TEXAS AHPERD JOURNAL

PROMOTING HEALTHY LIFESTYLES

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TAHPERD's Own Fundraiser!

TEXAS Moves
PROMOTING HEALTHY LIFESTYLES

Texas MOVES is a collaborative partnership between TAHPERD and all local educators and administrators. The goal is to encourage and promote movement in the community, support local non-profit organizations whose goals align with TAHPERD's mission, and benefit local and state educational programs.

TEXAS AHPERD JOURNAL
SPRING ISSUE 2021

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HC GRIMET
TAHPERD President

TOGETHER WE'RE STRONGER

Happy New Year TAHPERD!!! Welcome to 2021! I am excited about all of the possibilities we have to create the future of our organization during this new year. As we look back on 2020, COVID -19 changed many things for all of us and our organization. The one thing it did not change is our support and commitment to continuing to make a positive difference through promoting healthy lifestyles. In today's world, health is a top priority and TAHPERD plays a vital role in advocating and educating for a better future. Our students, districts, state, country, and world need our assistance and our organization needs you to move forward in uncharted territory.

During these most challenging times, support from our membership and working together to create the future of TAHPERD is vital in moving forward. The goal of our organization is to serve the needs of its members, so we rely on each member to assist us in moving forward. Together we're stronger and together we will build an organization to meet the ever-changing needs of its members.

In order to work together, it is imperative we continue to maintain and grow our membership. The more members we have, the stronger our association. It is my goal to double our membership during 2021. I encourage all members to renew their memberships and invite others to join our outstanding association.

Our association, like many other non-profit organizations, was negatively impacted financially during the pandemic. TAHPERD has primarily relied on its income from conferences, conventions, and membership. The pandemic highlighted the need to develop a better long-range plan to financially support our association to sustain and propel us for the future. Our goal this year is to develop a new plan to generate a regular source of income to support the programs and services for our members. TAHPERD exists to serve the needs of its members and it now needs its members to work together to assist our association in developing a new fiscally sound plan for our future.

This pandemic has moved us all towards a greater dependence on technology to communicate effectively with one another and to allow us to continue to perform necessary tasks with social distancing restrictions. The present technology programs and platforms utilized by TAHPERD are in need of being updated. Our goal this year is to enhance our technology resources and member services to better meet the needs of our members and association.

I would like to thank all members who join the Board of Directors and TAHPERD officers on January 28, 2021, from 6 to 8 PM as we celebrated the opportunities possible in 2021 as we work together to shape the future of our organization. Reach out to TAHPERD leadership to find out more about plans for the future and how YOU can be involved. The event was a fun and informative get-together for colleagues from around the state, learning more about TAHPERD and kicking off 2021 with some games, goals, and gift cards.

As 2020 taught us, change is uncomfortable, but can also help us to see things in a different perspective. I believe TAHPERD and its members have a bright future ahead of us and I look forward to creating it with your assistance. **Together We're Stronger** and can build a brighter future for all.

During these most challenging times, support from our membership and working together to create the future of TAHPERD is vital in moving forward. The goal of our organization is to serve the needs of its members, so we rely on each member to assist us in moving forward. Together we're stronger and together we will build an organization to meet the ever-changing needs of its members.

TAHPERD
Promoting Healthy Lifestyles

MISSION STATEMENT

The Texas Association for Health, Physical Education, Recreation and Dance is committed to the development of knowledge and programs that promote active, healthy lifestyles and enhance skilled, aesthetic motor performance.

POLICY STATEMENT

The *TAHPERD Journal* (ISSN 0889-0846), a referred and blind peer reviewed journal, is the official publication of the Texas Association for Health, Physical Education, Recreation, and Dance and is published three times annually in the fall, spring, and summer. Manuscripts, photos, and news items are invited and should be submitted in accordance with the Author's Guidelines found on page 14. The author's opinions are their own and do not necessarily reflect the attitude or views of TAHPERD, its officers, or the editors of the *Journal*.

DATES TO REMEMBER

April 23, 2021
TAHPERD Room Block opens at Embassy Suites San Marcos

June 18, 2021
Summer Conference Hotel Cut-Off Deadline

July 11 – 13, 2021
37th Annual TAHPERD Summer Conference – San Marcos

August 15, 2021
TAHPERD Room Blocks open at Arlington Convention Hotels

November 8, 2021
Annual Convention Hotels Cut-Off Deadline

December 1 – 4, 2021
98th Annual TAHPERD Convention – Arlington

ROSE HAGGERTY
Executive Director

TAHPERD
Promoting Healthy Lifestyles

CONVENTION 2020

COVID-19 has created several first-time opportunities. The 97th Annual TAHPERD Convention was held virtually! Thank you to the many individuals that helped to make the event a great success. There were a total of 415 attendees, 26 webinar sessions including 8 vendor webinar session and approximately 16 volunteers serving as session moderators.

The keynote speakers delivered messages reflective of the current experiences related to change in the face of adversities. A major highlight was TAHPERD's first student keynote speaker. This high school student, Jimena Tinoco along with Dr. Raymond T. Heipp did a great job!

TAHPERD's Board of Directors and the Representative Assembly held their annual meetings virtually during the convention. The following actions were taken by the Board of Directors:

- Approved monthly distribution not to exceed $55,000 from the TAHPERD Trust through the budget year ending May 31, 2021.
- Due to the convention's virtual platform, sections officer elections were not held. President Wright requested the current officers continue to serve in their positions through 2021. Thank you to TAHPERD members for serving. See the complete list of officers, on page 22.
- Recognized individuals, who completed their term as an officer and/or committee member, see the complete list on page 25.

