



# Southern Links

VOLUME 67, ISSUE 1 CONVENTION FLYER

## Southern District AAHPERD/FAHPERDS Convention February 8-11, 2012 Orlando, Florida

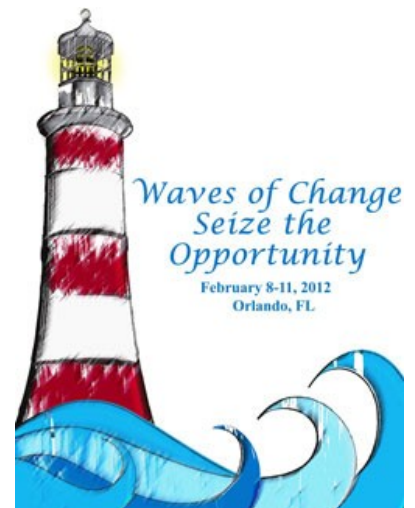
### Pre-Convention Programs Wednesday, February 8, 2012

- ◆ First Tee School Program – ½ day
- ◆ Teaching Fitness Concepts and Core Strength: A Great 1-2 Punch- ½ day
- ◆ Basic Self Defense Every Student Should Know – ½ day
- ◆ Myths, Messages, and Mottos About Health- ½ day
- ◆ USTA Tennis in PE Workshop – ½ day
- ◆ Applied Kinesiology and the Umfundalai Technique, ½ day
- ◆ Body Mapping-Using Your Body’s GPS to Improve Your Coordination – ½ day
- ◆ Developing International Capital Through University Initiatives – ½ day
- ◆ Jump Rope for Heart – full day
- ◆ Athletics and Coaching Workshop – full day



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## HEALTH DIVISION

**Greetings from the Health Division!** We have been working hard to plan and prepare for the 2012 Orlando convention.

- ◆ There is wide array of presentation topics including teaching ideas, current health issues, and the latest health research. With over **twenty-five health sessions**, you'll be sure to find something you will not want to miss!
- ◆ Come early to attend Wednesday's **half-day workshop** offered by Dr. Edith Ellis on "Myths, Messages and Mottoes about Health."
- ◆ Interested in getting involved? Have an idea on how to make the division work better for its members? Then please attend the **Health Assembly of Members** on Friday from 3:00 to 4:00 p.m. We are considering a change in the division structure and need your feedback.
- ◆ Make sure to stop by and visit our second annual "**Healthy Connections**" on Saturday from 8:15 to 10:30. "Healthy Connections" is a health fair that will include health assessments, teaching ideas, community resources and other health topics.
- ◆ The division will also hold our annual **Health Linkage Breakfast** sponsored by McGraw Hill on Friday from 8:15 to 9:15. This is by invitation only and a great way to network with other Health professionals. If you are interested in attending, please contact one of the division officers.
- ◆ We will also once again offer **CHES credits** for recertification and hope many attendees will take advantage of this opportunity.
- ◆ The Health Division is going strong and our future is looking bright with two very strong candidates running for **Vice-President Elect**. If you are interested in getting involved, please consider running for one of our council positions. The Health Division is comprised of three councils including School Health, Community Health and Worksite. Council chairs serve a three year term. All you need to be eligible is a desire to shape the future of the Health Division and membership in AAHPERD.

The Health Division Officers are following the "Waves of Change to Seize the Opportunity" to make this the best convention yet. We can't wait to see you all there!

## EARN PROFESSIONAL DEVELOPMENT-GRADUATE CREDIT AT THE SOUTHERN DISTRICT AAHPERD CONVENTION February 8-11, 2012

At the 2012 Southern District AAHPERD Convention in Orlando the Office of Professional Development from the College of Charleston will offer a course entitled "**Best Practices in Health, Physical Education, Recreation and Dance (HPERD)**"

This course is designed to provide **professionals** opportunities used to modernize instructional strategies, management, and leadership techniques. Credit for this course will not count toward completion of a CofC catalog degree. However, credit can count towards recertification and salary advancement.

Persons enrolled will be required to attend various sessions, complete a convention sheet, and a summary write-up for each session attended.

- ◆ **Contact:** Andrew H. Lewis, College of Charleston (Phone: 843-953-8250 or [lewisa@cofc.edu](mailto:lewisa@cofc.edu))
- ◆ **Credit:** 1 hour of professional development graduate credit
- ◆ **Cost:** \$60.00 plus \$5.00 online registration fee
- ◆ **Prerequisite:** Undergraduate degree or a current teaching certificate

## SPORT AND LEISURE DIVISION CHARLOTTE KELSO

In August, the Southern District AAHPERD Board of Directors met in Orlando, to conduct district business and continue planning for the **February 8-12, 2012** Southern District AAHPERD/FAHPERD Joint Convention which is to be held in Orlando. The meeting will be both informative and productive and the Southern District AAHPERD is still the best and has excellent leadership dedicated to keeping the district strong, viable, and focused on service to its membership.



