



COAHPERD Journal

Colorado Association for Health, Physical Education, Recreation, and Dance

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Keystone, Lobby Day, Bolder Boulder

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Charlotte Knauke was honored at the Convention in Keystone for her years of service as COAHPERD's original Webmaster (with Anna Mead).



Representative Nancy Todd and Representative Debbie Benefield.



John Naranjo, elementary teacher of the year, with COAHPERD President Anna Mead.

Message from the Past President

Hello fellow Action Heroes! Thank you to all who attended the Convention in Keystone. We had many quality presenters, and the facility was fantastic – not to mention the beautiful scenery and weather. I hope you are sharing what you learned with colleagues who were not able to attend and incorporating activities and new ideas into your own classrooms.

I have worked very hard to get Dr. JoAnn Owens-Nausler's General Session Speech on a podcast. It is available on our Web site at www.coahperd.org/highlights. The link will take you to iTunes, where you may download the speech. We also have the PowerPoint presentation that she showed with her speech on the Web site. Soon we will have a DVD of her speech on the Web site, for those of you who do not have iTunes.

I would like you to send me any Action Hero stories that you may have. Just because I am no longer president doesn't mean I have given up my dream. Send them to me at meadvolley@mac.com. I know there are more out there to share with everyone all over our great state.

Rick Metz and I have reactivated the Past President's Council. I have sent an initial e-mail out to all past presidents. If you are a past president and didn't receive my e-mail, that means we do not have your e-mail information. Please e-mail me and I will update our information so you may receive future e-mails. Look for the "Where Are They Now?" feature, soon to be included in the *Journal*.

The COAHPERD board continues to work very hard for all of you. Before you know it, we will see each other at Convention 2009! Take care, and keep moving, Action Heroes!

Sincerely,
Anna Mead, COAHPERD Past President

Message from the President-Elect

Greetings, members! I hope you are having a restful and enjoyable summer break. I had a very busy spring. I went to Rochester, Minnesota, for the Central District Convention. Then I spent my spring break at the National Convention in sunny Tampa, Florida. Congratulations to Vicki Worrell from Central District for being elected AAPHERD president. In May, Anna Mead, Karen Marley, Rick Metz, and I participated in the first NASPE Lobby Day in Washington, DC. Please see the detailed report on Lobby Day on page 5.

Are you ready to "Practice your Passion"? Karen Marley and the new executive board have been working hard to develop the convention for this fall. Mark your calendar for the COAHPERD Convention that will be held at the Crown Plaza Hotel in Colorado Springs from Thursday, October 29, to Saturday, October 31.

Last year I was the Advocacy Committee chair so I know a little about what the committee planners have been trying to accomplish. The Advocacy Committee has been working for the last few years to create a school district contacts list to improve communications with the state's school districts. The committee has been e-mailing surveys to district contacts to collect data for COAHPERD Lobbyist Rick Metz to use when he talks to legislators about health and physical education. It would be helpful if you would check with your district PE coordinator to make sure they have supplied us with your district's information. If your PE coordinator is not sure if they are on the list, have them e-mail me at ceellis@aps.k12.co.us or Kenny Webb (Advocacy chair) at klwebb@aps.k12.co.us, and we can check your district off our list.

The Advocacy Committee also created the trifold flier that describes COAHPERD and what a quality PE program should look like (included in your convention packets last year). Feel free to share the flier with other health and PE teachers or administrators in your district to help us recruit new members or to advocate for your program. The advocacy flier is also available on our Web site at www.coahperd.org/advocacy. The Advocacy Committee is also in the process of producing a best practices video that you will be able to use in the future.

There is a Convention Committee that evaluates the last convention and makes recommendations for what needs to be changed or upgraded for the next convention. It is putting the final touches on the program for Colorado Springs.

The Leadership Committee has changed its name to the Oversight Committee. Over the last couple of years, it has been updating and rewriting the COAHPERD constitution, bylaws, and operation codes to which the executive board adheres. This has proven to be a very tedious and ongoing task! I hope we can vote on the final product at the convention this year.

The Professional Development committee and Terry Jones with CDE have been working hard to provide quality professional development outside our convention date. They recently have brought together many PE coordinators from around the Denver metro area. The PE coordina-

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Mark your calendar for the COAHPERD Convention to be held October 29-31 in Colorado Springs.

Check out our upgraded Web site at www.coahperd.org. We also now have a Facebook group in order to improve communication with you.