"Together We're Stronger" was the theme for the Annual Leadership Conference

On January 25, 2021, approximately 150 TAHPERD officers, committee members, and interested members joined the first virtual Leadership Conference. This was a very exciting experience for all. TAHPERD Vice Presidents facilitated division breakout sessions. The scope of the work focused on President Grimet's primary goals identifying strategies to move the association forward understanding that "Together We're Stronger."

Texas Education Agency (TEA) Updates

TEA has released 2021 Frequently Asked Questions (FAQ) document regarding the expectations for schools and districts to meet the state CPR and FitnessGram requirements. The following link will address questions related to CPR instruction and FitnessGram reporting: https://tea.texas.gov/sites/default/files/covid/20-2-Fitnessgram-CPR-FAQ-Strong-Start-Template.pdf

TAHPERD is an advocate for health and physical educators of all types throughout Texas. We have long been both the voice and the heart of the Texas HPE community and hope to continue in that role for many years. As TAHPERD moves through 2021, we are reminded that our members are dedicated to **"Promoting Healthy Lifestyles"** and serving an HPE community understanding that ***"Together We're Stronger."***

> Stay smart, stay safe. Continue to wash your hands and social distance. We're all in this together.

Legislative Priorities for 2021 Session:

1. Ensure all Texas children have access to a well-rounded education which includes recess, physical education, and instruction on health.

- Require school districts to create and institute recess policies that reflect best practice, consider recommendations from the School Health Advisory Committee (SHAC) and allow children the opportunity to be active, practice life skills and reenter the classroom ready to learn.
- Increase middle school physical education (PE) requirements to include moderate to vigorous activity for 6 semesters, high school PE requirements to 3 semesters, and make 1 semester of health education required for graduation.

2. Eliminate food insecurity exacerbated by the COVID-19 pandemic; increase Texans' access to healthy foods and decrease their risk of obesity.

- Fully fund the Surplus Agricultural Products Grant which ensures food banks have the produce to keep Texans from going hungry during the pandemic.
- Encourage Medicaid Managed Care Organizations (MCOs) to implement initiatives to address social determinants of health (SDoH) including healthy food access.
- Increase access to SNAP benefits for senior citizens by streamlining the application process.

3. Maintain and strengthen Texas' current public infrastructure to address obesity.

- Promote the efficacy of the Texas' Whole Child School Health Policy approach, School Health Advisory Committees (SHACs) and physical fitness assessments which play a critical part of youth fitness and the physical education curriculum.
- Protect and enhance current requirements around PE and Health Education.
- Protect vital public health funding at the Department of State Health Services to combat chronic diseases including obesity.

PARTNERSHIP FOR A HEALTHY TEXAS
CONQUERING OBESITY

BRENDA GRAY FIELDS

1942-2020
Dallas ISD

"Three scores and ten" described the legacy that Brenda has left with us. Through her dancing, presentations, and participation with the Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD), Brenda along with her twin sister Linda and the third amigo Rhonda Odom, when you saw one, you always knew that the other two would be with her. The team presented at TAHPERD Conventions, in Oklahoma and the Bahamas. Once, when presenting in San Antonio, several teachers from Mexico participated in the session. The group of teachers were so impressed with the equipment being used, at the end of the session the "Three Amigos" gave the equipment to them to take back to Mexico. Brenda, Linda, and Rhonda participated in special classes designed to teach dance routines to members and their students. The dance routines were videotaped to accommodate teachers who could not attend in person. The session titled "Dancing Texas Style" was a highlight of TAHPERD's conventions. Brenda used her skills along, with her sister, to open the Bekai Academy of Dance Studio. Located in the neighborhood, the studio was designed to expose boys and girls to the art of dancing, tapping, baton twirling, and gymnastics. She formed the dance group, "Twice Related", with her twin sister and her niece, where they offered praises to the Lord through dancing· for over 50 years. Brenda danced up to the last two months of her life with us.

Call for Volunteers

TAHPERD is a member-driven association which means the members establish and implement the mission, goals, and strategies for the association and needs volunteers to serve as officers and committee members. TAHPERD **needs over 500 volunteers every year** to operate efficiently. If you would like to become actively involved in TAHPERD please email your name and interest area to rose@tahperd.org.

Areas of Greatest Volunteer Need:
Officers & Committee Members
Manuscript Reviewers (Research Level)
Event Volunteers

Volunteer to Help TAHPERD Grow!

APFT SCORES AND MUSCULOSKELETAL INJURIES AMONG ARMY ROTC CADETS

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Abstract

Musculoskeletal injuries are one of the leading health concerns impacting members of the Armed Services. Research suggests military personnel with lower muscular and cardiovascular endurance, as measured by the Army Physical Fitness Test (APFT), are at greater risk of injury. The goal of this correlational research was to identify relationships between previous musculoskeletal injuries and APFT scores. Forty-nine Army ROTC Cadets (35 males, 14 females, age 20.65 ± 2.05) completed the Extended Nordic Musculoskeletal Questionnaire and an injury details form. Scores from the APFT were provided by the cadre associated with the brigade. Linear regression models were estimated with APFT scores as the dependent variables and injuries to the body regions as independent predictors; associated correlation coefficients are also reported. Scores on the APFT were as follows: push-ups 88.76 ± 13.14 points, sit-ups 83.20 ± 11.91 points, and two-mile run 82.08 ± 13.03 points. None of the regression models using APFT scores as a dependent variable were statistically significant. Although the current study does not support findings of the general Army population, it does align with one study utilizing a similar population of ROTC cadets. Focusing on injury prevention early on in the military career, at the cadet level, may help mitigate the chance of injury when they become commissioned officers.