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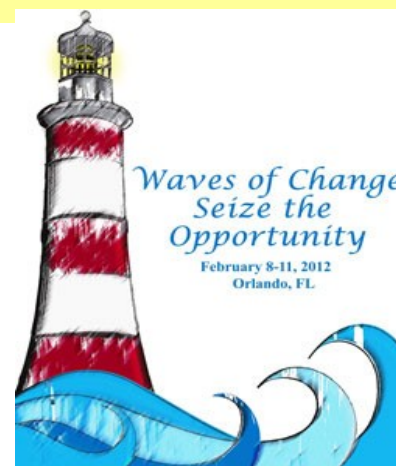
Program planning for the 2012 Southern District AAHPERD/FAHPERDS Joint Convention was especially exciting considering the excellent group of program proposals with which we had to work. I am pleased to report to you that program proposals for all councils in the Sport and Leisure Division were submitted and all councils will be represented in the program of the 2012 convention. In addition to the program presentations, the division will also be represented by several poster sessions covering a variety of topics reflective of our division councils. This very positive response to our request for program proposals is an indication of the strength of our district and its connection with its members.

The first multi-state symposium was held in Bristol VA/TN and was well attended. The states were Virginia, Tennessee and Kentucky. I encourage members to create more events to keep our members up to date and connected to our associations. I look forward to supporting more outreach events in the future.

Looking ahead to the 2013 convention, I would like to encourage any Sport and Leisure Division members interested in assuming a leadership role in our division to consider running for a division or council office. We are always looking for members interested in making an extra contribution to the division through service as an officer. This is an excellent opportunity to continue professional growth while networking with some of the most outstanding leaders in AAHPERD.

An additional reminder, the Sport and Leisure Division will be presenting two awards at the 2012 Southern District AAHPERD/FAHPERDS Joint Convention, the Recreation Professional of the Year and the Sport Professional of the Year. This will be the second year for the Sport Professional of the Year award. Nominations for these awards should be sent to Fran Meyer, Southern District AAHPERD Awards Coordinator. These awards are an excellent way to recognize the contributions of some of our most outstanding leaders in the recreation and sports fields and I strongly recommend you consider nominating someone you consider worthy of these special recognitions.

Mark your calendars now for the 2012 Southern District AAHPERD/FAHPERDS Joint Convention scheduled for **February 8-12, 2012** in Orlando, FL. I hope to see you there.



## **GENERAL DIVISION JENNY DEARDEN**

The General division, represented by Jenny Dearden VP (KY), Jiji Jonas VP-elect (LA), and Jim Stillwell Past-VP (AR) wish to welcome Christopher Landry (LA) as the new Future Professional at-large at the summer board meeting where we planned for the upcoming 2012 convention in Orlando.

In terms of the General Division, the 2012 convention will highlight sessions in each of the 7 councils with 21 sessions in all. Convention highlights include: (1) The Research Council will be hosting three collaborative sessions with the AAHPERD Research Consortium, (2) There will be two half-day workshops on Wednesday from the International Relations Council and Professional Preparation Council, and (3) there will be several activities for our Future Professionals. There will be a 2-hour session to provide students the opportunity to learn interviewing strategies and then put those strategies to work in mock interviews with interviewers representing the various careers in our discipline.

Additionally, there will also be an Undergraduate Future Professional Research poster session as part of the Research posters. Please encourage your students to submit their research project through the research poster proposal located on the Southern District AAHPERD website. If you have questions about the Future Professional activities, contact Jenny Dearden (j.dearden@moreheadstate.edu). This year's Future Professional Leadership Conference will be held September 29-October 1 at East Tennessee State University. In addition to the four councils mentioned previously, the other councils include: Aging and Adult Development, History, and Ethnic Minority. If you are interested in becoming a member of one of these councils be sure to attend the General Assembly of members on Friday.

Nominations for awards will be available soon. Consider nominating a distinguished colleague or colleagues for these General Division awards: Scholar and Future Professional. Information can be obtained from JiJi Jonas (jonas1134@coxnet) for the Scholar Award, or from Jim Stillwell (jstillwel@astate.edu) for the Future Professional Award. Lastly, be sure to add to your convention calendar the Scholar Lecture given by last year's Scholar Award winner Dr. Willie Hey on Friday afternoon.

## **DANCE DIVISION ANGIE SMITH-NIX**

We are "Leaping with Joy" over our 2012 Convention Program for Orlando, Florida! The Dance Division is proud to present 2 Pre-Convention Workshops: Body Mapping for Dancers and Applied Kinesiology & Umfundailai Technique. The workshops will provide participants with additional kinesthetic information that can be applied to performance dance and dance education programs to help dancers better understand their "essence" and movement experiences.

Wonderful choreographers, teachers and dancers will be presenting exciting programs in Science and Somatics such as Shin Somatics, Letting Go and Embracing Change. Dance Education programs will get Walkers, Rockers & Rollers to Move & Groove in Schools, try-out Streamer Tricks, Integrate Dance & Physics and Implementing Dance Education Standards just to name a few of the sessions lined up to get you on your feet in Orlando! Dance Performance will provide a visually refreshing breaks with Dance on the Spot. And of course, you can't miss the Southern District AAHPERD Kaleidoscope Dance Gala where dancers of all ages will perform pieces that will inspire everyone to get a pair of dance shoes and start dancing.