President-Elect, continued

tors would like to see more of the state's district representatives attend these meetings. Again, check with your district PE coordinator to see if they are on the list to receive professional development information from Terry Jones. If not, have them e-mail Terry Jones at Jones_T@cde.state.co.us. The Professional Development Committee has brought in some high-quality speakers from across the nation to speak about best practices in health and physical education. Terry will be offering a preconvention session at the convention this year for anyone willing to be a district contact person or any of your administrators who would like to learn more about physical education. They have also been working with professional organizations to assist school districts with their Coordinated School Wellness Plans. Please feel free to contact Terry if you have any questions or suggestions.

I would like to invite you to check out our upgraded Web site at <http://www.coahperd.org/>. We also now have a Facebook group in order to improve communication with you. Let us know if you have any suggestions on how we can better serve you as your state of Colorado professional organization for health and physical education teachers. You can assist us by informing your district administration and other district teachers, K-12, about all the work being done on your behalf.

*Thank you,
Clayton Ellis, COAHPERD President-Elect*

COAHPERD Journal Seeks Article Submissions



By Nhu V. Nguyen, PhD, COAHPERD Journal Editor

COAHPERD seeks submissions from members. When submitting an article to the journal, use the following checklist to organize your article submission.

Title of article: Provide a descriptive article title. For example:
Assessment of the Affective Domain in the High School Curriculum

Author name and title: Provide your full name and title. For example:
Jonas Vell, Garth Elementary School teacher, Broomfield, CO
Optional information: brief author bio and/or picture

Content: Keep these points in mind:

Audience: Is the article geared toward elementary, middle, high school, college students or for teachers/practitioners?

Pictures: Include who, what, when, where for the caption. Cite and reference as necessary.

Consider the following focus areas: Research, Newsbriefs, Curriculum, Person Profile

Deadlines: E-mail articles to ncaiozzi@mscd.edu. Indicate in the subject line "COAHPERD journal article submission." Submit articles by the dates listed below:

December 2009 issue: October 23, 2009

April 2010 issue: February 1, 2010

August 2010 issue: June 1, 2010

NASPE Hosts First “Lobby Day” during the National Physical Education and Sport Week

“Lobby Day gave us an opportunity to voice our desire for quality physical education legislation to people who can make a difference in the schools across America.”

*By Rick Metz, COAHPERD lobbyist,
and Clayton Ellis, COAHPERD President-Elect*

The National Association of Sport and Physical Education declared May 1-7 as National Physical Education and Sport Week. One of the activities associated with the week was the first NASPE Lobby Day from May 5-8, 2009, in Washington, DC. The Colorado Association of Health, Physical Education, Recreation, and Dance participated by sending the three current executive board presidents – Anna Mead (past president), Karen Marley (president), and Clayton Ellis (president-elect) – and Rick Metz, COAHPERD lobbyist. A fifth representative from Colorado was Nicole Turner-Ravana (district wellness coordinator from Poudre School District in Fort Collins) who attended on a NASPE scholarship and “Can Do” grant. We are very proud to announce that Colorado had the most representatives for the event, which hosted about 50 colleagues from across the nation. NASPE staff members trained and transported the entire group from Herndon, Virginia, to the Capitol building for a day full of lobbying sessions with Colorado’s representatives and senators.

NASPE hosted a very organized training session during which each representative was given a packet of information that included NASPE’s public policy agenda, a capitol map, contact people for our lobbying meetings, and a handout (termed “leave behind” material) stating NASPE’s



COAHPERD leaders go to Washington for Lobby Day. Pictured are Anna Mead, Nicole Turner-Ravanna, Rick Metz, Karen Marley, and Clay Ellis.

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“Colorado had the most representatives for the event, which hosted about 50 colleagues from across the nation.”

Lobby Day, continued

bills of interest. NASPE Executive Director Charlene Burgeson presented on the FIT Kids Act. Margo Wootan (National Alliance for Nutrition and Activity) presented the piece on school district wellness policies. Bill Sells (Sporting Goods Manufacturers Association) presented the information concerning the increase of funds for the Carol White PEP grant bill. Megan Wolfe (NASPE government relations manager) presented the “whys” and “how to do’s” of our visits to the hill. Then each group’s mission was to plan a presentation about the bills, asking for support and then completing follow-up messages the following week in order to answer questions and again ask for support of NASPE’s legislation.

