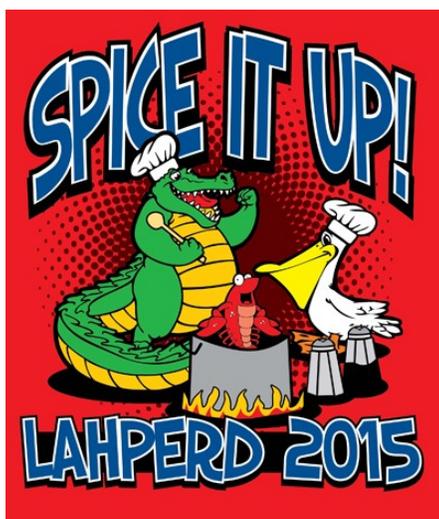


# AUCOURANT

Fall 2015 | Vol. 32, No. 1

*Official newsletter of the Louisiana Association for  
Health, Physical Education, Recreation, and Dance*



## Time to SPICE IT UP!

Curious about what's in store for this year's Convention? Look no further. This Au Courant brings all the details right to your fingertips.

Don't rely just on this newsletter, though. Be sure to check the LAHPERD Web site in the upcoming weeks for news about the who, the what, and the when of Convention.

Visit [LAHPERD.org](http://LAHPERD.org).

Avoid long lines at Convention. [Register and reserve rooms today!](#)

## A Note from Your President

*Emily Beasley*

Do you remember what it was like to be a child waiting for Christmas Eve, your birthday, or a family vacation? It felt like that special day would never arrive and once it did, it was over in the blink of an eye. After, I was always left with this unique feeling that was a mix of happiness, euphoria, and a bit of melancholy. That's also how I feel about the LAHPERD Convention each



year. This time, however, there is one major difference. The entire year has been such a roller coaster of excitement and planning that it's like I blinked, it was gone, and it's almost here again!



So, why is it that I always feel like a little girl waiting for Christmas when I think about Convention (even when it's not my presidential year)? It's because I love spending time with like-minded professionals, learning how to become a more effective practitioner, and receiving inspiration from my colleagues.

For me, the motivation I receive from my LAHPERD family keeps me going when I start to feel discouraged and "burned-out". I know I'm not alone and that there are people spread throughout the state who are just as passionate for the HPERD fields! It is inspiring to see retired professionals, those mid-career, young professionals, and future professionals all coming together to share their knowledge, experiences, and encouragement. I believe the networking at our Convention not only creates social capital but is a reciprocal exchange of friendship and support among a very unique and diverse community.

It is always amazing to have the opportunity to sit in so many programs and sessions that have direct application and provide hands-on experiences. Our Convention is one of the largest state conventions in the country, which means that we have an amazing variety of presenters. It's easy for everyone to learn something new each year. Even if there are activities and ideas that I have seen or heard before, I always find value and benefit from hearing it presented by different people in different ways.

As a member of LAHPERD, I benefit directly from the professional development available at Convention, the networking opportunities, and the motivation that comes from being around other professionals. Most of all, though, I always have a fun and memorable experience! Now, when I first ask future professionals in my classes what the primary goal of physical education is, I always receive a very emphatic "to have FUN" response from my students, and they always receive a very emphatic "NO!" in return. By the end of the semester, they understand that the goal of physical education is to develop the knowledge, skills, and dispositions to become physically literate, but that process can be very FUN. Convention is like that; the goal is to develop our professional knowledge base, skill set, and dispositions to become more effective practitioners. I genuinely hope that everyone has the opportunity to attend this year and see just how memorable, exciting, and FUN that really can be.

## This Year's Invited Speakers

### CoMeTrY

#### Keynote Speaker(s) to Educate, Entertain, and Engage

COMETRY is an exciting, energetic new art form that blends performance poetry and stand up comedy into clean, clever, observational entertainment. Each performance is designed to highlight the similarities, habits, and traits that we all share, but often go unnoticed. Every COMETRY piece or "coem" does a few things: it tells a story, raises awareness, or delivers an inspirational message, all while making you laugh.



