

www.achper.org.au

Better movers = better learners: toward health & physical education for new times

Wednesday, April 13 2011

Emerging evidence from global researchers has revealed a strong connection between human movement, cognitive (brain) development and enhanced learning.

This compelling research will be presented to over 360 delegates in Adelaide at the 27th International Conference of the Australian Council for Health, Physical Education and Recreation next week.

Conference Program Director Dr Graham Dodd said the findings aimed to bring a fresh perspective to health and physical education in Australian Schools at a time when it was being included in the new Australian Curriculum.

'Children need to move as much as possible every day and the recent evidence of the strong link between this movement and a child's capacity to learn strengthens the case for health and physical education to be acknowledged as playing a pivotal role in the healthy holistic education of Australian students', Dr Dodd said.

Principal of St Joseph's Memorial School, Mr Craig Fosdike, said it is important to encourage teachers to include as much movement as possible in their teaching.

'Pursuing an 'active curriculum' has great health and learning benefits for students', he said.

The Conference will showcase the research of world leaders in this area who have taken the findings into their own teaching to motivate and inspire health and physical education professionals to adopt new approaches.

These global experts include Jean Blaydes Madigan (Texas), Dr Frances Cleland (West Chester University, Pennsylvania), Professor Donna Cross (Edith Cowan University, Western Australia) and Dr Tim Hopper (University of Victoria, British Columbia).

The conference will be held at Prince Alfred College, Adelaide from April 18 to 20 2011. For further information or to arrange interviews, please contact:

Megan Cowper
Communications Manager
ACHPER National
Work: 08 8340 3388
Mobile: 0402 243 220
Email: ml_cowper@hotmail.com

www.achper.org.au

Link revealed: Exercise = brain food

Tuesday, March 29 2011

Researchers have uncovered compelling evidence of how regular exercise – particularly in children - is food for the brain, helping to aid learning and improve thinking.

The landmark research will be presented and applied in Adelaide at the 27th International Conference of the Australian Council for Health, Physical Education and Recreation next month.

The “Moving, Learning and Achieving” conference will hear how global brain science researchers believe they have found the missing link between human movement and brain functioning.

Conference Program Director Dr Graham Dodd said the findings were among a raft of new research to be presented.

‘Recent brain research reveals that moving is not only good for your health but it also grows the brain’s capabilities and improves thinking. In regards to children, we now know that it increases the performance of their brain and helps them to learn,’ Dr Dodd said.

The Conference will showcase the findings of world leaders in this area who have motivated and inspired health and physical education professionals to adopt new approaches.

These global experts include Jean Blaydes Madigan (Texas), Dr Frances Cleland (West Chester University, Pennsylvania), Professor Donna Cross (Edith Cowan University, Western Australia) and Dr Tim Hopper (University of Victoria, British Columbia).

Dr Dodd said the conference aimed to bring a fresh new perspective to health and physical education.

The conference will be held at Prince Alfred College, Adelaide from April 18 to 20 2011. For further information or to arrange interviews, please contact:

Megan Cowper
Communications Manager
ACHPER National
Phone: 08 8340 3388
Mobile: 0402 243 220
Fax: 08 8340 3399
Email: membership@achper.org.au



Australian Council for Health, Physical Education and Recreation

About the Australian Council for Health, Physical Education and Recreation (ACHPER)

Facts & Background Information

- The Australian Council for Health, Physical Education and Recreation Inc. (ACHPER) is a **leading professional association** representing over 3,000 professionals working in the fields of health, physical education, human movement studies, sport, recreation, dance, and community fitness.
- ACHPER is a **member-based, not-for-profit** organisation with a highly credible national profile.
- The **Mission** of ACHPER is to promote active and healthy living for all Australians, and particularly to support educators and its members in the study and application of its areas of interest.
- ACHPER National works collaboratively with its **state and territory branches** and kindred bodies to advocate for quality health and physical education programs.
- As a service to members and the profession, ACHPER manages the **Healthy Lifestyles Bookshop**.
- ACHPER's key publications are the **Active and Healthy Magazine** and the **Asia-Pacific Journal of Health, Sport and Physical Education**.
- ACHPER is also a **leading publisher** of quality resource materials to support the health and physical education curriculum frameworks in all states and territories.
- ACHPER's close **links to the education systems and schools** provide an ideal context in which to conduct consultancies and professional development activities.
- Teachers look to ACHPER locally and nationally for support in terms of new **curriculum resources**.