Each group practiced the presentation including an introduction of its members, bill information sharing, “ask” for support, and closure, which included thanking attendees for their time and again asking for support while pledging to contact them later to answer any questions. Colorado’s delegation performed well. Everyone seemed calm, professional, comfortable, and confident. It was an honor to be with such a high-quality group of leaders. Each member of the group spoke well, and the response from each representative’s and senator’s staff person was positive.

As you are aware, our national leaders are very busy with the budget, safety issues, and home-initiated projects. We were happy to meet with staff members who were attentive, took notes, and asked questions. NASPE’s three bills of interest include physical education language in the FIT Kids Act, which would amend the Elementary and Secondary Education Act to support and promote quality physical education. The second “ask” was for increasing funding for the PEP program from \$78 million to \$100 million due to the fact that only 10% of the applicants are able to receive grants under the current funding levels. The third “ask” was for the inclusion of physical education language in the School Wellness Policy legislation from 2006.

Our group outlined the major points of each bill and made reasonable arguments for the support of each bill. We presented each staffer with a NASPE fact sheet. The fact sheet contained a strong visual statement in the form of an “obesity trend” chart and a list of questions about the status of quality physical education in Colorado. It outlined the level of PEP grant funding for the state of Colorado.

If you have any questions or if you need more information about NASPE’s public policy agenda, please contact me any time at rickmetz@q.com or 303-642-2802. We hope NASPE will continue the Lobby Day event during National Physical Education and Sport Week. The day gave us an opportunity to voice our desire for quality physical education legislation to people who can make a difference in the schools across America.

Although our schedule was very full with meetings and running from building to building, we did manage to bribe a bus driver to give us a ride to town so that we could catch a twilight tour of the monuments in the evening. We completed a whirlwind stroll along the National Mall, and stopped in to the Willard Hotel Lobby so Rick could practice his lobbying skills in the original lobby.

What is National Board Certification?

By Elaine Rosquist, National Board Certified Teacher, COAHPERD Board Member, Boulder Valley School District

National Board Certification is a voluntary program for any teacher who has taught for three or more years. There are 25 certificates offered that cover a variety of subject areas and student developmental levels. In the area of physical education, there are two choices: Early and Middle Childhood (students ages 3 to 12) or Early Adolescence through Young Adulthood (students ages 11 to 18+). In the state of Colorado there are only six teachers certified in Early and Middle Childhood and one teacher in Early Adolescence through Young Adulthood. Perhaps that is why many people don't know what the National Board Certification entails.

Certification is achieved through a performance-based assessment, which includes a portfolio and assessment center exercises. The portfolio is broken down into four areas.

- Entry One: Instruction to Facilitate Student Learning (filming your teaching and writing a 12-page paper)
- Entry Two: Assessment for Student Learning (different examples of student assessments and a written paper)
- Entry Three: Creating a Productive Learning Environment (filming and a written paper)
- Entry Four: Documented Accomplishments/Contributions to Student Learning. You must demonstrate your work in each of three categories: as a partner with students' families and their community (current year), as a learner (within the last 5 years), and as a leader and/or collaborator (within the last 5 years).

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“Why did I go through the rigorous process of becoming National Board Certified? I wanted to be at the top of my profession.”



“It was by far the best professional development I have had in my 24 years of teaching.”

National Board, *continued*

When putting together your portfolio, you must follow very specific guidelines, which are detailed in the certification kit (DVD) that you receive in the mail.

Along with your portfolio you are required to complete six assessment exercises at a testing center. The test consists of six questions. You have 30 minutes to type the answers to each question, which means the entire test will take three hours. You do get a short break after the third question. The topics for each question are online and are Exercise Science (question 1); Biomechanics and Motor Learning (question 2); Safety, Equity, and Fairness Issues (question 3); Students with Disabilities (question 4); Movement Forms (question 5); and Integration of Technology and Interdisciplinary Approaches (question 6).

Each question and each portfolio entry is graded by using a scoring rubric after which your score must total 275 points to earn National Certification. It is not uncommon for a candidate to take one to three years to earn National Certification by retaking sections they score low on and banking their high scores. National Board Certified Teachers are highly accomplished educators who meet high and rigorous standards.

