



## san mateo county office of education

william k. jennings - superintendent of schools

February 1981

TO: San Mateo County Physical Education Teachers and Coaches  
FROM: Art Andresen, Coordinator, Curricular/Pupil Personnel Services  
SUBJ: Physical Education Potpourri - February 1981

### PHYSICAL PERFORMANCE TEST FOR CALIFORNIA 1980

The new booklet was due out in November, 1980. The latest word has it arriving during March, 1981. Each building principal will receive one copy. Additional copies can be ordered from the State Department at a cost of \$1.50 each. There is very little difference in the new booklet format except for the new percentiles. I have copies of the new percentiles for anyone wanting them.

### NONCREDENTIALLED PERSONNEL TO COACH SCHOOL ATHLETIC TEAMS

On November 13, 1980, the State Board of Education approved changes in Section 5531 of Title V, California Administrative Code, allowing non-credentialed personnel to coach and supervise school athletic teams, when certain conditions are met.

The amended Section 5531 and the criteria from the State Department of Education providing additional information related to noncredentialed personnel coaching school athletic teams follows:

(1) Amend Section 5531 to read:

5531. SUPERVISION OF EXTRACURRICULAR ACTIVITIES OF PUPILS.

(a) All athletic and social activities of pupils, wherever held, if conducted under the name or auspices of a public school or of any class or organization thereof, shall be under the direct supervision of certificated employees of a district or an office of a county superintendent of schools.

(b) The governing board of any school district may employ a noncertificated person to coach and supervise athletic teams in noncredit physical education program and extracurricular activities, provided that:

(1) A thorough annual search of the district's certificated employees has failed to fulfill the district's coaching needs, and

(2) Such noncertificated persons are determined by the employing district

to be knowledgeable and competent in first aid and emergency procedures, coaching techniques, and adolescent psychology as it relates to sports participation.

These competencies may be acquired through courses provided by community colleges where applicable, four-year colleges and universities, and through inservice programs arranged by a school district or a county office of education. Prior experience directly related to the required areas of competency may also be used to satisfy the requirements. These competencies will be defined by the State Department of Education after consultation with appropriate local educational agencies.

Prior to employment of a noncertificated coach, the District Superintendent shall certify to the local board of trustees that all requirements in subsections (1) and (2) have been met. The board shall record and keep on file such certification.

A review of this provision will be conducted by the State Board of Education after one year.

(2) State Department Criteria:

What Are the Conditions?:

- An annual thorough search of the district's certificated employees has failed to fulfill the district's coaching needs.
- Noncertificated persons hired to coach are to be determined by the employing district to be knowledgeable and competent in (1) first aid and emergency procedures, (2) coaching techniques, and (3) adolescent psychology as it relates to sports participation.
- Prior to employment of a noncertificated coach, the **District Superintendents** shall certify to the local Board of Trustees that all of the requirements listed above have been met.
- Definition of how the required competencies may be met is specified by the State Department of Education. (See below)

Coaching Positions Affected:

- The positions of head coach of a varsity, junior varsity, frosh/soph, A, B, or C athletic squad that is not under the supervision of a credentialed teacher are affected. (Assistant coaches of these athletic squads would not be affected by this change of regulations.)

Non-credit Physical Education:

- Noncertificated persons coaching and supervising athletic teams should not have the authority to provide physical education credits to students participating in athletic programs.

Competencies May be Acquired Through:

- a. College, university, and community college courses or extension classes

- b. School district or county office of education inservice programs
- c. Prior experience related to the required competencies.

Depth of Training or Past Experience to Meet the Competencies:

a. Colleges, universities, and community colleges will provide their own class standards.

b. School districts or county offices of education should provide inservice training to the extent determined by local district policy in all of the following three areas:

1. First aid and emergency procedures (conditioning athletes, safe equipment, prevention and care of injuries, district safety policies and regulations, emergency care plan and accident reporting, introduction to sport medicine, etc.)

2. Coaching theory and techniques (theory and skills of teaching and coaching, rules of sports, game strategies and ethics, scouting and practice plans, evaluating the student athletes' abilities, C.I.F. regulations, etc.)

3. Adolescent psychology as it relates to sports participation (physical and emotional development of the adolescent, coping with various personalities, social and moral values, trauma of competition and pressures, problems of adolescents, human behavior patterns, etc.)

c. Candidates for qualification on the basis of prior experience should satisfy the three requirements listed below. Prior experience should be documented in written form as prescribed by the local district and meet school district policies as to the required depth of experience in the following areas:

1. First aid and emergency procedures

Provide documented evidence, in the required form, of one of the following: valid American Red Cross First Aid card or a document certifying (a) experience under the supervision of an athletic trainer, or (b) assistance in team athletic training and conditioning, or (c) attendance at physical education seminars.

