

# NEWSLETTER

## Kentucky Association for HEALTH, PHYSICAL EDUCATION RECREATION and DANCE



FALL 2015

## ***“Challenge, Change and Opportunity”***

**KAHPERD Annual Convention**

**November 15-17**

**Embassy-Suites Lexington, KY**



### **Vicki Johnson-Leuze, President**

It is hard to believe it is time to make plans for the 2015 KAHPERD Fall Convention. I hope each and every one of you had an awesome 2014 - 2015 school year and are ready to embark on the 2015 – 2016 school year with enthusiasm.

The theme of this year's Convention, is “Change. Challenge. Opportunity.” As educators we face changes within our district and our schools. We are challenged by new curriculum, new faculty and administrations and new students. Yet with each of these, we take on the opportunity to grow as an educational professional and to make our profession and association proud. The site of the 2015 KAHPERD Fall Convention is the Embassy Suites in Lexington, Kentucky, November 15 – 17. We will have a pre-convention workshop for Professional Development credit on Sunday night and the convention kicks off with sessions on Monday and Tuesday. I am very happy to announce that Dr. Bryant Stamford will be joining us as our keynote speaker on Monday at our General Session. Dr. Stamford's columns from the *Louisville Courier Journal's Body Shop* appear weekly and are a great resource for health and physical education teachers as well as the general public. There will be an evening reception for convention guests each night and a hot, cooked-to-order breakfast each morning for all persons who stay at the hotel.

Thank you in advance for your support and help to make our 2015 KAHPERD Fall Convention great. Save the date: November 15 – 17, 2015.



### **Charla Tedder (Parker) Kranke**

**SHAPE America (formerly AAHPERD)  
High School Physical Education, SHAPE  
America Southern District and  
NCAAHPERD-SM Teacher of the year**

Charla was the 2013 National HS PE Teacher of the year (TOY), Southern District TOY and 2013 NCAAHPERD HS TOY. Charla retired in July 2014 after 31 years of teaching and coaching. Charla enjoys presenting at the state and district conferences on Assessments, Common Core and Teaching Models (especially Sport Education). Charla is an advocate for the Sport Education Model. She feels the self, peer and teacher assessments of this model work for students of all levels. This model will be an asset to adding common core, National Standards and assessments to any curriculum. Contact Charla for any assistance with writing curriculum or presentations. [charlaphysed@gmail.com](mailto:charlaphysed@gmail.com) and website <http://charlaphysed.weebly.com>.

Mark your calendars! Charla will be presenting three sessions:

1. Sport Education: A Teaching Model That Never Grows Old!
2. Standards Based Instruction/Assessments Made Simple and Fun
3. Implementing Formative Assessments in Your Daily Physical Education Program!

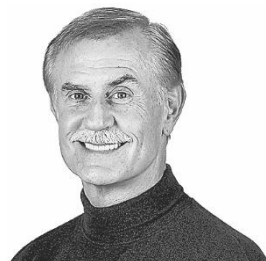
**KAHPERD Student Leadership Conference  
University Of Louisville  
October 2-3, 2015**

## CONVENTION NEWS

### KEYNOTE SPEAKER

**Bryant Stamford, Ph.D**

**Hanover College**



Dr. Bryant Stamford will be our Monday General Session keynote speaker. Dr. Stamford currently serves as Professor of Kinesiology and Integrative Physiology at Hanover College in Hanover, Indiana. Dr. Stamford has a Bachelor of Science from Slippery Rock State College and earned his Doctor of Philosophy from the University of Pittsburgh.

Dr. Stamford taught exercise science at the University of Louisville for 32 years prior to joining the faculty at Hanover College. He is a nationally recognized author and a syndicated newspaper columnist. He has also served as an editorial advisor for *Men's Health* and *Men's Fitness* magazines. His weekly column, *Body Shop* appears in the *Louisville Courier-Journal*. His articles on health, nutrition and fitness are great resources for our professional and personal endeavors as members of KAHPERD.

Dr. Stamford's work includes the following: *Fitness without Exercise: The scientifically proven strategy for achieving maximum Health with minimal effort.* (1990)

*Jack Sprat Low Fat diet: A 28 day heart-healthy plan you can follow the rest of your life.* (1995)

*Dr. Bryant Stamford's Weight loss Reader: Some strategies for losing body fat and keeping it off without crash diets.* (2001)

*Dr. Bryant Stamford's Exercise without agony: A common sense lifestyle plan for maximum health with moderate comfort effort.* (2002)

*Lipid Metabolism and Health.* (2005)

### PRE-CONVENTION SPEAKER

**Dayle Hayes, MS, RD**

**President: Nutrition for the Future Inc.**



Dayle Hayes is an award-winning author and educator. Her creativity and common-sense have made her a sought-after speaker across the USA. As

a parent and member of the School Nutrition Association, Dayle is dedicated to making school environments healthy for students and staff. She collected success stories for *Making It Happen*, a joint CDC-USDA project, wrote a chapter on communicating with students in *Managing Child Nutrition Programs: Leadership for Excellence*, and co-authored the August 2014 Position of the Academy of Nutrition and Dietetics: *Nutrition Guidance for Healthy Children Ages 2 to 11 Years*.

In recognition of her professional and volunteer leadership, Dayle has received numerous honors, including Montana Dietitian of the Year and an ADA Excellence in Consultation and Business Practice Award. In January 2012, she received the Silver FAME Award as a Friend of Child Nutrition and FoodService Director magazine named her as one of their 20 Most Influential in the same year. Most recently in 2013, she was honored with a Medallion Award from the Academy of Nutrition and Dietetics and the Montana School Food Service Professional of the Year.

Hayes served on the ADA Board of Directors where she chaired the Public Initiative Team and Technology Task Force. She also is a past president of the Montana Dietetic Association and Past-Chair of the School Nutrition Services Dietetic Practice Group.