Why did I go through the rigorous process of becoming National Board Certified? Three reasons: First, I wanted to be at the top of my profession because I consider myself a lifelong learner; second, my school district provides a 5% increase in salary each year for the life of the certificate, which is 10 years; third, there were funds available (\$1,000 through federal subsidy and \$1,000 from matching state funds). The total cost was \$2,565. If I had to pay only \$565 and would receive six graduate credits (even if I didn't pass), it was a good professional development opportunity.

I have to be honest: It took me two years because I had to retake one of the test questions. Scores only come out once a year and waiting a second year to see if I passed was very stressful. If you don't pass the first time, don't give up; 60% of the candidates take more than one year to pass. It was by far the best professional development I have had in my 24 years of teaching. The process has made me a stronger teacher, and the National Research Council confirmed that students taught by National Certified Teachers make higher gains on achievement tests than those taught by teachers who have not applied or have not achieved advanced certification. You can find all the information you need at www.nbpts.org.

Step up and take the challenge! You will become a better teacher and many doors will open because you are a National Board Certified teacher. Feel free to contact me at Elaine.Rosquist@bvsd.org if you have any questions.

Remembering Jan Lening

By Mary Lou Miller

Janice Allen Lening



1946-2009

“We will miss her strength, determination, and faithfulness.”

As this issue of the *Journal* goes into production, our prayers are with the family of Jan Lening, who passed away on April 26, 2009. Jan celebrated life by demonstrating her commitment to everything she did. Jan was a member of the Jefferson County Physical Education Writing Team for Performance Expectations and Benchmarks. She was a Jeffco physical education articulation cadre leader and an exemplary elementary physical education teacher from 1969 to 2000. She received the State Champion Award for President’s Council on Physical Fitness (1990-2000), the Gold Medal Award for Jump Rope for Heart (1991), and the Bronze Award for Jump Rope for Heart (1994 and 1997).

Jan judged and coached gymnastics and soccer, and worked as a high school game manager for more than five years. Jan was always cheerful, thoughtful, and trustworthy. Her attention to detail and willingness to take on time-consuming projects was one of the hallmarks of her work ethic.

As a board member of COAHPERD, Jan was enlisted to hold the job of treasurer. She attended financial software training and painstakingly organized and maintained the budget for three years. She held many elected positions on the board and was appointed the representative to NASPE. She worked on the Central District convention committee held in Denver.

During retirement, Jan enjoyed working as an induction facilitator and mentor for physical education teachers hired in Jefferson County. She supervised UNC student teachers, played golf, and continued to exercise. In 2004, Jan was the recipient of the COAHPERD Exemplary Service Award, which recognized her commitment to the profession. Her plaque read, “You epitomize the ‘I can do attitude’ including saying yes to the COAHPERD treasurer position. You are a remarkable teacher, a magnificent mentor, and a superb supervisor of student teachers. We thank you for being a gem, a one of a kind, team member and Star Player.”

With the onset of illness and the medical challenges she faced, Jan’s commitment to life focused on living with the purpose of seeing her grandchild. And with the support of her husband, Ridley, she was successful.

Jan Lening, a lover of life. How we will miss her strength, determination, and faithfulness. She will remain a model of doing the right things, with passion, and with grace.

The Bolder Boulder 2009: A Personal Story

By Anna Mead, Past President COAHPERD

We all have struggles in life, and my struggle over the last ten years or so has been food and my weight. I was always thin, athletic, and moving in some way. But the last ten years have made me into a person that I don't recognize when I do look in the mirror. I avoid mirrors and cameras for that matter because I don't like what I see. I love to take pictures of others, but I do not enjoy being photographed at all.

When I became president of COAHPERD I decided I had to meet my demons head on and start getting healthy again. My theme, "Be an action hero. Blaze your way to wellness," was really a personal theme for me. My hope was that everyone would embrace it too. My daughter has been very supportive of me and decided to join Bally's with me and work out with a trainer to support me. Boy, did the trainer have his hands full! My daughter is in top physical condition, an athlete, and really reminds me of me when I was her age. It has been difficult for our trainer, but he has never complained and always keeps both of us working hard.

While working out, my daughter decided we should both enter the Bolder Boulder. I said I would do it with her, knowing all along I would be by myself because she would be way ahead of me. My goal was to walk and jog the race. I put on the entry form I thought I could do it in 2 hours. I secretly worried it might take me longer. I told my daughter I would try to jog as much as possible but I really didn't think I would be able to make one mile jogging.