Keywords: military, physical fitness, pain

Introduction

Musculoskeletal injuries continue to be one of the most prevalent health concerns plaguing members of the Armed Services (Jones BH, Canham-Chervak M, Canada S, Mitchener TA, 2010). In 2006, injuries were the leading cause of medical encounters (Jones BH, Canham-Chervak M, Canada S, Mitchener TA, 2010), with reported rates as high as 61% (Grier, Morrison, Knapik, Canham-Chervak, & Jones, 2011). As a result of several investigations, risk factors contributing to training-related injuries have been identified, with a primary factor being physical fitness (Bedno, Cowan, Urban, & Niebuhr, 2013; Jones, Bovee, Harris, & Cowan, 1993; Jones et al., 2017; Jones BH, Cowan DN, Tomlinson P, Robinson JR, Polly DW, 1992; Sefton, Lohse, & McAdam, 2016).

Previous studies conclude trainees with lower fitness levels are significantly more likely to sustain an injury, specifically an overuse injury, than those who are more fit (Bedno et al., 2013; Jones et al., 1993; Jones BH, Cowan DN, Tomlinson P, Robinson JR, Polly DW, 1992; Sefton et al., 2016). Although these findings are supported within the literature, more information is needed to determine whether the relationship between fitness and injuries is consistent in the Reserve Officers' Training Corps (ROTC) cadet population. The majority of studies examining injury risk factors have been conducted in Basic Combat Training (BCT) because the standardized living and training conditions make it a reliable model (Jones et al., 1993, 2017; Jones BH, Cowan DN, Tomlinson P, Robinson JR, Polly DW, 1992). Since ROTC cadets matriculate into the armed services as officers, identifying injury risk factors in this understudied population is essential to addressing the issue of musculoskeletal injuries.

The Army Physical Fitness Test (APFT) is a widely used method for measuring fitness of Army personnel. The APFT consists of three components: push-ups, sit-ups, and a two-mile run. Numerous researchers have used the APFT to investigate the relationship between physical fitness and musculoskeletal injuries in Army trainees. The literature suggests trainees with the slowest run times, with the implication of lower cardiovascular fitness, are at greater risk of subsequent injury compared to their more fit counterparts (Grier et al., 2011; Jones et al., 1993, 2017; Jones BH, Cowan DN, Tomlinson P, Robinson JR, Polly DW, 1992; Knapik J, Philip A, Reynolds K, 1993; J. J. Knapik et al., 2001). Although researchers agree slower run times contribute to overall injury risk, there are mixed reports associated with the relationship between muscular endurance and injury, as measured by the push-up and sit-up components of the APFT.

Because most injury research in the military setting has been conducted in BCT (Jones et al., 1993, 2017; Jones BH, Cowan DN, Tomlinson P, Robinson JR, Polly DW, 1992), there is a need for information with respect to military personnel in different stages of training. A focus on improving fitness at the ROTC level could be beneficial to prevent future injuries and cadet attrition. Therefore, the purpose of this study was to identify relationships between previous musculoskeletal injuries and APFT scores in Army ROTC cadets.

Methods

Design

This correlational research design was conducted at a Land Grant, Research University.

Participants

Prior to participant recruitment, this study was approved by the university's institutional review board. Participants included 49 Army ROTC Cadets from one brigade at a mid-sized university. Cadet experience ranged from one to four years (Military Science [MS] 1 [n=5], MS 2 [n=12], MS 3 [n=19], MS 4 [n=13]). Inclusion criteria included cadets who were deemed healthy by the Athletic Trainer to complete all three components of the APFT. Exclusion criteria included cadets with any injury or

illness, which prevented completion of one or more components of the APFT.

Procedures

Each participant completed the Extended Nordic Musculoskeletal Questionnaire (NMQ-E), which is a reliable instrument that measures information regarding onset, prevalence, and consequences of musculoskeletal pain in nine body regions including: neck, shoulders, upper back, elbows, wrists/hands, low back, hips/thighs, knees, and ankles/feet (Dawson, Steele, Hodges, & Stewart, 2009). Participants also completed an injury details form providing specific information based on the general responses provided on the NMQ-E for injuries that occurred in the previous 12 months. The form included information about mechanism of injury, diagnosis, and impact of the injury on ROTC involvement.

The APFT provides a measure of cardiovascular endurance in addition to upper and lower body muscular endurance using the soldier's body weight, and scoring is normalized to account for age and sex differences. The APFT consists of two minutes of push-ups, followed by two minutes of sit-ups, then a two-mile run. Soldiers are given ten to twenty minutes of rest between events, and all three events must be finished within two hours. The APFT is scored out of 300; soldiers must score at least 60 points on each event, equating to an overall score of 180 to pass. Policies of the Professor of Military Science require cadre members to score the APFT; therefore, scores were provided to the researchers by military personnel.

Statistical Analysis

Regression models were estimated to assess relationships among injuries and performance on the three components of the APFT. Individual correlations were also examined. All analyses and descriptive statistics were computed using the R language, version 3.5.2 (R Foundation for Statistical Computing, Vienna, Austria).

Results

The sample comprised 49 Army ROTC Cadets (age 20.65 ± 2.06), including 14 females and 35 males. Two failing scores on the APFT were reported, one for push-ups and one for the run. No data were missing, so neither deletion nor imputation was necessary. Descriptive statistics for APFT scores appear in Table 1, while counts of self-reported injuries appear in Table 2.

Three linear regression models were estimated with test scores for push-ups, sit-ups, and running as the dependent variables and injuries to the relevant body parts as independent predictors. For push-ups, the predictors were injuries to the neck, shoulders, upper back, elbow, lower back, hip, and wrist. The overall model was not statistically significant ($F[7, 41] = 0.586$, $p = .763$). Table 3 displays the correlations between predictor variables and push-up score. Shoulder pain had the strongest correlation, but the one-sided t-test was not statistically significant ($t[47] = 1.414$, $p = .082$). Most injuries have a negative correlation, as expected, and we discount the observed positive correlation with elbow injuries because only one such injury was reported. The model was also estimated with sex and age as additional covariates in the model. The overall model was qualitatively similar, and sex was not statistically significant at the 5% level ($t[47] = 1.762$, $p = .086$).