See you with those dance shoes in February in beautiful, warm Orlando, Florida!



**PHYSICAL EDUCATION DIVISION  
HOLLIE NEWNAM**

While many organizations and institutes are struggling with financial woes and low morale, I am thrilled to say that the Southern District AAHPERD Physical Education Division members are proactive and willing to serve as evidenced by more than 150 program proposals submitted for the upcoming 2012 Convention in Orlando, Florida. This year we are offering a variety of half and full day workshops on Wednesday which include Strategies for Adapted Physical Education, First Tee, USTA, Middle and High School Coaching, and Jump Rope and Hoops for Heart. Throughout the convention, you will have opportunities to participate in sessions that involve dance and rhythms, games for small and large groups, fitness activities, Let's Move in Schools, distance learning, standard based assessments, and more.

In the event that you missed the previous announcement congratulating our Teachers of the Year (TOY) let me remind you of who they are. Chad Triolet, Elementary; Biki-Ray Mitchell, Middle School; Butch Valdez, High School; and Robert Sinibaldi, Adapted. Additionally, during the AAHPERD Convention in San Diego, Dr. Robert Sinibaldi and Chad Triolet were named National Teachers of the Year in their respective areas. Way to go! We are proud of all of our Southern District AAHPERD award recipients. You will have a chance to attend their sessions in Orlando as well as experience more than 50 cutting-edge sessions from other outstanding colleagues across the south.

As you may know, the Physical Education Division is comprised of five Councils. They are Adapted Physical Activity, College Area, Joint Projects (Jump and Hoops for Heart), Middle/Secondary, and Physical Education for Children. The leadership roles within each Council are Chair, Chair-Elect, and Member at Large. If you are interested in becoming involved in any of these leadership positions please let me know ([newnee23@aol.com](mailto:newnee23@aol.com)). Elections will be held at our annual Assembly Meeting. The volunteer work load is minimal yet the professional growth and collegiality is immeasurable. Plan to attend the Physical Education Division Assembly of Members meeting Friday afternoon to learn more about the Division, vote for council members, and have a chance to hear what is happening in our District.

In the near future we will begin to review all of the Physical Education TOY nominations. If you are a TOY from your state please work with your Executive Director to submit your completed application by November 1<sup>st</sup> in order to be eligible to move forward in the Southern District AAHPERD award selection process. TOY recipients will be announced and recognized at the 2012 Convention in Orlando!

We look forward to seeing all of you in Orlando next February to rekindle friendships, attend inspiring sessions, and to have some fun in the sun! Please submit your program proposals now so you can be a part of the *Waves of Change Seize the Opportunity* in 2012!



Get ready to party!!!!!!

★  
Mark your calendars now!

# Crazy cardio ★ dance ★

When? Check the  
schedule of sessions!

★  
Where? The Pavilion  
(under the big tent at the end  
of the hallway)

What? Crazy dance work-  
out...no previous experience or  
partner required!

- ★ Why? An awesome workout, a  
FUN time, and a chance to  
learn some great dance moves  
you can use later!

Hosted by Sandy  
Kimbrough (TX) and  
Rebecca Allen (SC)



**SOUTHERN DISTRICT  
AAHPERD  
SCHOLAR PRESENTATION**

Dr. Willie Hey, Professor  
Western Kentucky University

**Scholar Lecture:  
“Distance Learning:  
Facts and Future”**

Thursday, February 9th  
3:45-4:45 pm

**EXHIBITS UPDATES  
KATHERINE PEBWORTH**

This year the Caribe Royale Resort and Conference Center in Orlando, FL has a wonderful exhibits hall that is over 12,000 square feet. It is located in the center of all conference sessions.

We are working on getting lots of great exhibitors. We will have our Opening night Exhibits Extravaganza with the wonderful “*Taste of the States*” and a chance to check out and visit with the exhibitors.

If you know of someone who may want to exhibit at this great resort, have them go onto the Southern District AAHPERD webpage and check us out and sign up, the more the merrier.

**Convention Hotel Information**

**Caribe Royale Hotel**  
8101 World Center Drive  
Orlando, FL

<http://www.thecaribeorlando.com/caribe-royale/>  
1-800-823-8300

**USE THE CODE: SDAAS  
Deadline: January 7, 2012**



**CALL FOR  
RESEARCH POSTERS:**

Look for the Research Poster Proposal form for the 2012 Southern District AAHPERD convention online ([www.aahperd.org/districts/sda](http://www.aahperd.org/districts/sda)) in August at the Southern District AAHPERD website. The proposal deadline is **October 15<sup>th</sup>** and presenters will be notified of acceptance in November.