[More about CoMeTrY](#)



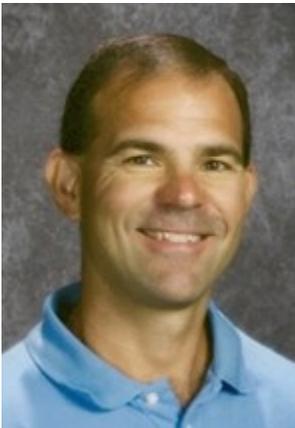
### **Charity Bryan**

Program Director of Online Education, WellStar College of Health and Human Services

Associate Professor of Health and Physical Education

Kennesaw State University

[More about Charity](#)



### **Brian Devore**

Physical Education Teacher, Cobb Count School District (Georgia)

Georgia AHPERD Past President

Two-time Georgia Physical Education Teacher of the Year

2014 SHAPE Southern District Physical Education Teacher of the Year

[More about Brian](#)



### **J.D. Hughes**

Physical Education Teacher, Broward County Public



Schools (Georgia)

Physical Education Specialist, PE2theMax

2015 SHAPE Southern District and Georgia Physical Education Teacher of the Year

[More about J.D.](#)



**Mike Young**

Director of Sport Performance and Research, Athletic Lab

Former U.S. Olympic Training Center athlete (Lake Placid), sport scientist (Colorado Springs and Chula Vista), and coach (Colorado Springs)

[More about Mike](#)

## SHAPE America Keeps Students Moving to Boost Learning



SHAPE America has just announced the launch of a new [Back to School Website](#) with numerous resources for K-12 health and physical education teachers.

From a free digital Scope & Sequence chart to all the information needed to develop a comprehensive school physical activity program, the website will help teachers keep students moving to boost learning. Resources include:

- A brand-new Physical Education Program Checklist
  - Guidance documents on The Essential Components of Physical Education and Appropriate Practices in School-Based Health Education
  - Grade-level activity calendars
  - Free podcasts on health and physical education topics
  - Webinars with innovative ideas and tried-and-true teaching strategies
  - A newly designed Legislative Action Center
  - And much more

"No one is better prepared to get kids healthier and more physically active than K-12 health and physical education teachers," says SHAPE America President Stephen Jefferies of Central Washington University. "Collectively as a profession we regularly spend time with students during the most significant developmental years of their lives. We are the first to develop relationships that will lead students to valuing their health and active lifestyles."

To ensure that all of America's students develop the skills, knowledge and confidence to enjoy healthy, meaningful physical activity, SHAPE America recently launched its "[50 Million Strong by 2029](#)" initiative. The organization invites all health and physical education teachers to become part of this national initiative by enhancing health and physical education programs in their schools and providing opportunities for students to meet the recommended 60 minutes of daily physical activity before, during and after school.

Teachers who say "[Count Me In](#)" will receive a free digital Scope & Sequence chart. The chart:

- Supports the National Standards and grade-level outcomes for K-12 physical education
- Provides educators with an evaluation scale for K-12 students
- Provides guidance for developing lesson plans for K-12 physical education.

### About SHAPE America

SHAPE America - Society of Health and Physical Educators is committed to ensuring all children have the opportunity to lead healthy, physically active lives. As the nation's largest membership organization of health and physical education professionals, SHAPE America works with its 50 state affiliates and is a founding partner of national initiatives including the Presidential Youth Fitness Program, Let's Move! Active Schools and the Jump Rope For Heart/Hoops For Heart programs.

Since its founding in 1885, the organization has defined excellence in physical education, and our resources provide the leadership, professional development and advocacy that support health and physical educators at every level - from preschool to university graduate programs. For more information, visit [www.shapeamerica.org](http://www.shapeamerica.org).

