoring *Every Body Can!*: AAPAR's Physical Activity Video Contest. The goal is to generate educational and inspirational videos that demonstrate appropriate adapted and inclusive teaching techniques. Adapted physical educators and general physical educators can use these videos to increase disability awareness and create effective inclusive programs.

Winners will be selected based on content, creativity, and clarity. Applicants may include a simple lesson plan to maximize educational effectiveness. Winners will receive prizes and recognition at the 2010 AAHPERD Convention in Indianapolis, and the winning videos will be shown at our new Awards Evening at Convention. They'll also be featured on AAPAR's Web site and packaged in a DVD.

The contest is not just for APAC members or adapted physical education specialists. Virtually every classroom and recreational setting has participants with varying levels of abilities. So APAC encourages you to submit all kinds of videos that promote PAR-ticipation by all.

**Luis Columna** will chair the *Every Body Can!* planning committee. Columna is an adapted physical education specialist and one of the authors of *A Multidisciplinary View of Using Online Videos for Disability Awareness*, slated for the October 2009 issue of *JOPERD*. The article offers practical ideas for using existing content in an educational setting and will inspire you to create your own. Other authors include **Lauren Lieberman**, Katrina Arndt, and Steven Yang, all from SUNY Cortland.

Check out our Web site to learn the simple contest rules and deadlines. The contest will be free. Enter the contest! Win prizes! *Every Body Can!*

PS: Also check out Adam Lambert singing "Tracks of My Tears" and Antony singing "If It Be Thy Will." Isn't this what we all do: encourage friends to watch our favorite YouTube videos? Exactly what we hope people will do with AAPAR contest entries!

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# Adapted Physical Activity Council

## Share Your Ideas & Expertise

Rebecca Lytle, APAC Chair

**A** big thanks to all who participated at the annual APAC business meeting in Tampa. We invite all APAC members, or those interested in joining, to contribute ideas and thoughts, express needs, or offer expertise at the next annual business meeting at Convention 2010 in Indianapolis. Led by the APAC Board, these annual meetings offer a forum to voice your opinions, raise issues from the field, and contribute ideas to the coming year's Convention. In Tampa we had the best turnout ever. With your support we can set a record in Indy!

Nominations for new officers will take place at Convention as well. If you, or someone you know, are interested in serving as chair-elect, member-at-large, or secretary, email nominations chair Bill Vogler: [wvogler@siue.edu](mailto:wvogler@siue.edu).

## Improving IDEA

Pamela Skogstad, APAC Legislative Committee Chair

**A** PAC's Legislative Committee has been advocating for the inclusion of qualifying language in the Individuals with Disabilities Education Act (IDEA), a national law ensuring services to children with disabilities. The Committee is respectfully requesting that the Senate Health, Education, and Labor Committee add "highly qualified Adapted Physical Education (APE) teacher" to Section 300.26. The section would read: *Services are provided by a highly qualified Adapted Physical Education teacher in situations when students with disabilities require specially designed physical education.*

The language is critical for ensuring that students with special needs receive access to quality physical education programs. In addition, the lack of national APE standards and guidelines can lead to discretionary school district policies in which districts can choose whether or not to offer APE services or drop them.

The committee agreed to focus on the "highly qualified" language and not include "adapted sports/recreation" at this time, as this would be too broad a scope for our objective. The American Association of Adapted Sports Programs (AAASP) and the Women's Sports Foundation are working with APAC to define and communicate the need for interscholastic and intercollegiate opportunities for students with disabilities. Many thanks to the legislative committee for their work and commitment to this project: **Garth Tymeson** (National Consortium for Physical Education and Recreation for Individuals with Disabilities), Bob Arnold (Slippery Rock University), **Ron Davis** (Texas Women's University), **Tommie Storms** (AAASP), **Deborah Shapiro** (Georgia State University), and **Garth Babcock** (Eastern Washington University). Contact Pam Skogstad: [akskogstad@aol.com](mailto:akskogstad@aol.com).

