

## LAHPERD Au Courant | Fall 2013

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Fri, Sep 20, 2013 04:50 PM

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**Subject :** LAHPERD Au Courant | Fall 2013

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aucourant  
Fall 2013  
Vol. 30, No. 2

### 2013 CONVENTION ISSUE

#### JAZZIN' IT UP IN BR! 2013 CONVENTION NEARS.

*Pack your bag. Pack your car. Look out BR -- here we are!*

**Register** and make your **hotel arrangements** today for LAHPERD's 2013 Convention in Baton Rouge (group code: HPE). Remember that you must be a LAHPERD member before you are eligible to register for Convention. **Join today!**

**Check out what you're in for at this year's Convention.**



#### PRE-CONVENTION EVENTS

November 6 at **Episcopal High School**

**9 a.m. - 12 p.m.**

**PUMP UP YOUR P.E. PROGRAM**  
with Scott Williams and Andrew Wymer

**12 p.m. - 1 p.m.**

**H<sub>2</sub>O FITNESS FOR EVERYONE** with Smiley Reeves and Rhonda Boyd

**1 p.m. - 4 p.m.**

**DARE TO DANCE** with Christy Lane

## DOWNLOAD THE PRE-CONVENTION PROGRAM.

### SHARON BRANAN Convention Keynote Speaker

Ready or not, technology is a large part of our everyday lives. As adults, we may sometimes find it challenging to keep up with the latest gadgets (Hey! Some of us just learned to text!) yet many of our students learned to use an iPad or smart phone before they could talk. Technology is here to stay and as educators we must embrace this aspect of educating 21stCentury Learners. Let's explore fun and creative ways to "Jazz Up" your health and PE classes with technology! The results will create more exciting classes, increased student involvement, easier record keeping...and all that Jazz!!!

Sharon Branan is an Education Solutions Specialist with SMART Technologies covering Louisiana, Mississippi and Alabama. In this capacity, she has the opportunity to work with a variety of schools and districts to maximize the effective use of technology in every learning environment. With a master's degree in Special Education, Sharon began her career as a special education teacher. She has also served for 16 years on her local parish school board. Throughout her career, she has embraced the value of technology in education and is thrilled to share innovative ideas to help you bring technology to another level in any learning environment.



### LAHPERD WELCOMES AAHPERD PRESIDENT TO CONVENTION



**Gale Wiedow** is an associate professor of physical education and exercise science at Dakota State University (DSU) in Madison, SD. Prior to joining the faculty at DSU, Wiedow served as National Program Director for the National Youth Sports Program (NYSP), a federally funded summer day-camp program for economically disadvantaged and underserved youth. He has also served as department chair at the University of South Dakota where he was a tenured full professor and associate dean for research and technology. Prior to full-time teaching, he worked in recreational sports at Indiana University and the University of Nebraska. Wiedow received his B.A. and M.A. degrees in physical education from the University of Northern Iowa and his Ph.D. from the University of Nebraska in administration, curriculum, and instruction.

### SOUTHERN DISTRICT PRESIDENT-ELECT COMING TO BATON ROUGE

**Dr. Richard (Bud) Reiselt**, professor and chair of the Department of Kinesiology and Sports Management at Emmanuel College, has a B.A. from Augustana College, an M.S. from Indiana University, and D.A. from Middle Tennessee State University. He has been at Emmanuel College since 2009, teaching kinesiology, organization and administration of physical education and athletics, and contemporary issues in sport. He has 38 years of teaching, coaching, and administrative experience in higher education. Before working at Emmanuel College, he was a program specialist for health and physical education at the Georgia Department of Education.



### CRAWFISH CORNER

JiJi Jonas and Joanna Faerber



Wall Sit and Jump: Perform a 30 second wall sit, followed by 30 seconds of jump rope (aim for 5 minutes). It can be an imaginary jump rope.

1, 2, 3, 4, 5: Use this format for any combination of exercise. For example: 1 lunge, 2 push-ups, 3 sit-ups, 4 burpees, 5 squats. Do as many rounds as possible in the designated time. The teacher determines the designed time period.

