This Issue’s Highlights

BEST PRACTICES

CONVENTION SCHEDULE AND INFORMATION

REFEREED PAPER
Treating Fibromyalgia with Complementary and Alternative Medicines

LAHPERD Journal
FALL 2012
VOLUME 76 | NUMBER 1
2012 BOARD OF DIRECTORS

Voting Members

President: Charity Bryan charity.bryan@louisiana.edu
President-Elect: Venessa Livingston-Cornier venessa.livingston@epsb.com
Past President: Chuck Duncan caduncan@louisiana.edu
Vice President, Health Division: Gail Tyler gail.tyler@bosierschools.org
Vice President, Physical Education Division: Lisa Johnson ljohns@lsu.edu
Vice President, Sport and Leisure Division: Valerie Altazin valtazin@ebrschools.org
Vice President, Dance Division: Carol Revel crevel@ebrschools.org
Vice President, General Division: Susan Gremillion sgremillion@lalsd.org

Non-Voting Members

Executive Director: Bill Dickens dickens@nsula.edu
Secretary: Sr. Jean Marie Craig jmcragibs@aol.com
Treasurer: Bill Dickens dickens@nsula.edu
Parliamentarian: Kathy Hill khill@lsu.edu
Vice President-Elect, Health: Jan Dwyer jandwyer@gmail.com
Vice President-Elect, Physical Education: Mamie Hammock mamiehammock@yahoo.com
Vice President-Elect, Sport and Leisure: Dee Jacobsen djacob6@lsu.edu
Vice President-Elect, Dance: Bonnie Richardson bbrich3@cox.net
Vice President-Elect, General: Emily Beasley beasley@lsu.edu

Section Chairpersons

Health
• Health Education: Joan Landry drlandry@att.net
• Health Promotion & Wellness: Sonia Tinsley tinsley@lacollege.edu

Physical Education
• Adapted: Wanda Hargrove whargro@lsu.edu
• Elementary: Kristen Fabacher kfabacher@sbscrusaders.com
• Middle/Secondary: April Judice judice14@yahoo.com

Dance
• Dance Education: Marsha Boutte mbouette@ebrschools.org
• Performance Dance: Becky Coxe bcoxednc@cox.net

Sport and Leisure
• Athletic Training: Scott Glardina scottgate@mail.com
• Coaching Education: Kris Leger krisleger@yahoo.com
• Community and Outdoor Recreation: Lisa Dardeau fdardeau@mcneese.edu
• Fitness/Leisure/Aquatics: Dale Schlamp dschlamp@ebrschools.org
• Sport Management: Juan Plaza juan.plaza@bossierschools.org

General
• Ethnic Minority: Wanda Wilson wilsonw@gram.edu
• Exercise Science: Dan Hollander dhollanerr@selu.edu
• Future Professionals: Tiffany Deville tiffanydeville66@yahoo.com
• Higher Education: Martin Ayim ayimm@gram.edu
• Research: David Bellar dmb1527@louisiana.edu

Special Assignments

Newsletter Editor: Dustin Hebert dhebert@mcneese.edu
Journal Editors: Dan Denson ddenson@mcnees.edu and Dustin Hebert dhebert@mcnees.edu
Jump Rope for Heart/Hoops for Heart Coordinator: Neva Shillington neva.shillington@jppss.k12.la.us
Convention Manager: Susan Gremillion sgremillion@lalsd.org

Editorial Board
Wynn Gillan, Southeastern Louisiana University; Bob Kelly, Southern University; Lisa Dardeau, McNeese State University; Ron Byrd, Louisiana State University at Shreveport; Susan Lyman, University of Louisiana at Lafayette; Connie LaBorde, Louisiana Tech University (Retired); Hans Leis, Louisiana College

Contributing Editors
Carol Hardie, New Orleans Public Schools; Willie Daniel, Grambling State University; Darlene Kluka, Kennesaw State University; Linda Syovitz, Southeastern Louisiana University; Millie Naquin, Southeastern Louisiana University; Susan Lyman, University of Louisiana at Lafayette; Ron Byrd, Louisiana State University at Shreveport
LAHPERD Journal
FALL 2012
VOLUME 76 | NUMBER 1

PRESIDENT’S MESSAGE
President’s Message...........................................................................................................................................1
Charity Bryan, University of Louisiana at Lafayette

BEST PRACTICES
Moving in Schools .............................................................................................................................................1
JiJi Jonas and Joanna Faerber
Featured Activities .............................................................................................................................................2

REFEREED PAPER
Treating Fibromyalgia with Complementary and Alternative Medicines .........................................................3
Sarah Russell and Mildred Naquin, Southeastern Louisiana University

ADS
CONVENTION SCHEDULE AND ANNOUNCEMENTS
MEMBERSHIP APPLICATIONS
JOURNAL SUBMISSION GUIDELINES
PRESIDENT’S MESSAGE

Charity Bryan
University of Louisiana at Lafayette

Your LAHPERD Board, along with journal editor Dan Denson, sincerely hope you enjoy this edition of the LAHPERD Journal. As you are well aware, we are in the midst of finalizing our 2012 convention program as we “Geaux the Extra Mile.” I hope that as you read the LAHPERD Journal, you too will be inspired to Geaux the Extra Mile in both your professional and personal lives.

Louisiana, like most states, is in a critical situation regarding childhood overweight and obesity issues. As a profession, we can work to alleviate these conditions, though we all know that it takes a multifaceted approach to tackle such complex problems as childhood overweight and obesity.