## A Matter of Education

Michelle Grenier, APAC Chair-Elect

**L**ast summer more than a dozen educators participated in a week-long course on Paralympic Sports at the University of New Hampshire. The course was co-instructed by Paralympian Martin Mansell, an international consultant on inclusive sport and physical education, and me, assistant professor at the University of New Hampshire.

Throughout the week participants compared the ways in which disability is constructed and instructed within general and APE settings. We used the inclusion spectrum as a framework for understanding placement and best practices within the "least restrictive environment," one of the six principles that govern the education of students with disabilities. Members of the class participated in Paralympic sports, including goal ball, wheelchair basketball and rugby, boccia, and sit volleyball.

When the student participants entered their teaching internships the following fall, several developed and implemented a Paralympic curriculum at their schools. In their eyes the curriculum was a vehicle for change, a way to increase awareness on issues within disability.

The four-credit, one-week intensive course, "Inclusive Teaching Through Sport," will be offered again this summer at the University of New Hampshire, July 27-31, and is open to anyone interested in learning how to use disability sports and inclusive practice in physical education. Contact Michelle Grenier: [grenier@unh.edu](mailto:grenier@unh.edu).

## Upcoming Events

The National Consortium for Physical Education and Recreation for Individuals with Disabilities (NCPERID) Annual Conference, July 17 - 18, 2009; [www.ncperid.org](http://www.ncperid.org)

National Therapeutic Recreation Week, July 12 - 18; [www.nrpa.org](http://www.nrpa.org)

BlazeSports America 10th Annual National Disability Sports Conference, September 10 - 12; [www.blazesports.org](http://www.blazesports.org)

American Therapeutic Recreation Association Annual Conference, October 3 - 6; <http://atra-online.com/cms>

38th National Adapted Physical Education Conference, November 19 - 21; [www.napeconference.org/NAPEC.htm](http://www.napeconference.org/NAPEC.htm)



# Measurement & Evaluation Council

Anita N. Lee, M&E Secretary

## Tales from Tampa

Thank you to all who attended the M&E Council Breakfast and Awards Ceremony at Convention. Dr. Scott Going, from the University of Arizona, presented *Standards: FITNESSGRAM vs. CDC* to a full house. We're grateful to Omron Healthcare, Inc., for sponsoring the breakfast. Thanks also to those who attended the six M&E Council sessions and for making them a huge success. We hope to see you in Indy!

## Are You Reading MPEES?

If you're not reading *MPEES*, you're missing the best research, test reviews, tutorials, commentaries, and discussions of theoretical and methodological issues in measurement and statistics in physical education and exercise science. Volume 13, Number 2 of the *Measurement in Physical Education and Exercise Science* journal (*MPEES*) features:

- *A Multi-Method Multi-Analytic Approach to Establishing Internal Construct Validity Evidence: The Sport Multidimensional Perfectionism Scale 2* (John K. Gotwals; John G. H. Dunn)
- *The Sport Imagery Questionnaire for Children (SIQ-C)* (C. R. Hall; K. J. Munroe-Chandler; G. J. Fishburne; N. D. Hall)

- *Development of a Notational Analysis System for Selected Soccer Skills of a Women's College Team* (Camille Thomas; Gilbert Fellingham; Pat Vehrs)

If your university library doesn't subscribe, please encourage them to do so. Individual subscriptions are only \$50 for AAHPERD members. Visit AAPAR's Web site to read testimonials by *MPEES* subscribers.

# Lifelong Recreational Sports Council

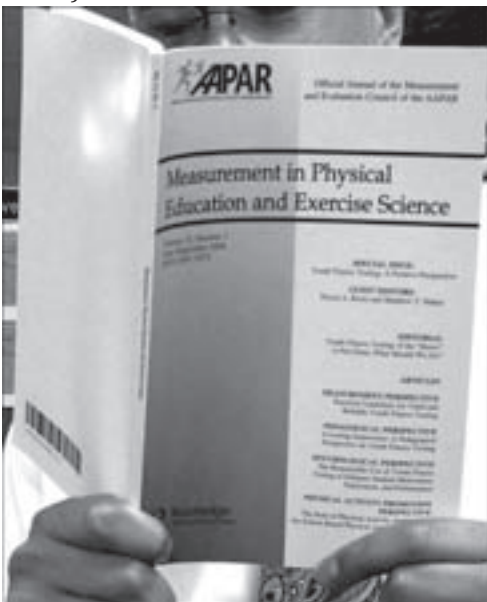
## Calling All Lifelong Recreation Enthusiasts