Table 1. Descriptive statistics of APFT scores

Group	Age	Push-ups (points)	Sit-ups (points)	Run (points)
Men	20.49 (1.36)	87.20 (13.39)	81.51 (11.00)	82.49 (12.93)
Women	21.07 (3.25)	92.64 (12.08)	87.43 (13.45)	81.07 (13.72)

This table provides means and associated standard deviations in parentheses for age and scores on the three components of the APFT for all participants, divided by sex.

Table 2. Self-reported injury counts

Group	Neck	Shoulder	Upper Back	Elbow	Wrist	Lower Back	Hip	Knee	Ankles	Lower Leg
Injured	10	15	5	1	5	20	7	16	15	6
Uninjured	37	32	42	46	42	27	40	31	32	41

Participants reported injuries across ten different areas of the body. Figures here provide the number of injuries for each.

Table 3. Correlations of injuries with APFT score for push-ups

Location	Correlation
Neck	-0.041
Shoulder	-0.202
Upper Back	-0.009
Elbow	0.125
Lower Back	-0.055
Hip	-0.145
Wrist	-0.004

Point biserial correlation coefficients are provided between self-reported injuries for relevant areas of the body and push-up scores on the APFT. None of the reported correlations are statistically significant at the 5% level.

For sit-ups, the relevant injuries were related to the upper back, lower back, and hips; the correlations between these injuries and the sit-ups score were all weak at .046, -.113, and -.027, respectively. The estimated model was not statistically significant ($F[3, 45] = 0.386$, $p = .764$). Again, sex was not statistically significant at the 5% level ($t[47] = 1.832$, $p = .074$).

Finally, for the run portion of the APFT, the model included injuries to the lower legs, ankles, knees, hips, and lower back. Once again, the model was not statistically significant ($F[5, 43] = 0.694$, $p = .631$). Correlations between run score and injuries appear in Table 4. Many of these correlations are positive, though not statistically significant. Of the three models, sex had the weakest influence on the running score, with the only reversed coefficient for sex found in the study ($t[47] = -0.49$, $p = .625$).

For further investigation of the sex variable, independent t-tests were used to compare performance on each of the three tests. Males and females did not differ in their overall scores for sit-ups ($p = .159$), push-ups ($p = .179$), or run ($p = .743$). Comparing raw scores, males outperformed females in their performance

Table 4. Correlations of injuries with APFT score for running

	Lower Leg	Ankles	Knee	Hip	Lower Back
Run	0.046	0.185	0.161	0.101	-0.034

Point biserial correlation coefficients are provided between self-reported injuries for relevant areas of the body and running scores on the APFT. None of the reported correlations are statistically significant at the 5% level.

for running ($p < .001$) and push-ups ($p < .001$), but not sit-ups ($p = .149$).

Discussion

This study evaluated the relationship between performance on the APFT and history of musculoskeletal injuries in ROTC cadets. We expanded on prior findings by investigating the relationship between fitness and injury in the ROTC population as opposed to BCT trainees. Although various studies have been conducted in ROTC assessing factors including PRT effectiveness for freshman cadets (Oliver et al., 2017), physical fitness status of cadets (David Q. Thomas, Samantha A. Lumpp, Jamee A. Schreiber, 2004), and the relationship between cadet body composition and APFT scores (Steed, Krull, Morgan, Tucker, & Ludy, 2016), less is known about the association between fitness and injury in ROTC cadets. Scott et al. (2015) examined several factors in ROTC cadets, including APFT scores and history of lower extremity injuries; therefore, we chose to evaluate injury history in all body regions, as opposed to restricting our evaluation to the lower extremity. The present study also differed in that the relationship between specific injury locations and related components of the APFT were analyzed. Much of the previous research has investigated all injuries, regardless of specific body region, and components of the APFT (e.g. relationship between wrist injuries and run times), resulting in a less practical approach.

Analysis of the relationship between each component of the APFT and injuries to related body regions revealed no significant correlations in the cadets. Mixed results have been presented regarding push-up and sit-up performance and risk for sustaining a musculoskeletal injury (Grier et al., 2011; Jones et al., 1993, 2017; Jones BH, Cowan DN, Tomlinson P, Robinson JR, Polly DW, 1992; Knapik J, Philip A, Reynolds K, 1993; J. J. Knapik et al., 2001; Schuh-Renner et al., 2017). Therefore, our findings are not inconsistent with previous researchers. Conversely, researchers have consistently indicated slower run times are related to a higher risk of musculoskeletal injury (Anderson et al., 2015; Knapik J, Philip A, Reynolds K, 1993; J. J. Knapik et al., 2001; Sefton et al., 2016). Thus, existing research supports the two-mile run as a reliable measure for injury risk, however, this is inconsistent with our outcomes. Although our results do not support the findings in the existing literature in the larger Army population, it is important to highlight the disparities regarding unrelated injuries and fitness (e.g. wrist injuries and sit-up performance). Moreover, it should be noted that our findings align with those of Scott et al. (2015), who reported no significant relationship between APFT scores and injury risk in ROTC cadets.