As LAHPERD Geauxs the Extra Mile, let’s work together to be part of the solution to this epidemic. If each LAHPERD member were to take on one additional event or activity in the upcoming year, we would start on a journey to raising awareness and helping our K-12 school children. Perhaps you may want to consider adding a “Let’s Move in School” (LMIS) event at your school. AAHPERD has many resources available to help physical educators who may want to host a LMIS event (http://www.aahperd.org/letsmoveinschool/). Maybe a Family Fun Night at your school would be just the spark a young family needs to become more active together. There are numerous ways to reach out to parents, students, and school staff. I hope you will consider taking a personal pledge to “Geaux the Extra Mile” for the students and families in your school or workplace.

The LAHPERD Journal is full of outstanding research conducted by our very talented LAHPERD members. Remember, the Convention will also have the latest research findings brought to you by our outstanding scholars from across the state. There will also be poster presentations with research findings at the convention.

Be sure to pre-register for the pre-convention workshop on Wednesday, October 31, at Episcopal High School in Baton Rouge. Then, make plans to join us Thursday, November 1, and Friday, November 2, at the Crowne Plaza in Baton Rouge. The convention program is packed with activity sessions, research presentations, student sessions, socials, and the Thursday Night GEAX PARTY! We will also host many special guest speakers from around the Southern District AAHPERD.

Enjoy this latest edition of the LAHPERD Journal and join us for the Convention as we Geaux the Extra Mile!

BEST PRACTICES

MOVING IN SCHOOL

JiJi Jonas, NBCT
Joanna Faerber, NBCT

Most of the time we write about best practices as it relates to your physical education classes, but let’s think about best practices in a different way this time.

How about best practices as it relates to your fellow teachers? We believe that sharing ideas, concepts, and activities with your co-workers should be considered a best practice. Many times, physical education teachers are looked upon as not real teachers. Being able to share activities and concepts that will help children stay better focused and have the possibility of helping them make better grades will raise your status in the school setting. Please tell your fellow teachers about “Moving in School” and the importance of having their students participate in 60 minutes of physical activity each day.

Physical activity breaks during the school day provide children and youth with opportunities to be active and take a break from sedentary activities in the classroom (e.g. sitting, reading). These breaks can increase daily physical activity levels of youth and leave them more focused and ready to return to their academic studies.
Integrating physical activity into classroom learning provides another opportunity to infuse meaningful activity during the school day. Physical activity in the classroom helps activate the brain, improve on-task behavior during academic instruction time, and increases daily in-school physical activity levels among children. Classroom teachers have the potential to influence children’s healthy behaviors and lifetime choices by including bouts of physical activity into the total learning experience and, in turn, maximize student learning during academic activities that are mostly sedentary.

Visit “Let’s Move in School” on the AAHPERD Web site (http://www.aahperd.org/) to sign up and find activities to share with your fellow teachers.

FEATURED ACTIVITIES

Stop and Scribble
Grade Levels: 2-5
Formation: Standing at desks with partners
Equipment: Piece of paper and pencil for every two students
1. Teacher calls out physical activity (others may be added):
   - Jumping
   - Twisting
   - Jogging
   - Jumping Jacks
   - Hopping
   - Knee lifts
   - Playing air guitar
   - Marching
2. Students begin activity and continue until the teacher calls out a spelling word.
3. Students freeze, and partners work together to try to spell the word correctly on a piece of paper.
4. After 10-15 seconds, the teacher calls out a new activity.
5. Continue until all the spelling words of the day are used.
6. As students cool down, the teacher writes correct spellings on the board, and students will check their work.
7. Variation: The same activity can be done outside using the sidewalk and chalk instead of pencil and paper.

Developed by Activity Promotion Lab at East Carolina University

Quick Hands
Grade Levels: 1-6
Formation: Standing by desk
Equipment: None
1. Hands always start one on each side of the head.
2. Hands go straight down and touch the knees, then come back up to the head.
3. Right hand to left knee and back to side of head.
4. Left hand to right knee and back to side of head.
5. Both hands to opposite knees and back to head.
6. Clap, touch knees, then back to head.
7. Clap, touch knees, clap, then back to head.
8. Clap under right knee, then back to head.
9. Clap under left knee, then back to head.

Moving with Math
Grade Levels: 1-6
Formation: In partners with partners facing each other
Equipment: None
1. Teacher calls out add, subtract, multiply, or divide.
2. One in each pair jumps in place while making a fist with one hand and hitting opposite hand three times.
3. After hitting three times, the student extends any amount of fingers on each hand. Caution students about using middle fingers.
4. Partner solves problem by adding, subtracting, multiplying, or dividing based on what operation the teacher chose and how many fingers his or her partner is showing.
5. First group to call out correct answer wins.
Treating Fibromyalgia with Complementary and Alternative Medicines

Sarah Russell and Mildred Naquin
Southeastern Louisiana University

What is Fibromyalgia?

The literal meaning of fibromyalgia (FM) is pain in muscle fibers. Those with FM are known to have low pain thresholds (Abeles, Pillinger, Solitar, & Abeles, 2007). FM is not specific to any one muscle but encompasses all muscles in the body. In 2003 Cymet explained, “Patients with fibromyalgia have a heightened somatosensory ability” (p.279). This is characterized by a hyperawareness to touch, sounds/lights, vibration, and smell.