The day of the race came, and I was really nervous. I saw my daughter off on her start time an hour before I was to go. I went to my wave and waited. As we moved forward, I read the banners ahead: READY, then SET, and of course, the last one before the gun is fired, GO! I was off! I was off all right and running way too fast for me. I settled myself down and continued to jog. Slow and steady, I was reminded of the tortoise and the hare. It is funny the things you think about when you are in certain situations. I laughed to myself, but I kept going. All of a sudden the mile 1 marker was ahead of me and I was still jogging. I felt a great sense of accomplishment, and I took note of how I was feeling: not bad. I can keep going! So I did. A man passed me and looked over and said, "Great job! Keep it up!" That was a boost, and I thanked him.



Anna Mead and her daughter, Lindsey, at the Bolder Boulder.

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Bolder Boulder, continued

To make a long story shorter, I did keep going – mile 2, mile 3, mile 4, mile 5 – and once I made mile 5, well, heck, only a little over one mile to go! I knew I could make it! Then I found myself climbing the last huge hill to get into the stadium. Halfway up the hill, my calves cramped badly, and I walked the rest of the hill, but then I was able to jog into the stadium and around to the finish line, where I promptly broke into tears of joy for what I had just done. I was proud of myself. I hadn't had that feeling in a very long time, and it felt great! I made my way through Folsom to pick up the sack lunch and water they had for us when I saw someone running at me. It was my daughter with the biggest smile on her face. She embraced me and yelled "I am so proud of you!" She did the race in just under one hour, and I completed the race in one hour and thirty-one minutes! My trainer was shocked and very proud.

I now have new goals, and I can actually see the end goal in sight. Even though it is difficult for me to show these pictures with this article I am taking the risk to show you because next year, it will be different!

“I promptly broke into tears of joy for what I had just done. I was proud of myself.”



It's Never Too Late to Reinvent Yourself as a Teacher

By Andi McCarthy

I have been a middle school physical education teacher for the past 15 years, and like most, I was looking forward to a relaxing summer when I wouldn't have to think about school until the week before it starts. Not this summer ...

I cannot wait for next year. I have not been the kind of teacher I should have been for myself, my students, or my school. It is so easy to just do the same things over and over when you have taught for as many years as I have, but no one benefits from it. Physical education has changed over the past 10 years, and many PE teachers have not changed with it. They still continue to teach team sports because it is what they know the best and conduct the same exercises every day in row lines. Although I have made the change to added variety to my exercise routines and broadened my horizons to add more dual/individual sports, teambuilding, and dance to my curriculum, and teach the "Health-related Fitness Concepts" using technology, I still have a ways to go. This summer, I have chosen to reinvent myself as a teacher and change my program and the way I teach each and every day.

I am ready to upload tons of current music to my iPod as well as tons of sports and activities videos from iTunes to use for instruction. Secondly, I am going to learn how to use our Bosu balls, stability balls, balance disks, and yoga mats from DVDs and working out at my club. I want to become a "fitness guru" and really focus on "core" stability for my students this coming year. Also, a colleague of mine here in Aurora wants to take dance lessons to learn how to teach dance at his high school, so I agreed to be his partner so we can learn together.

I am going to complete all my PowerPoint presentations for the "Health-related Fitness Concepts" to make learning more fun for my students. We are going to standards-based grading this year in our district at the middle-school level, so there will be a lot of reading up on physical education assessments and how to better use our digital video camera as a tool for evaluation and feedback of all my students. I am going to make each student have a notebook for note taking, fitness goal setting, and keeping track of workouts outside of class. I feel that these things will be an accountability piece for my students as well as myself to put more emphasis on how being fit can impact their lives and make them better learners in the classroom.

I need to make this change this summer to reinvent myself so that I can be the teacher I always knew I could and should be. I think all teachers need to reinvent themselves and become life-long learners again no matter how long they have been in the profession. The ones who will benefit the most are our students. Aren't they the reason we chose to be here in the first place?



“I think all teachers need to reinvent themselves and become life-long learners again no matter how long they have been in the profession.”

Yoga in Preschool

By Carol Eschen, COAHPERD Early Childhood Chair

There are many possibilities for movement in preschool-age children, as I discovered when I did an online search for "yoga in preschool." Many of the games and activities are similar to those that can be used for kindergarten through second-grade students. The activities include warm-ups, focus games, stretching, in-class focus worksheets, Internet games, and extension activities that can be done at home.