**Pre-convention session will be Sunday November 15<sup>th</sup>. Watch enews and [www.KAHPERD.com](http://www.KAHPERD.com) for specific times**

### SPECIAL GUEST PRESENTER

**John Jones**



John is a Physical Education teacher and US Games representative. He teaches high school PE, Health, and Driver Ed just a few miles outside of Washington, D.C in Virginia. He also works as

an adjunct at Northern Virginia Community College and serve as the VP for the General Division of VAHPERD. Teaching experience spans elementary, middle school and high school. As a coach, he has been involved with high school track and field, football and cross country. John's formal education includes a Masters of Education degree in Health & Physical Education from Frostburg State University (MD) and a Masters of Educational Leadership from George Mason University. His wife, Stephanie, an elementary PE teacher, and he are the proud parents of two college-age daughters and are registered foster parents. John's goals include achieving NBCT, CSCS, Google-certified educator and presenting in all 50 states.

Sessions:

- **Quick Games for Fun & Fitness –**
- An evolving collection of over 25 action-packed games! These games are easy to monitor, modified for the inclusion of special populations and work for all ages from preschool to adults.
- **Free Technology to Enhance Teaching**
- Technology is constantly on the move and can be overwhelming. Leave this session with the hands-on experience to improve your program. Novices to experts benefit from the array of free sources.
- **The Big Box of Activities** (elementary focus)
- - Experience self-paced activities which promote skill progressions for hand-eye and foot/eye coordination, manipulative skills, striking skills, targeting and spatial awareness. Stations are designed to emphasize motor learning concepts while allowing one-on-one teacher instruction.

## NEWS FROM YOUR KAHPERD LEADERS



**Jenny Dearden**  
**Executive Director**

I've recently caught myself saying "KAHPERD is on the

move" a lot lately. And...you know what? We are! I hope you will take the time to look carefully at the schedule located in the center of this newsletter for the star-studded lineup President Johnson-Leuze and her team has lined up for you. It is really exciting to see so many professionals from all areas of the HPERD spectrum getting together to share expertise this November. I would be remiss if I did not give a special shout-out to Jim Hinerman who has served KAHPERD as the longest-serving President. He came in and has done everything he could to serve KAHPERD in the best way possible. Jim has meant a lot not only to KAHPERD, but to me as well. With that, I bid him a fond farewell to the Executive Committee. I know we will find another role as I honestly don't know what we will do without him.

We have a lot going on at KAHPERD as we move to update our website and other communication channels, improve member services and be the go-to for all of your professionals needs. As always I look forward to seeing you at the convention. If you need anything do not hesitate to ask. You can contact me at:  
[j.dearden@moreheadstate.edu](mailto:j.dearden@moreheadstate.edu) or 606.424.4137.



**Jim Hinerman**  
**Past-President**

As we prepare for the fall 2015 convention to be held in Lexington I am thankful to have served this

organization for the past "few" years. It has been an honor and a privilege to have been your President. KAHPERD has a group of committed professionals that comprise our board that will serve this body well. Vicki and Jamie have already become immersed into their leadership roles and will continue our fine tradition of quality personnel that want to see our mission and purpose completed. This commitment describes Jenny as well. KAHPERD is, and will be, in very good hands with her at the helm.

One of my charges for this year is to update our Past-Presidents contact information. If you have been a President of KAHPERD, could you take a few minutes to either send me an email or a letter with your home address, telephone number, and your email address to:  
[jim.hinerman@eku.edu](mailto:jim.hinerman@eku.edu) or letter to: 877 Lauderdale Drive, Lexington, Ky. 40515. If you have knowledge of a past president that has moved and might not be receiving this newsletter and are familiar enough with them to send their contact information to me I would be grateful as well.

And finally, I am taking nominations for KAHPERD board candidates. If you would like to run or nominate someone to run please download the form on our web site and send it to me via email.

<http://www.kahperd.com/main/KAHPERD-Officers/Officer-Nomination-Form>

Candidates must be a member of KAHPERD for three years and be willing to commit to a three year window for service for President and 2 year windows for vice presidents, board

members and section chairs.

Good luck this fall and we will see you in November



**Jamie Sparks**  
**President-elect**

**Sound the Drums...**  
**Strong States! Strong District!**



southern district  
convention 2016  
February 10-13 • Williamsburg, VA





## NEWS FROM YOUR KAHPERD LEADERS

### KAHPERD PE SUMMER WORKSHOP WAS A SUCCESS!

On June 15 and 16th PE teachers from around the state gathered in Bowling Green to attend the KAHPERD summer workshop held at Dishman McGinnis school. This two day workshop entitled "Best Practices" showcased some of KAHPERD's Teachers of the Year, as well as other teachers presenting topics on such things as implementing technology into your lessons, sharing new ideas and activities, and the OPEN curriculum sponsored by U.S. Games. It was also a chance for us to network and share our concerns, ideas, and thoughts about PGES and program review.

Thank you to all the presenters and participants for coming to Bowling Green. After these two days we are all ready to implement at least one Best Practice into our curriculum.

-Sue Banister



### Meg Mabry VP Physical Education

Well here we are, school has started and we are implementing our year full of fun and activities. We are

always on the hunt for fresh ideas or ideas with a new twist. Come to the KAHPERD Fall convention and be refreshed. Our committee is composed of a wonderful group of professionals that have lined up great activities. Our committee includes VP, Meg Mabry, Secondary chairperson, Bob Vanbruggen, Secondary Chair elect, Candace Young, Elementary chairperson, Jennifer Ball, Elementary Chairperson elect, MeMe Ratliff, Adaptive chairperson, Kathy Carter, and Adaptive Chair elect, Angela Stark, so let them know how much you appreciate their hard work. We are always looking for great ideas for presenters so contact one of these folks about your ideas for next year. This year we will have ideas not only in physical education but integrating core content into physical education, fitness activities, assessments, and

using our Canine Friends to help teach. What a wonderful line up!

Don't forget that your school gets program review credit for you attending KAHPERD, so sell it to your administrators. It really is a great learning opportunity and learning climate and fun in the process. Hope to see you there.

*Please help us update our  
Past-President Contact list!  
If you are a KAHPERD  
Past-President, please email  
Jim Hinerman at:  
[jim.hinerman@eku.edu](mailto:jim.hinerman@eku.edu)*



### Mike Ballard VP Health

Greetings KAHPERD members. As you receive this issue of the newsletter, most of you will have already started a new school year. While I know this is a hectic time, it is one of renewal and excitement. It also means that the KAHPERD Convention is just around the corner, so you need to make plans to join us in Lexington.

