

# CTAHPERD



## Motivate — Activate — Communicate



The 2009-2010 school year marks the 15th Anniversary of Hoops For Heart! Celebrate this fantastic milestone at your event.



### Recognition Award

Each year the National AAHPERD office selects two JRFH coordinators to win the prestigious Outstanding Coordinator of the Year Award. These individuals are given an all expense paid trip (up to \$1000) to the AAHPERD National Convention where they are honored in front of their peers for their dedication and commitment to the JRFH program.

Details available on [www.aahperd.org](http://www.aahperd.org)



Deadline for submitting application Nov. 15, 2009.

### We Jump, We Shoot, We Save!

This year schools who participate in Jump Rope/ Hoops For Heart receive educational materials that the American Heart Association has developed in conjunction with AAHPERD and aligns with NASPE and AAHE standards. This comprehensive educational guide offers elementary and middle school teachers just what they need to teach heart health to their students while making it FUN! The 20-page guide includes: educational scripts and discussion prompts to help teach students about their heart, nutrition, physical activity, and how they can protect their own health; and four educational posters.

For more information on how your school can get involved with Jump Rope or Hoops For Heart visit the website at [www.americanheart.org/jump](http://www.americanheart.org/jump) or [www.americanheart.org/hoops](http://www.americanheart.org/hoops)



Be sure to attend the  
**CTAHPERD conference**  
*Motivate - Activate - Communicate*  
**November 19 & 20**

### 2009-2010

#### AAHPERD Jump Rope For Heart/Hoops For Heart Grant Program

American Heart Association (AHA) and AAHPERD strives to give back to those who are dedicated to Jump Rope For Heart and Hoops For Heart, and has developed this Grant Program to reward the passion and commitment of coordinators across the country. All Jump Rope For Heart/Hoops For Heart coordinators that have held an event within the last year are eligible to apply for the AAHPERD JRFH/HFH Grant.

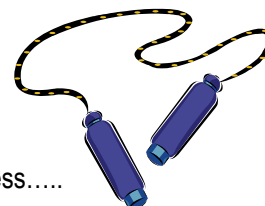
Grant recipients will receive a cumulative \$2500 grant. \$1300 of these funds will support professional development, including: a one year AAHPERD membership (if the member is not a current AAHPERD member),

AAHPERD National Convention registration, and expenses associated with travel to the Convention. The remaining \$1200 will be given to the recipient in the form of a US Games gift certificate, redeemable for equipment to enhance his/her physical education program. Recipients will also receive the AAHPERD Standards Package which includes: *Moving in to the Future: NAPSE Standards for Physical Education, AAHE Health Education Standards, and NDA Dance Education Standards.*

Recipients must write one article for *The Pulse* newsletter. Previous winners may reapply in two years.

The deadline for application is October 15, 2009.

Application is available on [www.aahperd.org](http://www.aahperd.org)



Progress.....

Since 2003 the American Heart Association has committed more than \$44.1 million in research relating to children's health.

## Steps for Building A Healthier School Environment

Convene a School Wellness Council.

Complete the Inventory in the Healthy Schools Builder ([healthiergeneration.org](http://healthiergeneration.org))

Analyze your Results and Develop a Plan of Action

Identify Resources for Implementation.

Take Action!

Celebrate Your successes and keep the Movement Alive.

### It's Important to Know...

#### ST-elevation myocardial infarction (STEMI)

A severe heart attack caused by a prolonged period of blocked blood supply that affects a large area of the heart. These attacks carry a substantial risk of death and disability and call for a quick response by many individuals and systems.

#### Non-STEMI heart attack

A type of heart attack caused by a partially blocked blood supply to a portion of the heart. While serious, this type of heart attack is not considered as dangerous as a STEMI heart attack, where an artery in the heart is completely blocking blood flow to a portion of the heart.

#### 12-lead electrocardiogram (ECG)

A test using a device that measures the electrical activity of the heartbeat and can help medical personnel determine if a heart attack has occurred and whether the heart attack was a STEMI or non-STEMI event. When a 12-lead ECG is done, 12 wires ("leads") are attached to the arms, legs and chest. These wires each record electrical impulses, but from a different position in relation to the heart.

#### Percutaneous coronary intervention (PCI)

The family of medical procedures that uses a "mechanical" means to treat patients with partially or completely restricted blood flow through an artery of the heart. Examples include balloon angioplasty and stents. This type of treatment is available at only about 25% of U.S. hospitals. There are three types of PCI:

Primary PCI: The use of percutaneous coronary intervention to open an occluded coronary artery in the setting of an ST-elevation myocardial infarction

Rescue PCI: PCI that is performed after fibrinolysis/thrombolytics has been performed

Elective PCI: PCI that is not crucial in order to stabilize the patient

For more information [americanheart.org](http://americanheart.org)

### Referral Program is Back

If your school participates in Jump Rope For Heart or Hoops For Heart during the 2009-2010 school year and you help recruit a NEW\* school that completes an event in 2009-2010, you can earn BONUS US Games gift certificates!

Contact your Youth Market Regional Director to take advantage of this *fantastic opportunity to grow your Health and Physical Education budgets!*

\* A school that has not participated in the past 2 years.

### Why We Do This.....

For Brigid, a 10 year old girl who lives in Connecticut with her Mom, Dad, older sister and golden retriever .

This is her story.... When I first found out about my heart problem, I was 7 years old. I kept fainting a lot for no reason. The doctor told my mom that I had a heart problem. We were all really sad and scared.

This year, my doctor said it was time for me to get an electronic device that would watch my heart rate. I was so afraid of having surgery on my heart. When I woke up I had a big scar under my left shoulder where my device is. It is the size of a cookie. It has a very small wire that goes into my heart. When my heart starts beating too fast, the device shocks my heart to make it beat normally.

On New Year's Ever I fainted on the sidewalk and my device shocked me three times. It saved my life. Now I am happy I have it. I feel safer and happier.

My wish for other children with sick hearts is for their doctors to find a way to help them with their heart problems and for them to be better.

For Information on  
American Heart Associations  
Youth Programs Call 1-888-294-0996



Subway is the proud national sponsor of Jump Rope/Hoops For Heart.

### CTAHPERD

#### Regional Workshops

Jump Rope and Hoops For Heart Coordinators are welcome to use their \$15.00 gift certificates to attend a CTAHPERD Regional Workshop. These workshops are usually 2-3 hours in length and held in various locations throughout the state. Each region usually sponsors one workshop each academic year. Be sure to check the CTAHPERD website for announcements of Regional Workshops!

[www.ctahperd.org](http://www.ctahperd.org)