A great Web site for finding information on fitness lessons for preschool is at <http://pbskids.org/>. The Web site includes books and characters that go along with the activity. For example, an activity that can be done is simple yoga called Be A Cat, Be A Tree. In the activity, The Cat position is done this way:

- Start on your hands and knees.
- Look up. Curve your shoulders up.
- Hold the stretch for three counts as you purr like a happy cat.
- Now look down at the floor and arch your back up.
- Hold the stretch for three counts as you hiss and growl like an angry cat.

Another book that is good for preschool-age students is *Babar's Yoga for Elephants* by Laurent de Brunhoff. In the book, Babar presents fifteen yoga positions and stretches that the students can model. There are step-by-step instructions and illustrations that will help to assist the instructor in how to demonstrate the moves.

Here are some Web sites to help teach yoga to preschool-age children:

- <http://pbskids.org/>
- www.Gymboreeclasses.com
- www.yogamovement.com/resources/kidyoga.html



Try some yoga with your preschoolers. It is fun and challenging!

Sources:

http://pbskids.org/arthur/parentsteachers/activities/acts/cat_tree.html. 12 Dec. 2008.

De Brunhoff, Laurent. *Babar's Yoga for Elephants*. N.p.: Harry N. Abrams, 2002.

COAHPERD Convention: A Student's Perspective

By Clint Naegel

“I left the session feeling like I would be able to meet the needs of every age and level—student or athlete.”

I am a junior at Metro State College of Denver. My first COAHPERD Convention was 2008's event in Keystone, but it was not the first convention for physical educators that I have attended. Last spring, I had the awesome experience of attending the National AAHPERD Convention in Houston, Texas. The national convention blew me away with all the sessions that I attended and all the equipment at the exhibits. All week, current and future professionals were seeking to develop and improve in a way that I had never seen. It was the start of my true understanding of professional development and my drive to become the best physical educator that I can be. The COAHPERD Convention was my second step toward my professional development.

What I Learned

As soon as I found out that the COAHPERD Convention was going to be in Keystone, I was even more excited. I knew professional development was enjoyable, but this was going to be sweet. I escaped to the mountains and reached the Keystone Convention Center. From the minute I walked in the front doors, it was nonstop activities and events until I left on Saturday afternoon. Both mornings began at the busy registration tables, but it was really fun being able to meet and greet PE teachers from all over the state while racking up the four easy hours I needed to get my convention registration fees reimbursed. Both mornings ended fast, but I was able to sneak off to some sessions before noon. The first session I escaped to was the great Dr. Jo and her amazing motivational speech about what it means to be a physical educator.

I had never heard of Dr. Jo, but she explained that she had been the previous AAHPERD president, NASPE president, Nebraska AHPERD president, and more. As she put it, “I've been the president or representative of almost every organization or association involved in physical education.” Dr. Jo emphasized how hard of a profession we have and how we always need to continue to develop professionally. She really pumped up the crowd and created a feeling of camaraderie among all the physical educators in the room, including myself. I left Dr. Jo's convention kick-off feeling like I did when I left the national AHPERD Convention, proud to become a physical educator.

So I was now on my way to my second session of the day, and it was called Geo Fitness and The GeoMat. This session included a very well-experienced national instructor, who explained the GeoMat, which had an amazing amount of applications. The instructor had an aerobics type of instructing method, but she definitely had a lot of good methods on how to use a mat that can pretty much make some learn to dance. The dances and partner activities were aerobic ways to exercise for fun.

The second session that I attended was titled The Strangest Thing Happened Today. This was a presentation made by a Metro State professor, and I was really curious about what the session would be about. Dr. Parsons began by asking the crowd about their personal experiences

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*For more
about the 2008
COAHPERD
Convention, see
page 2.*

Convention, continued

in classes during which a physical injury occurs. There were quite a few stories to be told about knocking teeth out and accidents requiring stitches. These were exactly the type of stories that Dr. Parsons was asking to hear, which started her explanation and description for injuries and accidents that happen during a PE class. Many types of evulsions, abrasions, and injuries were explained and shown, which are common for a physical education class and the common treatments for them. The session was very informative and had real-life professional application. Dr. Parsons presented a very good session, which I will be more thankful for when I have an injury in the class that I am teaching.

