

PAR *for* LIFE

We educate every body

Convention 2010 Promises Fun and Rewarding Sessions

If you plan on attending Convention this year—and we hope you are!—AAPAR has another great line-up of engaging, educational, and fun sessions. Here's a sample of some highlights. For a complete list of AAPAR programs, turn to pages 8-11.

Race car driver Lyn St. James delivers a fast-paced, entertaining, and inspiring keynote address at AAPAR's **General Session**. A recipient of NAGWS's Guiding Woman in Sport Award, Lyn was the first woman to win Rookie of the Year at the Indy 500 and holds many other racing records. Attendees will **vote on their choice for 2009's physical activity of the year!**

The new **AAPAR Recognizing Outstanding Leaders Evening** will celebrate AAPAR leaders' achievements with awards, including four new ones. We'll also debut AAPAR's new promo video—see if your image is in it!—and screen the award-winning videos from our premier **Every Body Can!** Adapted Physical Activity video contest. The contest is sponsored by

HOPSports, Flaghouse, and Associated Film Producers/Michael French. Turn to page 7 for the list of winners. Our sponsor Flaghouse will be giving away door prizes for first 150 attendees, and we'll have free popcorn!

Join us on a **private tour of the Lucas Oil Stadium**, home of the Indianapolis Colts, for a behind-the-scenes look at this fascinating facility and its operations.

At the **wheelchair basketball demonstrations** watch some of the best in the sport play, then hop in a special court chair to learn some basic skills yourself.



SuperStars Student Competition, Tampa 2009

The workshop is co-hosted by the American Association of Adapted Sports Programs. Get your game on at the annual **SuperStars Student Competition**, sponsored by Gopher. Winners get prizes!

Don't miss **Early Childhood Movement Day**, a day-long extravaganza featuring Head Start Body Start special presentations and active learning workshops focused on physical activity and strategies for developing meaningful movement in preschool age children. The day is sponsored by PlayCore, Inc., and GeoMotion.

PARticipate | www.aapar.org

Inside *PAR for Life*

Presidential Perspective _____	2
A View from Headquarters _____	3
Adapted Physical Activity Council _____	4
Measurement & Evaluation Council _____	5
Council on Aging & Adult Development _____	5
Fitness & Wellness Council _____	5
Head Start Body Start Resources _____	6
Play On! Research Completed _____	7
New Online Course in Adapted Aquatics _____	7
Every Body Can! Winners Announced _____	7
Convention Schedule _____	8
Member News: What's Up With You? _____	12

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

YOUR AAPAR STAFF

Mariah Burton Nelson
Executive Director
703.476.3431
MNelson@aahperd.org

Christopher Neumann
Senior Program Manager
703.476.3455
CNeumann@aahperd.org

Sam Iverson
Program Coordinator
703.476.3432
Siverson@aahperd.org

Sarah Snyder
Communications Coordinator
703.476.3434
SSnyder@aahperd.org

Stephanie Lussier
Administrative Assistant
703.476.3430
SLussier@aahperd.org

Head Start Body Start Center
HeadStartBodyStart@aahperd.org

Karin Spencer
Center Director

Bethe Almeras
Training Director

Michelle Martinez
Grants Manager

Kellie May
Program Assistant

Libby Alkire
Administrative Assistant

Editor: Sarah Snyder
Designer: Elizabeth Holmes Clark

PARticipate
www.aapar.org

Thanks For Two Great Years!

Rick LaRue, AAPAR President

In these cold Maine winters, we spend time indoors reflecting on the past and planning the future. In this vein, I'm thinking about these two years when I've been privileged to serve as your AAPAR President. As I prepare to hand over the gavel to my wonderful friend and colleague, **Julia Ann Hypes**, I'd like to note some of AAPAR's achievements, confident that we can build on these in the years to come.



Most impressive was the 2008 award of a \$12 million federal grant to fund the new Head Start Body Start National Center for Physical Development and Outdoor Play. As a joint venture with NASPE, Head Start Body Start is led by Center Director Karin Spencer. An expert advisory board made up of AAPAR/NASPE members offers guidance; five AAPAR/NASPE Master Trainers develop and deliver new programs, and 240 AAPAR/NASPE members serve as Physical Activity Consultants to Head Start Centers nationwide. The center draws on the expertise of our members to give underprivileged children not only a head start, but a body start, too.

In 2008 we also launched an updated version of the popular Adapted Physical Education Assessment Scale (APEAS II), developed more than two decades ago by former AAPAR Executive Director **Jan Seaman** in conjunction with the Los

Angeles Unified School District. Since that launch, this software has helped more than 300 teachers get students the adapted physical education assistance they need.

