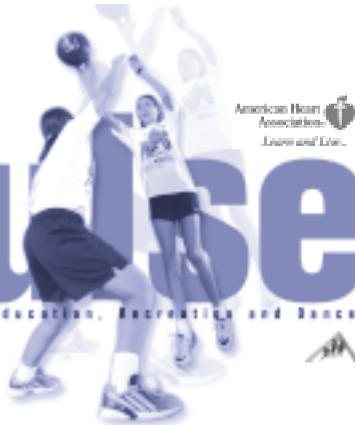


The Pulse

American Alliance for Health, Physical Education, Recreation and Dance

American Heart Association
Lives and Lives



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websites: www.aahperd.org
www.americanheart.org



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JUMP's Success Celebrated 'Nawlin's' Style

Jump Rope for Heart celebrated its 25th Anniversary in grand style at the AAHPERD National Convention and Exposition in New Orleans, LA.

Generations Hall, formerly an 1820's sugar refinery, provided the perfect casual but elegant setting to hold the event. Emcee Bob Melson, long time JRFH coordinator and current JPC chair, began the evening with the announcement and reading of a presidential proclamation by President George W. Bush. The crowd of JRFH and HFH coordinators were ecstatic that the President recognized their contributions to the JRFH program and their commitment to educating children on the importance of lifelong health and fitness.

As the evening progressed, Bob skillfully introduced longtime coordinators, sponsors, award winners, and notable others while intermingling the entertainment of JRFH Demo Teams and even his own former JRFH demo team member turned performer Rene Bibaud—who put on an amazing show of jump rope talent and artistry.

The food gave a true flavor of 'Nawlin's' cuisine — from Grilled Gulf Shrimp and Andouillie Sausage, Louisiana Crawfish Ravigote Canapé and Cajun turkey to cake with vanilla cream and fresh Louisiana strawberry filling. No one left this event hungry!

With a jazz lounge atmosphere in the back room and harmonicist Frederic Yonnet and his band on the front stage there was music to suit all tastes. And as with any AAHPERD celebration there was DANCING!

There were many components that made this celebration special—and while the site and food were grand, it was truly the people that made JRFH's 25th Anniversary the spectacular event that it was! Thank you to all that came out and enjoyed this special evening. It truly was a night to remember! ♥

— S. Schoenberg

The Pulse Newsletter

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Your AAHPERD/AHA Joint Projects Committee

At the Heart of the Matter

JRFH/HFH Outstanding Coordinators of the Year

JUMP ROPE FOR HEART

KAYE COCHRAN

Blanchard Elementary School, Blanchard LA

Kaye began her education career in 1973 in Shreveport, Louisiana as a high school physical education teacher in the Caddo Parish School system. After seven years in high school she moved into the elementary school setting and has continued as an elementary physical education teacher at Blanchard Elementary in Blanchard, Louisiana.

JRFH first became part of Kaye's life 21 years ago in the early 80's. By 1984 the jump rope bug had bit and Kaye established the Red Hot Jump Rope Team. With her team she spread the JRFH spirit throughout the state and Southern District. Kaye currently serves as the state JRFH coordinator for Louisiana — a position she's held for more than 10 years. JRFH, The American Heart Association, AAHPERD, and Louisiana AHPERD have always been an important part of Kaye's professional career.

Thank you Kaye for your dedication to the JRFH program!

BECKY SMITH SLETTUM

Wild Rose School, St. Charles, IL

Becky began her involvement with JRFH in 1982 when she first coordinated an event at Andrew Cooke Magnet School in Waukegan, IL. Since then, Becky has worked with the JRFH program in many different capacities. Becky has coordinated more than 22 events in addition to recruiting and mentoring new coordinators and presenting JRFH sessions at state, district, and national conventions. Becky has served on the IAHPERD State Taskforce, the Midwest Taskforce, and the National AAHPERD Steering Committee.

While Becky's events do raise a significant amount of money (\$15,172 last year alone!) her events more importantly promote the community service aspect of JRFH and focus on the educational component of the program. Becky's involvement in JRFH has affected the lives of countless students, parents and teachers.

Thank you Becky for your dedication!



Kaye Cochran, Marla Thomas, Becky Smith Slettum

HOOPS FOR HEART

MARLA THOMAS

Whipple Heights Elementary, Canton, OH

Marla began coordinating JRFH events for the AHA in 1986 and has held the HFH event since the inception of the program. Since her initial involvement Marla has held 11 HFH events and 12 JRFH events! Marla continually strives for excellence in her teaching and puts great effort into developing her HFH event. These efforts have made Whipple Heights a model HFH school.