5, 10, 15: Perform 5 of an exercise, 10 of a different exercise, and 15 of still another exercise. For example: 5 sit-ups, 10 push-ups and 15 jump rope or the advanced adult "original"...5 pull-ups, 10 push-ups, 15 squats

Turn 180 Degrees: Perform an exercise then immediately turn 180 degrees and do it again. Continue back and forth as fast as possible (squat jump, push-up staying in position, sit-up with a "butt spin", squat, etc.). This can also be done with 2 different exercises for example, do sit-up facing one wall, squat facing the other wall.

Death By Ten Meters: In the first minute run 10 meters (then rest for the remainder of the minute), the second minute run 10 meters twice, 3rd min. 10 meters 3 times...how long can you survive?

Death By Any Exercise: Using the same format from above but perform one push-up in the first minute, 2 pushups in the second minute and so on...easy in the beginning...not so easy after 10 minutes...but fun competition!

Partner B-Ball Lines: Perform the following: Run to the foul line and back, mid-court and back, far foul line and back, .end line and back (used to be called "suicides" back in the day)...add an exercise to each line touched (split jumps, sit-ups,, burpees, jumping Jack/Jill, 360 jump, etc.). Once the first partner completes the set of lines, the 2nd partner goes and there is a rest for the first person.

Burpee Run: Run around the basketball court and do a burpee in every corner!

Definitions of Exercises:

- Burpee: Squat and place hands on floor and jump legs straight back into push-up position and then quickly jump back to up- right position.
- Wall Sit: Squat against wall until thighs are parallel. Please make sure the knees do not extend further than the toes.
- Split Jump: Jump up in the air and while in air perform a split.
- 360 Jump: Jump in the air and turn a complete 360 degrees.

**Submit Crawfish Corner ideas to JiJi and Joanna for the chance at winning a t-shirt!**



### **IT'S TECH TIME!**

*LAHPERD'S 2013 Technology Revolution*

HAPPY FALL!



I am very excited about what LAHPERD has to offer our members for the 2013 Convention. Several new events and initiatives are in the planning stages to increase professional development opportunities and improve communication. I have arranged for great speakers and planning a new schedule that should enhance the convention additionally.



This year's convention theme is "Jazzin' It Up with Technology." LAHPERD acknowledges the need to prepare for the challenge of a dynamic world by promoting technological literacy and leadership, resulting in personal growth and opportunity. The national childhood obesity epidemic has forced experts to rethink how health and physical education has been taught in the past. Incorporating technology into health and physical education is clearly a trending topic in physical education research and curriculum design (*Strategies*, November/December 2012, Vol. 25, No. 8). We must use technology to improve our methodology and the quality of our programs, products and services.

Don't get caught trying to work with today's students, using yesterday's tactics. Expand your technological literacy! Our 2013 Convention will help you to do just that. In the sessions and workshops this year, you will learn about the most powerful features of various applications, social networking, tips, tricks, and short cuts to help you become more effective, efficient, and have more fun in your work! You will be given lots of online handouts and time for questions and answers.

The benefits of using iPads, iPod Touches, and iPhones are apparent for classroom teachers, but you may not realize the contributions they can make in your role as a coach, health teacher and adapted/regular physical education teacher. There are countless apps with countless uses for the tech-savvy in our discipline. Some of these uses include: keeping yourself organized, communicating with students and parents, tracking data, sharing the results of your program, and being able to access information about each of your students at any given moment! If you have any of these devices available at your school - or in your pocket - you will learn how to get the most use from them!

The wealth of information that you will receive at this convention is sure to benefit all in attendance. We are taking the initiative to seek out professionals and offer them the opportunity to learn and grow professionally through various web pages & social-networking sites. As you may know, Louisiana is considering reducing the number of physical education programs at both the elementary and high school levels. We know what the school systems are going through with the dismal outlook on most budgets; however, we at LAHPERD urge you to continue your support with quality physical education programs at every level. We need you to be a part of the efforts to grow and have an impact on health, physical education, recreation, and dance in this state. Individually, you make a difference. Collectively, just imagine what more we can accomplish!

We are working on a record-breaking attendance. So be sure to come, bring a co-worker with you and let's make history together!

Please look for the registration form online for the fall Convention in Baton Rouge, "Jazzin' It Up With Technology," to be held November 6-8. You will find additional information about this convention on our Web site, [www.lahperd.org](http://www.lahperd.org).