On a related note, in collaboration with Human Kinetics, we recently launched a new Online Adapted Aquatics Course, which complements AAPAR's Adapted Aquatics Credentialing Workshop. The course and workshops wouldn't be possible without **Monica Lepore**, winner of the 2009 AAPAR Honor Award for her tireless advocacy for people with disabilities. Monica is one of thousands of dedicated professionals in our fields.

Speaking of adapted programming, at Convention we will be premiering the *Every Body Can!* Physical Activity Video Contest to raise awareness about the opportunities for and achievements of people with disabilities. Come see the winning videos at our new (free!) AAPAR Recognizing Outstanding Leaders Evening.

As you have probably heard, we are considering merging with NASPE to increase our numbers and strengthen our resources. What do you think? Let us know: AAPAR@aahperd.org.

Your passion to get people moving, regardless of age or ability level, is the driving force behind AAPAR. If you're a donor, a presenter, or a volunteer, you are an AAPAR Ambassador, and I thank you for your service!

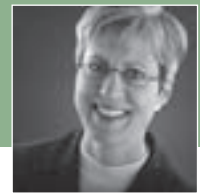
I will continue to be an active member, and I look forward to Julia Ann's presidency. Julia Ann is an associate professor of sports management in the School of Business Administration at Morehead State University. She chaired AAPAR's Facilities and Equipment Council and has been a key contributor to AAPAR's Executive Committee. If you haven't yet met Julia Ann, you're in for a treat. Her intelligence, expertise, candor, and unfailing good humor make her the ideal candidate to lead AAPAR into the future.

See you at Convention! — Rick

Help AAPAR conserve resources!

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

Email aapar@aahperd.org;
subject line: "Email PAR."



We Are All Athletes

Mariah Burton Nelson, Executive Director

As some of you know, before arriving at AAPAR in 2006, I devoted much of my career to promoting physical activity for girls and women. After playing college and professional basketball, I served as an editor at *Women's Sports and Fitness* magazine then wrote six books and hundreds of newspaper and magazine articles, mostly about the empowerment of women through sports. I traveled around the country speaking at conferences and on college campuses in 49 states. 'Think of yourself as an athlete,' I told girls and women of all ages and ability levels. 'I guarantee you it will change the way you walk, the way you work, and the decisions you make about leadership, teamwork, and success.'

Now I am coming full circle, with new opportunities to advocate for physical activity for girls and women—and I want your help!

Here's the background: At the September Board of Governors (BOG) meeting, the National Association for Girls and Women in Sport (NAGWS) presented a successful motion to cease operations as of August 2010 (pending Alliance Assembly approval in March). In keeping with a related BOG motion, AAPAR will create a new Council when NAGWS folds.

Here's the future: Join us for the first meeting of the National Council for Active Girls and Women (NCAGW)! On Wednesday, March 17, during the AAHPERD National Convention, this AAPAR

Council will meet for the first time. All are welcome. Participants will begin to plan meaningful, high-impact projects for the coming year.

Here's who has taken the lead so far: Nine passionate women met for two December days at AAHPERD headquarters to discuss how AAPAR can support the mission of NAGWS through the nascent National Council for Active Girls and Women.

Participants included NAGWS and AAPAR members Doris Corbett, Julia Ann Hypes, Shawn Ladda, Ellen Ormsby, Sharon Shields, and Emily Wughalter. Staff members included Pam Noakes, Judy Young, and myself. CEO Mike Davis also joined us for part of the meeting. The group analyzed two needs assessments and the existing NAGWS programs with an eye toward potential projects for the new Council. During its meeting in March, the BOG will consider the group's recommendations.

NAGWS President Shawn Ladda was selected to chair the new Council. She'll preside over the March 17 inaugural meeting at Convention. That's where you come in—we hope! If you're a woman or man committed to equity and physical activity for girls and women, please join this new team and help keep the mission of NAGWS alive and well! I'll be there. I hope you will too!

The first 100 attendees will receive free signed copies of my book We Are All Athletes.