Please take a few moments to look at the highlights of the convention program. We have a diverse schedule of health sessions that should be of interest to our members. Some of these include learning more about the National Health Education Standards, how to answer difficult questions in the classroom, university and community partnerships focusing on health eating, overweight and obesity rates and bod perception, health disparities, how to create a healthy school, complimentary medicine – massage therapy, and cancer screening. There are other sessions that incorporate health and physical education in the classroom. A special thank you is in order for everyone that submitted a topic for presentation. While you are at the 2015 KAHPER D Convention, let us know what sessions/topics you would like to see next year. This will assist the Health Division in being responsive to your needs and providing a quality program.

I would be remiss if I did not recognize Dr. Laurie Larkin. Dr. Larkin is the KAHPERD Vice President-Elect of the Health Division. She was selected as the 2015 SHAPE America Southern District College & University Health Educator of the Year Award winner. She received the award at the 2015 convention in Atlanta. We are proud of you.



### Meet Nicholas Stamm!

Nick is a 14 year old 8<sup>th</sup> grader from Cold Spring, KY, and a student at Campbell County Middle School. Nick is a competitive member of The Team USA Sport Stacking Team, a national team made of the most elite sport stackers in the United States. Nick is the Kentucky state record holder in all sport stacking events (*individual, doubles and relay*) and recently placed 9<sup>th</sup> overall at The World Sport Stacking Association's World Championships in Montreal, Canada.

Nick began sport stacking about 4 ½ years ago. He learned to stack in elementary school in physical education class and on a school sport stacking team at Campbell Ridge Elementary.

Nick describes sport stacking as, “not only a good “brain workout,” but it is a lot of fun”. He adds “it also teaches me to never give up and to persevere to reach my goals”. Since being chosen as a member of Team USA, Nick has had great successes.

Some of these accomplishments from 2014-15 include:

- Currently holds Kentucky state records for all events (3 individual, doubles and relay)
- Bronze Overall Champion in the 2014 AAU Junior Olympics in Des Moines, Iowa (out of over 300 stackers)
- 5 Gold and 2 Silver Divisional Medals in the 2014 AAU Junior Olympics
- 1<sup>st</sup> Place Overall Gold Medal for relay in the 2014 Junior Olympics
- 5<sup>th</sup> place overall in the 2014 World Sport Stacking Association National Championships in Kansas City (out of over 300 stackers)
- 1<sup>st</sup> Place Overall Regional Champion at The 2015 Ohio Valley Sport Stacking Championships in Wheeling, West Virginia

- 1<sup>st</sup> Place Regional Champion at The 2015 Great Lakes Regional and Hoosier State Sport Stacking Championships in Connersville, Indiana
- Set a new 16U Divisional World Record for relay at the 2015 Ohio Valley Sport Stacking Championships
- 9<sup>th</sup> Place Overall at The WSSA World Sport Stacking Championships in Montreal, Canada (250 stackers from 14 countries- invitation only)
- 1<sup>st</sup> Place Overall in the 14U Division at the 2015 World Championships (20 stackers in this division from around the world- 2 of the top 3 fastest stackers in the world were in this age division!)

Nick will be competing in the Junior Olympics on July 30<sup>th</sup> and 31<sup>st</sup> this summer as well as The World Championships in Speichersdorf, Germany April 1<sup>st</sup> –3<sup>rd</sup> of 2016.

This November Nick will be a feature guest at the 2015 KAHPERD convention in Lexington at Embassy Suites, where he will speak about his story and give a demo of his speed stacking skills.

On behalf of KAHPERD we want to congratulate Nick on his accomplishments this far and wish him good luck as he moves on to compete regionally and worldwide! Way to go Nick!

OBIT for JOY HAGER??

## FALL 2015 CONVENTION LIST OF SESSIONS

**PLEASE FEEL FREE TO USE THIS LIST AS A WAY TO SHOW THAT YOU NEED TO ATTEND!!!**

*(This is a draft and subject to change)*

### PHYSICAL EDUCATION

**BASKETBALL FROM A HISTORICAL PERSPECTIVE-** Beth Pyle-Wku Students- Tired of teaching basketball the same way year after year? Teaching the knowledge and skills of basketball through a historical lens can add a welcomed change for both you and your students.

**MERGING PHYSICAL EDUCATION AND MATH-** Joe Debella-Physical Education settings, i.e. gymnasiums and playing fields, provide opportunities to enhance the math skills of all physical education students enrolled in the classes.

**DOING IT ALL, (EXCEPT DODGEBALL) WITH FOAM COVERED BALLS-** George Blessing-Randy Kempke-Utilizing an array of foam balls, participants will explore activities and corresponding assessments for K-12 students focusing on balance, strength, tossing, catching and agility skills.

**BRINGING SHAPE AMERICA SEATTLE CONFERENCE TO KY.** - Candace Young-: I will be presenting everything I learned in Seattle in one presentation. Be ready for a packet with all information (because it would be difficult to show you everything in just one session) accompanied by great new teaching ideas and lessons!

**BLENDED LEARNING: CREATING A BALANCED CURRICULUM OF KINETICS AND ACADEMICS-** Gary Lemke-The future of physical education is here today with the use of blended learning. Discover how forward-thinking physical educators bring physical literacy to life in the real world through relevancy, relationship, and rigor. Learn how a balanced kinetic/academic curriculum ignites student engagement.

**THE PHYSICAL EDUCATION HONOR CODE: DEVELOPING HONESTY AND RESPECT THROUGH COMPETITION-** Rick Ferkel-The premise behind the Honor Code is empowering students the responsibility of making decisions, with honesty, and the other students being respectful of those decisions.

**ACTIVITIES AND ASSESSMENTS-** Cody Hinton-Stephanie Wooten Burnett-University of Louisville MAT students will present new ideas for activity and assessment in the class room.

**CANINE CONNECTIONS-** John Ferguson-The use of Registered Pet Therapy Dogs in elementary physical education classes and activity sessions with special needs populations. The canines are used to demonstrate certain motor skills, assist with motivation and the performance of selected locomotor, non locomotor and manipulative activities. ABBY & HALEY also are Reading Education Assistance Dogs (R.E.A.D.) and Animal Assisted Physical Therapy Dogs (A.A.P.T.). Come see the “pawsabilities” for physical education!