STAY CONNECTED WITH SHAPE AMERICA:



### Let's Move, LAHPERD!

SHAPE America is proud and excited to be a part of First Lady Michelle Obama's newly released Let's Move! Active Schools - an unprecedented collaboration to bring physical activity back to American schools. The program provides simple steps and tools, including monetary support and training, to help schools create active environments where students get 60 minutes of

daily physical activity through quality physical education and physical activity before, during and after the school day.

Let's Move! Active Schools mobilizes "School Champions" - Physical Education teachers, classroom teachers, administrators, staff, and even parents - who are ready

and willing to be leaders for their school community. Champions can go to [www.LetsMoveSchools.org](http://www.LetsMoveSchools.org) and follow a simple, six-step process that includes building a team, conducting a basic school assessment, and creating a customized action plan.

Participating schools will have access to: free tools and resources, in-person training, and personal assistance from certified professionals.

Most important is participating schools will have opportunities to apply for grants for equipment and other items to help improve their program.

JiJi Jonas

Let's Move/Active Schools Rep for Louisiana for Southern District

[jonas1134@cox.net](mailto:jonas1134@cox.net)

**Already signed up? Be sure to complete your end-of-year evaluation to keep your school's status current.**

## Health VP's Convention Preview

*Wynn Gillan*

We are looking forward to seeing you at this year's annual conference. We have put together a very interesting set of sessions that we think you will find informative and exciting. National Center for Health Education Credentialing (NCHEC) has reviewed and approved our sessions for 10 entry-level CECH credit hours, so we encourage Certified Health Education Specialists (CHES) to attend and receive continuing education credits.

Here is the list of the health-oriented sessions:



### Thursday, November 5

Health Coaching: An Emerging Field in Health Education

Motivational Interviewing: Introduction and Application

Energy Drinks, Ritalin, Vyvanse, & Adderall - Friend or Foe?

No Blurred Lines: The Dynamics of Healthy Relationships

Prescription Drugs..The New Crack Cocaine

Calming and Revitalizing Body, Heart and Spirit: Introduction to Qi Gong

Health Effects of Hypnotherapy

"Real Life, Real Talk" Breaking the Sexual Barriers

What's Next? Using the School Health Index to Make Your School a Healthier Place

Panel Discussion: Internships in Health Promotion, Recreation, and Sports Management

### Friday, November 6

Sexual Responsibility for LA Teens

From the Last to First: The Importance of Self-Care for Personal & Professional Growth

Fuel Up to Play 60 Training Camp

Baby and Me Tobacco Free Program

"The Nuts and Bolts of teaching Health Education" with Healthy Lifestyle Choices

Selfies for Climate Change: Promoting Environmental Health

Reducing Stress for Peak Performance in Athletes

Sexual Violence 101

Inspiring a Coping Culture in your Home, Classroom, School

Looking forward to seeing you at Convention!



## President-Elect is Gearing Up

### *Bonnie Richardson*

I have been extremely busy this summer going to LAHPERD-related events. Bill Dickens and I attended the SAM conference in Greenville, South Carolina, in June. I got to meet many of the presidents-elect from other states. We had opportunities to share good things happening in our states, problem areas, and potential solutions to these problems. We attended many sessions that helped me prepare for the upcoming year.

The Southern District Leadership Conference was in Williamsburg, Virginia, in July. Most of my VPs-elect, the executive director, and our joint projects and Let's Move! Active Schools' coordinators were there to enjoy the sessions. These sessions helped us to bond as a board and address burning issues that affect our state and our organization. We also spent time together touring Williamsburg shops and attractions. It was a great time.

We are now closing in on our state's Convention. Many hours of preparation have been put forth to make sure that this year's Convention is a great one. I hope to see many of you there. Let's get ready to Spice It Up, LAHPERD!

## Future Professional Chair-Elect Shares Passion for Weightlifting

### *Joshua Guillory*

Joshua Guillory is LAHPERD's Future Professional Chair-Elect. He recently completed summer internships with Coach Gayle Hatch of [Gayle Hatch Weightlifting](#) and Matt Bruce of [Bruce Barbell](#) in Baton Rouge, LA.