Debra Sension-Hall

I enjoy getting involved in a variety of sports and outdoor activities, which is why I'm excited to be the new chair for the Lifelong Recreational Sports Council (LRS). LRS is looking for members interested in promoting physical activities that anyone can engage in throughout his or her lifetime. If you're enthusiastic about any such sport or physical activity, please join us. We're working on projects and sessions for next year's Convention, including spin-and-bait fishing, orienteering, fly-fishing, and maybe a road race! We're seeking new ideas and activities for our ongoing lead-up games project. We now have 12 lead-up games posted on AAPAR's Web site for golf, tennis, and bowling. If you'd like to be involved with these or other lifetime sports projects, contact me at [smiley\\_mt@msn.com](mailto:smiley_mt@msn.com). I look forward to working with you.

### AAPAR's Councils each have group pages in Facebook

Search "AAPAR" in Facebook for our group page, then click on the **Council** links listed there. Join as many as you like and take part in the discussion!



## Are you reading *Measurement in Physical Education and Exercise Sciences*?

"MPEES is the go-to journal for research related to measurement in all our disciplines: PE, exercise science, sport psychology, exercise physiology, and sport marketing."

--Tracey Matthews, Chair, Exercise Science and Sport Studies Department, Springfield College

Official journal of AAPAR's Measurement and Evaluation Council

# AAPAR Rocks and Rolls at 2009 Convention

## Keynote Scot Hollonbeck Entertains and Inspires



Keynote speaker, Scot Hollonbeck

on the track. Scot talked about his work bringing inclusive sports into the schools.

"The cost of doing nothing is significant," he said, noting the high rates of depression and suicide among people with disabilities. When given the chance to participate in sports, people with disabilities show dramatic improvements in self-esteem, physical fitness, and academic and career success. Scot challenged AAPAR's Mariah Burton Nelson (former pro basketball player) to a one-on-one game of wheelchair basketball in Indianapolis at AAHPERD's 2010 Convention. Bets, anyone?

## Packaging Your Passion

Judging by the standing-room-only crowd, it was a good year to offer the workshop "Making Money on the Sidelines: Package Your Passion." Participants learned how to make extra revenue through consulting, coaching, clinics, and more. Session leaders Janice Adair and Reggie McGill, along with guest speaker Joanne Owens-Nausler, used AAPAR's *Making Money on the Sidelines* as a playbook for the workshop.

## Young Professionals Speak Out

At AAPAR's Young Professionals Focus Group, emerging professionals answered questions from members of AAPAR's staff, Board, and Cabinet. Attendees offered many valuable insights, including how much they value face-to-face contact with experienced professionals. Emily Jones, a PhD candidate from the University of Georgia, commented, "It says a lot about AAPAR that they asked us what we think." Let us know how AAPAR can serve your needs. Email us your ideas, thoughts, or recommendations.

## AAPAR Membership Growing Strong

While many associations struggle due to the economic recession, AAPAR remains strong and is growing even stronger. In the past year, AAPAR membership has increased 620 members, from 8,036 in March 2008 to 8,656 in March 2009. We must be doing something right—and want to continue to serve your needs. Let us know how AAPAR can help you learn, grow, meet people, and develop your career. We're delighted you're on our team!

## Are You an AAPAR Ambassador?

To recognize members who have contributed to AAPAR in some meaningful way, President Rick LaRue launched the AAPAR Ambassador program in Tampa. Members meeting certain criteria were given special ribbons to wear on Convention name badges and business cards listing the criteria.

You qualify as an AAPAR Ambassador if you...