Among her honors, Marla was selected as the 2003 Ohio Elementary Physical Education Teacher of the Year. She serves as an AHA JRFH/HFH mentor and has touched many lives with her creative and innovative teaching style. Thank you Marla for all that you do for the HFH program!

Coordinator's Corner



Bob Blackburn Honored for 25 Years of Service

By: Ron Morrow, Executive Director, NCAAPERD

At the 56th Annual Convention of the North Carolina Alliance for Athletics, Health, Physical Education and Dance (NCAAPERD) held in Greensboro N.C., Dr. Bob Blackburn was recipient of NCAAPERD'S First State Jump Rope for Heart Coordinator Award and was recognized for his 25 year commitment to the Jump Rope for Heart program. Additionally, the award was named in his honor for his 25 years of service to the Jump Rope for Heart program.

Blackburn was the NCAAPERD representative at the first national training conference in Dallas, Texas over 20 years ago. As past Executive Director of NCAAPERD, he was a leader in the development of the Jump Rope for Heart program in North Carolina; serving on the NC Jump Committee since its inception. On the national level, he has served and chaired both the national AAPERD Jump Rope for Heart Steering Committee (1993-94) and the national AAPERD-AHA Joint Projects Committee (2001-2002). He also served on the National AHA Health Education of the Young Committee from 1981-83 which developed educational materials to complement the Jump Rope for Heart Program. Bob has been an AHA volunteer for 28 years and is a life member of AAPERD.

Thank you Bob for all that you have done and continue to do for the Jump and Hoops programs! ♥

SNAPSHOTS FROM NEW ORLEANS

Dancing away



JRFH signature board



Joint Projects Committee volunteers

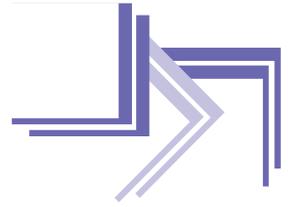


Demo team



Rene Bibaud presentation





CHILDREN NEED GREATER AMOUNTS OF PHYSICAL ACTIVITY IN 2004

By: Paula Kun, NASPE Public Relations Manager, AAHPERD

Five years after releasing the first physical activity guidelines for children five to 12 years of age, the National Association for Sport and Physical Education (NASPE) is increasing the recommended amount. The first of four new guidelines recommends at least 60 minutes. This is not surprising given the fact that inactivity has contributed to the recent obesity epidemic and sedentary living is a known threat to health.

“With escalating obesity and physical inactivity rates for children, the public’s attention should now be focused to help schools and families across the country bring into action these important guidelines,” said NASPE President George Graham, Ph.D. “Schools are critically important to increasing physical activity of children because school programs can affect the behavior of ALL children on a daily basis.”

Lead authors of the revised Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12, are Drs. Charles B. Corbin and Robert P. Pangrazi. The purpose of this document is to provide parents, physicians, physical education teachers, classroom teachers, youth physical activity leaders, school administrators, and all others dedicated to promoting physically active lifestyles for children with guidelines about appropriate physical activity for pre-adolescent children.

Summary Guidelines

Among the recommendations are the following:

- Children should accumulate at least 60 minutes, and up to several hours, of age appropriate physical activity on all, or most days of the week.
- Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
- Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.
- Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during the daytime hours.

“To help bring these guidelines to fruition parents and schools need to set specific times each day for physical activity such as a before school activity, recess, physical education class, and an activity break after lunch,” said Charles Corbin. Within a quality school physical education program, physical education teachers should:

- Expose youngsters to a wide variety of physical activities
- Teach physical skills to help maintain lifetime health and fitness
- Encourage self-monitoring so youngsters can see how active they are and set their own goals
- Individualize intensity of activities
- Focus feedback on process of doing your best rather than on product
- Be active role models.

“Perhaps the single most important time to increase physical activity and decrease sedentary activities such as television watching and computer time is after school between 3 and 6 p.m. This is a time when children can be active, but often are not. Many children are inactive during this time period through no fault of their own. Parents must help their children find safe and enjoyable opportunities to be active during this time period. Unless a special time is set aside each day, the opportunity to be active will slip away because barriers to physical activity are often great.”