It is important to acknowledge the Army has begun transitioning to a new fitness test, the Army Combat Fitness Test (ACFT). The ACFT consists of six events, but still includes the two-mile run. The inclusion of the running component is vital, as it is the strongest indicator of injury risk within the existing literature (Anderson, Grier, Canham-Chervak, Bushman, & Jones, 2015; Knapik J, Philip A, Reynolds K, 1993; Joseph J Knapik et al., n.d.; Sefton et al., 2016). There are multiple factors to consider as possible causes our findings regarding APFT scores and injuries. First, since the participants in this study were ROTC cadets, these outcomes may not be generalizable to the rest of the Army. Members of the ROTC are college students and have minimal physical training on a daily basis, thereby making them a unique portion of the military population and potentially impacting their risk of injury. Furthermore, only cadets who were deemed healthy by the Athletic Trainer to complete all three components of the APFT were included, potentially resulting in a decreased number of reported injuries. Lastly, the cadets were asked to self-report their injuries and associated information, therefore, we acknowledge the use of self-reported data.

Key components of injury incidence are mechanism and location of injury. We found the two leading injury locations were the lower back (20%) and knees (16%), which is consistent with the overall consensus in the literature. Furthermore, it aligns with the findings of Scott et al. (2015), who stated 21% of ROTC cadets sustained a lower extremity injury. Current information suggests injuries in military personnel are most common in the back and lower extremities, with one study reporting as high as 83% of injuries being to these areas (Hauret, Jones, Bullock, Canham-Chervak, & Canada, 2010; Knapik J, Philip A, Reynolds K, 1993; J. J. Knapik et al., 2001; R. M. Orr, Johnston, Coyle, & Pope, 2015; R. Orr, Pope, Johnston, & Coyle, 2010). In the present study, injuries involving the back and lower extremities accounted for 79% of all reported injuries. Regarding mechanism of injury, 44.49% of reported injuries within the past 12 months occurred during activities related to ROTC. Furthermore, 22.97% of injuries had a mechanism related to load carriage activities. In comparison, another research group reported 34% of soldiers conveyed at least one load carriage related injury (Orr RM, Coyle J, Johnston V, 2017). Due to the high volume of injuries associated with load carriage, future research should be conducted to investigate the relationship between injuries and road marching in the ROTC population.

The final component analyzed was the relationship between performance on the APFT, injury risk, and sex. An important component of our sample was the proportion of females (28.6%) adequately represents the overall Army demographics, where 17% are female (*FY16 ARMY PROFILE*, 2016). We found no statistically significant relationships regarding sex; however, the research suggests female trainees are at greater risk of injury compared to their male counterparts (Jones et al., 1993; Jones BH, Cowan DN, Tomlinson P, Robinson JR, Polly DW, 1992; Knapik J, Philip A, Reynolds K, 1993). Several studies reported females had up to twice the injury rate of males performing the same training (Grier et al., 2011; J. J. Knapik et al., 2001). The increased injury risk in females could be attributed males and females performing the same activities in basic training, resulting in greater relative activity intensity for females due to the lower average physical capacity of females (J. J. Knapik et al., 2001).

It is critical for a clinical athletic trainer to have epidemiological data for musculoskeletal injuries that are prevalent in members of the military to provide evidence-based solutions for transforming injury prevention and training methods. ROTC is the largest commissioning sources in military with more than 20,000 cadets enrolled in over 1,100 ROTC programs throughout the United States (Oliver et al., 2017); thus, it is crucial for athletic trainers employed by the armed services to be cognizant of the possible underlying pathologies of men and women in the military setting

Conclusion

Existing literature suggests Army personnel with lower aerobic and muscular endurance, as measured by the APFT, are at greater risk of injury than their more fit counterparts. Although the current study does not support previous findings concerning fitness levels and injury risk in the general Army population, our findings do align with those of another investigation of ROTC cadets (Scott et al., 2015). Further, we found similarities to previous studies regarding mechanism of injury and injury location. ROTC is an immensely understudied population, but is largest commissioning source for U.S. Army officers.1 Thus, additional knowledge regarding injuries in this population is essential for providing evidence-based recommendations for training and injury prevention.

Author Information

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Thomas A. Hanson, PhD[3]: Thomas A. Hanson is an Assistant Professor of finance at Butler University. He is also co-author of the volume *Quantitative Research Methods in Translation and Interpreting Studies* (Routledge).

Benjamin Kilgore, US Army[1]: Lieutenant Colonel Benjamin Kilgore is commander of Army Field Support Battalion-Hawaii, 402nd Army Field Support Brigade, at Schofield Barracks, Hawaii. He previously served as Professor of Military Science at North Dakota State University.

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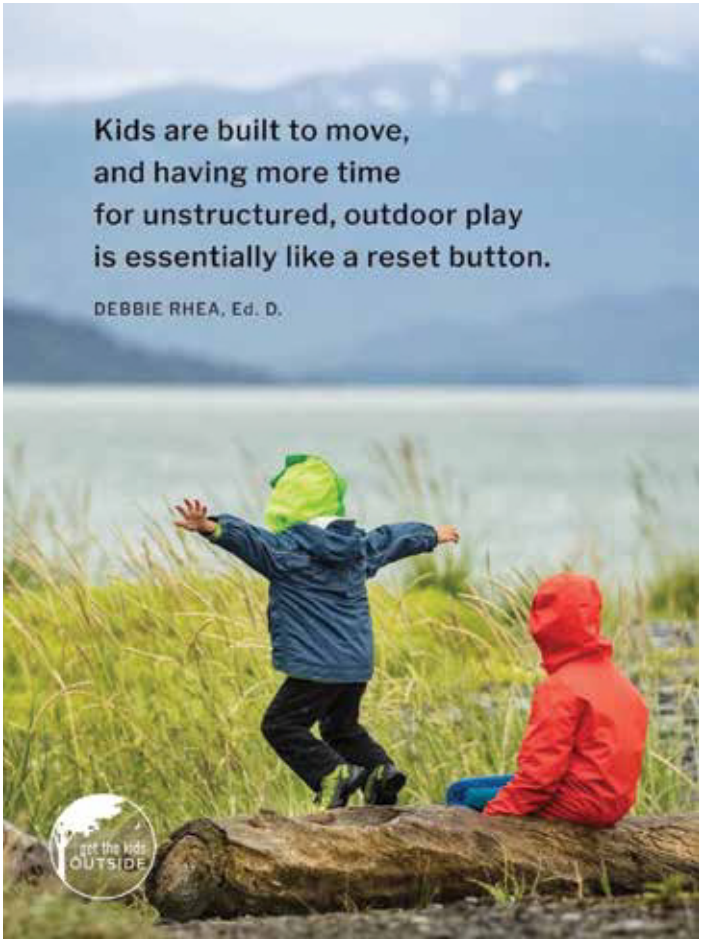
amazonsmile