1. **Donate** to AAPAR OR
2. **Recruit** members, including young professionals OR
3. **Serve** in a leadership role on a committee, Council, Board, or in the Brain Trust, OR
4. **Present** at Convention, conferences/workshops AND
5. **Maintain** your AAPAR membership and positively **represent** AAPAR in all personal and professional settings.



Ambassadors handed out cards and ribbons to other Ambassadors who hadn't been tagged, thus passing on the love to those who have earned it and spreading the word about becoming an Ambassador. Look for Ambassador ribbons at Convention in Indy, and if you didn't get yours, let us know so we can tag you next time!

## Everyone's a Superstar

Some AAPAR programs had record numbers, including the biggest turnout ever for the SuperStars Student Competition. Fifty-four teams—that's 216 students!—got their game on at SuperStars. Returning students fought to earn the title missed out on last year. Not only did one skillful team from the Philadelphia Biblical University (PBU) reclaim its first-place title, a second PBU team placed second. The University of South Florida took third. Winners received medals and Starbucks gift cards. Can PBU keep their title in Indy?

Curt Hinson's Lead-Up Games drew hundreds of



SuperStars first place team, Philadelphia Biblical University

attendees, and many dozens attended our popular Roundtables & Social to talk with Council Chairs about how they can PAR-ticipate.



The SuperStars scooter relay



Monica Lepore, AAPAR Honor Award, Rick LaRue



Teaching Adventure Skills in the Gym Workshop



Wake-up warm-up Thai Chi

**Give us your best shot!** Send us your photos from the Tampa Convention. We'll post them on our Web site. You can post them on our Facebook page.

## Kudos to AAPAR's Outstanding Members

Every year at Convention we honor AAPAR members who have made outstanding contributions to the field of physical activity and lifelong recreation. To the right is a list of those whose dedication got them noticed. AAPAR President Rick LaRue offered Presidential Citations to two Par Three partners, InnerLink and PlayCore, along with AAPAR Board Member Mike Hypes. Congratulations!



National APE Teach of the Year, David Martinez, with Rebecca Lytle, APAC Chair



AAPAR Board Member Mike Hypes (left) and AAPAR President Rick LaRue

## 2009 Award Recipients

Council	Award	Recipient
AAPAR	Honor Award Presidential Citation	Monica Lepore Mike Hypes PlayCore, Inc. InnerLink, Inc.
Adapted Physical Activity	Julian U. Stein Lifetime Achievement Professional Recognition	Jan Seaman Garth Tymeson
	Student Recognition	
	Undergraduate	Maria Feldpausch
	Graduate	Justin Haegele
	Doctoral	Dallas Jackson
	APE Teacher of the Year	
	National & Southern District	David Martinez
	Central District	Debra Johansen
	Midwest District	Catherine Harper
	Northwest District	Donna Schaefer
	Southwest District	James Bell
Aquatics	National Honor Award National Meritorius Award	Bruce Bradford Virden Evans
Aging & Adult Development	Herbert deVries Reseach Outstanding Young Researcher Excellence in Programming	Mary Tinetti Christian Thompson Kris Berg
Adventure & Outdoor Education/Recreation	Julian W. Smith Award Service Award	Camille Bunting Jeffrey Gehris Tom Eval
Children, Youth & Families	CYF Honor Award	Linda Cornman
Measurement & Evaluation	M&E Honor Award Lifetime Achievement Graduate Student Scholarship	Sang-Jo Kang Robert Schutz Tiago Barreira
Professional Recreation	J.B. Nash Award	James Zhang
Safety & Risk Management	SRM Honor Award Charles Peter Yost Award Presidential Citation Distinguished Service Distinguished Scholar	Todd Seidler Gary Rushing John Miller Bruce Hronek Fred Mueller Alan Goldbeg Annie Clement
Facilities & Equipment	Honor Award Professional Recognition Past Chairperson Chairperson Citation	Bernie Goldfine Gary Rushing Jeff Petersen Christopher Neumann Sam Iverson

*Get Out!* | continued from p. 1

snowboarding, and adaptive techniques that can be applied to all sports.