Left to right, front: Julia Ann Hypes, Sharon Shields, Emily Wughalter, Ellen Ormsby, Shawn Ladda. Back row: Judy Young, Mariah Burton Nelson, Doris Corbett, Pam Noakes



Adapted Physical Activity Council

APE Eligibility Criteria

A joint committee of AAPAR and NASPE members is developing a position paper that addresses physical criteria for determining student eligibility to receive adapted physical education (APE) placement or other supports. Headed by **Jan Seaman**, the eight-person committee is identifying motor performance and other variables that APE specialists, school administrators, and parents can use when making decisions about students who qualify. In addition to performance criteria, the position paper will elaborate on considerations such as parent-teacher input, adaptive behaviors, and socio-cultural factors. The project is expected to be completed by March. Other committee members include **Kristi Menear, David Martinez, Ann Griffin, Shelley Smith, Cindy Combs, Kathy Kochersperger,** and **Lauren Lieberman**.

Special Olympics 2010

Every four years the Special Olympics USA National Games is one of the biggest sporting events in the country. This year Lincoln, Nebraska, will host the Games (July 18 - 23). Thousands of athletes, coaches, officials, family members, and fans will gather to participate in and watch swimming, basketball, bocce, bowling, flag football, golf, power lifting, rhythmic gymnastics, soccer, softball, tennis, track & field, and volleyball.

Using sports as the catalyst, the Games enhance and improve the lives of people with intellectual disabilities. Competition provides athletes continuing opportunities to develop physical fitness, demonstrate courage, and build self-confidence. The Games also offer the Healthy Athletes Program,

which provides free health screenings to all athletes during the week, and the Athlete Leadership Program, which teaches athletes public speaking skills and how to be self-advocates.

The Special Olympics would not be possible without the help of dedicated volunteers—8,000 of them are needed! Volunteering is a great opportunity for both students and faculty. Why not be one of them? For more information: www.2010specialolympics.org.

New Resource for Delivering APE Services

The National Consortium for Physical Education and Recreation for Individuals with Disabilities (NCPERID) and the National Association of State Directors for Special Education (NASDSE) have created a video titled “Healthy, Physically Fit, and Ready for Action: Addressing the Physical Education and Physical Activity Needs of Individuals with Disabilities.” The project defines all aspects of adapted physical education, including definition, legislative issues, assessment, service delivery, quality of instruction, and more. The video and PowerPoint slides will appeal to all physical education professionals. For those of you with professional preparation programs, undergraduate or graduate, this is a *must see*!

Garth Tymeson, Bob Arnhold, and **Linda Webbert** worked with Bill East, NASDSE Executive Director, to produce this remarkable resource. For a link to the presentation from AAPAR’s Web site, go to Publications & Resources, then Free Resources, then Resource Manuals.

AAPAR Joins New National Coalition

AAPAR has joined the Women’s Sports Foundation (WSF) and nearly 100 other organizations to address the systemic exclusion and discrimination against disabled students regarding school and collegiate sports. The Alliance in Support of Athletic

GOPHER

Exclusive sponsor of the SuperStars Competition at the 2010 AAHPERD National Convention & Expo
Indianapolis, Indiana

Celebrating AAHPERD's 125th anniversary!

Students, get your game on and show off your agility, coordination, and problem solving abilities at this annual—and *fun*—event. Sign up at the Convention Center Exhibit Hall.

- Prizes awarded for first-, second-, and third-place teams.
- Participants receive T-shirts and a SuperStars Competition Coordinator's Handbook, provided by Gopher.



See you at the competition!

1-800-533-0446 • www.gophersport.com

Be an *amazon.com* Critic

Several of AAPAR’s best-selling publications are listed on *amazon.com*, and we need your help selling them. If you have read or used any AAPAR products in your classroom or workshops, please write an *amazon.com* review to let potential buyers know how helpful AAPAR resources are. Just search for the book title in *amazon.com*.



Equity for Students with Disabilities (ASAESD) is working to ensure opportunities for disabled students in school-based athletics. AAPAR Program Coordinator Sam Iverson attended the first meeting in Washington, D.C. ASAESD encourages those who have had experiences—good or bad—working with schools to access athletic programs to share their stories at www.WomensSportsFoundation.org/DisabilityStory.

Keeping Connected

APAC is looking for Council officers. Send your nominations for chair-elect, member-at-large, or secretary to **Bill Vogler** at bvogler@siue.edu. The Adapted Physical Education National Standards (APENS) has published a newly expanded study guide, with more than 300 sample test items. For more information: www.APENS.org.

Measurement & Evaluation Council

Patty S. Freedson to Address M&E in Indy

The M&E Council invites you to attend its cutting-edge sessions at the upcoming Convention in Indianapolis. Our spotlight lecture, awards ceremony, and business meeting are rolled into one session on Friday, March 19, from 7:30 – 8:30 a.m. in Convention Center rooms 103-104. This year the session is free and will not include breakfast. We're honored to have AAPAR member **Patty S. Freedson** from the University of Massachusetts, Amherst, who will present "Processing Accelerometer Data to Assess Physical Activity – A New Solution to an Old Problem." We'll also recognize colleagues with the M&E Honor Award and the Graduate Student Scholarship. Please stay for the business meeting and election of new officers.