As TAHPERD members, you have an opportunity to donate to the association by just shopping. Online shopping has become very popular and convenient. If you shop through Amazon, TAHPERD would like to encourage our members, family and friends to consider making purchases on AmazonSmile, www.smile.amazon.com. Simply indicate the Texas Association for Health Physical Education Recreation & Dance as your charity of choice and Amazon will donate a percentage based on your purchase amount to TAHPERD. Please share this information with your family and friends and help support TAHPERD. Thank you!



PATHWAYS TO EXCELLENCE

Wendell Sadler, Past-President
"Pathways to Excellence" 2004

A King had a great highway built for the people of his kingdom. After it was completed, the King decided to have a contest. He invited everybody who wanted to participate, the chance to walk the new road. Their challenge was to see who could travel the highway the best.

On the day of the contest, the people came. They journeyed the highway all day. Some ran, some danced, some rode in grand carriages, while others marched the pathway. But each one, upon arrival at the finish, complained to the King about a large pile of rocks and debris left on the road at one spot that greatly hindered their tour.

At the end of the day, a lone traveler crossed the finish line and wearily approached the King. Tired and dirty, he addressed the King with great respect and presented him a bag of gold. He explained, "I stopped along the way to clear a pile of rocks and debris that were blocking the road. This bag of gold was underneath it all, and I want to return it to its rightful owner."

The King replied, "You are the rightful owner. You've earned this gold, for you have won the contest. To the traveler's amazement the king said, **"He who travels the road best is he who makes the road smoother for those who follow."**

Taking great liberty, this parable is analogous to our TAHPERD diversity. As a member-driven association, those of us who accept leadership roles do so with the notion that our reward is through service to the organization. We cannot accept the bag of gold without accepting the challenge to make the road smoother for those we serve and ultimately for the betterment of healthy lifestyles for all Texans. Our pathway choices are many and it is up to us to make sure we are adding value to whatever we encounter.

Think of the prefix 'ex.' Of what is its value? 'Ex' can make a word soar (exalt) or describe something as outstanding (excellent). Perhaps we can investigate (explore) or convey thought or feeling (express). Take a look at the attached word cloud. These are arbitrary descriptors of TAHPERD. This 'cloud of excellence' is an exuberant illustration of the TAHPERD membership and how we approach our vocations. Are you making the pathway smoother for those who follow?

CONGRATULATIONS!!

2021 TAHPERD Leadership Bingo Card Winners

Chris Nichols | Garland ISD

Rhonda Rutherford-Odom | Dallas ISD

Juliana Williams | Dallas ISD

All winners received a $10.00 Amazon Gift Card, compliments of President H.C. Grimet.

TAHPERD
Promoting Healthy Lifestyles
Together We're Stronger

TAHPERD Fundraising and Partnerships Menu

Event	School's % of funds raised	Texas AHPERD% of funds raised	SHAPE America's % of fund raised	How Is the money collected?	Description	Options with funds	Web Sites	Additional Incentives
Texas AHPERD: Texas Moves	50% local nonprofit charity 25% to school	22%	3%	Online	**Texas MOVES** is a collaborative partnership between TAHPERD and all local educators and administrators to encourage and promote movement in the community, support local non-profit organizations whose goals align with TAHPERD's mission, and benefit local and state educational programs.	School can spend 25% of the monies raised to support school level health/ wellness initiatives, physical education equipment based on unique needs.	www.tahperd.org or https://www.flipcause.com/secure/cause_pdetails/NjUzMjI=	
SHAPE AMERICA: health.moves.minds	50% in the form of Gopher gift card	15%	35%	Online only	**Purpose/Focus:** Health. Moves. Minds. (HHM) is a school-based program with both educational and fundraising components. It will focus on core areas related to health and wellness and will include new standards-based classroom and event resources for teachers. **K-8 target audience:** grade bands K-2, topic Kindness; grade bands 3-5 topic Mindfulness, grade band 6-8 topic Empowerment. **Educational Materials:** toolbox with many resources for teachers, 3 educational kits, one per band including 4 full lessons, physical activity-based activities k-2 & 3-5, assessment sheets, worksheet templates, skills mini-posters, other supplemental materials, accommodations & modifications, ideas for equitable groups.	School can keep all 50% of the monies raised or give a portion to a community or national non-profit. Schools can spend the gift card on GOPHER products including physical education equipment, Moving Minds, SPARK, Play with a Purpose and STEM materials.	www.shapeamerica.org/events/healthmovesminds	Gopher will add 10% to school funding if the school decides to keep all 50%
CATCH Global Foundation: GoDough	75% directly back to schools in the form of debit card or one-time check disbursement	10%		Online, can support cash and check donations.	**Focus:** Coordinated School Health targeting nutrition and physical education/activity. Allows school to develop a budget for the desired amount seeking to raise. **15% of funds for administrative cost and fees to CATCH Global Foundation.** 1. School creates an online fundraiser page using a quick-and-easy, ready-made template. 2. Donations to the fundraiser are loaded onto a GO Dough card, which works just like a VISA debit card. (One-time check disbursement option is also available.) 3. The school's wellness team spends the funds as it sees fit. No limited catalogues of equipment. No restrictive vendor lists. No red tape.	Funds can be used to support school level health/wellness initiatives, TAHPERD membership, conference/ convention registration fees and travel. Wellness teams have direct control of funds via GO Dough card or check	catchinfo.org/godough Abby Rose, GO Dough Program Manager arose@gmail.com	

TOSY Nominations

TAHPERD Outstanding Student of the Year

TOSY is TAHPERD's recognition of students of TAHPERD members that are outstanding in our disciplines of health, physical education, recreation, and dance. The only criterion for the recognition is the recommendation of the student's teacher (TAHPERD member).