“Get Out! 2009 is the only conference that puts physical educators, recreation professionals, and teacher-prep faculty in the same room with ski and snowboard instructors, winter sports equipment and apparel manufacturers, and other non-school winter activity educators. We’re certain this conference will help to promote new winter activities in schools by combining expertise from these two different worlds,” Neumann says.

Register online now and take advantage of early-bird rates. In addition to all conference workshops and awesome social events, your package includes 2 dinners, 2 box lunches, and 2 full days of lift tickets and equipment rentals—a screamin’ deal!

AAPAR brings you *Get Out!* in collaboration with Eastern District Association AAHPERD and New Hampshire AHPERD. Our Black Diamond Sponsor is Winter Feels Good, an initiative of SnowSports Industries America. Other sponsorship and exhibitor opportunities are available. For more information, visit [www.aapar.org/getout](http://www.aapar.org/getout).

### Need a Career Boost?

AAPAR workshops keep you in the game with aquatics & adapted aquatics, adventure education, senior fitness, adapted physical education, and more! Contact Sam Iverson: [Slverson@aahperd.org](mailto:Slverson@aahperd.org)

## New Grant Opportunity

Sarah Snyder

In 1975 Dr. George T. Wilson and his wife, Irene, established the Tommy Wilson Memorial Award in honor of their youngest son, who was born with cerebral palsy. Tommy passed away at the age of 16, and because of him, Dr. Wilson became involved in recreation for the disabled. For many years the award was presented to individuals who made significant contributions to recreation programming for people with disabilities. It has now been reconfigured as the Tommy Wilson Memorial Grant, which will give up to \$1,500 to a nonprofit entity to support recreation programs for people with disabilities.

The APAC Awards Committee will be responsible for reviewing all grant applicants. The deadline for submissions is December 1, and grants will be presented at each AAHPERD Convention. Applications are available on AAPAR’s Web site.

Dr. Wilson was President of the American Association for Leisure and Recreation (1975-76), one of AAPAR’s predecessor associations. He also founded the Milwaukee Family Camping Association. Wilson passed away in 2002 and is remembered as a great leader and pioneer in the field of leisure counseling. His legacy carries on through the Tommy Wilson Memorial Grant.

## AAPAR Helps with Playground Research

As part of AAPAR’s partnership with PlayCore, Inc., the following volunteers were Beta Site Leaders, evaluating the effectiveness of *Play On!*

### Springfield, MO

Eafton Hill—Sequiota Elementary  
Virginia Austin—Bissett Elementary & Weaver Elementary

Lee Squibb—Cowden Elementary  
David McDonald—Campbell Elementary

Tobin Bushman—Delaware Elementary

Ken Norton—Disney Elementary  
Jim Twibell—Bowerman Elementary  
Brenda Sneed—Truman Elementary

### Other States

Emily Fulcher—Independence Elementary, Lewisville, TX

Ann Holcomb—Fultondale Elementary, Fultondale, AL

Jenny O’Neill—Port O’Conner Elementary, Port O’Conner, TX

John Lindsey—Petal Primary, Petal, MS

Alisa Barrios—English Estates Elementary, Sanford, FL

Theresa Miller and Liz Brake of Springfield Public Schools, and Natalie Cauldwell (principal) and teachers Linda Pawlowski and Sheri Wadsworth of Sequiota Elementary provided significant help, too.



**GET OUT!**  
2009 AAPAR Outdoor & Adventure Education Conference  
December 3-5, 2009 - Laconia, New Hampshire

All professional development should be this much fun!

visit [www.aapar.org/getout](http://www.aapar.org/getout)



Does your professional development look like this?



## Bicycle Safety Gains Momentum

Sarah Snyder

**T**wo teams of AAPAR members have been selected to develop and evaluate a new nationwide bicycle safety curriculum aimed at increasing safe ridership, decreasing accidents, and encouraging environmentally friendly transportation. The curriculum, made possible by a grant from the National Highway Traffic Safety Administration (NHTSA), will include learning activities and objectives for all bicycle riders—from novice to advanced—as well as adaptations for children with disabilities and a component for parents.

