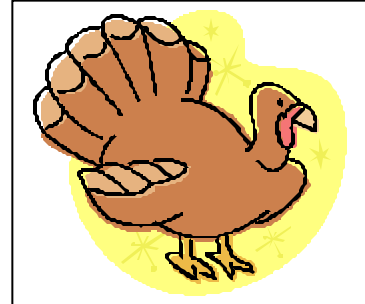


School of Physical Education

November 2002
Volume 2

Happy November!
A special congratulation needs to be given to two amazing people in the field of Physical Education, **Mandy Halverson and Stacy Stewart.** At the WAHPERD conference on October 18-19 Mandy and Stacey were recognized with special awards. Mandy received for PLU the Major of the year award while Stacey was presented with the Roger C Wiley Schol arship. **Excellent Work Ladies!!!!**



Upcoming Events

Women's Soccer Nov 2, 3, 9
Men's Soccer Nov 2, 3, 9
X-Country Nov 2 NWC championships
Football Nov 9, 16 away
Volleyball Nov 2, 8, 9
 Bold Games @ home
Leadership conference Nov 8-9
J-term/spring registration Nov 11
Last day to pass/fail (2nd half term class)
Turkey break Nov 27 until Dec 1
Last day to withdraw

It was a few weeks ago that I was able to represent the state of Washington at the AAHPERD National Student Leadership Conference in Alabama. For all of you new to the world of Physical Activity, AAHPERD stands for the American Alliance of Health, Physical Education, Recreation and Dance. AAHPERD is "the" national organization for our field, with six subdivisions underneath it. At the conference there were representatives from all but six of the fifty states, the current president, president-elect, CEO, and some other emerging professionals. Attending the conference was a big step forward in my career path in that I was awakened to what other people in different parts of the country were doing with physical education (when I say physical education I am talking about education, recreation, and the science components). Networking, meeting, and enjoying the company of over 100 individuals is hardly matched with any other experience that I have had. From Friday when I arrived at eight a.m. after a red-eye flight until Sunday when I left for the airport at 4 a.m., we attended workshops and speeches, traversed a ropes course, and played lots of games! I encourage all of you if you get a chance to meet other professionals or can go to conferences, go to them, they can change your outlook and open up some doors.

**Check out our website at
www.plu.edu/~sope**

WAHPERD Conference: An Opportunity at Our Fingertips

On October 25th and 26th, the 57th annual Washington Alliance for Health, Physical Education, Education, Recreation, and Dance Conference was held up in Seattle. All of the BAPE majors who are student teaching plus a few other students were able to attend. The conference was an awesome opportunity to see what is new to our field.

Two keynote speakers presented, including the President of AAHPERD (American Alliance of Health, Physical Education, Recreation, and Dance) Joanne Owens-Nausler, and Rob Sweetgall, a man who has walked across America seven times and once walked over eleven thousand miles through all fifty states in less than one year. His message was titled "Walk on the Well Side."

The conference was a window of opportunity to learn new teaching methods, recent discoveries, and great fellowship and connections within our field. Joanne Owens Nausler re-energized everyone who was there with a powerful message full of purpose, passion, and mission challenging each one of us to live with those same values.

CONGRATULATIONS TO DR. COLLEEN HACKER!

Our very own Dr. Hacker is also the Sports Psychologist for the U.S. Women's National Soccer team and they qualified for the 2003 World Cup on Wednesday, November 6th beating Costa Rica 7-0.

GOOD LUCK DR. HACKER!

THINGS THAT MAKE YOU GO HMMMM....

In the United States today...

The average child spends 4.5 hours a day watching television

The average household has 2 televisions, 2 dvd/cd players, 6 audio players, 1 video game unit, and 1 computer unit.

A person's metabolism is SLOWER watching TV than it is sleeping.

Over 14% of America's youngsters are considered obese.

Diabetes diagnoses has nearly doubled in the past 20 years.

Only 19 percent of all high school students are physically active for 20 minutes or more, five days a week, in physical education classes.

Daily enrollment in physical education classes dropped from 42 percent to 25 percent among high school students between 1991 and 1995.

Well designed school-based interventions directed at increasing physical activity in physical education classes have been shown to be effective.

HEALTH BURDENS THAT COULD BE REDUCED THROUGH PHYSICAL ACTIVITY

- ? 13.5 million people have coronary heart disease.
- ? 1.5 million people suffer from a heart attack in a given year.
- ? 8 million people have adult-onset (non-insulin-dependent) diabetes.
- ? 95,000 people are newly diagnosed with colon cancer each year.
- ? 250,000 people suffer from a hip fractures each year.
- ? 50 million people have high blood pressure.

- ? Over 60 million people (a third of the population) are overweight.
- ? Related to regular physical activity.

Is our field valuable? The answer is NOW MORE THAN EVER.