When asked about barriers to promoting physical activity, the researcher said, “Without any question, the number one barrier to physical activity in schools is the perception that time spent in activity such as physical education and recess will undermine academic learning. The evidence does not support this assumption. We now know that making time for physical education and physical activity does not reduce academic learning and it may actually increase it.”

“Our research shows that children who are physically active during the day in school are much more likely to be physically active after school as well. Energy begets energy! The more fit and alert adults feel the better they perform. This is also true for children.” Corbin said. ♥

Jump Rope for Heart — More than Just Jumping Rope

By: Barb Hamlin, Physical Education Teacher,
Hichborn Middle School, Howland, Maine

Jumping rope is inexpensive and fun. It promotes all of the components of skill related fitness — agility, balance, coordination, power, reaction time, and speed — as well as being a tremendous activity for cardiovascular endurance. I promote jump roping as an effective way to improve individual performance in all sports and rely heavily on it during my winter PE units to promote cardiovascular fitness. Howland, Maine is an economically depressed area that has long cold winters. Levels of obesity in Maine lead the nation. Therefore, presenting an inexpensive, fun exercise option with free loans of jump ropes has helped us promote environmental change in our community. In 1999, one of my students received the Presidents Award for 50 hours of physical activity in jump rope. Last year, our school won the Contest for Communities Award from Maine Governor's Council on Physical Fitness, Sports, Health, and Wellness for its Noontime Walking Program. During the walking time, students could also jump rope or prepare cheering / dance routines.

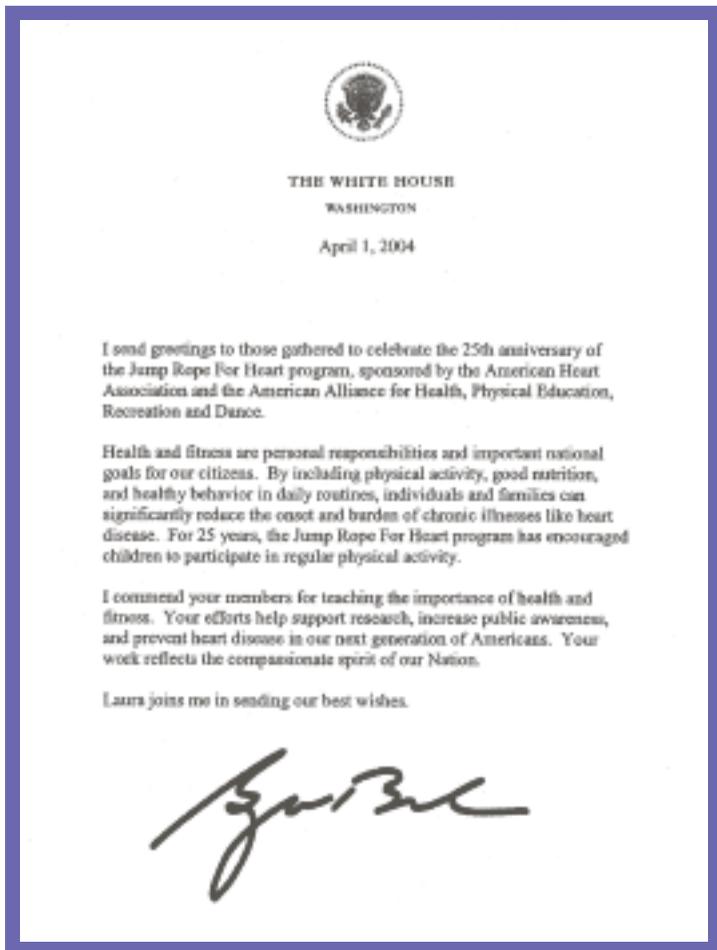
JRFH has been one of our focal points for community service. It is important for students to give back to the community and understand that interdependence is a healthy and necessary part of social health. Students learn that they can individually and collectively make a positive difference nationally. We draw personal connections to research benefits by having students



in the lives of people both locally and students think of loved ones who have been affected by coronary heart disease. They also see the benefits to our school provided by the American Heart Association through sports equipment and educational materials. The local AHA representatives have been very visible at our events and this also conveys national significance to our work. Formal awards are presented to students at our Academic Awards Assembly.