**HEALTH RELATED FITNESS-DO IT DAILY-** Sally Hope-Health-Related Fitness activity ideas to get your elementary and secondary students moving! Featuring Instant activities, games and dances. Join the fun!

**ACTIVITIES FOR BUILDING LEADERSHIP-** Jenny Dearden- & Morehead State University Students- Morehead State University Health Promotion students will take you through several activities that can be used in the physical education and/or health classroom to build student leadership skills. Activities will be applicable to all levels with included modifications.

**MODIFY! TEACHING EXERCISE FOR MULTI LEVEL CLASSES-** Gina Blunt And Monica Magner-Learn creative ways to modify strength training exercises to challenge all participants in one class. We will discuss ideas for elementary through adult fitness classes.

**IT'S ALL FUN AND GAMES UNTIL SOMEONE GETS HURT-**Lauren McCooy-A discussion of liability issues affecting physical education, including information on what can be done to prevent and successfully defend against any legal challenges.

**INTRODUCTION TO GEOCACHING AND MUNZEE-** - Jenna Woosley-Darren Smith- - Bring your smart phone, and sense of adventure!

**DISC GOLF A LIFETIME SPORT-** TJ Knox- Showing how to implement the lifetime sport of disc golf into our PE classes at all age levels, the benefits of the sport, the opportunities of the sport, and how to get started in your school.

**KENTUCKY CUP STACKING MULTIPLE RECORD HOLDER –** Nick Stamm (DEMONSTRATING)

**BEEP BASEBALL-AMERICA'S FAVORITE PASTIME FOR IND. WITH VISUAL IMPAIRMENT-** Louisa Summers- You think you are a home run hitter? Come try and hit a beeping baseball blind. Come learn the rules, skills, drills, and needed to play this fast paced exciting sport. Great for students of all ages and ability levels.

**LET'S MOVE ACTIVE SCHOOLS (LMAS)-** Deborah Campbell-review website and share success stories.



### *NEW ACTIVITIES FROM THE STAMPEDE AND YOUNG ELEMENTARY*

**PARTNERSHIP**-Laurie Workman-Physical and mentally challenging activities to be used during PE classes, field day and in the stampede races.

**ADAPTIVE PE: THE POSS-ABILITIES ARE ENDLESS** – Dave Wickstrom- During this session, educators will learn about how to adapt their PE curriculum to their students with disabilities. Educators will also learn about simple modifications they can make to ensure all children are included in their activities.

**ENDURING SKILLS**- Deborah Campbell/Kendra Arnold- open discussion about “enduring skills” and student growth goals.

**QUICK GAMES FOR FUN AND FITNESS**- John Jones- An evolving collection of over 25 action-packed games! Ice breakers, time fillers and complete lessons that promote cardio fitness, critical thinking, motor learning and teamwork. Play inside or outdoors with minimal equipment. These games are easy to monitor, modified for the inclusion of special populations and work for all ages from preschool to adults. People love these games!

**THE BIG BOX OF ACTIVITIES**-John Jones- (elementary focus) - Experience self-paced activities which promote skill progressions for hand-eye and foot/eye coordination, manipulative skills, striking skills, targeting and spatial awareness. Stations are designed to emphasize motor learning concepts while allowing one-on-one teacher instruction

**FREE TECHNOLOGY TO ENHANCE TEACHING**-John Jones- Technology is constantly on the move and can be overwhelming. Leave this session with the hands-on experience to improve your program. Novices to experts benefit from the array of free sources. Laptops and cell phones are helpful, but not required.

**THERE IS A DEAF KID IN MY PE CLASS?** - Mandy McCann-

**STANDARDS BASED INSTRUCTION/ASSESSMENTS MADE SIMPLE AND FUN**-Charla Tedder Krahnke- Come join the 2013 National High School TOY for a fun standards-based Ultimate Frisbee lesson, including fitness, assessments, practice with a purpose drills, and teaching games for understanding. Participants will take away information, which can be put into action immediately as well as to be offered ongoing assistance after the convention. Grades 6-12.

**SPORT EDUCATION: A TEACHING MODEL THAT NEVER GROWS OLD! (THE SPORT EDUCATION MODEL IS FOR FITNESS, LIFETIME OR TEAM ACTIVITIES.** – Charla Tedder Krahnke- Would you like to be able to improve class behavior and attendance, make students responsible for their own learning, and add peer, self and teacher assessments to your curriculum? The Sport Education model can do this as well as include all National Standards. **Speedball** activities will be used to show these assessments and Sport Education in action. Follow up on the workshop with Sport Education Seasons and personal assistance. Use this model immediately in fitness, lifetime or team activities grades 4-12.

**IMPLEMENTING FORMATIVE ASSESSMENTS IN YOUR DAILY PHYSICAL EDUCATION PROGRAM**-Charla Tedder Krahnke- Large groups/Badminton activities are used to implement assessments into your daily physical education program. Formative assessments do not have to be difficult for teachers and students alike. Join us to find some easy solutions to this common problem. Badminton will be used to show how simple it is to add assessments and assist in meeting the standards for student learning.

**FUTP 60-GRANTS AND STRATEGIES**-K. Belcher, M. Turner and D. Coots-Learn about the nation’s largest in-school health and wellness program, FUEL Up to Play 60 and how to use the program’s free resources to make school wellness a reality at your school. The Fuel Up to Play 60 team will show you how to use the School Wellness Investigation to create goals for your Comprehensive School Physical Activity Program (CSPAP) and apply for funds to implement activities. You will also learn how to connect Fuel Up to Play 60 healthy eating activities to KY Program Review demonstrators.

**FUTP 60- MAKING SCHOOL WELLNESS A REALITY**- K. Belcher, M. Turner, Panell Learn about Fuel Up to Play 60, a nationwide program designed to help students, working with adults, make themselves and their schools healthier. Hear from a panel of your colleagues sharing ideas on how to: Involve students, adults, and community, Utilize the program to implement school wellness policies, Work with nutrition services on healthy eating plays, such as Grab ‘n Go Breakfast/Smoothies, Secure resources for physical education activities

**SUPPLEMENTING PHYSICAL ACTIVITY WITH TECHNOLOGY: GAIN FIRST HAND EXPERIENCE WITH THE ACTIVITIES**

## **DANCE**

**DANCE MADE EASY**-Jamie Johnston & Meg Mabry - This session will include easy to teach dances, that students enjoy. Participants will learn simple ways to teach dance vocabulary and standards all while teaching these basic dance movements and dances. Scatter formation square dance is one type of dance that will be taught, which helps make any square dance much easier to learn. Come join us for some dancing fun!