Any current Professional TAHPERD member can submit two students per year for recognition by completing the application form. The TAHPERD member will receive a certificate recognizing the student as a TOSY (TAHPERD Outstanding Student of the Year). The certificate can be presented to the student by the TAHPERD member in a manner that will be conducive with their school environment. For example, during an end of the year awards ceremony, school field days, or individually.

In partnership with

TAHPERD
Promoting Healthy Lifestyles

CATCH® GO Dough

School wellness funds made *simple.*

Raise wellness funds online.

Send us some basic information and photos, and we'll set up your online fundraising page.

Funds are loaded onto your card.

Donations are added to your GO Dough card balance, which works just like a VISA gift card.

Spend funds on school wellness.

You decide how and where to spend your funds. Auditing tools ensure every expense is transparent.

Learn more and enroll at catchinfo.org/godough

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CATCH sets up your fundraising webpage for online donations.

Keep 75¢ of every dollar raised.

More money for your school's wellness efforts.

Accept cash donations.

Raise money online or collect cash for deposit at any CHASE Bank.

Spending made simple.

Your GO Dough card works like a VISA and has security to prevent fraudulent spending.

Support your profession.

TAHPERD receives 10¢ of every dollar raised.

Continually reload your card.

Bring in funds throughout the year, or hold a fundraising event.

Keep your funds secure.

Optional receipt uploads, daily spending limits, and other controls available.

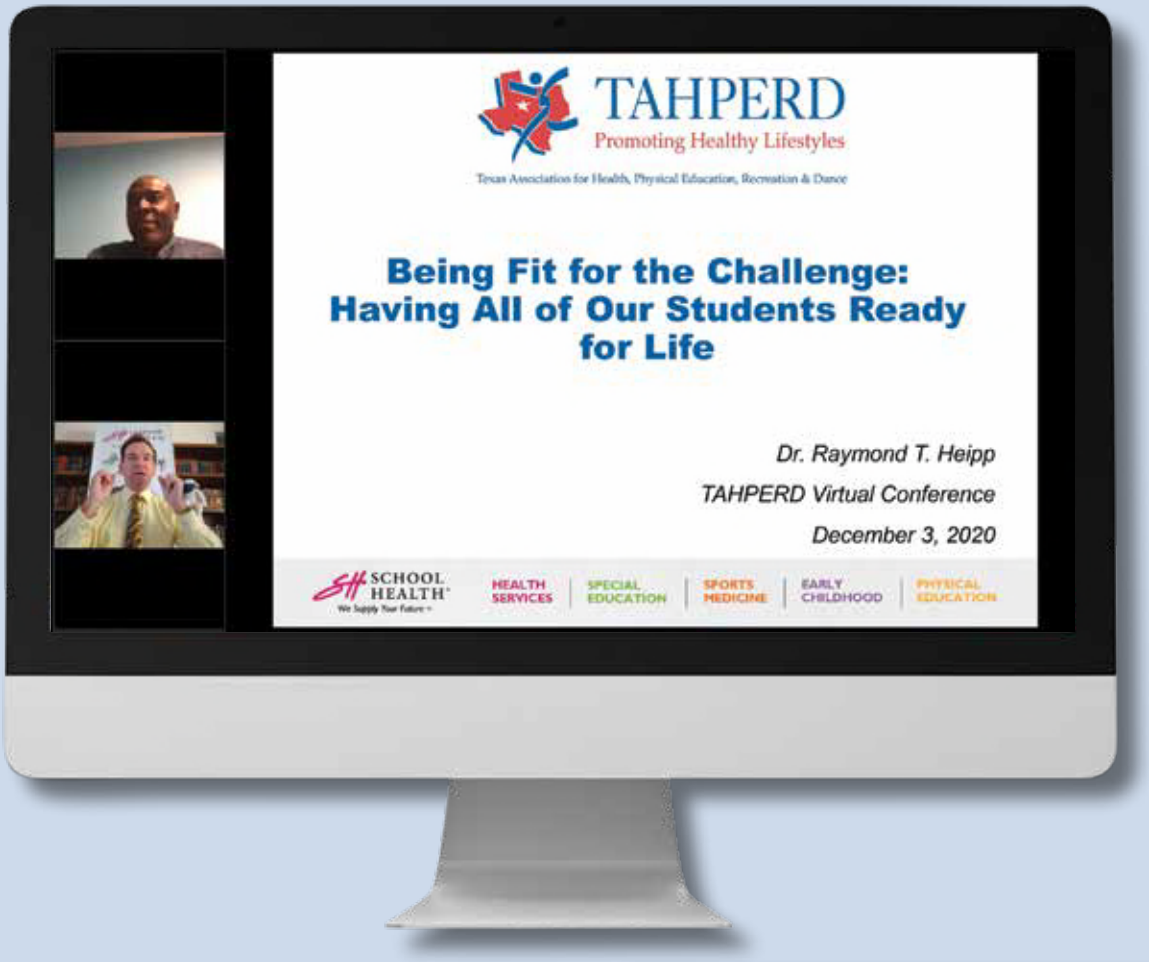
Auditing that fits your comfort.