We hope to bring the breakfast back in 2011 but will need sponsorship. If you have any suggestions for business sponsors, contact Anita Lee: leean@easternct.edu. For dates and times of M&S and other AAPAR Council sessions at Convention, refer to pages 8–11.

Council on Aging & Adult Development

'Use It or Lose It': CAAD Symposium Enlightens Activity & Aging



CAAD will host a number of thought-provoking and informative presentations at Convention, including the latest in exercise programming for older adults. In particular, don't miss the 21st Annual CAAD Symposium on Thursday, March 18, 2:15 – 4:15 p.m. Anthony Vandervoort, the 2010 recipient of the Herbert de Vries Award for Distinguished Research on Aging, will lecture on "Use it or Lose It: The Good News/Bad News Story about Physical Activity, Aging, and Muscle Function." Vandervoort is the acting chair of the School of Physical Therapy and Kinesiology at the University of Western Ontario and an accomplished researcher and teacher. He is former editor-in-chief of the *Journal of Aging and Physical Activity* and co-author of the textbook *Physiotherapy with Older People*. Following the symposium is the CAAD business meeting in the Marriot Indiana Ballroom G. We invite all interested members to attend and help guide future projects. CAAD members enjoy numerous leadership opportunities as well as involvement in professionally rewarding ventures. **Christian Thompson**, CAAD's 2009 Outstanding Young Researcher, will become the new Council Chair. For dates and times of CAAD and other AAPAR Council sessions at Convention, turn to pages 8–11.

Fitness & Wellness Council


Wake Up Warm Up

Rise early and get the blood flowing during Convention, Wednesday through Saturday, 6:30 to 7:30 AM, with our Wake Up Warm Up sessions, sponsored by the National Guard. Choose from a vigorous or more relaxed walk; learn to Zumba the Miami way; get your heart pounding with the Guard Fit Challenge; and jump in the pool for an aquatic workout. The non-walking sessions provide strategies and ideas you can bring back to your classrooms to keep your students fit and engaged. See you there!



Head Start Body Start Resources Get Kids Wiggling

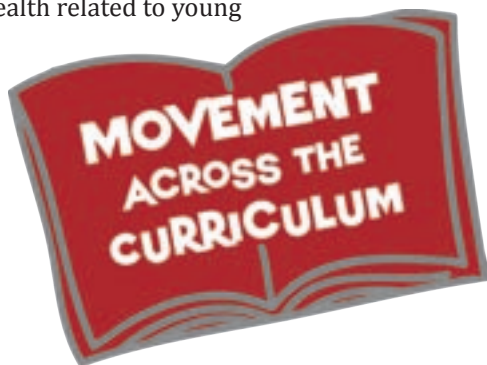
Hop, jump, wiggle, dance, or roll, it's just another day at the "office" for teachers of young children, compliments of the Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS). The Toolbox feature on HSBS's Web site contains a range of resources that promote increased physical activity for young children.

The *Early Childhood Physical Activity Calendar* offers daily activity ideas, a collection of creative movements developed by early childhood movement specialist and HSBS Master Trainer **Kristi Mally**. The *Featured Activity Plan* has fun ideas to help young children develop foundational skills in a variety of basic movements. And the downloadable guide *Healthy Homes* features a movement activity, nutrition message, and healthy recipe. To access these great resources, visit www.headstartbodystart.org and click on the  Toolbox link.

A chorus of professionals working in education, child development, health, and related fields all contribute to the *Body Smart Blog*. Published weekly, beginning in March, *Body Smart* is a great way to stay in touch with current topics in the field of early childhood. You'll also find two new ways to join the conversation: the HSBS Ning Community—a social networking site for those interested in play, movement, and health related to young children—and Twitter!

Twitter, @HSBS_Play

HSBS also has two new webinar series: *Movement Across the Curriculum* and *Move, Play and Learn at Home*. Webinars are



archived at www.headstartbodystart.org under "Toolbox." HSBS Master Trainer **Rae Pica**

hosts *Movement Across the Curriculum*, featuring both theory and practical suggestions for integrating movement throughout the preschool day. Kristi Mally hosts *Move, Play and Learn at Home*, geared toward families and those who offer support for families. The webinars discuss the importance of physical activity for young children in combating childhood obesity rates and developing lifetime preferences. The included ideas, strategies, information, and additional resources also teach families how to creatively use the space within their homes and materials on hand to encourage physical activity for their children, taking into account parents' limited time and resources.