The medical community has not selected one primary reason that some individuals develop fibromyalgia. The American College of Physicians reports that FM may be a condition of “dysfunctional central pain processing”. Anxiety and depression, physical or psychological trauma, or viruses such as hepatitis or human immunodeficiency virus (HIV) may start actions that lead to FM (Abeles et al., 2007). Doherty and Jones (1995) explain a possible cycle of events that can trigger fibromyalgia. These researchers propose regional pain syndrome, disease or illness, anxiety or life crisis which might lead to sleep disturbance. This sleep disturbance causes insufficient deep REM or restorative sleep, in turn causing functioning disturbance, fatigue, and pain that travels to different areas of the body.

Diagnosis of Fibromyalgia

More than six million Americans have been diagnosed with FM (Cymet, 2003). All age groups from the young to the old are included in this number (Bennett, 2011) with the largest population being women. Arnold, Clauw and McCarberg (2011) believe FM remains undiagnosed in about 75% of cases.

In 1990, the American College of Rheumatology (ACR) developed diagnostic criteria. To be diagnosed with fibromyalgia one should have a history of widespread pain lasting more than three months and presence of 11 or more of 18 specific sites (Figure 1) known as tender or trigger points (Wolfe et al., 1990). The 18 tender points are located throughout the body such as the bilateral knee or low cervical area.

Two new diagnostic methods are more accurate than their 1990 predecessor (King, 2011). The FM Severity Scale developed by the ACR in 2010 compares symptoms of the FM patient with those of other non-inflammatory painful conditions. The Widespread Pain Index asks the patient how many times over the past week was pain felt in the trigger point areas (Wolfe et al., 2010).

Symptoms of Fibromyalgia

The National Center for Complementary and Alternative Medicine (2010) explains that widespread pain is the main symptom of FM. This pain varies in location, severity, and type. Other possible symptoms include: cognitive and memory problems, trouble sleeping, morning stiffness, headaches, irritable bowel syndrome, painful menstrual periods, numbness or tingling of hands and feet, restless legs syndrome, temperature sensitivity, and sensitivity to loud noises or bright lights (National Fibromyalgia Association, 2009; United States Department of Health and Human Services [USDHHS], 2010).

Fibromyalgia Treatment Options

The overall goal of treatment is to reduce pain and improve sleep and functionality (Bennett, 2011b). FM treatment options vary depending on the individual’s symptoms. Treatments might include a combination of man-made pharmaceutical...
drugs, lifestyle changes, and more natural alternative methods. Over time a patient’s bodily response to the different treatment methods help determine which methods are effective.

In 2009, Dr. Chad S. Boomershine of the Vanderbilt Center for Integrative Health explained that all medications should be introduced separately at a low dose and the dose should be adjusted as needed. This helps to determine medication intolerances and identifies whether the medication helps reduce pain, increase functional ability or improve sleep. Two pharmaceutics used to treat FM are pregablin and duloxetine. The brand name of pregablin is Lyrica. Lyrica is used to help decrease pain from damaged nerves (National Library of Medicine [NLM], 2009). The brand name of duloxetine is Cymbalta. Cymbalta is an anti-depressant that is thought to stop the movement of pain signals in the brain (NLM, 2011).

Simon and Zieve (2008) with the University of Maryland Medical Center explain that a person can effectively participate in managing FM by making some lifestyle changes. Suggestions include making changes to diet, exercise routines, and sleep patterns. A diet high in fiber and low in animal fats with a plentiful array of fruits and vegetables would be beneficial. Further Simon and Zieve (2008) clarify that, “Physical activity prevents muscle wasting, increases well-being, and over time, reduces fatigue and pain.” They recommend a “graded” exercise plan which allows for a slow and gradual increase in the amount of physical activity. This allows the body to become accustomed to using different muscles and performing different activities with the intent of increased strength and flexibility, which can decrease pain and improve sleep (Simon & Zieve, 2008).

Varying levels of pain, stiffness and fatigue hinders a person’s ability and desire to participate in and maintain any significant physical activity. Mizelle and Fontaine (2011) introduced the concept of “lifestyle physical activity” as a method to provide consistent and beneficial physical movement every day. They recommend at least 30 minutes of moderate intensity physical activity spread over most of the week. It is acceptable for those 30 minutes to be completed in five minute increments if necessary based on an individual’s. Table 1 illustrates the advantages and disadvantages of different types of physical activities including Mizelle and Fontaine’s lifestyle physical activity. The main benefit of lifestyle physical activity is that with its gradual increases in intensity the person is more likely to continue long term physical activity.

Table 1. The pros and cons of exercise and physical activity for FMS

<table>
<thead>
<tr>
<th>Exercise/physical activity</th>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic exercise</td>
<td>Short-term improvement in sense of well-being and physical function</td>
<td>May not improve stiffness, fatigue, or depression</td>
</tr>
<tr>
<td>Strengthening exercise</td>
<td>Possible improvement in pain, global well-being, tender points, depression, strength, and endurance</td>
<td>On initiation, possible increased variation in pain, stiffness, and fatigue</td>
</tr>
<tr>
<td>Lifestyle physical activity</td>
<td>Gradual increases in physical activity, which may decrease likelihood of cessation / dropout</td>
<td>May not be performed intensely enough to produce substantial benefits; patients may not always transition to more traditional exercise programs effectively</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Decreased symptoms, improved mental and physical functioning, with possible long-term benefit; includes a mind-body component</td>
<td>Limited access to instruction; may not be as helpful for men as for women</td>
</tr>
<tr>
<td>Yoga</td>
<td>Possible improvement in well-being, fatigue, sleep, tenderness, depression, anxiety, memory, balance, and coping strategies; includes a mind-body component</td>
<td>Limited availability of medically appropriate instruction</td>
</tr>
</tbody>
</table>

T’ai Chi Chuan, which originated in China as a form of martial arts, is now known simply as a gentle stretching and physical exercise (Mayo Clinic Staff, 2009). A study published in the Journal of Alternative and Complementary Medicine measured whether or not T’ai Chi Chuan was beneficial to male FM patients. Study participants performed T’ai Chi Chuan for 60 minutes, three times per week for a total of four months. The next three months the participants did no consistent or structured physical or stretching activity. Levels of tenderness, functional ability and common FM symptoms were measured before and after the four month exercise period as well as after the three months of no physical activity. Results indicate that T’ai Chi Chuan improved flexibility and lowered anxiety levels and depression (Carbonell-Baeza et al., 2011).