Community grants and volunteer services built our school ropes course, funded our canoeing program, and are helping our winter activities program. Students need role models demonstrating how dreams are realized through collaborative efforts. I have written numerous grants, which have helped me articulate the importance of what I teach. I like to emphasize the practical application of physical education and health. The efforts and actions of each student have a direct impact on themselves and others either positively or negatively. Pointing out the connections help students make positive choices. For example, while canoeing, picking up litter while walking to and from the launch site promotes environmental stewardship. Food drives and volunteering at the local soup kitchen helps students understand proper nutrition and the need for basic food staples. Bringing in guest speakers and going on field trips promote aspirations and a broader understanding of community resources and services.

Community service, physical fitness, and having fun all add up to a great Jump Rope for Heart Event. ♥





Front, left to right: Vivian Bibler, Brooks Johnson, Val Rossman, David Norwood;

Back, left to right: Brady Byers, Jackie Clark, Bob Melson, Jen Neubauer

JRFH/HFH Grant Recipients Announced

The JRFH/HFH Grant Program began its inaugural year with a bang. More than 450 grant applications were received by the December 15th deadline. Recipients received a grant worth \$2,500 – \$1,200 in US GAMES gift certificates and the remaining \$1,300 for professional development (convention registration costs, membership, and travel to the AAHPERD National Convention in New Orleans). The following are the 2004 JRFH/HFH Grant Recipients:

Vivian Bibler	Northwood Elementary	Ohio
Brady Lynn Byers	Keaukaha Elementary	Hawaii
Jackie Clark	Washington Elementary	Wisconsin
Lori S. Dunn	Hazen High School	Washington
Donna Gunn-Newkirk	Westosha Special Education Alliance	Wisconsin
Brooks Johnson	Mason County Central Elementary Schools	Michigan
Jen Neubauer	Oak Ridge School	Iowa
David Norwood	General Bryant E. Moore School	Maine
Val Rossman	Coburn Accelerated Elementary	Michigan
Rick VanDis	Comstock North Elementary	Michigan

Congratulations to those that received the grants and thank you to all those that applied! We appreciate all that you do for the JRFH and HFH programs and we look forward to offering this program again next year. ♥

JUMP ACROSS THE NATION

JAMISON ELEMENTARY HOPS, SKIPS AND JUMPS ITS WAY TO 1ST YEAR SUCCESS!

Written by: Joe Trotto, Schoolsite Director
Penn-Del Affiliate

What makes a great Jump Rope for Heart event? It takes preparation, dedication and a little bit of ingenuity. All three of these characteristics were evident in the Jamison Elementary School 1st ever Jump Rope for Heart event. Jamison Elementary raised an amazing \$29,500 to help the American Heart Association fight heart disease and stroke!

For me the anticipation of the upcoming Jamison Elementary event was overwhelming. This was my first event of the 2004 season since being diagnosed with congestive heart failure over the holidays.

Upon my arrival at Jamison Elementary, the volunteer physical education teacher, Carrie Hegen, greeted me. Carrie headed this year's Jump Rope for Heart event with support from school staff and administration. Carrie had the gym

“really jumping” on this day, as the students jumped to their favorite tunes.

Second, third, fourth and fifth graders participated in this year's Jump Rope for Heart. The grades jumped in the gym in 40-minute sessions. They were divided into teams of six. Then the fun began! The event was held during the school day and it really generated a party atmosphere. The Jamison Elementary parent's organization donated healthy snacks and the school staff showed their support by jumping with their students and helping count the money. As a first time school, Jamison Elementary used many of the “old tricks” for promoting their event, such as: creating a Memory Wall by having each student write the name of a family member or friend who has had car-



diovascular disease on red hearts. Carrie showed the new “Jump Rope for Heart” video to each class when passing out the collection envelopes, and there was a heart-healthy poster contest.

American Heart Association volunteers are known for their hard work, creativity and commitment. Along with these qualities, Carrie's leadership played a major role in the success of Jamison's first event. Congratulations Jamison Elementary and thank you for your support of Jump Rope For Heart. Your efforts make a significant difference in the battle against heart disease and stroke. ♥

Breck School Students Get Jungle Fever

By: Chris Ohm, Department Head - Physical Education/Health
Breck School, Minneapolis, MN