2. Coaching theory and techniques

Provide documentary evidence, in the required form, of one of the following: service as a student coach, service as an assistant coach, participation in athletic staff meetings, attendance at coaching clinics or workshops, attendance at athletic staff meetings as assistant to the head coach, work in community youth athletic programs, attendance in a college-level course in coaching theory, participation in competitive athletics.

3. Adolescent psychology as it relates to sport participation

Provide documentary evidence, in the required form, of one of the following: attendance in college-level course in adolescent psychology, attendance in a seminar on human growth and development, active involvement with youth in school or community sports programs.

Suggested resource materials to be provided to all noncertificated coaches:

- School athletic policy handbook.
- California Interscholastic Federation By-Laws.
- District and school policy and procedures for care and reporting of injuries.
- School policy and regulations for faculty.
- Official athletic rule books.
- Policy for complying with state and federal regulations on sex equity in athletics and equity for the handicapped.

Any requests for further information regarding this subject should be directed to John J. Klumb, Program Administrator, Physical Education and Athletics, 721 Capitol Mall, Sacramento, CA 95814, telephone: (916) 322-2737.

LEGISLATION

AB 3328 - eliminates the state requirement for school athletic team members to be covered by accidental death insurance (effective January 1, 1981).

SB 19 - Current law requires the State Department of Education to supervise, advise, and investigate the work in physical education in the elementary and secondary schools, as well as to exercise control over all athletic activities in the public schools.

This bill would delete the provision giving the department general control over all athletic activities of the public schools, and add a provision specifically giving local governing boards the responsibility for governing interscholastic athletic programs in their school districts. The bill defines interscholastic athletics. In addition, it would permit the local boards to enter into associations or consortia to govern regional or statewide athletic programs so long as the association or consortia does not discriminate on the basis of race, religion, sex, or ethnic origin. Finally, it would specifically limit the role of the State Department of Education, the State Board of Education, and the Superintendent of Public Instruction in interscholastic athletic programs to acting in an advisory capacity only (introduced December 1, 1980)

DOCUMENTS - PUBLICATIONS (Phone 364-5600, ext. 2518 for a copy)

1. Implementing Title IX Physical Education (State Department of Education).
2. Alternatives for Coeducational Programs - Suggested Examples for Secondary School Physical Education (State Department of Education).
3. Physiological Differences Between the Sexes: Exploring Old Myths (Dorothy Harris, Pennsylvania State University).
4. Sex Equity in Education UPDATE - October 1980 (Project Sex Equity in Education).
5. California State Department of Education Athletics Study Committee - Final Report and Recommendations (Athletic Study Committee established by State Superintendent of Public Instruction).

6. Elementary School Physical Education Criteria Checklist - A Needs Assessment for School Improvement Plans (State Department of Education).

#### INSERVICE, AGES 4-9

Jeanne Bartelt, consultant in physical education, is available to offer implementation services on the use of the Teacher's Guide - Teaching Physical Education in California Public Schools, Ages 4-9. Call (916) 322-2737 to arrange for inservice meetings. The guide was originally distributed from county offices to all elementary schools in California. The distribution was five free copies for each elementary school. Additional copies are available at \$2.50, plus applicable sales tax, from the Publication Sales, California State Department of Education, P.O. Box 271, Sacramento, CA 95802.

#### RULES FOR COEDUCATION ACTIVITIES AND SPORTS

In this revision of the popular 1977 publication, 20 institutions from elementary school through college share rules for activities and sports they have found to be particularly effective in providing enjoyable involvement for all - boys and girls, men and women. Over seventy different activities and sports are covered, some of which are adaptations of basketball, volleyball, softball and other commonly played sports. A few of the other activities and sports described are frisball, kickball, bell ball, turkey trot and yukon races, frisbee baseball and golf, scooter soccer, superball, hoop hockey, tug-o-war and foam ball. Edited by Mark Pankau for AAHPERD's National Intramural Sports Council, the publication is designed to meet the needs of programs in complying with the guidelines of Title IX and to foster effective coeducational settings. Revised 1979. 48 pp. (245-26702) \$3.95. AAHPERD, 1900 Association Drive, Reston, VA 22096.

#### NEW PHYSICAL FITNESS EMPHASIS PROGRAM

A set of three films on "Physical Fitness for Junior High School Students" and a teacher's guide for using these films and planning fitness emphasis in physical education will be available at no cost to many schools in 1980-81. This program is the result of two years of planning by the President's Council on Physical Fitness and Sports, Blue Cross/Blue Shield, and Walt Disney Educational Media.