Physical therapy consists of many different methods of treating aches, pains and injuries. These methods include, but aren’t limited to, stretching, heat and massage. A study published in the Journal of the American Physical Therapy Association concluded that physical therapy for FM patients “should include education, aerobic exercise, and strengthening exercise” (Nijs, Mannerkorpi, Decheemaeker, & Houdenhove. 2010). Nijs et al. (2010) explain that it is possible for someone with FM to improve relaxation and pain awareness through physical therapy education. Such therapy also assists in strengthening muscles, improving ease in lifting various amounts of weight.

In conjunction with physical therapy, a technique known as strain counterstrain can be used. Strain counterstrain is a manual massage procedure that relieves joint pain by “passively shortening” the painful muscle areas (Cutler, 2009). Tender points are developed by repeated muscle strains. After identifying specific tender points, the strain counterstrain method can be used to passively shorten the affected muscles to help relax the painful area.

In September 2011, Jaffe references five common dietary supplements for fibromyalgia. These five supplements are St. John’s Wort, Melatonin, Magnesium, S-Adenosyl-L-Methionine (SAMe), and 5-Hydroxytryptophan (5-HTP). St. John’s wort is an herb that is used to treat anxiety, fatigue and sleeping difficulty (National Center for Complementary and Alternative Medicine, 2011). Melatonin is a natural human hormone that regulates sleep cycles. Although naturally occurring melatonin production is preferred, taking synthetic melatonin might improve sleep which can alleviate FM symptoms (Deffner, 2007). Magnesium, the fourth most abundant mineral in the human body works to maintain a steady heart beat and regulate blood pressure (National Institutes of Health Office of Dietary Supplements, 2009). Appropriate magnesium levels may reduce overall pain and reduce tender point pain. SAMe, occurring naturally in plants, animals and humans has proven to reduce depression, inflammation and pain Simon and Zieve (2008). An amino acid found in food, 5-HTP, works to increase the production of serotonin. Serotonin, in turn, helps control mood and behavior; hence 5-HTP may improve sleep, anxiety levels, appetite and pain awareness (Ehrlich, 2011).

DaSilva, Lorenzi-Filho, and Lage completed a study in 2007 to determine if yoga could help those with fibromyalgia. Their goal was to “test the effects of a relaxing yogic practice consisting of physical postures, breathing exercises, and relaxation techniques” (p.1107). The results of the study indicate that yoga was very helpful for FM with significant decreases in pain intensity. The combination of stretching, relaxation and massage decreased pain intensity and improved daily life. The researchers recommend that FM patients learn how to complete therapeutic programs such as yoga, but more studies are recommended to confirm all of these results.

Conclusions and Recommendations
Although the exact cause of fibromyalgia has not been identified, the various signs and symptoms of those diagnosed with fibromyalgia have been recorded. The physical pain, mental deficits and functional disturbances plague millions around the world. Treatments differ based on the individual and the severity of symptoms. The overall consensus is that a treatment plan should be provided that allows for treatment of all symptoms whether they are mental, physical or functional. Until further studies are completed and more effective medicines are developed those diagnosed with fibromyalgia should be encouraged to adhere to a regular exercise program preventing symptoms from taking over their daily lives.
References


UNDERGRADUATE DEGREES:

Bachelor of Science (BS) in Community Health
  Concentration in American Humanities - non-profit organization management
  Concentration in Health Behavior - community and public health
  Concentration in Physical Activity - fitness, strength training
  Concentration in Pre-Physical Therapy/Occupational Therapy - LSUH prerequisites

GRADUATE PROGRAMS:

Master of Science (MS) in Kinesiology and Wellness
Master of Public Health (MPH)
  Joint degree with LSU Health
  Graduate assistantships are available for both graduate programs

USA WEIGHTLIFTING

Center for Development and High Performance
  Training site of Olympians and some of the nation’s top-ranked weightlifters
  Director and head coach: Kyle Pierce

FOR MORE INFORMATION, CONTACT:

Dept. of Kinesiology & Health Science
  Dr. Timothy Winter, Chair
  LSU Shreveport
  Telephone: 318.797.5107
  Email: timothy.winter@lsus.edu

Graduate Coordinator for MPH
  Dr. Jill Rush-Kolodzey
  LSU Health
  Telephone: 318.813.2905
  Fax: 318.675.5081

Graduate Coordinator for MSKW
  Dr. Jesse DeMello
  LSU Shreveport
  Telephone: 318.797.5101
  Email: jesse.demello@lsus.edu
The LSU Department of Kinesiology Graduate Program offers Master of Science (M.S.) and Doctor of Philosophy (Ph.D.) degrees in four areas of specialization:

- **Exercise physiology** is focused on the genetic, biochemical, and clinical evaluation of physiological alterations to exercise training and detraining in both human and animal models. This focus is centered on modifications in the muscular, cardio respiratory, and immune systems from an aging, disease, or peak performance perspective.
  - Coordinator: Arnold Nelson anelso@lsu.edu