For further information about ACHPER, please visit <http://www.achper.org.au/about>

About the 27th ACHPER International Conference

Facts & Background Information

- The 27th ACHPER International Conference will be held at Prince Alfred College, Adelaide, commencing at 9am on **Monday April 18th 2011** and concluding on **Wednesday April 20th 2011** at 3.30pm.
- This Conference boasts leading National and International educators and researchers who have applied the growing body of evidence from global research in brain science that reveals a strong connection between human movement, enhanced learning and cognitive development. This was the inspiration for the Conference theme of '**Moving, Learning and Achieving**'.
- Expert **Dr John Ratey**, clinical professor of psychiatry at Harvard Medical School, is renowned for commenting on the connection between exercise and the brain's performance.

Dr John Ratey on Exercise & Learning

November 11, 2009 (approx 16 mins)

<http://www.youtube.com/watch?v=A5-kbfnCq6M>

Authors@Google: Dr. John Ratey

June 4 2008 (49 mins)

<http://www.youtube.com/watch?v=Bmc0ERKfjP0>

- The 2011 Conference is expected to attract over 300 delegates and presenters from Australia, New Zealand, Canada, USA, Oceania, Asia and the Middle East.
- The program comprises a diverse line up of more than 130 presentations, both theoretical and practical.
- Highlights include:
 - Monday 18th April 2011**
 - Keynote Address (9am – 10.30am) by Jean Blaydes Madigan (USA) titled 'How brain research links movement and learning'.
 - Keynote Address (1.30pm – 2.30pm) by Donna Cross (Australia) titled 'Minimising Bullying & Aggressive Behaviour in the school and home: Exploring links with movement and learning'.
 - Welcome reception for delegates featuring South Australian cook and food author Maggie Beer (5.15pm – 6.30pm).
 - Tuesday 19th April 2011**
 - Keynote Address (9am – 10am) by Frances Cleland (USA) titled 'The impact of an enriched environment in Physical Education – a developmental perspective'.
 - Fritz Duras Memorial Lecture (12pm – 1pm) by Professor Alan Reid.
 - Wednesday 20th April 2011**
 - Keynote Address (9am – 10am) by Tim Hopper (Canada) titled 'Teaching, Learning and moving in social, situated, and complex spaces: Tactical games, creative dance and video-gaming'.
 - Australian Curriculum panel session (10.15am – 11am)
- The biannual ACHPER International Conference has a long and successful history of engaging international and national researchers, physical education and health teachers, classroom teachers, sport coaches and other allied professionals in the sharing of professional practice.
- The last ACHPER International Conference was held in Brisbane in 2009. The next ACHPER International Conference will be held in Melbourne in 2013.

About the Keynote Speakers



Jean Blaydes Madigan (USA)

Jean Blaydes Madigan is an Elementary School Physical Educator with 30 years teaching experience, recognised for her excellence in teaching. She was awarded Elementary Physical Education Teacher of the year for Texas in 1992 and in 1993 for the National Association for Sport and Physical Education (Southern Districts). In 1997 she received the Texas Association of Health Physical Education Recreation and Dance (TAHPERD) Honor Award.

Jean will present contemporary information linking brain based learning theory with movement and how this can be applied to teaching practice to promote quality learning. She will illustrate how movement can be incorporated into learning experiences as a key ingredient to engage and facilitate learning. She is a dynamic presenter who has facilitated workshops on this topic throughout the United States and Internationally.

Jean is the author of articles linking Brain Research and Movement to Learning and she has worked with organisations including TAHPERD, American Heart Association, the Texas Association for Supervisors & Curriculum Developers, Parenting Magazine, Teaching Elementary Physical Education, and Kimbo Educational.

In 2005 Jean was awarded Advocate of the Year from PE4LIFE in recognition of her development of an Action Based Learning (ABL) Program as a model elementary PE program. She has produced videos on 'How to Make Learning a Moving Experience' and 'Teaching the Teen Brain' and resources titled 'Thinking on Your Feet: A Year's Worth of Lesson Plans, Action Based Learning™ Lab Manual', and the 'Body Brain Adventure LAB Manual'.

Jean is currently involved in curriculum writing in a number of special projects including the Eric Jensen CD Library, Cooper Institute for Aerobic Research's Voyager after school program, and the Richardson and Humble Independent Schools Districts PE Curricula.

Further information:

April 13 2010 - Arkansas Local News (approx 2 mins)

http://www.youtube.com/watch?v=EKii7Vf_ZIY

August 16 2009 - ActionBasedLearning (approx 3 mins)

<http://www.youtube.com/watch?v=CO87E6hGv0I>

April 26 2009 - 2009 ABC Exercise & Learning (approx 3 mins)

<http://www.youtube.com/watch?v=kFmq8pNXx9s>

About the Keynote Speakers



Dr. Tim Hopper (Canada)

Dr. Tim Hopper is an associate professor and faculty member in the School of Exercise Science, Physical and Health Education, Faculty of Education, University of Victoria in British Columbia. Tim has taught at all levels of the school curriculum both in Canada and the UK. He regularly presents at National and International events and has established a reputation as an engaging speaker and an enthusiastic workshop presenter able to connect and translate theory with practice.