Most HSBS materials are available in Spanish, too, and all of them are free and full of fun, creative ideas to keep young children hopping. **Come play with HSBS!**

Most HSBS materials are available in Spanish, too, and all of them are free and full of fun, creative ideas to keep young children hopping. **Come play with HSBS!**

Winter Sports, Anyone?

In partnership with Snowsports Industries America, AAPAR seeks curricula, lead-up games, videos, and other educational resources for the winter sports education section of our Web site (www.aapar.org/getout). Email your resources to aapar@ahperd.org.

AAPAR's 2009 Adapted PE Teacher of the Year



David Martinez recommends the new Sportime GoalBall™ Trainer for skill development.

Innovations that Create Success!

The GoalBall™ Trainer is a perfect ball choice for skill development activities, modified games and for beginners learning to play goalball.

It was specifically designed to be much louder, lighter, and softer than a traditional goalball. The large holes and extra loud bells embedded inside the ball make

this an excellent modification for other physical education activities as well. Students who are blind, visually impaired, or require the use of auditory cues to achieve success will benefit from the use of this innovative piece of equipment.



All the **SPORTIME** products you've come to know and trust are now found in

 **School Specialty**
Physical Education & Recreation



Order your **FREE** catalog today!

 www.schoolspecialty.com

1-888-388-3224



Play On! Research Completed

Western Michigan University professors **Yuanlong Liu** and **Suzan Ayers** recently completed an evaluation of the playground fitness program that was developed in 2008 by **Russell Carson** and **Marybeth Lima**. As a result of an RFP process, AAPAR selected Liu and Ayers to conduct the research. The team evaluated *Play On! Playground Learning Activities for Youth Fitness*, a curriculum designed for teachers and recreation leaders who work with children in grades K-5.



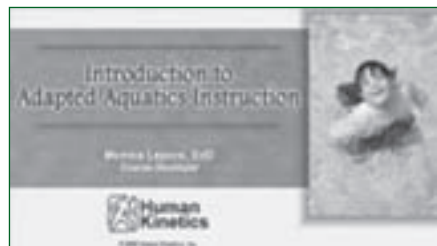
Research was gathered from participants at 15 schools in 10 states. The participants included 16 elementary school physical education teachers, 718 of their students, and 113 parents/guardians of randomly selected students. Key findings of the research included:

- More than 90% of the teachers reported that their playground use increased after implementing *Play On!*. About 90% plan to continue using it.
- Teachers found *Play On!* easy to use; 100% rated it between 4 and 5 on a 5-point scale (5 denoting “super-easy”).
- More than 25% of the parents reported participating in more physical activity with their children after the *Play On!* program than before its initiation.
- 100% of the students reported having fun using *Play On!* activities.
- Accelerometer data revealed that *Play On!* generated significantly higher activity levels than recess.
- Students also indicated preferences for certain activities, which will help teachers select popular activities while using this program. Space Shuttle Landing, Spinning Bodybuilders, Parallel Bar Shuffle, and Basic Training were especially popular.

Both *Play On!* and its evaluation were made possible by generous funding from AAPAR’s Par Three partner, PlayCore, Inc. *Play On!* is available from AAPAR’s online bookstore: www.aapar.org.

New Online Course in Adapted Aquatics

Want to become an adapted aquatics instructor? Human Kinetics and AAPAR now offer an online course that includes background information and practical strategies for working with people with disabilities. The course is for swim instructors, instructor trainers, aquatics directors, adapted physical education teachers, therapeutic recreation specialists, physical therapists, and anyone else interested in teaching adapted aquatics. Once you successfully complete the online



course, you will be eligible to earn your adapted aquatics credential from AAPAR, with a one-day in-pool course. AAPAR member **Monica Lepore** has been instrumental in developing the online

course. For more information about both the online and in-pool portions, visit www.AAPAR.org/programs/workshops.

Every Body Can! Winners Announced

Of the 30 entries for our premier *Every Body Can!* Adapted Physical Activity Video Contest, five winners were selected by a panel of experts that included AAPAR members **Luis Columna**, **Steve Yang**, **Kristi Roth**, and **Dallas Jackson**. Screen the winning videos at our new (and free!) AAPAR Recognizing Outstanding Leaders evening at Convention. Winners will receive prizes donated by Flaghouse. Runners-up will receive the DVD “Heart of a Dragon,” donated by Associated Film Producers and Michael French. Everyone who entered the contest received a HOPSports Fitness DVD, donated by HOPSports.