- **Motor behavior research** focuses on the learning and performance of coordinated movement, with particular interest in topics such as variables influencing effective and efficient skill learning, gait and balance control, sensorimotor integration for whole body and fine motor coordination, and musculoskeletal system rehabilitation.
  - Coordinator: Jan Hondzinski jhondz1@lsu.edu

- **Pedagogy/psychological sciences** research investigates factors that influence teaching, learning, and behavior choices in a broad range of physical activity settings, including physical education, health education, and exercise programs.
  - Coordinator: Melinda Solmon msolmo1@lsu.edu

- **Sport Management** research focuses on the social construction and organization of sport and sport organizations, centering on management, sociological, and organizational perspectives.
  - Coordinator: Chad Seifried cseifried@lsu.edu
Department of Health and Human Performance
Burton College of Education

Featuring programs designed to prepare
Teachers          Athletic Trainers
Coaches           Exercise Physiologists
Exercise Specialists Sport Managers
Wellness Practitioners Program Directors
Health Educators  Physical Therapists

Undergraduate programs (Bachelor of Science)
• Teacher Education • Dr. Cheryl Northam, Coordinator
cnortham@mcneese.edu
• Health Promotion • Dr. Dan Denson, Coordinator
ddenson@mcneese.edu
• Exercise Science • Dr. Robert Voight, Coordinator
rvoight@mcneese.edu
• Athletic Training • Mr. Chad Chaisson, Program Director
cchaisson@mcneese.edu
• Sport Management • Ms. Roxanne Allen, Coordinator
rallen@mcneese.edu

Graduate programs (Master of Science) • Dr. Dan Denson, Director
• Exercise Physiology
• Health Promotion
• Nutrition and Wellness

For More Information: Contact Dr. Mike Soileau, Department Head, Health and Human Performance, McNeese State University, P.O. Box 91855, Lake Charles LA 70609 msoileau@mcneese.edu, 337 475-5375
Department of Kinesiology

Offering degrees in:

Bachelor of Science: Health and Physical Education
   -Teaching Certification in:
     • Health and Physical Education
     • Adapted Physical Education (add on certification only)

Bachelor of Science: Kinesiology
   -Non-teaching Concentrations available:
     • Exercise Science
     • Health Promotion & Wellness
     • Sports Management

Bachelor of Science: Athletic Training

20 Full Time Faculty
State of the Art Human Performance Lab
First in Facilities
Over 700 Majors

For more information contact:
Department of Kinesiology
225 Cajundome Blvd.
Lafayette, LA 70506
(337) 482-6615
NEW BOOK PRESS RELEASE

Communicable Diseases for School and Community Health Promotion


Author: Martin Ayong Ayim Ph.D., MPH, MCHES
Endowed Professor of Health Education (Dr. Eddie Robinson Snr Foundation)
Grambling State University, Louisiana

Publisher: Authorhouse Publishing, 1663 Liberty Drive #200, Bloomington, IN 47403 Phone 1-888-280-7715

Chapters are as follows:

- Chapter 1: Definition and clarification of epidemiological Terms and concepts
- Chapter 2: Infectious Disease Theories
- Chapter 3: Classification and Prevention of Infectious diseases
- Chapter 4: Vital statistics: morbidity rates and ratios
- Chapter 5: Vital statistics: Mortality rates and ratios.
- Chapter 6: Principles of immunization(vaccination)
- Chapter 7: The practice of immunization
- Chapter 8: Overview of viruses and viral properties
- Chapter 9: Viral infectious diseases transmitted through Contact
- Chapter 10: Viral infectious diseases transmitted through respiratory and Gastrointestinal tract
- Chapter 11: Viral infectious diseases transmitted through interaction between animals and humans Insects and mosquitoes.
- Chapter 12: Overview of bacteria
- Chapter 13: Bacterial infectious diseases transmitted through contact and respiratory tract
- Chapter 14: Food borne bacterial infections
- Chapter 15: Bacterial diseases transmitted through interaction between animals and humans or through vectors
- Chapter 16: Overview of Fungi, Metazoan, and Protozoa
- Chapter 17: Fungal, metazoal, or protozoal infections transmitted through skin contact
- Chapter 18: Fungal, metazoal, or protozoal infections transmitted through gastrointestinal tract
- Chapter 19: Fungal, metazoal, or protozoal infections transmitted through interaction between animals and humans or through vectors (mosquitoes and insects)
- Chapter 20: Sexually Transmissible Infections (STIs). Formerly STDs.
- Appendix I: The ABCs of Hepatitis
- Appendix II: Guidelines for confirmation of Food borne disease outbreaks
Have Fun...Teach Healthy Habits... Benefit Your Community

Students love the excitement of Jump Rope For Heart and Hoops For Heart events, and schools love knowing that students are learning healthy habits and community values. The benefits of physical activity, healthy eating, and staying away from tobacco are just a few topics that these educational programs cover, all while raising funds to fight heart disease and stroke. Students learn about heart health while learning to jump rope or play basketball, satisfying the National Association for Sport and Physical Education (NASPE) Standards of Physical Education.

Learn how your school can support cardiovascular research and save lives.
Call 1-800-AHA-USA1 or visit americanheart.org.

DID YOU KNOW?

• Obesity among our nation’s youth has tripled in the last two decades.
• On average, American children and adolescents spend nearly 4 hours watching television every day.
• Obesity and physical inactivity are major risk factors for cardiovascular disease.
• Overweight adolescents have a 70 percent chance of becoming overweight adults.
• Some experts predict that, for the first time in history, because of inactivity and obesity-related illnesses, children’s life spans will be shorter than their parents’.
• A number of studies have demonstrated that increased physical activity is linked to better school performance.
Come to the Bowler’s Ed booth for a chance to win great PRIZES!