To submit a research poster, go to the Southern District AAHPERD website, or contact Jenny Dearden, VP of General at: [j.dearden@moreheadstate.edu](mailto:j.dearden@moreheadstate.edu)



## ACKNOWLEDGEMENT AWARD

*Join Southern District AAHPERD members by honoring a colleague,  
outstanding professional or family member!*

This award provides an opportunity to thank someone who has made a difference in your life or career. It can also be given to someone to show appreciation for his/her contribution to the profession. You may acknowledge a couple with one award (i.e., mother and father) or you may recognize several individuals with separate awards. Each award costs \$20.00 and the net proceeds go to support future professional activities during the convention. The award will be presented on Thursday, February 9th at the first general session of the convention. Please check the convention program for the time and location of the ceremony. An individual need not be in attendance to receive the award and it will be mailed to those individuals unable to attend. These awards are so special because they are given by members of Southern District AAHPERD who desire to recognize individuals who deserve a special "Thank You". Take the time and select someone today who is deserving of this important recognition.

Please complete the form below and mail it along with your payment (\$20.00 per award) to:

**Donna Dunaway, PO Box 307, Arley, AL. 35541-0307**  
**Please mail by January 10, 2012**

Award to:

Name: \_\_\_\_\_

Address/City/State/Zip : \_\_\_\_\_

Email: \_\_\_\_\_

Words you would like to have printed on the certificate:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Acknowledged by: \_\_\_\_\_

Address/City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Please feel free to copy this form in order to give several awards.

### Planning a State or University Social?

Go to [www.aahperd.org](http://www.aahperd.org) (click on Districts, Southern) and complete a form to request a non-program event such as a social, committee meeting or special event. Hotel/catering contact information will be sent upon receipt of your completed form.

**The deadline for all requests is:  
January 1, 2012**

**Contact: Donna Dunaway:  
205-726-2631 or  
dldunawa@samford.edu**

### Need a Job? Have an Opening? Check the Placement Center!

A full-service placement center will be available at this year's convention for those wishing to advertise a position as well as those seeking employment.

If you have an opening you would like to advertise, bring 10 copies to the Placement Center. If you are looking for a job, bring copies of your resume. Check the Convention Program for more details regarding location and hours of operation. If you plan to take advantage of this service, **please contact: Katherine Pebworth at:**  
**[katherine.pebworth@lmunet.edu](mailto:katherine.pebworth@lmunet.edu)**



## Let's Move in School Register now!

Let's Move in School invites all US schools to increase physical activity before, during, and after school for improved health and academic performance.

**IT'S FREE! IT'S FUN!**

Register to participate online and find out more at  
[www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org)



This is a list of **TENTATIVE** programs for the Southern District AAHPERD 2012 Convention in Orlando, FL. Make plans to attend four full days of action packed programs. You don't want to miss out on the fun. Plan to arrive Wednesday and stay through Saturday. Check each Division's report to catch highlights of special workshops and programs not included below. There are some workshops, sessions, and posters still in the planning phase that you may see in the final program. Look for a more complete program listing for programs by day and special events on the Southern District AAHPERD Website: [www.aahperd.org/districts/sda](http://www.aahperd.org/districts/sda)

## **GENERAL DIVISION SESSIONS**

"There is No 1 in Pregnancy": Seizing the Opportunity to Educate Peers about Preconception Health, From College to Career. Charting a Course, Filming for Success, Your First Professional Job Interview, Practice Makes Perfect: Ace the Interview and Land Your Dream Job, Doing What Matters: How to Make a Difference Through Effective Mentoring, Study Abroad in the Sport and Exercise Sciences: How to Develop a Faculty-Led Program, Developing International Capital Through University Initiatives, Going for Gold, , Put Some Spice In Your Life with Zumba Gold, Put a Twinkle in Your Wrinkle: Living Longer Through Laughter, Exercise Peer Leaders for Assisted-living Older Adults: "You Must Be Kidding", Nutrition for the Endurance Athlete, Let's Move in Schools- I'm In, NOW What?, Finding and Using Appropriate Field Experiences and Internships for Teacher Candidates, Southern District Advocacy: What Are WE Doing? What Can You Do? Moving to Success, Creating a Journal Article From A Project Report: Disseminating Results for Different Audiences.

## **HEALTH DIVISION SESSIONS**

Designing Choice Led Health Classrooms, Healthy Blooms, Lessons Learned While Integrating Health Into the Physical Education Curriculum.. There Can Be HOPE for all!, Myths, Messages and Mottoes About Health, High Risk Cell Phone Behaviors Among Middle and High School Students, Elementary Wellness Weeks: A School-Wide Approach to Physical Activity & Nutrition, The Truth about Leadership, Dynamic Duo: Integrating Health Into Physical Education, Human Sexuality and College Athletes-Do they Know Enough? Integrating Technology Into Your Secondary Health Class, Invigorate Health Education Through Adventure Activities, Health Literacy and Adolescents: Does Being Articulate, Make Them Health Literate? Seizing Health Education Opportunities Through Current Events, Creating, Administering & Evaluating Alabama School Health Needs Assessment, Leadership Traits of School Health Coordinators in City and County School Districts of NE Tennessee, Hands-On Happenings in Health Education...K-12, Autism Knowledge and Attitudes of Among Pre-Service Teachers Specialized in Birth Through Five, A Comprehensive Approach for Preventing Teen Pregnancy Among African American Youth, Don't Eat the Skittles. Pharm Parties and Teen Prescription Drug Abuse, To the Everglades and Beyond: A Theory-based, Interdisciplinary "Let's Move in Schools" Initiative, Spiritual Health: Taking the Sting Out of Death, Recipe for Success: Making PERMANENT Health Behavior Changes, Life Satisfaction Among African American College Students, Health Champions of Change-Do You Have What it takes?, Exploring the Connections Between Eating Disorders, Obesity and Suicide, Advocating for Physical Education, Student Driven Worksite-Wellness Program.