#### RESEARCH POSTER PRESENTATION ABSTRACTS

LAHPERD Research Chair, Russ Carson, invites submissions of presentation abstracts of research papers to be considered for poster presentation at the LAHPERD Convention on Thursday, November 7, 2013. **The deadline for submission is October 1, 2013.** Late or incomplete submissions will be returned to the author without review.

Questions should be directed to Russ Carson at [rlcarson@lsu.edu](mailto:rlcarson@lsu.edu) or 225.578.2923. [Download the proposal form and sample.](#)



## CANDIDATES FOR OFFICE

### *LAHPERD's Future Leaders*

President-Elect: Emily Beasley  
Vice President-Elect of Health: Wynn Gillan  
Vice President-Elect of Physical Education: Karen Simpson  
Vice President-Elect of Sport and Leisure: Tiffany Deville  
Vice President-Elect of Dance: Jo Charles  
Vice President-Elect of General Division: Christina Courtney  
Future Professionals Chair-Elect: TBA  
Athletic Training Council: Ray Castle  
Coaching Education Council: Roy Hill  
Health Education Chair-Elect: Darius Hughes

For more information on candidate qualifications and voting procedures, contact Charity Bryan  
[charitybryan@lsu.edu](mailto:charitybryan@lsu.edu).

## THE GREAT DUCK RACE OF 2013 - LAHPERD STYLE

Join in and perhaps your duck will cross the finish line first! The race is Thursday, November 7th at 7 p.m. where hundreds of rubber ducks will fill the hotel pool at the Crowne Plaza. Ducks will be released into the water at 7:05 pm, so come and cheer on rubber ducks as they race to the finish line. Purchase your ducks for \$2 each. The contribution to LAHPERD goes beyond ducks being in the race; it will provide funds to help more members attend our Southern District convention.



A number will be written on each duck corresponding directly to the number on a signup sheet. For multiple duck entries, multiple signatures will be required (One signature for each duck purchased). The first 3 ducks to cross the finish line will "waddle" away with fabulous prizes! The 1st place winner will receive \$100, the 2nd place winner will receive \$50 and the 3rd place winner will receive \$25. Winners will be announced at the conclusion of the Duck Race at approximately 7:25 p.m. You do not need to be present to win. Winners will, if necessary, be notified via email or cell.

## PRESIDENTIAL YOUTH FITNESS PROGRAM

*Learn more. Do more.*

PROGRAM

About Assessment Professional Development Recognition Resources Contact Us

## Professional Development

Presidential Youth Fitness Program - Professional Development

### How to Make the Program Work for You and Your Students

The success of the Presidential Youth Fitness Program depends on how well you are able to implement and utilize each of the program components.

Here are a few of the ways to help you and your students get the most out of this new national program.

#### Workshops, Consultations, and Conferences

The Presidential Youth Fitness Program has adopted Physical Best as a key professional development component of the program. Physical Best is a comprehensive health-related fitness education program developed by physical educators for physical educators that focuses on teaching through activity.

Presidential Youth Fitness Program 101: Understanding the Basics

Presidential Youth Fitness Program 101: Understanding the Basics

Upcoming Webinars you might like:

- Tuesday, February 26, Educating Parents in the Next Steps
- Tuesday, March 19, Teaching Health-Related fitness through Activity
- Tuesday, April 16, Awards and Recognition
- Tuesday, May 7, Moving to Solutions: What to do with the Results

#### NASPE HELPS P.E. TEACHERS IMPROVE THEIR CRAFT



NASPE's Teacher's Toolbox

**Dates to remember...**

**2014 Southern District AHPERD/KYAHPERD**

February 19-22, 2014 | Lexington, KY

**2014 AAHPERD National Convention & Expo**

April 1-5, 2014 | St. Louis, MO

**2014 LAHPERD Convention**

November 5-7, 2014 | Baton Rouge, LA

**2015 AAHPERD National Convention & Expo**

March 17-21, 2015 | Seattle, WA

*Don't miss out on these opportunities. Start planning - and saving - today!*

**OUR PARTNERS**



American Alliance for  
Health, Physical Education,  
Recreation and Dance



**Au Courant is the official newsletter of the Louisiana Association of Health, Physical Education, Recreation, and Dance.**

**Dustin Hebert and Dan Denson, Editors**



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