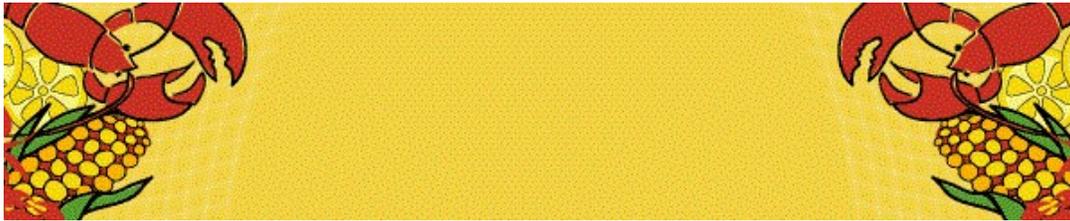


Coach Gayle Hatch was the head coach for the 2004 U.S. Men's Olympic Weightlifting Team in Athens, Greece. Coach Hatch is a recipient of the 2015 NSCA Alvin Roy Career Achievement Award and the a CSCCa "Legends in the Field" Award recipient for his contributions to strength and conditioning. These are the highest awards of both associations, and Hatch is the first to be awarded both.

Matt Bruce is part of a long line of successful strength and conditioning coaches from Gayle

Hatch Weightlifting. With over 17 years of experience in Olympic weightlifting, Coach Bruce has specialized knowledge in program design and periodization for explosive strength, power, and force velocity development. His experience as an Olympic weightlifting National Champion and member of multiple junior and senior world teams make him one of the most decorated strength and conditioning coaches in the country.

Joshua will be sharing what he has learned from experiences with Hatch and Bruce during a Convention session, "Developing Your Strength and Conditioning Coaching Philosophy," during Friday's sessions from 11 a.m.-11:50 a.m. Joshua also interned previously with Mike Young, one of this year's invited Convention speakers, of [Athletic Lab](#) in Cary, NC. Young will be presenting "Motor Learning Strategies for Coaches" on Thursday afternoon.



## CRAWISH CORNER

### Dr. B's Hall of Fame: Flip-Flop Badminton

#### Equipment

- 1 birdie/shuttlecock for every 2 students
- 1 pair of rubber flip-flops for every 2 students

#### The Story

I walked in to teach class one day to find two students using their flip-flops to play an improvised game of badminton with a birdie they had found (no net, with a court modified to their own "rules"). It was working so well that it became a heated competition, and they would play prior to the start of every class! This is an excellent lead-up activity for a variety of net games, and it can be used to practice striking with short-handled implements. This activity made it into Dr. B's Hall of Fame" because:

- It meets the needs of a diverse group of learners.
- Students can have the option to choose from a variety of flip-flop sizes.
- It creates a more even playing field with relation to skill level (experience will not impact performance significantly).
- Students can choose from a variety of items to strike (birdies, balloons, paper balls, yarn balls, sock balls, etc.).
- Rules and court size can be easily modified to be developmentally appropriate.
- It's cheap and easy for the teacher.
- At this time of year, rubber flip-flops are extremely inexpensive (\$1.50 per pair at Dollar General this week, usually similar at Old Navy), so for a class of 30 it would only be \$15! That means maximum participation!
- Sock balls/paper balls are FREE (I often give bonus points when students bring in socks that are missing it's match- everyone has them!). Balloons are around \$1 for a bag of 20.

- It motivates students to participate.
- The novelty and uniqueness will peak student interest.
- Every student will have equipment and can participate.
- Providing an option for size/birdie type allows students to choose ways to be successful.
- This activity is not as likely to be dominated by highly skilled students.

*Have a Crawfish Corner idea? Submit it to JiJi Jonas at [jonas1134@cox.net](mailto:jonas1134@cox.net) or Joanna Faerber at [jfaerbe@lsu.edu](mailto:jfaerbe@lsu.edu).*



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