## **SPORTS AND LEISURE DIVISION SESSIONS**

Sport Psychology: The Vitamin Supplement to Enhance Team Sports Performance, Coaching Burnout: An Examination of Current and Former High School Coaches in Alabama, Providing Tools for the Teacher/Athletic Coach: A Multifaceted Approach, They Call Me Coach, But They Probably Shouldn't, Increasing Student PA, Technical Tactical Sport Skills, & Problem Solving & Decision Making Through Game Play, Technology, Plus Data, Drives Decisions for PE and Athletics Too Speed for All Sports, You'll Survive Best as a Coach with an Authentic Coaching Philosophy, Terrific Race on Foot Expedition (TRoFE). Orlando Experience the NC MODE (Macon Outdoor Developmental Education Program), Public School and University Collaboration for Inclusive Outdoor Activities, Achieving Fitness: An Adventure Approach to Teaching Fitness, Count Me In: Large Group Activities That Work, Mentoring Programs for Division 1 At Risk Revenue Student-Athletes-Do They Actually Work or Do They Just Look Good on Paper?, On-Campus vs. Conference Office: Comparison of Work-Family Conflict in Sports Information Professionals, Attracting International Graduate Students Through Sport Management, Open Forum in Sport Management, Part 2, Using A Common Reading Program to Promote Cross Disciplinary Concepts in Sport Management, Self-Handicapping Among College Student Athletes, A Tale of Two Universities  
Creating Successful Partnerships in Sport Management Education to Enhance Student Learning, The Economic Impact of Shooting Sports in the Southern United States, The High School Coaches Role in the Identification of Eating Disorders in Female Athletes, Athletic Injury Care for Coaches, Mr. & Mrs.: How "I Do" Influences PA, Crazy Cardio Dance, Designing an Online Wellness Course Targeted at Student Success, Wellness Based Recreation: "Pairing Ply with Purpose", Fit for Golf, Personal Trainer 2012, The Exercise Alternative: Water Aerobics, QR F.I.T Trail

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## **PHYSICAL EDUCATION SESSIONS**

Teach Fitness for life in your PE program, First Tee School Program; X Marks the Spot, The Right Stuff- Teaching fundamental skills; Teaching Water Safety Without a Pool K-6, To the Everglades and Beyond: A Theory-based, Interdisciplinary "Let's Move in School" Initiative; Elementary PE in a hurry; On the move tennis games; Get in the "Brain" game; Fit In A Minute Fun For A Lifetime; Unique and Innovative Activities For large Groups; Skillastics-More Than Just a Game; Recess Physical Activity Packs in Elementary Schools: A Qualitative Investigation; "Soar Into Fitness: Fitness Stacking with Speed Stacks"; Fire UP.. Push UP.. Stack UP!: Fitness Stacking with Speed Stacks"; Florida R.O.C.K.S; USTA Tennis in PE Workshop; Juggling Success for Everyone; Exercise and ADHD; Star Tech PE- Going Where No Program Has Gone Before; Creating Excellence as the Standard in PE; Skatetime School Programs-A Rental Program Just For You; Dare to Discipline; Circuit Training and Brain Gym Works Wonders for the Mind and Body Save the World; One Physical Education Class at a Time, Elementary Fitness Programming; Integrating Game Tactics with Skill Progression; Show Me the Money; Keeping Kids Moving Outside of PE; Physical Education Teacher's Role in the Management of Diabetes in Children; Elementary Fundamentals of Golf; Moving Physical Education and Health Forward With Twenty First Century Technology; A School wide Approach to Combating the Obesity Epidemic Part I: Strategies for Gaining Support and Planning Programs; A Schoolwide Approach to Combating the Obesity Epidemic Part II: Strategies and Models for Events and Activities; Rainy Day Activities, Get Playing with Speedminton; Get Your Glee On; Something Old, Something New, Something Borrowed, Something Blue; Teach Fitness Concepts & Core Strength: A Great -12 Punch; Monkey Business: Using iPads to Survey Best Practices; CATCH Best Practices for Middle School PE; SPARK Best Practices for Middle School P.E; Everyone of Every Age Needs Resistance Weight Training; Basic Self Defense Every Student Should Know; Unlocking the Mysteries of the Teenage Brain; Achieve Total Class Participation with the Sport Education Model; Aligning Assessment, Words in Action: Supporting Your School's Literacy Plan Through Physical Education Class; Are You Ready for E-textbooks in PE?; Trailblazing PE4Life in Bradley County Tennessee Schools: Coordinated School Health and PE working Together to Create "System Change"; Assess This! Standards-based Assessment for the Real World; Quick Games for Fun and Fitness; Line Dancing to a Different Beat; Omnikin? What is it? Isn't that Darth Vader's Jedi Name?; Simple Technology Tools for Communicating with Students and Parents; The Fifth and Often Neglected Component of Fitness: Body Composition; Using Ultimate Games for Ultimate Activity; Using Technology to Improve the Physical Education Experience; Introducing the New Badminton Rally-Scoring System; Developing Online Learning in Kinesiology Departments; Strategies to Save Your Voice; Thriving in Economic Uncertainty: Making Your Kinesiology Program Invaluable; NCAA/NAIA Eligibility: Empowering the Parent to Take Control; Feeling Outnumbered? Promoting Student Success in a Humongous Fitness Class; Making Online Assignments Useful: Examples from a Health Education Classroom; University Faculty Morale: Perceptions of and Use of Strategies; Rebuild and Relive: A Physical Activity Based Course to Change Lives; Health and Physical Education Majors' Service Learning Event: Planning, Implementation, and Reflection; Integrating Standards-based Assessments into the Let's Move" Initiative: The JSU Collaborative; Distance Learning: Facts and Future "SD Scholar Lecture"; Undergraduate Students and Non-Coital Sexual Behaviors: Determining the Preferred Terminology; Team Work? - An Effective Strategy to Discourage "Free Riders" and Encourage Team Leaders; Technology Integration to Enhance Teacher Preparation: Preservice Teachers Ability to Manage Time; Teaching Children with Visual Impairments Resources for Everyone; Active Activities for Adapted Physical Education; I AM WHAT I AM, SPINACH OPTIONAL; Pre-K PE: From Old School to Cutting Edge; Linking Service-Learning in APE; Community Partners and Grant Opportunities; Alabama Focuses on Quality Physical Education for Students with Disabilities; Quality Physical Education-Alabama's Story of Unity and Collaboration; Identifying Knowledge, Skills and Dispositions for Health Behaviors in at Risk Youth in an Urban Setting: Project H.O.P.E.; Factors and Influences on Health Status in Young Children in an Urban Elementary Setting: Project H.O.P.E.; Becoming "Technologically" Fit with Jump Rope and Hoops for Heart