Through an RFP selection process, **Victoria Miller** and **Heather Board**, both of Richmond, Virginia, were selected to develop the curriculum. It will include a training manual and two different workshops—one to train master trainers and another to train teachers in implementing the curriculum. Miller piloted Virginia's first bicycle safety lesson with a major on-the-bike component for third- to fifth-grade students at Crestwood Elementary School in Chesterfield, Virginia. Board is director of the Unintentional Injury Prevention Program at the Virginia Department of Health's Division of Injury and Violence Prevention. Miller and Board designed and implemented *Bike Smart Virginia!*, a program that provides technical assistance, resources, and training to schools.

The curriculum evaluation team, also selected from an RFP process, includes **Joanne Hynes-Hunter** and **Robert Martin**. Hynes-Hunter and Martin both have extensive experience creating and developing physical education courses as well as core curricula for undergraduate and graduate students. Both have taught physical education and coached elite athletes at the K-12 level. Currently, Hynes-Hunter is creating physical activity equipment and usage guides for an equipment manufacturer. Martin, associate professor of Physical Education at Delaware State University, has reviewed and audited physical education program reports for NASPE.

In addition to the curriculum developers and evaluators, the steering committee consists of Preston Tyree, director of education for the League of American Bicyclists; Jakob Helmboldt, statewide bicycle and pedestrian program coordinator with the Virginia Department of Transportation; **Amy Lutz**, physical education teacher trainer from Spokane, Wash.; Paula Bawer, bicycle and Safe Routes to School program manager at NHTSA; Chris Neumann, AAPAR senior program manager; and Sam Iverson, AAPAR program coordinator.

### Friend AAPAR on Facebook!

Join our group and take part in discussion, or start one of your own. Search "AAPAR" in Facebook, or call us for assistance, 703.476.3430.

## Opportunity Knocks to Get Children Healthy

Karin Spencer, Head Start Body Start Center Director

**W**e need you! AAPAR and NASPE members have several opportunities to get involved in the new Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS). Visit our Web site, where we've listed several Requests for Proposals (RFPs), including one to become a physical activity consultant. Selected applicants will provide onsite support to Head Start grant recipients to increase physical activity opportunities for young children. We also need reviewers to evaluate the first HSBS grants to enhance outdoor play spaces. Activity ideas are always needed for the HSBS Toolbox, and members can volunteer to answer Head Start staff questions via the online "Ask the Expert" feature.

Look for opportunities to develop literature reviews for culture and play and the benefits of play, and to develop early childhood physical activity and nutrition resources. Later, we'll use member expertise to create a policy guide and recommendations about early childhood movement, activity, and play. During summer 2010, there will be an opportunity to produce case studies of participating Head Start centers.

The causes of and solutions to overweight/obesity are complex. The good news is that AAPAR and NASPE are uniquely positioned through their partnership with the Office of Head Start to make a significant impact. AAPAR and NASPE members' expertise will play a large role in creating that impact.

Visit [www.HeadStartBodyStart.org](http://www.HeadStartBodyStart.org), or call 800.213.7193, ext. 454, or email [HeadStartBodyStart@aahperd.org](mailto:HeadStartBodyStart@aahperd.org). We look forward to your PAR-ticipation!

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AAPAR      Russell L. Carson, Ph.D. / Marybeth Lima, Ph.D.



## Meet Your New AAPAR Leaders

Join us in welcoming our new member leaders as well as those who continue to serve on the Board and Cabinet.