The films were developed cooperatively by the PCPFS and Disney and will be purchased as a public service by many Blue Cross/Blue Shield Plans for placement in school district instructional media centers. The teachers' guide also will be made available as a service by Blue Cross/Blue Shield. The program will be presented to teachers and physical education program administrators at workshops planned with individual State Department of Education directors of physical education. Details of the program for your area can be obtained by contacting your state director or Robert Raisbeck, Walt Disney Educational Media Company, 500 S. Buena Vista, Burbank, CA 91521 (213) 841-2000, ext. 1700).

Plans call for development of similar packages for high school and primary and upper elementary school levels from 1981 to 1984.

FILM LIBRARY - SAN MATEO COUNTY OFFICE OF EDUCATION

Recent Additions to the film library:

- 4827 **EVERYONE'S A WINNER:** A PROGRAM FOR PHYSICAL FITNESS, 16 min., grds. 4-6. Exercise, even if we never plan to become great athletes, can help us live active and interesting lives. Describes a program of exercise that included job-walk, pull-up, sit-up, chair push-up, rope jump, and long jump. It is a balanced program designed to meet the needs of active young people.
- 4930 **EVERYONE'S A WINNER: HEART-LUNG ENDURANCE**, 15 min., grds. 7-13. Describes a procedure of vigorous activity followed by rest and resumption of vigorous activity as the only way to achieve heart-lung endurance. Repeats the message from the perspective of a doctor, a teacher, and a runner. Suggests group and individual activities or exercises which facilitate heart-lung endurance.
- 4935 **HABITS OF HEALTH: KEEPING IN TOP SHAPE**, 13 min., grds. 4-6. Analyzes the means to get and keep in top physical condition into **four** main classes: getting enough sleep, developing good cleanliness habits, eating balanced meals, and exercising daily. **Illustrates** each of the activities through live-action, limited **animation**, stop motion, and slow motion.
- 7017 **JOHN BAKER'S LAST RACE**, 34 min., grds. 6-11. True story of a champion world-class athlete with terminal cancer who was given only six months to live. As a teacher he dedicated his life to the children he taught and made every child feel important, especially those who could never win. His example of selfless devotion influenced hundreds of children.
- 1182 **KELLY**, 9 min., grds. 4-6. Kelly, a nine-year-old black girl from Watts, is a member of the Flying Souls, the world's only all-black trapeze troupe. She tells of her growth with the troupe and how she has learned discipline, concentration and pride. The trainer stresses the fact that they are representing their race, themselves, and Watts.
- 1192 **PLAYING SOFTBALL**, 11 min., grds. 2-6. From the "Sports for Elementary Series." Shows the techniques for pitching, catching, batting, running, stopping ground balls, and throwing. Uses instant replays, freeze frame, and slow motion to show these skills. Coeducational.
- 4900 **PLAYING TOUCH FOOTBALL**, 12 min., grds. 2-6. From the "Sports for Elementary Series." Shows children how to develop passing, receiving, punting, place kicking, and running skills. Uses slow motion and freeze frames to highlight every action that players must perform to execute game skills properly. Coeducational.

- 4929 POSTURE: THINKING TALL, 12 min., grds. 5-9. Urges viewers to explore the advantages of good posture. Examples of excellent body control, in a variety of human activities, demonstrate that posture contributes to performance, well-being, and durability. Using skeletons and people, shows what is important in developing habits and concepts of good posture.
- 4892 SKATEBOARD SAFETY, 13 min., grds. 5-7. Skateboarding is a sport, and like most sports, it requires training, skills, and experience. Students are shown important "how to's" such as: how to choose protective clothing, how to check equipment, where and how to ride, and how to fall without injury.
- 4946 SURVIVAL SWIMMING: TO SAVE A LIFE, 15 min., grds. 5-12. About 60% of all drowning victims did not plan to be in the water. Dramatizes several typical water emergencies and demonstrates what to do. Introduces basic movements of the survival float, surveys a variety of survival swimming techniques and their applications, and the use of clothing as a flotation device.
- 4867 VOLLEYBALL--DIG IT, 13 min., grds. 7-10. Kathy Gregory, ten times all American, discusses the skills of volleyball as they are demonstrated by some of the best women volleyball players in the United States. Each skill is examined precisely, with particular stress on the importance of timing.
- 4826 WOMEN'S BASKETBALL: JUMP BALL, 15 min., grds. 8-10. Stresses the importance of practice and determination in developing the basic skills of the game, while showing how togetherness between teammates and coach can make the difference in winning or losing. Provides incentive and motivation for women who are, or want to become, basketball players.
- 1163 WRESTLING FUNDAMENTALS, 11 min., grds. 8-10. Good wrestling requires a series of moves and countermoves. The basic ones are: the take downs, double leg, single leg, arm drag, and whip over; the escapes, sit out and roll out; the reverses, switch, short switch, and side roll; and the pin holds, bar arm, and half nelson, and the cradle.