And the winners by category are: Disability Awareness: Jennie Lee for “Inspiration”; Effective Instruction: Mira Shved for “Just Another Day at School”; Good Games: Marc Griffin for “Inspirational Message”; PSA: Linda Cornman for “3 Turkey Trot”; Wild Card: Amanda Perl for “Adapted Hunting.”



AAPAR Convention Sessions, Meetings, and Socials at a Glance

NOTE: Dates and times are subject to change. Please refer to the final program schedule or visit our Web site for updates: www.aahperd.org/convention.

Monday, March 15, 2010

3 PM – 8 PM

AAPAR Executive Committee Meeting I

Tuesday, March 16

8 AM – 12 PM

AAPAR Cabinet Meeting

Autism & Adapted Physical Activity
Numerous Presenters

Quickstart Tennis
Jason Jamison



Head Start Body Start Physical Activity
Consultant Training
Numerous Presenters

1 PM – 5 PM

Master Teacher of Adapted Aquatics
Gene White; David Lorenzi

Head Start Body Start Physical Activity
Consultant Training
Numerous Presenters

1:30 PM – 5 PM

AAPAR Board of Directors Meeting

Wednesday, March 17

6:30 AM – 7:30 AM

Wake-up, Warm-up Walk I

8:30 AM – 5 PM

Early Childhood Movement Day
Numerous Presenters

10:30 AM – 11:45 AM

Exergaming for Older Adults
Phyllis Croisant

Julian W. Smith Honor Award Lecture
Tom Coates

Mentoring for Physical Activity & Nutrition
for Youth with Disabilities
Robert W. Arnold Jr.

Retaining the Diverse/Minority Student in HPE
Delano Tucker

Head Start Body Start's *Take It Outside!*
Numerous Presenters

11 AM – 12:15 PM

Facebook, Twitter & Physical Activity
Matthew D. Cummiskey

12:45 PM – 2 PM

Wheelchair Basketball Demonstrations
GAME I
AAPAR & AAASP

2 PM – 3:10 PM

Assessing Physical Fitness & Activity Using RFID
Weimo Zhu; Se-Kyoung Youm; Philip Lockwood

2 PM – 3:15 PM

Head Start Body Start's Activities for All!
Numerous Presenters

Council on Facilities & Equipment:
Ask the Experts

Funding Outdoor Activity Programs & Play
Spaces Through Grants
Rosalie J. Mangino-Crandall

2 PM – 4 PM

National Council for Active Girls & Women
Business Meeting

3:30 PM – 5:25 PM

Be Not Afraid: Implementing
Volleyball Skills in Young Children
Heather L. Sawyer

3:30 PM – 5:30 PM

Exergame Workshop:
Active Video Gaming = Serious Fun
Numerous Presenters

Map & Compass Games
Debra Sension-Hall

Using Games & Puzzles to Boost Learning in
Higher Education
David Berry



4 PM – 5 PM

Wheelchair Basketball Demonstrations
GAME 2
AAPAR & AAASP

5:30 PM – 8 PM

AAPAR Roundtables & Town Hall Meeting

Thursday, March 18

6:30 AM – 7:30 AM

Power Walking
Shannon M. Powers

Wake-up, Warm-up Walk 2

7 AM – 8:30 AM

APAC Claudine Sherrill Awards Breakfast

7:30 AM – 8:30 AM

Authentic Leadup Activities for Floor Hockey,
Lacrosse & Badminton
Jane A. Brezette; Patricia Marcum; Danielle Ward

Facilitators & Barriers to Minority Student
Enrollment in Allied Health
J.P. Barfield; M. Rhonda Folio

Managing Alcohol Risks at Sports Events
Andy Gillentine; Jason Lee

8:45 AM – 10 AM



AAPAR General Session & Keynote Address
Race car driver Lyn St. James delivers a fast-paced, entertaining, and inspiring keynote address!