### Board of Directors

Rick LaRue, President (Executive Committee)

*Julia Ann Hypes, President-Elect (Executive Committee)*

Tom Sawyer, Board of Governors (Executive Committee)

*Lauren Lieberman, Population Division Representative*

Mike Hypes, Management Division Representative

*Tom Coates, Programs Division Representative*

Leroy Fanning, Membership Chair

*Mike Miller, Bylaws & Operating Codes Chair*

Jeff Petersen, Publications Chair

*Mariah Burton Nelson (Executive Committee, nonvoting)*

### Cabinet

Julia Ann Hypes, Chair

*Rebecca Lytle, Adapted Physical Activity Council*

Harry Davakos, Administration & Leadership Development Council

*Tom Coates, Council on Adventure & Outdoor Education/Recreation*

Christy Tipps, Council on Children, Youth & Families

*E. Newton Jackson, Council of Aquatic Professionals*

Mary Visser, Council on Aging & Adult Development

*Mike Hypes, Facilities & Equipment Council*

Jiji Jonas, Fitness & Wellness Council

*Debra Senson-Hall, Lifelong Recreational Sports Council*

Tracey Matthews, Measurement & Evaluation Council

*J.O. Spengler, Safety & Risk Management Council*

Open, Professional Recreation Council

## Call for Nominations for AAPAR President-Elect

Mariah Burton Nelson

**A**re you committed to helping AAPAR grow and thrive? Have you already PAR-ticipated in AAPAR leadership? If so, you might be a good candidate for President-Elect. Every two years, AAPAR leaders choose a President-Elect from among nominations submitted by the membership. To qualify, you must:

1. have at least five years of continuous membership in AAHPERD and at least three years of continuous membership in AAPAR before election to office.
2. have demonstrated leadership in AAPAR or AAHPERD activities. Having served as an AAPAR Council chair or committee chair is desirable.

To be AAPAR President-Elect requires a four-year commitment—two years as President-Elect followed by two years as President. The first term begins at AAHPERD's National Convention in Indianapolis. Attendance at all national AAHPERD Conventions during the term of service is required, and you must be willing to attend four Executive Committee (EC) meetings. In addition, the President-Elect chairs the Cabinet, works with the AAPAR staff to coordinate AAHPERD Convention programming, and serves as member of both the AAPAR EC and Board of Directors.

Applications should include: **1)** your name, title, and contact information; **2)** a brief statement (no more than 200 words) describing how AAPAR would benefit if you were President-Elect; and **3)** your CV.

Submit your application in Word: [AAPAR@aahperd.org](mailto:AAPAR@aahperd.org); the staff will forward it to AAPAR's Awards & Nominations Committee.

Due date: September 1, 2009.

## Do Your Students Need Help?

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[www.aapar-apeas.org](http://www.aapar-apeas.org)





# Member News: What's Up With You?

## On the Road for Camp Abilities

**J**ustin Haegele, a recent SUNY Brockport graduate with an MS in adapted physical education, and Matt Mescall, an undergraduate in the same program, are hitting the road on a three-week trip from New York to Camp Abilities Alaska in Anchorage. During their 4,000+-mile adventure, Haegele and Mescall hope to raise awareness about Camp Abilities, a developmental sports camp for children ages 9 to 19 with visual impairments or deafblindness. The road-trippers will stop at colleges, universities, and state schools for the blind to talk about Camp Abilities, which has nine camps throughout the US and Puerto Rico. Virtually take part in their journey by visiting [www.CAARoadTrip.weebly.com](http://www.CAARoadTrip.weebly.com), and offer words of encouragement while they're on the road: 516-312-8361. "I am sure there will be times when we will need to hear voices other than our own," Justin says. You can also check out postings on AAPAR's Facebook group page. Happy trails, guys!



Matt (left) and Justin.

## Paul Wright Receives Fulbright for Research in Spain

**F**elicitaciones to **Paul Wright** for being selected for a Fulbright Research Award to study in Valencia, Spain, during the spring 2010 semester. Wright, associate professor in the Department of Health and Sport Sciences at the University of Memphis, will implement the Teaching Personal and Social Responsibility (TPSR) model in Spanish schools to promote positive youth development. Wright is an evaluation consultant on the InnerLink/AAPAR Par Three project to determine the effectiveness of the Health eTools for Schools® program. He will also serve as the evaluation consultant for AAPAR/NASPE's Head Start Body Start National Center for Physical Development and Outdoor Play. Each year, the Fulbright Scholar Program sends about 800 U.S. faculty and professionals to 140 countries to lecture, research, or participate in seminars. Wright's was the only award given for Spain in this round.