With the increase of obesity and heart disease in the United States, 3rd and 4th grade students from the Breck School in Minneapolis, Minnesota set out to show their support for the American Heart Association and Jump Rope for Heart with this year's theme “Jungle Jump”. Last year, the two grades raised \$10,200. The goal this year was \$10,400. By the end of the event the goal was not only met, but contributions were well over \$11,500 and rising! American Heart Association Representatives Linda Dailey, Senior Vice President of Youth Markets, and Kristi O'Keefe, Youth Market Director of the Twin Cities, helped the 180 students kick off the event. “Our school is aware of the importance of physical education and health”, said Chris Ohm, Department Head of Physical Education/Health Breck School. “By showing our support of worthy causes such as Jump Rope for Heart, our students not only gain a sense of service to the community, but they also end up making healthy lifestyle decisions”. ♥



GRANT RECIPIENT PERSPECTIVES

AAHPERD Convention: A Wonderful Experience

By: Brooks Johnson, Physical Educator and JRFH Coordinator
Mason County Central Elementary Schools, Scottville, Michigan

Being selected as one of ten AAHPERD JRFH/HFH grant recipients is a great honor. After meeting all of the recipients at the AAHPERD National Convention, I felt humbled. Each and everyone one of our reasons for applying was different and each of our specific teaching situations was very different as well. I greatly appreciate this opportunity! My students will not only benefit from the equipment that will be purchased, but also through the opportunity I had to grow as a teacher and a professional at the AAHPERD National Convention.

I have always wanted to experience the National AAHPERD Convention, but with funds being so tight I never figured it would become a reality. What an amazing experience the AAHPERD JRFH/HFH grant gave me! The National Convention in New Orleans, LA was everything I thought it would be and more!

The convention was fantastic! Many new ideas were shared by not only presenters, but through networking with other professionals from across the country. The collaboration that I was a part of was priceless and the number of educational sessions offered was outstanding.

The JRFH 25th anniversary celebration was a highlight of the trip! The first part of the evening was a fantastic reception for all those who have ever been involved with the Jump Rope For Heart program. The food was outstanding and camaraderie great fun...and this was followed by an all convention dance that had an exceptional band! As part of the celebration, there were performances by several JRFH demonstration teams and a wonderful performance by Rene Bibaud, who is always mesmerizing to watch!

I am the first elementary P.E. teacher to be hired in my district in 20 years. I am currently in my 6th year of teaching here and the 20 years prior gave children little opportunity for any type of movement education. When the PE program was reinstated in 1998 there was minimal equipment. Over the last 5 years I have been able to build up a small amount of equipment, but the past two years all P.E. funding has either been lost or frozen due to budget constraints.

I work in three elementary buildings and service upwards of 550 students per week. The money received through this grant will allow me to buy enough equipment so that each student has optimal time on task. With limited equipment and space, this can be a difficult task. I currently have equipment being shared not only among class sizes of 25-35 but also within three elementary buildings. Two of the buildings that I service do not have facilities — students are bussed to a gym we rent. My van is constantly full of PE equipment as I carry it from school to school.

It is wonderful to see grant money coming back into the communities — what a commitment to help us fight the obesity epidemic! These funds truly help in times when dollars are difficult to come by. I look forward to purchasing heart rate monitors and pedometers for the children to use and plan to use some of the money to buy equipment for a pre-K curriculum that I will be starting next year.

I would like to take this opportunity to thank AAHPERD for this wonderful opportunity. The money is much needed and greatly appreciated and the convention was tremendous! What a wonderful opportunity you gave to the ten grant recipients. Thank you again! ♥

Convention Reflections

By: Rick VanDis
Comstock North Elementary,
Comstock, MI

Where else can you find so many people walking around in tennis shoes? Where else do you find people more passionate about their profession? Where else can you find a group of people that have such a positive attitude? You can find them at the National AAHPERD Convention in New Orleans, or, as the locals say, “Nawlins”! The most impressive aspect of the convention was the variety of sessions one could attend. Whatever your “specialty” was, there was data, activities, and techniques you could take home with you. I used ideas I learned from the convention the very next day I taught!

The vendors at the expo were knowledgeable and helpful. How many times have you looked at a catalog and had questions about a product? I was able to get answers to my questions instantly.

As a result of my experience, I plan on doing an in-service with the other P.E. teachers in my district so their students can also benefit from the knowledge I received at the convention. I am humbled and grateful for the experience I received by winning the AAHPERD JRFH/HFH Grant. My students will soon benefit from the US Games gift certificate and the new equipment I will purchase to enhance my physical education program. They’ve already benefited from the professional development opportunity I’ve received!

Somehow I will find a way to the Chicago convention. I would encourage anyone that has never gone to the convention or anyone needing renewed passion in his or her profession to go to Chicago next year! ♥