10:15 AM – 11:30 AM

Play On!: Playgrounds & Programs that Increase
Physical Activity
Jennie N. Sumrell

Brain Challenges for Kids, their Grandparents &
You Too
Numerous Presenters

Collaborative Strategies During Transition
for Students with Disabilities
Luis Columna; Kristi L. Roth

XaviX: Using Active Technology
to Make Fitness Fun!
Donna Moore

10:15 AM – 11:45 AM

APAC/NCPERID Business Meeting

Administration & Leadership Development
Council Business Meeting

Facilities & Equipment Council Business Meeting

10:30 AM – 12 PM

AAPAR Bylaws Committee Meeting

11:45 AM – 12:45 PM

Archery for Elementary Students
Brad Baine; Gia Taylor; Mindy Tritch

Community Partnerships through
Intergenerational Education
Dana S. Espinosa; Rachel Fournet; Claire M. Foret

It's a Balancing Act!
Martha E. Beagle

Wellness: The Total Package
Mindy H. Mayol

1 PM – 2:30 PM

AAPAR Awards & Nominations
Committee Meeting

AAPAR Publications Committee &
Sagamore Meeting

2 PM – 4 PM

Evaluating Physical Activity in
Early Childhood Settings
Paul Wright & Karin Spencer

2:10 PM – 4:15 PM

The Kinesthetic Classroom:
Teaching & Learning through Movement
Michael S. Kuczala

2:15 PM – 4:15 PM

21st Annual CAAD Symposium:
Research on Aging
Anthony Vandervoort

Enabling Health Literacy Through Technology
Paul M. Wright; Ginny Ward; Becky Deihl



Making Money on the Sidelines:
Package Your Passion
Janice K. Adair; Regina J. McGill

Panel Discussion: Measurement & Research Train-
ing in the 21st Century
Numerous Presenters

2:30 PM – 4 PM

AAPAR 2011 Convention Planning Meeting

4:30 PM – 5:30 PM

Council on Aging & Adult Development
Business Meeting

Design & Management of the Secondary School
Throwing Facility
Lawrence W. Judge; Jeffrey Petersen

Internship Injuries: What May Create Negligence?
John Miller

Measurement Concepts & Statistical Skills for Athletic Coaches
Kathleen Tritschler

Playing Together: Inclusive Multicultural Games
Numerous Presenters

4:30 PM – 6 PM

Council for Aquatic Professionals Business Meeting

7 PM – 9 PM

AAPAR's Recognizing Outstanding Leaders Evening (Free Event)
NEW Honor AAPAR awardees, view video contest winners; free popcorn and door prizes!

Friday, March 19

6:30 AM – 7:30 AM

The Guard Fit Challenge: Cardio

Wake-up, Warm-up Walk 3

Zumba, the Miami Way
Catalina Franco-Cicero

7:30 AM – 8:30 AM

Developing Service-Learning within Higher Education Leisure Studies Courses
Aaron Banks; Bonnie Reimann

J.B. Nash Scholar Lecture
Linda Carpenter

Measurement & Evaluation Council Keynote Lecture and Awards Ceremony
Patty S. Freedson

You, Too, Can Play in the (Senior) Olympics
Jack Rutherford

8:45 AM – 10 AM

Advocacy for Equally Effective Adapted Sport & Extramural Programs
David Martinez; Amy Aenbacher

Community Recreational Programs for Children with Physical Disabilities in America
Scott Douglas

Dance, Stretch, Play & Learn: Exercises for Healthy Older Adults
Brian F. Geiger; Tamilane E. Blaudeau

Diversifying the Academy
Louis Harrison; Samuel R. Hodge



Measurable Results: A Collaborative Best Practices Model
Deb Walter; Kimberly P. Mason; Jane Panicucci

The Triple Win of Service-learning Projects
Frances Albitz; Marilyn Strate

8:45 AM – 10:15 AM

AAPAR Poster Session

9 AM – 12 PM

APENS Exam Business Meeting

10:15 AM – 12:15 PM

Camping/Canoeing: An Urban High School Physical Education Adventure Continues
Roni Mistriel; Elizabeth Fox

Funfitkids: Children's Fitness Activity Database & Service Delivery Strategy
David Tomas



Strength Through Partnerships: The Special Olympics University Curriculum
Numerous Presenters

10:30 AM – 12 PM

AAPAR Membership Committee Meeting

10:30 AM – 12:30 PM

Lucas Oil Stadium Facility Tour
Join the F&E Council for a behind-the-scenes, in-depth look at this fascinating football facility and its operations.

12:15 PM – 2:15 PM

MPEES Editorial Board Meeting

SuperStars Student Competition
Get your game on at this popular and fun activities competition. Free T-shirt and winning prizes!