LIBRARY - SAN MATEO COUNTY OFFICE OF EDUCATION

Phone 364-5600, ext. 4401 if you want a particular book.

New Books:

THE COMPLETE BEGINNER'S GUIDE TO PHYSICAL FITNESS. Lyttle, 1978 GV 341 L 9  
Common sense guide to health and exercise; includes special applications and contraindications.

PHYSICAL FITNESS INCENTIVE PROGRAM. Sutter County Schools Office, 1978  
GV 363 S 91 A packet of information including award certificates, brochures identifying the underdeveloped child and an improvement program.

A PRACTICAL APPROACH TO MEASUREMENT IN PHYSICAL EDUCATION. Barrow, 1979 (3rd ed) GV 436 B3 1979 A textbook providing teachers with practical guides for testing, measuring and evaluating school physical education programs.

GROWING STRONG. Fodor, 1979 GV 481 F 56

A progressive program of training to assure physical fitness from youth to adulthood.

SPORTS CONDITIONING AND WEIGHT TRAINING. Stone, 1978 GV 481 S 75

Simple basic training program for secondary students, to apply strength development and conditioning techniques to specific sports; includes the scientific basis for the exercises.

IT'S A GIRL'S GAME TOO. Siegel, 1980 GV 709 M 32

Interesting facts about girls and sports: how to choose a sport, keeping in shape, top female athletes and amusing historical anecdotes.

COACHING BASKETBALL, TEN WINNING CONCEPTS. Jeremiah, 1979 GV 885.3 J 47

For basketball coaches: conceptualizes the basic fundamentals of the game to teach broad ideas, rather than individual skills; include drills.

PLAYFAIR, EVERYBODY'S GUIDE TO NONCOMPETITIVE PLAY. Weinstein, 1980 GV 1201 W 437

An illustrated sourcebook for hundreds of skills, games and ideas for students, clubs and groups.

### PERIODICALS

1. Athletic Journal
2. Health Education
3. Journal of Physical Education
4. Journal of Physical Education and Recreation
5. Movement Education
6. Physical Educator
7. CAHPERD Journal

These periodicals are available in the Library. If you wish to be sent the table of contents of any periodical, please call 364-5600, ext. 2518. After reviewing the table of contents, you can be sent any article of your interest.

### WORKSHOPS

1. "Another Day of 'How-To' With Buzz Glass"

A total curriculum movement exploration workshop.

Saturday - March 7, 1981 - 9:00 a.m. to 3:00 p.m. - at  
Indian Valley Elementary School, Walnut Creek, CA.  
Call: 881-6234 for reservation.

2. California Polytechnic Summer Workshops:

July 20 - July 31, 1981 - Secondary Physical Education

July 27 - August 7, 1981 - Secondary Physical Education and Coaching Workshop



2. California Polytechnic Summer Workshops: (cont'd)

August 2 - August 7, 1981 - Elementary School Physical Education Workshop -  
- Basic Rhythm Skills - Multi-cultural Games -  
- Basic Sports Skills - Fitness Activities -  
- Square Dance - Rhythmic Gymnastics - Safety  
on the Playgrounds - Fitness Testing - Inter-  
disciplinary Activities - Creative Dance

For further information contact:

Dr. Jim Raley  
Department of Physical Education  
California Polytechnic  
State University  
San Luis Obispo, CA 93407

Edith Gardner  
or 9121 La Riviera Drive  
Sacramento, CA 95826

Jeanne Bartelt  
California State Department of Education  
721 Capitol Mall  
Sacramento, CA 95814  
(916) 322-2737

3. June 21 - July 3, 1981 - Dance and Movement Workshop - San Francisco University.

4. Adapted Physical Education Program Fair

For any person interested in program ideas in physical education for the handicapped. There will be demonstrations, participation, audio-visual presentations, and adaptive equipment displays.

Thursday - February 19, 1981 - 2:00 p.m. to 4:00 p.m. - at  
Timpany Center, 730 Empey Way, San Jose, CA. There is no fee.  
Call: 299-2961 for more information.