After this session, there was a wonderful lunch, which was provided by the Keystone Convention Center. This lunch was part of the convention fees and was really worth the money. The entertainment was a show and demonstration from Jump Rope for Heart. Many awards to the different schools' physical educators were given out, and one school's students demonstrated their skills. The varying ages of students in the demonstration were an amazing physical feat to watch and an inspiration for how well the students can be taught. It was a great lunch, but it went fast and everyone broke out to get a spot in their next chosen session.

"Making a Weight Training Program for High School Students" was the title for this session. The session was being put on by the strength and conditioning coach at Dakota Ridge High, who explained the need for individualization in a weight-training program. He went on to explain how each athlete and every coach has different goals that need to be met with the correct mix of lifts and endurance activities. He expressed the need for different athletes to train differently at different points in their seasons and the types of programs that can be made to fit. Examples of programs from different sports and levels of ability were provided to us, through the USB flash drive, given at registration. The entire session was like a condensed college course, with the materials that were really being used and practiced in a Colorado high school. I left the session feeling like I would be able to meet the needs of every age and level – student or athlete.

Dinner was great, another amazing event full of people, all of whom you have something in common with and are willing to dedicate their time and money, away from their families, to share the passion of physical education.

The evening ended, and the morning came and went fast. After the registration table, I did the introduction and background for Metro State's Dr. Nhu Nguyen's Hip Hop session. Then I headed down the hall to set up for the Intro and Basics to Lacrosse session that I would be teaching twenty minutes of. I taught the skill of throwing while assisting the rest of the session. When I began teaching my part of the session, it started and ended well. The session in general started well but ended up running short on time. Overall, it was an amazing experience and honor to be able to present at my first COAHPERD Convention.

Why I Will Go Back

This was my first attendance at the COAHPERD Convention, but I wish I had gone last year, or the first year that I started my PE undergraduate. This COAHPERD Convention is the perfect motivator for every undergraduate student.

2009 AAHPERD National Convention and Exposition

By Micah Chadrick

Arriving in Tampa was an absolute delight, mostly because of the weather. Considering that it was snowing in Colorado, you had a sense that this convention would be even better than most because of location.

This was my first convention, and I have to say I was blown away by the amount of information I got. For the first two days, I tried to get a lot of ideas from the national teachers of the year, both in elementary and secondary schooling. These were activity-based exercises that got the participants moving and were almost like a real class session. I learned so many different activities that are cheap and easy to do with students. You also learn quick and easy protocols in physical education that will help guide your classes. There are so many things going on it is almost impossible to choose which event sessions you want to go to. Since it was my first year at the convention, I struggled to decide on the lectures because all of them sounded so good.

Now that I know more about what goes on at these conventions I will probably spend most of my time in the open forums. These are sessions that have educators and participants talking about their experiences. I noticed that I learned the most when I could actually hear people talk about their experiences in certain situations. Learning how to better motivate students to be actively involved for a lifetime was interesting to me. Annika Sorenstam also treated me to a celebrity lecture on why children should exercise.

As a first-year convention attendee, I was shocked at how amazing the expo was. I literally spent four to five hours getting information on everything you could possibly think of when it comes to physical education, recreation, dance, physical fitness, nutrition, strength and conditioning, and sport.

As a future physical education teacher, I feel that I am now more qualified to educate in my profession. It was an experience of a lifetime, and I will never forget it. Next year's convention is in Indianapolis, and I strongly recommend you be there. If it is your first, plan your days ahead of time and don't be afraid to ask more knowledgeable personnel for assistance.

“Learning how to better motivate students to be actively involved for a lifetime was interesting to me.”

Here are a few Web sites I found amazing after attending the expo:

www.PEJournal.com

www.gophersport.com

www.newlifestyles.com

www.core-learning.com

www.socci.net

www.cornhole.com

www.smartkidseries.com

www.birdieball.com

www.skatepass.com

www.baggo.com

www.wildplanet.com

www.vacumed.com

www.digitaldanceathon.com

www.usarugby.org

www.yo-yo.com

www.thespooner.us

www.glsports.com

www.targitfit.com

www.xergames.com

www.kidsfit.com

www.flyfishinginschools.org

What is a Trikke?

By Anna Mead, Past President

A Trikke is a three-wheel cambering vehicle, which provides riders with a new way to move around while getting a full-body workout. The rider uses a combination of arm thrusts, twisting, shifting of body weight, and coordinated timing. The three-wheel system provides riders of all levels and abilities with a naturally stable platform. Trikke's patented technology allows the vehicle to lean or camber from side to side while keeping all three wheels on the ground. The Trikke is not only a blast to ride, it enhances your overall health by utilizing all the major muscle groups and developing cardiovascular fitness in a low-impact manner.