12:30 PM – 1:30 PM

Spreading the Word: Insights in Publishing Aquatic Information
Stephen J. Langendorfer

12:30 PM – 2 PM

Council for Lifelong Recreational Sports Business Meeting

Fitness & Wellness Council Business Meeting

2:15 PM – 3:15 PM

MPEES Review Board Meeting



2:45 PM – 4 PM

Applied Skills in Online Survey Design to Increase Response Rate
Anita N. Lee; Chih-Ming (Ryan) Chung; Mei-Lin Yeh

Everybody Move: Daily Physical Activity in Small & Large Spaces
John Byl

Get Them Talking: Strategies for Initiating the Debrief
James Ressler; Sue Sutherland; Paul Stuhr

Making Dreams Come True at Dream Camp!
Daniel Reid Swartz; Melissa Soroka; Michael Rouse

Teaching Youth with Down Syndrome/ASD to Ride a Bicycle
Numerous Presenters

4:15 PM – 5:30 PM



Fly-Fishing Can be Done in Your School
Tracy Krause; Debra Sension-Hall

Impact of Federal & State Policy on Professional Preparation in APE
Numerous Presenters

Modifications of Olympic & Selected Sports for Age Group Participation
Marilyn J. Strawbridge; Mindy M. Welch

Triathlons: Upper Elementary Through College
Timothy J. Czajka

Saturday, March 20

6:30 AM – 7:30 AM

Aquatic Wow
Angela Beale; Robin J. Dunn; Dwight Reid

7:30 AM – 8:30 AM

Children Succeed with Learnercise: Learning While Moving
Paola C. Fontana

Volleyball: Developmental Phases
Antonio J. Muller

8 AM – 9:15 AM

AAPAR New Executive Committee Meeting

8:45 AM – 10 AM

Adventure on a Shoestring Budget
Matthew D. Cummiskey

LIFT: Promoting the Benefits of Resistance Training for Elders
Numerous Presenters

Physical Activity and Health Disparities: Measurement & Implications
Numerous Presenters

Run, Jump, Swim & Play: Resources for Youth with Blindness
Numerous Presenters

10 AM – 12 PM

AAPAR New Board of Directors Meeting

10:15 AM – 11:30 AM

Adapted Tai Chi Moves for Balance, Recovery, Focus & Well-being
Cari Shurman

Exercises Can Hurt or Help: Recommendations for Older Adults
Pamela A. Macfarlane

Lead-up Games for Lifelong Recreational Sports
Curt Hinson; Tom Evald

11:45 AM – 12:45 PM

Let's Have a Ball!
Gay D. Elliott

Moving Beyond the "What?": Strategies for Reflection & Discussion
Numerous Presenters

1 PM – 2:15 PM

Ethics in Recreation Research
Numerous Presenters

Motivating Children with Autism to Ride a Stationary Bicycle
Numerous Presenters

Officiating Safely: Risk Management and Liability for Referees & Umpires
Alan S. Goldberger

Senior Fitness Programming as an Intergenerational Learning Tool
Numerous Presenters



Member News: What's Up With You?

To date 240 Head Start Body Start Physical Activity Consultants are serving 351 Head Start Centers across the country. These AAPAR-NASPE members provide training and support for Head Start Centers in implementing outdoor activities for young children. If you're interested in becoming a physical activity consultant, email HeadStartBodyStart@aahperd.org.

Russ Carson, co-developer of the popular *Play On! Playground Learning Activities for Youth Fitness*, and his wife, Laura Stewart, recently took their daughter, Bella, on her first flight. Bella can now sit upright on her own. "Before you know it, we will be visiting the nearby playground for some *Play On!*. Can't wait!" Russ says.



David Martinez

Last October **David Martinez**, 2009 Adapted Physical Education Teacher of the Year, was featured on WXIA TV news for his work with APE students in Cherokee County Schools, Georgia. The news story showed Martinez's many innovative tools he has built using simple materials that allow students with various disabilities to participate in sports like hockey, bowling, and Frisbee golf. "The philosophy I like to take is there's nothing we can't do," Martinez said in the interview.

"We just may have to do things a little differently." To view the video, visit the Adapted Physical Activity Council's page on AAPAR's Web site: www.aapar.org and click on the link to "APAC Awards."

Connie Fox Now Associate Dean at NIU

Connie Fox, AAPAR's first President (2005-06) and associate professor in the Department of Kinesiology and Physical Education at Northern Illinois University, has been appointed Associate Dean at the College of Education. Since joining the NIU faculty in 1984, Connie has built an impressive record of service to her department, to the university, and to her field. Kudos Connie!

WHAT

are you up to?

SEND US YOUR NEWS | aapar@aahperd.org



Russ, Laura, Bella

PARticipate!

Sign up to receive AAPAR's monthly e-newsletter.
Email: AAPAR@aahperd.org.