Must be present at the Bowler’s Ed presentation at 11:30 am on Friday to win.

The Bowler’s Ed program is designed specifically for P.E. teachers. The Bowling Proprietors Association of America has developed a multi-disciplinary curriculum, free to teachers, for P.E. teachers to teach bowling in their school gyms or other facilities. For more information, stop by the Bowler’s Education booth.

First 300 visitors to stop by get a FREE t-shirt!

Prizes include:

- Free In-service for up to 100 teachers at any school system in Louisiana (up to $2500 value)
- In-school Bowling Portable Lane Kit ($300 value)

Why Teach Bowling?

Bowler’s Ed

Bowl Ahead with Bowlers Ed In-School Bowling

Geaux Beauxling Bowling Ball ($100 value)

---

- Bowling is an anaerobic type of exercise.
- Excellent method of teaching the underhand toss, a vital P.E. skill.
- Like walking with free weights, it works a lot of muscle groups not normally exercised.
- Bowling two games results in walking approximately half a mile!
- Bowling two games exercises 184 muscles while swinging around 576 pounds.
- Bowling helps with weight control and weight loss.
- Bowling two games can burn between 320 to 580 calories.
- Bowling helps shape you up. It works tendons, joints and ligaments in your arms and legs, plus improves your balance, flexibility and posture.
- Bowling helps build a healthy mind and body. Fun, friendships and stress reduction through bowling all supports good health.
- Bowling is the sport where no one rides the bench. More activity each outing than many other recreations provide and no rain outs!
LAHPERD Conference Program 2012
Crown Plaza, Baton Rouge LA

Wednesday, October 31

9:00 AM  Pre-convention Workshop: K-12 High Yield PE (HYPE), Artie Kamiya, Former National PE Administrator of the Year and NASPE Award Winner
5:00 PM  LAHPERD Board of Directors Meeting

Thursday, November 1

7:00 AM  Registration Opens
8:00 AM  Circuit Training: Running Across the Curriculum
Dances My Students Love
Yoga: Just What the Doctor Ordered
Food Labels Made Easy
Utilizing Services: The Chase Charlie Races
Retirement Seminar
Kinesiology in China
APE Roundtable

9:15 AM  General Session: Create New Habits to Geaux the Extra Mile
Dr. Irene Cucina, AAHPERD President

11:00 AM  Exhibits Open
Speed Stacking
2 Hip 2 B Square
Choosing Appropriate Practices
Classroom Debates: Sport Management
Teaching the Facts of Life
ACL Injuries
Achieving Work/Life Balance
How We Use LAHPERD Grants
University/Agency Partnerships

12:00 PM  Scarf it Up!
Speed Stacking
Dancing Your Way to Wellness
Data Rocks
First Aid CPR/AED Certification
Facilitating Partnerships
Managing Data
Future Professionals/Leaders
Preventive Medicine Research
Contraceptives: Categories and Controversies
Department Chairs Meeting

1:15 PM  CrossFit Kids
Integrated Music and PE
Innovations for PE
First Aid CPR/AED Certification
Submitting Articles for Publication in LAHPERD Media
DHH Asthma Program
Wellness Policy and Strategies
University Service Learning and APE

2:45 PM  Barre Fitness
Martial Arts
Zumbatomics: What is it and how do I get it in my school?
It’s Elementary: Fitness & Fun for Everyone
Best Buddies
Sensitivity Training
Corrective Exercise
Technology in the PE Classroom
Recreation Activities for NATO Forces

4:00 PM  Measuring Your Value-Added Student Progress in PE
Tips & Tricks: Skills and Drills that Thrill
Smooth Ballroom Dancing
Sport Inclusion
Don’t Forget About Me!
Into the Swamp
LASO: Project UNIFY
You Too, Can Renew
Student Teaching: What You Need to Know
Lesson Tech

5:00 PM  Kaleidoscope Rehearsal
Future Professionals Social
Research Poster Presentations

6:00 PM  Kaleidoscope

7:00 PM  Geaux the Extra Mile Social
Registration Closes

Friday, November 2

8:00 AM   Registration Opens, Exhibit Open
Learn 20 Skills & 2 Perfect Routines
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 9:10 AM | First Tee and Snag Golf  
SLAM Fitness  
Yogalates for Everyone  
Cardio-Active PE for Grades 6-12  
10 Things You Can Do to Turn Your Internship into a Job  
Organizing Strength Training  
Assessment: Been There, Done That, Got the T-Shirt  
School Based Tasting Program: Improving Preferences for Fruits, etc.  
Teaching Hybrid and Online Courses |
| 10:20 AM| Future Professional Super Stars  
Prop It Like It’s Hot  
Step It Up to Wellness  
Wheel Chair Tennis  
Life Savers: Implementing AED Programs  
Sports Related Negligence and Litigation  
Coordinated School Health: The Real Education Reform  
Director of Physical Activity: The Newest Certification for PE Teachers  
Effective Health Education Strategies  
Past Presidents Meeting |
| 11:30 AM| Hoop Dancing Fitness  
Dances for the 3 of You  
Physical Best Success Stories  
Teaching Bowling in PE  
The Great Body Shop  
Fundamental Ethical Principles for Health Promotion Professionals  
Act 54: Measuring Student Growth  
Ideas to JUMP Start Hoops for Hearth/Jump Rope for Heart Events |
| 12:45 PM| Awards Luncheon |
| 3:00 PM | Post Convention Board of Directors Meeting |
LAHPERD GEAUX PARTY!
Thursday, November 1st
LAHPERD Convention

MAKE PLANS NOW TO join us as we GEAUX THE EXTRA MILE at the Thursday night LAHPERD GEAUX PARTY!

