Contributor Guidelines for *The Pulse* Newsletter

Thank you for submitting an article to *The Pulse* newsletter! We hope you find the following guidelines helpful.

Photographs: The Joint Projects office encourages contributors to submit clear, high-resolution photographs to illustrate their articles. Images may be sent via email or mailed directly to AAHPERD headquarters and will be returned upon request.

Feature Article
Word count: 500 – 700
Each issue of *The Pulse* has one full-length feature article. The subject matter is thematic and in general has a feel-good element. Personal anecdotes, survivor stories, and human interest pieces pertaining to the Jump Rope For Heart and Hoops For Heart programs are welcome. Please include a title and byline.

Event Best Practices
Word count: 100 - 200
Showcase your event success! Submit a 100-200 word description of the strategies your school employs to attract attention to your events, increase student engagement, incorporate creativity and expand your school community outreach.

JRFH/HFH Lesson Plans
Word Count: 400
Have a favorite lesson plan that you use with your event? Share it with your fellow coordinators! Please the lesson plan template in the grant application section of the AAHPERD Jump Rope For Heart website located here. Lesson plans may be considered for inclusion in additional coordinator resources.

JRFH/HFH Advocacy
Word Count: 200 or less

Not only are JRFH and HFH great service-learning programs, they also support the physical education profession. In a short paragraph, 200 words or less, tell us how JRFH and HFH events have supported your professional development and added value to your PE curriculum. Additional content provided by the AHA and AAHPERD will provide more information on how these organizations advocate for physical education professionals. Please include a title and byline.

State Spotlight
Word Count: 200
Let us know what's new in your state! Awards, recognitions, new initiatives, and success stories are welcome. Additional content will be provided from AAHPERD and the AHA on upcoming events, trainings, conventions and resources for coordinators.

Resources
Word Count: 50 words
Share the JRFH/HFH resources that you have found most helpful with other coordinators. Content will feature books, presenters, companies, and online resources to keep your passion alive and help your programs grow.

To submit content, include your name, school, city and state as well as the section for which you are submitting at the top of your document. Submissions are accepted by email, fax, or mail to:

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