## **DANCE DIVISION SESSIONS**

Letting Go to Feel Ourselves, Embrace Change. Cultivate Patience. Be in the Moment. Awaken Your Psychophysical Awareness in Relation to the Alexander Technique, Body Mapping-Using GPS Your Body's GPS to Improve Your Coordination, Get on your feet & dance! Exploring Cultural Diversity Through Folk Dance, Yoga for Dancers, Music, Tricks, and Steamer Sticks.. Fun Waves for Any Age", Learn About the National Dance Education Certification Process, Applied Kinesiology and the Umfundalai Technique, Intergration of Dance/Movement and Physics for Meaningful Learning, Let's Move and Groove in the Schools, Jazz Dance Workout, Afro-Caribbean Dance for K-12 Physical Education, Urban Line Dance for Fun and Fitness, Walkers! Rockers! Rollers! Let's Dance!, Thememovic Dance: Rich Learning Experiences in Dance Education for Pre-K and Beyond..., Atwood's Observation Instrument for Dance Teachers.

**DON'T MISS IT!!!!**

**HAVE YOU EVER WANTED TO COMPETE IN  
*THE AMAZING RACE?* HERE'S YOUR  
CHANCE.....GET READY FOR THE.....**

# **TERRIFIC RACE-ON- FOOT EXPEDITION**

Teams of 2 will race on foot to the finish line, completing physical and mental challenges, while exploring the Caribe Royale and surrounding areas! Bring a partner, a phone, a camera, a few dollars, and a sense of adventure. Awesome prizes will be awarded for first and second place teams. Expect a great time, a great challenge, and great memories. Everyone will be talking about it...don't miss TRoFE Orlando!

**Check your schedule for time and date!!!!**

## Southern District AAHPERD AWARD NOMINATION INFORMATION

**SEPTEMBER 15 DEADLINE**

**SEND NAME AND ADDRESS OF NOMINEES FOR THE AWARDS LISTED BELOW TO:**

**Fran Meyer, 852 Lincoln Drive, Fredericksburg, VA 22407 [fnameyer@aol.com](mailto:fnameyer@aol.com)**

The **Honor Award** recognizes meritorious contributions to the fields of physical education, health education, recreation and/or dance or to the profession through such allied fields as science and education. Qualifications:



- ◆ Member of AAHPERD for at least 5 continuous years prior to receiving the award and live in Southern District AAHPERD at the time of the award
- ◆ At least 40 years of age with 10 years of meritorious service in Southern District
- ◆ Be of high moral character whose contributions have been most fully expressed the spirit of service that the award represents

The **Ethnic Minority Award** honors persons who have made meaningful contributions in support of ethnic minorities in Southern District AAHPERD. Qualifications:

- ◆ Current member of AAHPERD having held membership for at least 5 years
- ◆ Professional service in K-12, college/university or community programs in HPERD for a minimum of 5 years prior to nomination
- ◆ Evidence of successful service in any two of the three following categories:
  - ◆ Record of increasing the involvement of ethnic minorities in Southern District AAHPERD
  - ◆ Evidence of increasing communication with greater numbers of Southern District AAHPERD members who are ethnic minorities
  - ◆ Record of extending meaningful professional service to the Southern District AAHPERD ethnic minority membership

The **Future Professional Award** honors the outstanding future professional member of Southern District AAHPERD majoring in health, physical education, recreation, dance and/or professionally related field who has displayed leadership, scholarship and service during his/her undergraduate professional preparation. Qualifications:

- ◆ Serves as a positive role model for the profession and his/her peers
- ◆ Assumes responsibility for his/her professional growth
- ◆ Shows evidence of professional commitment through membership and involvement in local, state and national organizations
- ◆ Is enrolled as a full-time undergraduate student at his/her university when declared the state winner and the Southern District AAHPERD winner

The **W. Clyde Partin Service Award** recognizes a non-member or organization that has made a significant contribution to the Southern District AAHPERD. Qualifications:

- ◆ Person who is not a member of AAHPERD or an organization that is not part of the Alliance structure
- ◆ Has made a significant contribution to Southern District AAHPERD in some manner (e.g., legislation, media, research, promotion creative arts, etc.)
- ◆ Has aided in the development and promotion of Southern District AAHPERD goals and purposes or any of the efforts of the several
- ◆ Divisions in their program planning and/or development

The **Taylor Dodson Young Professional Award** recognizes a young professional who has met the following qualifications:

- ◆ Member of AAHPERD for at least 5 consecutive years prior to being nominated for the award and live in the district at the time of the award
- ◆ Less than 40 years old as of January 1 of the year the award will be presented.
- ◆ Contributor within the HPERD fields or to the profession through allied fields
- ◆ Be of high moral character whose contributions have most fully expressed the spirit of service which the award represents
- ◆ At least 5 years meritorious service in Southern District AAHPERD and have gained prominence through some of the following: Excellence in teaching; Outstanding administrative achievement; Significant contributions in research; Leadership in professional organizations; State and national contributions to professional literature; Outstanding community service

## Southern District AAHPERD AWARD NOMINATION INFORMATION

SEPTEMBER 15 DEADLINE

SEND NAME AND ADDRESS OF NOMINEES FOR THE AWARDS LISTED BELOW TO:

Fran Meyer, 852 Lincoln Drive, Fredericksburg, VA 22407 [fnameyer@aol.com](mailto:fnameyer@aol.com)

### CONTINUED

The **Southern District AAHPERD Scholar Award** promotes and stimulates scholarly productivity among professionals and recognizes senior level scholars who have made and continue to make significant contributions to the profession. Qualifications:

- ◆ Member of AAHPERD and the respective state association
- ◆ Commendable record evidenced by scholarly productions and presentations
- ◆ Currently producing scholarship
- ◆ Capable of synthesizing phenomena and communicating facts appropriate to the membership
- ◆ Willing to assume duties and responsibilities as Southern District AAHPERD Scholar

The **Jump Rope for Heart & Hoops for Heart Recognition Awards** honor individuals who have made significant contributions to Jump Rope or Hoops for Heart. Qualifications for **Jump Rope for Heart Coordinator Award**:

- ◆ Minimum of five years' experience either as an event coordinator, demonstration team coach, state or district coordinator, former steering committee member, former Joint Task Force member or former Joint Projects Committee member
- ◆ Serves as a positive role model, epitomizing personal health and fitness, enjoyment of activity, and sportsmanship as well as sensitivity to the needs of the participants
- ◆ Assumes responsibility for his/her professional growth within AAHPERD related fields
- ◆ Demonstrates commitment to the Jump Rope for Heart program by having served on a local, state, district or national committee and/or having presented workshops or programs at these levels
- ◆ Has served as a Jump Rope for Heart event coordinator
- ◆ Is currently a member of AAHPERD and has been a member for the past three years

### Hoops for Heart Coordinator Qualifications:

- ◆ At least two years of experience with Hoops for Heart
- ◆ Played an integral role in implementing and shaping the event as an event coordinator, state or district coordinator and/or former Joint Projects Committee member
- ◆ Serves as a positive role model epitomizing personal health and fitness, enjoyment of activity, and sportsmanship as well as sensitivity to the needs of the participants
- ◆ Assumes responsibility for his/her professional growth within AAHPERD related fields
- ◆ Demonstrates commitment to the Hoops for Heart program by having served on a local, state, district or national committee and/or having presented workshops or programs at one or more of these levels
- ◆ Is currently a member of AAHPERD and has been a member for the past three years

### Recreation Professional of the Year

- ◆ Serves as a positive role model epitomizing the values and desired outcomes of recreation
- ◆ Demonstrates enthusiasm for the recreation profession and a personal role in it
- ◆ Shows interest in, and sensitivity to, the needs of students, clients, and fellow professionals
- ◆ Utilizes various methodologies and implements creative, innovative, safe, and effective courses and recreation programs based on: a. the developmental, social, and psychological needs of participants; and b. the needs, purposes, philosophies, and resources of the sponsoring institution
- ◆ Assumes responsibility for professional growth
- ◆ Evidences professional commitment through membership and involvement in appropriate professional organizations