**FUN AND EASY LINE DANCES TO ADD TO YOUR CLASSES**- Marianne McAdam Learn several simple line dances for students of all ages and ideas on how to guide the students to

create their own!

**BELLY DANCE FOR FITNESS-** Nashwa Cahill- An introduction to the basic moves and implementing new techniques to tone muscle, increase flexibility and a great approach to relief stress for you and your students".

**FOLK DANCE AMPLIFIED-** Lydia Austin-Uk Students- Bring your dancin' shoes and thinking caps! We will learn (or brush up) some traditional folk dance, and then work on using those dances as framework or inspiration for more student choreography.

**NEW DANCE STANDARDS: DON'T FREAK OUT!-** Lydia Austin & Rebecca Stephenson- Let's take a look at the new dance standards and how to address them by fitting new and adapting old lessons into your plans! We will look at assignments and ways to assess student work.

**CREATIVITY AND IMPROVISATION AS EXERCISE-** Susie Thiel- : We will embrace the art of creativity and improvisation. Through these movement explorations exercise occurs; a great way to sneak in cardio and physical activity!

**STUDENTS LEARN PHYSICS WHILE HAVING FUN-** Marianne Mcadam- Through movement students learn the basics of angular momentum, centrifugal force, placement of the center of gravity for balance, inertia etc. Come and "play" and learn at the same time!

**NATIVE AMERICAN DANCE: A LIVING ART-** Rayma Beal- North American Indian dances and rituals responded to the needs of the people who lived in a simpler society. Session will explore three traditional dances.

## SPORTS MANAGEMENT-EXERCISE SCIENCE-RESEARCH

**THE PRICE TAG OF A REGIONAL UNIVERSITY'S ATHLETIC SPONSORSHIP DEAL-** Steve Chen-Eric Street- This presentation will provide information of local and community vendors' willingness and motivation for supporting adjacent small and regional collegiate athletic programs.

**SOCIAL MEDIA AND RELATIONSHIP MARKETING IN SPORT AND RECREATION-** Tricia Jordan And Paula Upright- Concepts associated with relationship marketing and social media will be examined to help sport/recreation professionals integrate social media into their strategic organizational communication.

**THE ACCURACY OF MICROSOFT BAND AND OTHER ACTIVITY TRACKERS-** AJ Mortara- discuss the various commercial physical activity trackers currently available. Their accuracy against indirect calorimetry will be discussed during steady state and interval exercise.

**THE TRANSFERENCE INDEX AND USES WITH WORKING ATHLETES AND INDIVIDUALS-** Michael Lane- The transference index is the relationship of a trained element to overall performance. Understanding how these relationships work and change with time is of great importance.

**PROGRESSIONS AND REGRESSIONS WORKING WITH A VARIETY OF PEOPLE-** Michael Lane- Adapting training programs according to a variety of needs and abilities.

**FLIPPED INSTRUCTION: IS IT WORTH IT-** Dayna Seelig/Gina Gonzalez/Monica Magner- Flipped instruction is considered a trend in 21st Century Classrooms. This presentation will discuss how flipped instruction can enhance student learning and provide for a stronger learning platform that is more productive for both the student and faculty member. Specific examples will be provided for health, exercise science and nutrition as well as student perceptions both pro and con.

**PERCEIVED EXERTION (RPE): APPLICATION AND MEDIATING FACTORS-** Matt Green- RPE (Ratings of Perceived Exertion) offers a model for subjective estimation and regulation of exercise intensity and has been expanded to include perceptually-based assessment of the global feelings of difficulty of an entire exercise bout (known as Session RPE). This presentation will focus on development and application of RPE scales and factors which mediate perceptual responses to exercise.

**CREATIVE LINES OF RESEARCH AND UNIQUE CAREER PATHS IN EXERCISE SCIENCE-** Matt Green- Research in Exercise Science frequently centers on projects having close links with sport performance and health. However, there are novel areas of inquiry which provide interesting avenues for scholarship. Likewise, hidden career opportunities exist for individuals who are well-credentialed in Exercise Science. This student-centered presentation will discuss uncommon research pursuits and atypical career tracks.



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## HEALTH

**OVERWEIGHT AND OBESITY RATES, BODY IMAGE PERCEPTIONS AND HEALTH DISPARITIES AMONG LESBIAN WOMEN-** Patty Cowley and Kristi King  
Research indicates that lesbian women have high rates of overweight and obesity and positive body image. Intervention strategies to address health disparities are discussed.

**UNIVERSITY AND COMMUNITY PARTNERSHIP TO PROMOTE HEALTHY EATING AMONG CHILDREN AND ADOLESCENTS-** Elizabeth Fettrow- describe a unique university-community partnership established to help promote healthy eating behaviors among children and adolescents during the summer months. In addition to describing the four-week program, this session will provide advice for teachers and university professionals on how to establish productive and meaningful relationships with community constituencies.

**HOW TO ANSWER DIFFICULT QUESTIONS IN THE HEALTH EDUCATION CLASSROOM-** Jessica Lawrence- Has a student ever asked a challenging question in your health education classroom? Have you been prepared to answer it effectively? Engage in a variety of activities that will support teachers in the classroom around answering personal, fact or value-based questions appropriately.

**GET TO REALLY KNOW THE NATIONAL HEALTH EDUCATION STANDARDS-** Jessica Lawrence- You may now the 8 National Health Education Standards and teach to them regularly, but this workshop will allow you to become even more familiar to both teaching them and assessing student knowledge and skill gain around them.

**CREATING A HEALTHY SCHOOL ENVIRONMENT-** Angela Stark-Lisa Hager- Creating a healthier school environment can be challenging, but with a few strategies you can make some quick easy changes to implement this school year.

**COMPLIMENTARY INTEGRATIVE MEDICINE-MASSAGE THERAPY-** KK- This presentation will be about massage therapy. Its role and benefits in standardized healthcare as CAM practices become an integral component towards a patients well-being and recovery; in prevention and pain management.