His scholarly role at the University focuses on PE teacher education, in particular, conceptual approaches to teaching and learning such as Teaching Games for Understanding, complex learning theory and Movement Education.

Working with his colleague Dr Kathy Sanford he has recently completed a three-year research project based on the development of a teacher education program-wide electronic portfolio process. Drawing on complexity theory the study examined the influence of e-Portfolios on pre-service teachers' learning and program renewal.

Dr Hopper is currently collaborating with Dr Joy Butler to examine how inventing games, a process where students adapt the structures of games to make them fair, flowing, fun and for everyone, can be used in PE. This project will investigate how an inventing games unit can develop students' abilities to collaboratively create worthwhile games that nurture situated ethics and engaged game play.

Tim uses his expertise in IT to collaborate with his pre-service teachers developing an expanding website of units of instruction(<http://web.uvic.ca/~thopper>), and video footage of his classes can be accessed on the pre-service teachers [video journals website](#).

About the Keynote Speakers



Dr. Frances Cleland (USA)

Dr. Fran Cleland is a professor in the Department of Kinesiology at West Chester University where she has been teaching for seventeen years. She is the Assistant Chair of the Health and Physical Education Teacher Certification Program. Fran also taught at the University of New Hampshire and East Stroudsburg University. Prior to teaching at the college level, Fran taught K-12 health and physical education in schools in Indiana, Virginia and Oregon.

Dr. Cleland's research has focused on implementing critical thinking in K-12 physical education and in 2003 she co-authored an elementary textbook with her mentor, Dr. David Gallahue, *Developmental Physical Education for All Children*, currently used in schools and university teacher education programs.

Dr. Cleland has received numerous state, district and national awards, the most recent being the 2005 American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD) Honor Award. Fran is a Past-President of the National Association for Sport and Physical Education (NASPE), and served on NASPE's former Council of Physical Education for Children.

About the Keynote Speakers



Professor Donna Cross (Australia)

Professor Donna Cross has an international profile in school health promotion intervention research. She is Professor of Child and Adolescent Health and the Scientific Director of the Child Health Promotion Research Centre (CHPRC) at Edith Cowan University (WA). The public health outcomes of her research have positively influenced the health promotion practice of teachers, schools and parents throughout WA.

Dr Cross's research team is currently conducting 12 cross-sectional and longitudinal school-based health promotion research projects involving children, adolescents, their parents and educators in the areas of bullying, cyber bullying, aggression and violence, school connectedness, drug use, obesity prevention and smoking cessation.

Since 2000, under the direction of Professor Cross, the CHPRC has conducted several large-scale research projects in the area of school bullying, including the Friendly Schools (FS) and Friendly Schools Friendly Families (FSFF) projects, and the Supportive Schools Project (SSP). Recently, the CHPRC completed the Australian Covert Bullying Prevalence Study, commissioned by the Department of Education, Employment and Workplace Relations, and the Cyber Friendly Schools Project (2008-2009, Public Education Endowment Trust).

Her current and future research at the Centre includes a world-first empirical trial to reduce cyber-bullying in adolescents (2010-2012, Healthway); the development of parent education resource materials to reduce cyber bullying (2008-2010, Telstra Foundation); and a project focused on building school capacity to reduce social aggression among students (2010-2014, Healthway).

Further information:

April 13 2010 - Health and Wellness - Edith Cowan University (ECU)

<http://www.youtube.com/watch?v=zrJ0BIGkE2M>

About the Keynote Speakers



Professor Emeritus Alan Reid (Australia)

Alan Reid is Professor Emeritus of Education at the University of South Australia and will be the 21st Fritz Duras Memorial speaker.

His research and publications focus on the broad themes of education policy, curriculum, the history and politics of public education, social justice and education, teachers' work, and citizenship education. He has authored, co-authored or edited 15 books and monographs and well over 100 journal articles. He is currently the national President-elect of the Australian College of Educators.

Alan has been influential in education policy development at the state and national levels. In 2004/5 he was appointed by the South Australian Minister of Education to be a member of a three person panel to review the South Australian Certificate of Education (SACE); and he was engaged by the South Australian Department of Education and Children's Services (DECS) to lead the development of a system-wide culture of research and inquiry.

In 2009, Alan was awarded the annual Gold Medal of the Australian Council of Educational Leaders (ACEL) for an educator whose 'contribution to the study and practice of educational leadership is assessed as most outstanding at the national level'. In the same year he was also awarded the Alby Jones Medal for excellence in educational leadership.

In 2005, the Australian College of Educators awarded him the inaugural MacKillop Medal in recognition of his distinguished services to education. In 2004, he was named by the *Bulletin* as one of Australia's 'Ten Most Influential Educators'.