Hosted by DJ Dano from Magical Music Machine!

- Follow "DANO" on Facebook ("Dan Djdano Blankowski") or on Twitter (DJDanBlankowski)
- Request songs *in advance* by going to www.MagicalMusicMachine.com
- Make requests from over 150,000 songs
- DJ Dano featured on Star 94 Radio in Atlanta
- Known as the country’s most interactive DJ and "International" Interactive Celebrationist”!

Arrive early for the buffet dinner and stay late for the party!
LAHPERD HEALTH FAIR

Friday, November 2nd
Time: 8:00 a.m. until Noon
Location: Mississippi/Delta Queen
Tests Include: Blood Pressure, EKG, Vein Screen AND MORE!!!

Sponsored by the LAHPERD Health Division
Special thanks to Erica Setton at Baton Rouge Cardiology
# LAHPERD Membership Form - 2012-2013

Please provide ALL information requested.

The LAHPERD membership period runs from June 1 through May 31 of the following year. You may enter your application online at the LAHPERD.org website and pay online; or download this form and mail your check. If using this form PLEASE PRINT LEGIBLY and send your check to the address below. Membership/insurance is activated upon payment of membership fee. You may check your membership number or update your member profile online by using your assigned username and password.

<table>
<thead>
<tr>
<th>Membership Categories (see explanation below)</th>
<th>Provided</th>
<th>Dues</th>
<th>E-Mail:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professional-Education</td>
<td>Yes</td>
<td>$65</td>
<td>(required) (preferred e-mail address; checked frequently; year-round address for all LAHPERD communications)</td>
</tr>
<tr>
<td>Professional-Community</td>
<td>No</td>
<td>$40</td>
<td></td>
</tr>
<tr>
<td>3-Yr Professional - Education</td>
<td>Yes</td>
<td>$175</td>
<td></td>
</tr>
<tr>
<td>Student (full-time HPERD major)</td>
<td>No</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>Student-Practicum (student teacher, intern)</td>
<td>Yes</td>
<td>$50</td>
<td></td>
</tr>
<tr>
<td>Retired (verify w/Executive Director)</td>
<td>No</td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>Honorary Life (verify w/Executive Director)</td>
<td>No</td>
<td>$0</td>
<td></td>
</tr>
</tbody>
</table>

**LAHPERD Membership:** Renew: New Member: Are you an AAHPERD Member: Yes: No: 

**Member #:**

<table>
<thead>
<tr>
<th>Mailing</th>
<th>City:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>State:</td>
</tr>
<tr>
<td>(preferred/year round)</td>
<td>Zip Code:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Telephone:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>(Work)</td>
<td>(Home)</td>
</tr>
<tr>
<td>(Cell)</td>
<td></td>
</tr>
</tbody>
</table>

**Name of Work Site:** (Professional or Affiliate Member) 

**Student Member:** (School Attending)

<table>
<thead>
<tr>
<th>LAHPERD Division</th>
<th>Employment Level</th>
<th>Major Interest Area (choose only one)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health</td>
<td>Elementary School</td>
<td>Health Education</td>
</tr>
<tr>
<td>Phys Educ/Activity</td>
<td>Middle/Jr Hi School</td>
<td>Physical Education</td>
</tr>
<tr>
<td>Sport/Leisure</td>
<td>High School</td>
<td>Both Health &amp; PE</td>
</tr>
<tr>
<td>Dance</td>
<td>K-12 School</td>
<td>Adapted PE</td>
</tr>
<tr>
<td>General</td>
<td>University/College</td>
<td>Administration/Higher Education</td>
</tr>
<tr>
<td></td>
<td>Community-give site name above</td>
<td>Aquatics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Athletics/Coaching</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Athletic Training/Sports Medicine</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dance</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Exercise Science/Physiology/Kinesiology</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fitness/Strength/Conditioning</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Health Agency/Health Promotion</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Recreation/Leisure</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sport Management</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Other: (please indicate area:        )</td>
</tr>
</tbody>
</table>

Make all payments to: **LAHPERD** Check, money order, cash, or online membership payments accepted. **NO PURCHASE ORDERS ACCEPTED.**

If a check pays for multiple members, each member must submit an application.

Mail to: Bill Dickens, LAHPERD Executive Director  
c/o Health & Human Performance  
Northwestern State University  
Natchitoches, LA  71497
Join Today and Put AAHPERD to Work for You!

☐ YES, I want to join AAHPERD! Please send my Association credentials and begin my subscription to UpdatePlus and the professional journal(s) I’ve checked below.

(Mr.) (Ms.) (MRS.) (Miss)
Name ________________________________

Please fill out both addresses below and then tell us which one you’d like to use.

1. Business/School Address

Place of Employment ________________________________
Address ________________________________
City __________________ State __________ Zip __________
Work Phone __________________ Fax __________________
E-mail __________________

2. Home Address

Address ________________________________
City __________________ State __________ Zip __________
Home Phone __________________

Prefered Membership Mailing Address
☐ Business/School ☐ Home
☐ AAHPERD makes its membership mailing list available for rental to companies that feel AAHPERD members would benefit from the products and services that they offer. If you don’t want your name made available please check the box above.
☐ Please send me information about my state association.