**KENTUCKY COLON CANCER-SCREENING PROGRAM IDENTIFICATION OF RISK FACTORS TO TARGET A SCREENING POPULATION.** - Stephanie Smith-Derek Holcomb- Identification of risk factors to provide FIT testing/colonoscopy as first line of CRC screening is effective in providing screening to an underserved population cost efficiently.

**KEEPING OUR PROFESSION ALIVE-** Vicki Johnson-Leuze- An overview of strategies and ways we can support our pre-service teachers and novice teachers in the profession. We need to be actively engaged in supporting our up and coming future professionals and providing assistance as they progress through the careers.

**PROMOTING STUDENT ENGAGEMENT THROUGH ACTIVE LEARNING-** Nancy Neufeld- Students learn by doing, acting, creating, collaborating and problem solving. Come learn how The Great Body Shop, a comprehensive health curriculum for PK-8th grade, promotes active learning in every lesson!

**DEVELOPMENT AND IMPLEMENTATION OF A GREENWAY ORGANIZATION IN A SUBURBAN COMMUNITY-** Jennifer Pitchford and Kristi King- Analysis of interview, observation, survey and demographic data suggest that the grassroots development of community greenways can improve health when implemented within an ecological framework.



KENTUCKY has more than 50% of its schools registered with **Let's Move** active schools. Go to [letsmoveschools.org](http://letsmoveschools.org) to see if you are registered. For questions, email Deborah Campbell at [Deborah.Campbell@madison.kyschools.us](mailto:Deborah.Campbell@madison.kyschools.us).



**Amber Amstutz**  
**Hoops for Heart Coordinator.**

It's a new school year and I hope you are already planning your Hoops for Heart event for the 2015--16 school year!! I am here to help get your event off the ground. So h e r e are your American Heart Association area Hoops/ Jump coordinators. Below is a list of the representatives and the areas they cover. They are the EXPERTS and can get you everything you need to host a successful event, as well as answer any questions you may have. Thanks to all who have hosted and continue to host events in your schools! If you have never hosted and are thinking about it, please don't hesitate to contact me for support!

**HOOPS FOR HEART**     *Amber Amstutz,* **amber.amstutz@campbell.kyschools.us**

**AHA Kentucky Youth Market Directors**

**Matt Wilhelm**

Matt.Wilhelm@heart.org • 859--814--9619

*Boone, Bracken, Campbell, Carroll,  
Gallatin, Grant, Henry, Kenton, Lewis,  
Mason, Owen, Pendleton, Robertson,  
Trimble*

**Erika Furlong**

Erika.Furlong@heart.org • 502--371--6002

*Adair, Breckenridge, Casey, Green, Hardin, Larue,  
Marion, Meade, Mercer, Nelson, Pulaski, Spencer,  
Taylor, Washington*

**Deanna Keal**

Deanna.Keal@heart.org • 502--371--6027

*Bullitt, Jefferson, Oldham, Shelby*

**Lydia Pruitt**

Lydia.Pruitt@heart.org • 304--544--3164

*Boyd, Carter, Elliott, Floyd, Greenup, Johnson,  
Lawrence, Martin, Pike*

**Haley Mefford**

Haley.Mefford@heart.org • 270--776--7559  
*Allen, Ballard, Barren, Butler, Caldwell, Calloway,  
Carlisle, Christian, Clinton, Crittenden, Cumberland,  
Davies, Edmonson, Fulton, Graves, Grayson,  
Hancock, Hart, Hickman, Hopkins, HOOPS  
Livingston, Logan, Lyon, Marshall, McCracken,  
McLean, Metcalf, Monroe, Muhlenberg, Ohio,  
Russell, Simpson, Todd, Trigg, Warren, Wayne,*

*Webster*

**Courtney Becton**

Courtney.Becton@heart.org • 859--317--6882

*Anderson, Bath, Bell, Bourbon, Boyle, Breathitt,  
Clark, Clay, Estill, Fayette, Fleming, Franklin,  
Garrard, Harlan, Harrison, Jackson, Jessamine,  
Knott, Knox, Laurel, Lee, Leslie, Letcher, Lincoln,  
Madison, Magoffin, McCreary, Meniffee,  
Montgomery, Morgan, Nicholas, Owsley, Perry,  
Powell, Pulaski, Rockcastle, Roman, Scott, Whitley,  
Wolfe, Woodford*



**HOOPS**

Be a part of the mission of the American Heart Association by participating in Jump Rope for Heart or Hoops for Heart this year! Both are FREE programs that give you access to curriculum, resources, US Games certificates and lesson plans. PLUS it raises money for the life-saving mission of the AHA. To find your Youth Market Director, See above.

Our mission is to build healthier lives, and we are doing that by partnering with PE teachers like YOU who educate our children about why being healthy is important. We want to be a resource for you to help you teach your students how to lead a healthy lifestyle. Your Youth Market Director will work with you year round to plan and implement your Jump Rope for Heart program and event. Plus, it is lots of FUN! It builds leadership skills, raises money to fight against our nation's number one cause of death, and helps with program review in multiple ways.

The American Heart Association would love to see every school in Kentucky participate this year. How you can help:

- 1. Register your school by contacting your JRFH representative.
- 2. Already signed up? Awesome! Know any schools or PE teachers that haven't? Let us know! We want to reach out to them and get them registered.
- 3. Stay in touch with your Youth Market Director, we are here to help! Let us know if you have questions or changes, we will be seeing you all very soon!—Haley Mefford

## HOOPS FOR HEART —*HEAR YE HEAR YE – THE PUPPIES ARE COMING, THE PUPPIES ARE COMING!!*



**Joy Heines – Kentucky State Jump Rope for Heart Coordinator.**  
**Joy.heines@jefferson.kyschools.us**

Who Let the Dogs Out? The American Heart Association will be letting out millions of puppies this Jump and Hoop season! Each puppy will have a healthy theme and a poster that will be bright and colorful to explain each one. The stickers will be placed in a dog park this year.

The A.H.A and Shape America want to encourage coordinators to use the on line ordering system to help speed up the process of shipping out the prizes. If you are not currently placing your orders this way I hope you will consider trying it this year.