## Southern District A AWARD NOMINATION INFORMATION

**SEPTEMBER 15 DEADLINE**

**SEND NAME AND ADDRESS OF NOMINEES FOR THE AWARDS LISTED BELOW TO:**

**Fran Meyer, 852 Lincoln Drive, Fredericksburg, VA 22407 [fmameyer@aol.com](mailto:fmameyer@aol.com)**

### *CONTINUED*

**Sport Professional of the Year Award** was established to honor outstanding leaders in the professional domain of Sport. A sport professional is defined, as a professional who conducts sport-related programming, or an administrator in the educational, private, or public sport-related domains of the division. The nominees should come from those working in sport related areas (athletic directors, coaches, athletic trainers, sport management professionals, etc.). Qualifications:

- ◆ Serves as a positive role model epitomizing the values and desired outcomes of sport
- ◆ Demonstrates enthusiasm for the sport profession
- ◆ Shows interest in, and sensitivity to, the needs of students, clients, and fellow professionals
- ◆ Utilizes various methodologies and implements creative, innovative, safe, and effective sport-related courses and programs based on: a. the developmental, social, and psychological needs of participants; and b. the needs, purposes, philosophies, and resources of the sponsoring institution sport related programs.
- ◆ Assumes responsibility for professional growth
- ◆ Evidences professional commitment through membership and involvement in appropriate professional organizations.
- ◆ Must be a member of the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD)
- ◆ Special Note: If a state does not present the award, an individual from that state may be nominated by a professional colleague with the state board or awards committee approval.

## **PROCESS to NOMINATE STATE AWARD RECIPIENTS for DISTRICT and NATIONAL AWARDS - OCTOBER 15 DEADLINE**

Following is the nomination process for state professionals that also are members of the national association who wish to be considered for a Southern District Teacher/Professional/Educator of the Year Award. All application materials must follow the process described on the Web sites of the respective national organizations. By October 15, 2011, send the completed application packets to Judy Young, Vice President for Programs, AAHPERD, 1900 Association Drive, Reston, VA 20191.

Awards include the following seven categories: NDA Dance Educators of the Year (K-12, College/University); AAHE Health Education Professionals of the Year (K-12 health educator, College/University); AAPAR Adapted Physical Education Teacher of the Year (PK-12), and NASPE Physical Education Teachers of the Year (Elementary, Middle, High). Once the national office verifies membership, the applications will be sent to the respective Southern District awards selection committees. If there are problems accessing the forms on the national associations Web sites, please contact personnel at the national association offices OR contact the Southern District AAHPERD Awards Coordinator, Fran Anthony Meyer at [fmameyer@aol.com](mailto:fmameyer@aol.com) or 540-786-4896.

## **ANNOUNCEMENTS**

- ◆ AAHPERD member, Dr. Neil Williams has created a new physical education Wiki called "PE from A-Z" which can be found at: [http://peatoz.greatactivities.net/index.php/Main\\_Page](http://peatoz.greatactivities.net/index.php/Main_Page)
- ◆ NASPE's 2012 PETE Conference will be held October 3 – 6, 2012 in Las Vegas!



**Alliance Scholar Webinar**  
**Youth Fitness Testing—National/International Issues**  
**James R. Morrow, Jr., PhD, University of North Texas**  
**October 19, 2011, 1:00 – 2:30 pm EDT**

There is much interest in testing youth fitness levels. However, national data in the USA have not been collected in a quarter century. What are the current levels of youth fitness and how do fitness levels relate to academic outcomes? This presentation includes an historical perspective of the decisions driving interest in youth physical fitness testing.

Universities across the country will have an opportunity to participate in this webinar presentation by the 2012 Alliance Scholar, Dr. James Morrow, Regents Professor in the Department of Kinesiology, Health Promotion, and Recreation at the University of North Texas. Trained as a measurement and evaluation specialist, Morrow has worked tirelessly to provide both practitioners and researchers with assessment instruments that are both reliable and valid.



The webinar is an ideal way for University classes, students, and practitioners to access the expertise of this recognized scholar. The one-hour presentation will be followed by 30 minutes of questions and discussion.

The cost of this opportunity is \$45 per site (member)/\$60 per site (non-member) which includes live access via one Internet connection and access to the archived presentation after the conference. Audio access through your computer is also included. If you need to access audio through the telephone, it will be a toll call. If participating in a group in a large room, a speakerphone would be helpful.

If you are interested in participating in the webinar with Dr. Morrow, please go to [www.aahperd.org](http://www.aahperd.org) and click on Alliance Scholar Webinar under the news items on the AAHPERD home page for more information and the registration information. Registrations must be postmarked by October 1. Online and faxed registrations will

## Let's Move in School

invites all US schools to increase physical activity before, during, and after school for improved health and academic performance.

Register to participate online and find out more at [www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org)



National Association for Sport and Physical Education of the American Alliance for Health, Physical Education, Recreation and Dance