Your satisfaction is 100% guaranteed. Cancel any time and you’ll receive a full refund on all the months remaining on your membership. Join AAHPERD with confidence!

Customize your membership

Choose your Associations
AAHPERD membership includes membership in any two associations (one if you are a student). A portion of your dues goes to support the associations selected. Please prioritize your choices.

1 2 American Association for Health Education
1 2 American Association for Physical Activity and Recreation
1 2 National Association for Girls and Women in Sport
1 2 National Association for Sport and Physical Education
1 2 National Dance Association
☐ Research Consortium For those interested in research.
(Select this in addition to your association affiliation(s) at no extra charge to you.)

Choose your Professional Journals
☐ Journal of Physical Education, Recreation & Dance
☐ American Journal of Health Education
☐ Research Quarterly for Exercise and Sport
☐ Strategies: A Journal for Physical and Sport Educators
You receive a subscription to one professional journal with your membership in AAHPERD. Subscriptions to additional journals are only $25 each per year.

Calculate your dues
AAHPERD Professional Membership $ 135
AAHPERD Student Membership
☐ Undergraduate ☐ Graduate
Additional Professional Journals
($25 Each)
Foreign Postage (Outside U.S. & Canada add $12 per journal including Update.)

TOTAL DUE $ __________

Payment Options
☐ My check for membership is enclosed.
☐ Please charge my ☐ VISA ☐ MASTERCARD ☐ AMEX
☐ Annual Payment ☐ Quarterly Payment *

Card No: ________________________________
Expiration Date: ________________________________

Signature: ________________________________

*Quarterly payments (credit card only). Available to one year professionals only. Renew automatically until canceled by you.

MAIL TO:
American Alliance for Health, Physical Education, Recreation and Dance
1900 Association Drive, Reston, VA 20191-1598
Phone: 800-213-7193 • Fax: 703-476-9527 • membership@aahperd.org • http://www.aahperd.org

Your satisfaction is 100% guaranteed. Cancel any time and you’ll receive a full refund on all the months remaining on your membership. Join AAHPERD with confidence!
GUIDELINES FOR SUBMITTING ARTICLES TO THE LAHPERD JOURNAL
Electronic Submissions Only (Revised Fall 2012)

The LAHPERD JOURNAL is published twice a year, usually the fall and spring, by the Louisiana Association for Health, Physical Education, Recreation and Dance. Articles should be emailed to the editor, Dr. Dan Denson ddenson@mcneese.edu. Articles should be submitted by January 15 to be considered for the April issue and by August 15 for the October issue.

1. **The Manuscript** Manuscripts should follow the form and style of the current edition of *Publications Manual of the American Psychological Association* and must be double-spaced, 12-point Times New Roman font with standard margins. All of the authors’ names, titles, and institutions should be listed on the cover sheet. **Electronic submissions are required.** Prepare the manuscript in Microsoft Word format and attach author’s statement (see Author’s Statement below). All correspondence should be addressed to the lead author unless otherwise specified. Limit manuscripts to eight pages or about 2,500 words.

2. **Tables and Illustrations** All tables and figures must be titled. Tables may be embedded in the text at the appropriate place. Use tables for reporting extensive statistical information. Data in tables should not be duplicated or extensively discussed in the text. Figures, photographs, images, etc. should be on separate pages in high resolution. Tables and figures may be edited for spacing purposes.

3. **Author’s Statement** The author(s) must provide a statement certifying that the article has not been published or concurrently submitted for publication elsewhere.

4. **Refereed Papers** Only position papers and research manuscripts that meet submission criteria will be considered for blind external review. Each paper will be submitted to three members of the LAHPERD JOURNAL editorial board. Papers are reviewed for content and clarity. Specifically, each paper will be gleaned for 1) identification of the problem and purpose of the study, 2) description of methodology including statistical procedures used, 3) reporting of findings, 4) consistency of conclusions and findings, and 5) quality and appropriateness of references. Lead authors will be notified of the status of the manuscript. Papers may be accepted as is, accepted with minor revisions, conditionally accepted pending revisions, or rejected. Only papers that make a contribution to the profession will be accepted for publication.

5. **Documentation** References should be listed at the end of the article and should be arranged in alphabetical order. Each reference cited in the article must be listed and only those cited should be included in the reference page. Follow the form and style for citing and listing references in the current edition of the *Publications Manual of the American Psychological Association*.

6. **Announcements** Any announcements and last minute news items may be submitted electronically prior to layout of the journal. Contributors are advised to use Microsoft Word format for all attachments. Be sure to title attachment for inclusion in the LAHPERD JOURNAL.

7. **Non-Refereed Papers** Submission of *program development papers* and *teaching methods* are welcome. Authors are encouraged to submit photographs, diagrams and tables as necessary with these papers. These papers will be reviewed by the in-house editorial staff, which consists of the managing editor and the copy editor. Some revisions may be necessary. The editorial staff reserves the right to edit these papers when necessary to maximize available space.

8. **Abstracts** All completed abstracts accepted for presentation at the fall LAHPERD conference will be published in the spring issue of the LAHPERD JOURNAL. Incomplete abstracts will be returned to the author(s) to be completed. Complete abstracts should contain: 1) problem statement, 2) purpose of the study, 3) methods, 4) major findings, and 5) conclusions. Limit abstract to 500 words.

9. **Advertisements** The LAHPERD JOURNAL has available space for advertising of university programs as well as for professional products or services. All advertisements should be submitted as camera-ready hard copy. Rates for advertisements are: $100 per issue for full page; $50 per issue for 1/2 page; and $25 per issue for 1/4 page.