Why host an event?

1. You are teaching students about helping others in the form of community service.
2. You are teaching them about healthy life choices.
3. You are teaching them about the #1 and # 3 killers in our country.
4. You get excellent teaching materials and lesson plans.
5. You can earn a voucher for Physical Education equipment.
6. You get free membership into KAHPERD!
7. If your school raises over \$2000 you will receive a membership into Shape America.



**JUMP**

I hope you will consider letting the” puppies” out in your school this year. If your school has not held an event in the last 2 years please contact me for more information.





## KAHPERD HONOR AWARDS NOMINATIONS

\_\_\_\_\_ **Mustaine Award** – This is the highest honor that KAHPERD

bestows. The recipient should have been recognized at some earlier date. It should be an award of great honor and the person must be carefully chosen.

\_\_\_\_\_ **Life Member Award** – This is awarded to someone who has had a long period of service (at least ten years) or who may have retired. It recognizes distinguished service to the profession.

\_\_\_\_\_ **Distinguished Service Award** – This is awarded to members of KAHPERD in recognition of meritorious service over an extended number of years.

\_\_\_\_\_ **Merit Award** – This is awarded to members and non-members of KAHPERD. It is to recognize merit in the fields of HPERD and fields of allied interests. It may be presented to persons, schools or institutions/corporations.

Date Submitted: \_\_\_\_/\_\_\_\_/\_\_\_\_

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

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

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

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

Nominee Address: \_\_\_\_\_

Nominee Phone: \_\_\_\_\_ (work) \_\_\_\_\_

(home) \_\_\_\_\_

**Justification for the Award:** For the committee to consider the nominee we **MUST** have one **FULL typewritten page** of specific information that justifies why this person is deserving of the award.

### Mail completed information to:

Sue Banister

1704 Harmony Way • Bowling Green, KY 42103 • [sue.banister@twc.com](mailto:sue.banister@twc.com)

Online forms are available at [kahperd.com](http://kahperd.com) under Hono

**All Nominations must be received  
by September 15, 2015**



## Teacher of the Year Awards (TOY)

### PROFESSIONAL AWARDS

\_\_\_\_ Elementary Physical Educator (K–6) \_\_\_\_ Health Educator (K–12)

\_\_\_\_ College/University Physical Educator \_\_\_\_ Recreator of the Year



\_\_\_\_ Health Educator College/University \_\_\_\_ Middle/Secondary Physical Educator (7–12)

\_\_\_\_ Dance Educator of the Year

### COLLEGE/UNIVERSITY STUDENT AWARDS

\_\_\_\_ Health Student \_\_\_\_ Recreation Student \_\_\_\_ Physical Education Student

### *Information on the Nominee:*

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_

Justification for the award must be submitted along with this form. Check out **kahperd.com** for complete instructions.

Individuals nominated for the above Special Awards should exhibit outstanding qualities in their respective area.

Name of person nominating: \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please refer to the KAHPERD website for complete instructions on the nomination process for special awards. **[www.kahperd.com](http://www.kahperd.com)**

*Nominations should be sent to:* Sue Banister

1704 Harmony Way • Bowling Green, KY 42103 • [sue.banister@twc.com](mailto:sue.banister@twc.com)

*Note: It is possible that every category will not be awarded each year.*

**Nominations are due on or before September 15, 2015**

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# Call for Nominations – Officers

Nominees must: (1) be a member of KAHPERD for three years or more; (2) assume the duties/responsibilities of the office; and (4) **4-year** commitment for President, **3-year** for Vice-Presidents, Board Members-at-Large and Section Chairs (one board meeting the evening prior to the convention, one board meeting immediately following the convention, and three board meetings that are not held in conjunction with the convention — held on Saturdays throughout the year and include one Leadership Workshop in January, one spring board meeting, and one summer board meeting). Any member of KAHPERD may submit nominees for the following offices by sending the names to the address on the bottom of this form. Reproduce this form as needed.

<p><b>President</b> (candidates for 2015)</p> <p>Name: _____</p> <p>Address: _____</p> <p>Email: _____</p>	<p><b>Section Chairs within the General and Physical Education Divisions</b></p> <p><input type="checkbox"/> Recreation    <input type="checkbox"/> Research    <input type="checkbox"/> Sport Mgmt.</p> <p><input type="checkbox"/> Coaching    <input type="checkbox"/> Exercise Physiology</p> <p>Name: _____</p> <p>Address: _____</p> <p>Email: _____</p>
<p><b>VP Physical Education</b></p> <p>Name: _____</p> <p>Address: _____</p> <p>Email: _____</p>	<p><input type="checkbox"/> Elementary    <input type="checkbox"/> Secondary    <input type="checkbox"/> Adapted</p> <p>Name: _____</p> <p>Address: _____</p> <p>Email: _____</p>
<p><b>VP General</b></p> <p>Name: _____</p> <p>Address: _____</p> <p>Email: _____</p>	<p><input type="checkbox"/> Board Member At-Large East of I-65</p> <p>Name: _____</p> <p>Address: _____</p> <p>Email: _____</p>
<p><b>VP Dance</b></p> <p>Name: _____</p> <p>Address: _____</p> <p>Email: _____</p>	<p><input type="checkbox"/> Board Member At-Large West of I-65</p> <p>Name: _____</p> <p>Address: _____</p> <p>Email: _____</p>
<p><b>VP Health</b></p> <p>Name: _____</p> <p>Address: _____</p> <p>Email: _____</p>	