I purchased my first Trikke at the 2009 National Convention in Tampa, Florida. I was very excited when the box arrived at my school. I put it together and rode it down the hallway to our commons area. Immediately, I had a crowd of students and teachers wanting to know what it was and if they could ride it. I taught them all, and it was great fun! I then brought it out in all of my classes and taught interested students how to ride. It really is amazing how you use your whole body to ride the Trikke. I am now thinking about purchasing another Trikke. I haven't mastered the small hills yet, but I know it is possible to ride up the hills.

According to the Trikke Web site at <http://www.trikke.com>, "Leighton Nakamoto, a PE teacher at Kalama Intermediate School, went out on a limb in early 2006 and began implementing Trikke 3CVs into his PE classes. His results were wildly successful and his students are much better off because of it."

Trikke has been so successful it came out with an electric-powered vehicle and a vehicle for skiing. The DVD is incredible! I hope some day I will become as good as the people riding the Trikkes in the DVD! Working out and not knowing it is a great new experience! My students love it!

The Trikke is not only a blast to ride, it enhances your overall health by utilizing all the major muscle groups and developing cardiovascular fitness in a low-impact manner.



Top 5 Pieces of Advice to Student Teachers from Graduating Seniors

By Nhu V. Nguyen, PhD, Assistant Professor, K-12 Physical Education, Department of Human Performance and Sport, Metropolitan State College of Denver

The 2009 Metropolitan State graduates of the K-12 Physical Education Teaching program were asked to give the upcoming teacher candidates/student teachers advice and words of wisdom. The top five responses given are as follows:



1. Research and select a cooperating teacher who will serve as a valuable mentor.
2. Planning and organization are key to building a foundation for successful student teaching.
3. Get to know the teaching staff within the school community. Networking will promote your program and also increase your visibility for future job openings.
4. Don't be afraid to ask questions. This is the only time in your career when you have an expert teacher as your daily coach to absorb and learn from.
5. Wash your hands often, and get a good night's sleep!



Legislative Report, May 2009

By Rick Metz, COAHPERD lobbyist

The 120-day long Colorado General Session adjourned on Wednesday, May 6. It was a very challenging year due to the limitations of the budget. Our “wellness promotion network” was diverse, dedicated, and strong during the legislative session. COAHPERD, American Heart Association, Colorado Children’s Campaign, Colorado Health Foundation, Kaiser Permanente, Metro Denver Health and Wellness Commission, School Policy Indicators group, and our other friends in nutrition, physical activity, and children’s health worked together to improve the status of children’s health and wellness in Colorado. It was frustrating to hear verbal support for our issues and then witness a lack of legislative support for SB 46 (setting minimum requirements for school snacks) and SB 131 (setting minimum requirements for physical activity in schools).

The network is already planning strategies for our next General Session. We are hopeful that our advocates at the capitol will join us as we attempt to improve the status of physical education, move toward having certification requirements, meaningful assessments, and nutritional standards in our schools. I will continue to update you about our summer progress with writing legislative proposals.

Here is the latest update on bills of interest to our cause:

- SB 123 (creates an after-school program to help middle school students make healthy choices, namely physical activity and nutrition). COAHPERD supported Representative Todd and Senator Williams’ bill by offering a \$5,000 grant. This bill will be sent to the governor after being signed by the House speaker and the Senate president.
- SB 33 (offering free lunch to Early Childhood students), signed by our governor
- SB 10 (offering immunity for people using AEDs in emergencies), signed by our governor
- SB 26 (certification for athletic trainers), waiting for House speaker and Senate president signatures before being sent to our governor
- SB 148 (setting safety requirements for passing of bicycles on Colorado roads), signed by our governor
- HB 1065 (educator identification pilot program to help determine the needs of teachers in Colorado), signed by our governor

Thank you for your interest, input, and support during this General Session. I look forward to representing COAHPERD during the summer and fall and at the January 2010 Colorado General legislative session.

*Managing Editors:
Kim Scott & Amy Rose*

*Copyeditor:
Kristi Turnbaugh*

*Graphic Designer:
Kim McFarland*



Human Kinetics

P.O. Box 5076 Champaign, IL USA
61825-5076

www.HumanKinetics.com