**WHAT**  
are you up to?

SEND US YOUR NEWS | [aapar@aahperd.org](mailto:aapar@aahperd.org)

## Joel Meier receives Paul K. Petzoldt Award

**A**AHPERD Life Member and past President (1989-90) **Joel Meier** is the 2009 recipient of the Paul K. Petzoldt Award, presented by the Wilderness Education Association (WEA). WEA was founded in 1977 to train outdoor leaders to safely lead and teach the public about appropriate uses of wilderness areas. Meier is professor emeritus in Indiana University Bloomington's School of Health, Physical Education and Recreation and was passionately involved in AAALF/AALR (AAPAR's predecessor associations) for more than 40 years, promoting the value of outdoor education and recreation. He is a past recipient of AAPAR's J. B. Nash Scholar Award and the Julian Smith Award, both given to those who have made significant contributions to outdoor education/recreation and leisure. Congratulations, Joel!



Joel Meier

**AAPAR Radio**  
Listen monthly to "Body, Mind, and Child" with host Rae Pica, who interviews early childhood development experts about childhood activity and the body-mind connection. Visit [www.aapar.org](http://www.aapar.org) to tune in.

## Active Girls and Women

Sarah Snyder

In Tampa this spring AAHPERD's Board of Governors approved the creation of a National Council for Active Girls and Women within AAPAR, should the National Association for Girls and Women in Sports (NAGWS) cease to be a national association. The vote was taken in response to a joint motion from AAPAR and NAGWS.

"Though we hope NAGWS continues to be a national association because we respect their history and their preference, we welcome the opportunity to support their mission through our Council format," says AAPAR Executive Director Mariah Burton Nelson.

AAPAR's Councils form the heart of the association, offering members the opportunity to acquire valuable leadership experience; share their expertise; exchange important findings, research, and information with other members; and meet like-minded professionals in the field.

AAPAR's mission—to support professionals who promote lifelong and inclusive physical activity and recreation—is congruent with NAGWS's mission to develop and deliver equitable and quality sport opportunities for all girls and women. The two organizations will be collaborating on a wheelchair basketball workshop and an historic reenactment of the women's game at the 2010 AAHPERD Convention in Indianapolis.

## NEW! APEAS II Workshops

Sarah Snyder

We're now training people to use AAPAR's hot-selling Adapted Physical Education Assessment Scale (APEAS II). Workshops offer hands-on practice in test administration and software usage.

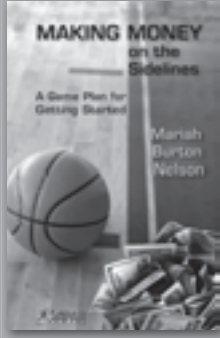
In addition to test originator **Jan Seaman**, workshop leaders include **Cyndi Martinich**, coordinator of adapted physical education for the Los Angeles Unified School District, and APEAS II software developer **Dan Cariaga**. Ninety-five percent of recent workshop attendees agreed or strongly agreed that our training was helpful and they would recommend it to others.

For more information about APEAS II and setting up a workshop at your school or university, visit our Web site or call AAPAR at 703.476.3430.

## AAPAR Needs You!

Like to get involved but not sure how? Tell us your interests and/or expertise, and we'll help guide you toward the best opportunity for your professional development. Or suggest an idea of your own...you're limited only by your imagination! Here are just a few ways you can get involved:

- Submit a lead-up game, or other free resource, for our Web site.
- "Donate" your gray matter to the AAPAR Brain Trust and respond to media inquiries about your expertise (see Web site).
- Join a Council, lead a workshop, or present at Convention.
- Submit an article to *Par for Life*, *JOPERD*, or the *Measurement in Physical Education and Exercise Science* journal.
- Attend the 2009 *Get Out!* Outdoor Adventure & Education Conference and learn how to incorporate snow sports into your school or community recreation curricula (see page 1).
- Become a member of the Board of Directors or serve on a committee.
- Become an AAPAR Ambassador. See page 6 to find out how.



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