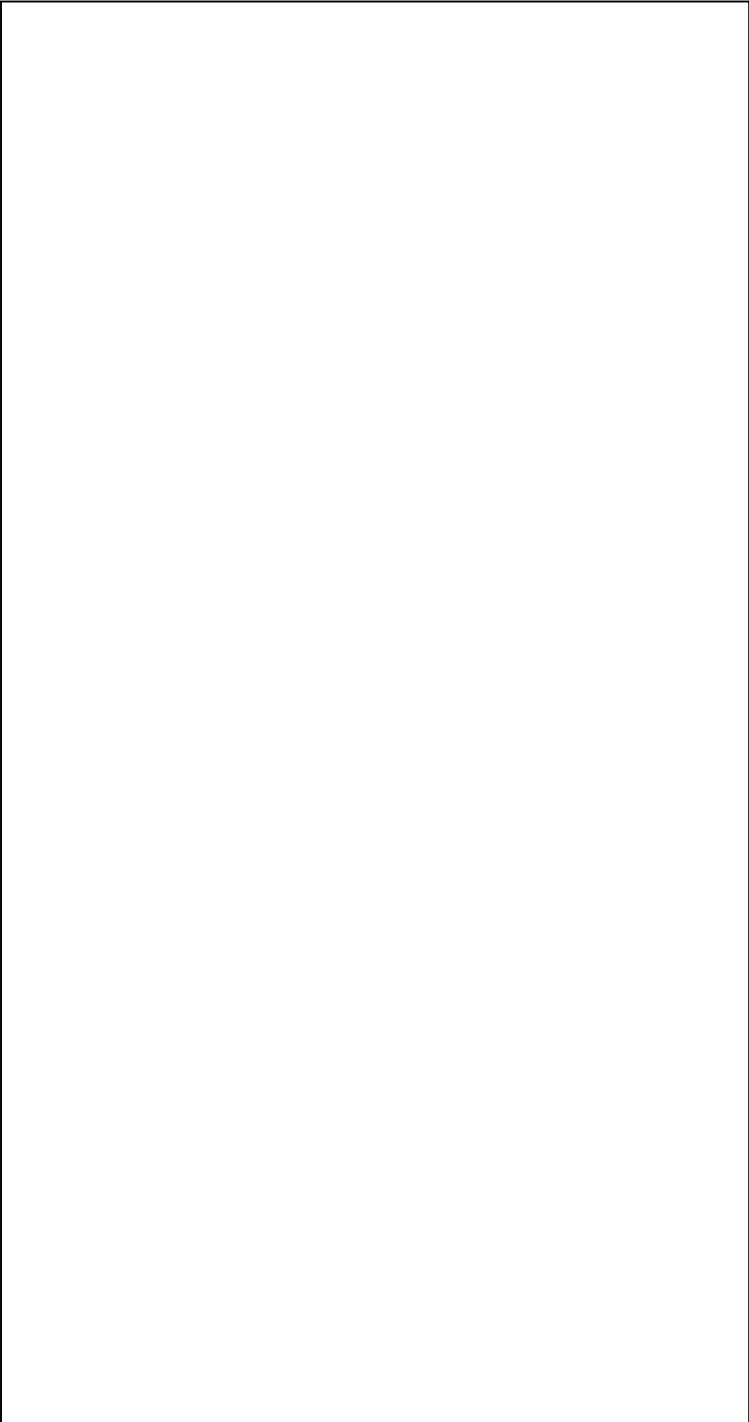
<i>Nominated</i>	<i>by:</i>	Name: _____
_____	Address: _____	
_____	Phone: _____	
_____	Email: _____	

Send to:

**Jim Hinerman**

**[jim.hinerman@eku.edu](mailto:jim.hinerman@eku.edu)**

202A Moberly Building • Eastern Kentucky University • Richmond, KY



# Volunteers Needed

KAHPERD needs volunteers, to serve the association in a leadership role, at the Fall Convention, and at the Summer Physical Education Workshop. The life blood of any organization are the volunteers, and the new ideas they bring.

If you would like to volunteer, please complete the form below or go to **www.kahperd.com**, under About Us.

**Jenny Dearden**

KAHPERD

P.O. Box 509 • Paintsville, KY 42140

**j.dearden@moreheadstate.edu**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP-CODE \_\_\_\_\_

HOMEPHONE \_\_\_\_\_

COUNTY \_\_\_\_\_

SCHOOL/UNIV. NAME \_\_\_\_\_

CITY \_\_\_\_\_

COUNTY \_\_\_\_\_

E-MAIL \_\_\_\_\_

I wish to serve in the following capacity (check all that apply):

- ☐ Leadership Position on Board
- ☐ Fall Convention Worker
- ☐ Summer PE Workshop Worker
- ☐ Summer Health Workshop Worker





*Billie Stone, Silent Auction/Exhibits Manager*

**billie.stone@jefferson.kyschools.us**

*Dates to Remember*

**February 18 – 21, 2015**  
SHAPE Southern District Convention  
Atlanta, GA

**March 17 –21, 2015**  
SHAPE America National Convention  
Seattle, WA

**April 1, 2015**  
KAHPERD Program Session Proposal  
Deadline  
**vicki.johnsonleuze@louisville.edu**  
**www.kahperd.com**

**May 15, 2015**  
Deadline for Fall KAHPERD Newsletter  
**charlow@windstream.com**

**June TBA**  
KAHPERD Board Meeting &  
Summer Workshop  
Bowling Green, KY  
**www.kahperd.com**

**September 15, 2015**  
Deadline for Honor & Special Awards  
Nominations  
**Sue.Banister@twc.com**

Deadline for Officer Nominations  
**jim.hinerman@eku.edu**

## KAHPERD Student Scholarship Fund

The KAHPERD Student Scholarship Fund, initially called the Past-President's Scholarship fund, was formed by Mike Ballard during his Presidency. We would like to "jump start" its usage with this financial campaign. Lonnie Davis, former Executive Director, has graciously challenged the **entire membership** to make a **donation** to the scholarship fund over this next calendar year. Lonnie will match that donation, dollar for dollar up to \$10,000. We currently have \$14,000 as a result of the original \$4,000 in donations, plus a recent Board commitment of \$10,000. A functioning scholarship entity needs \$20,000-\$25,000 before funds from interest would make it possible to award yearly scholarships for two students. We have an Ad Hoc Committee in place to review the procedures and set up the criterion for the scholarships. Our first goal is to make the Scholarship Fund functional with enough money to insure its success over multiple years. If you would like to make a **tax deductible donation** to this fund with a check, please make it out to KAHPERD and print on your information line "**KAHPERD Student Scholarship Fund.**" Please send the check to **KAHPERD, P. O. Box 509, Paintsville, KY 41240**. Thank you!

Sincerely,

Jim Hinerman

[jim.hinerman@eku.edu](mailto:jim.hinerman@eku.edu)

KAHPERD Student Scholarship Fund



KAHPERD  
PO Box 509  
Paintsville, KY 41240

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Cheryl Harlow

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