Districts or principals can access monitoring tools and account reports.

No ATMs or cashback.

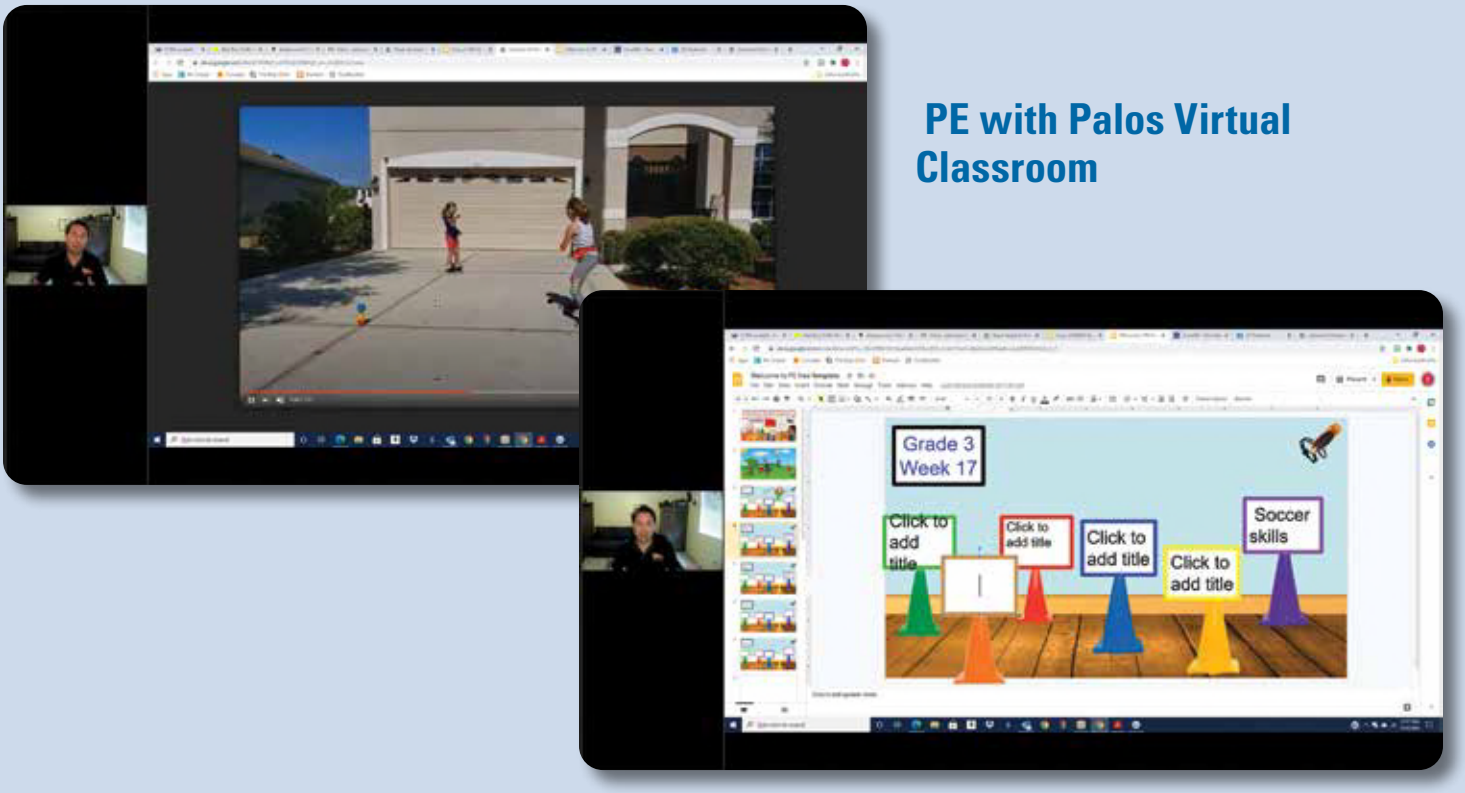
Ensure all spending is transparent.

Opening General Session

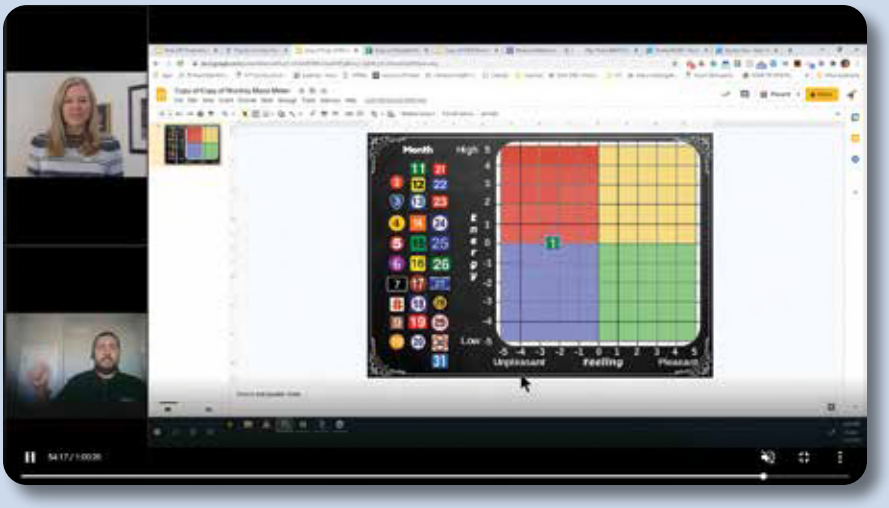


Promoting Physical Literacy During and After COVID

PE with Palos Virtual Classroom



Ways IHT Heart Rate Monitors Transform Remote, Hybrid, On-Site Learning

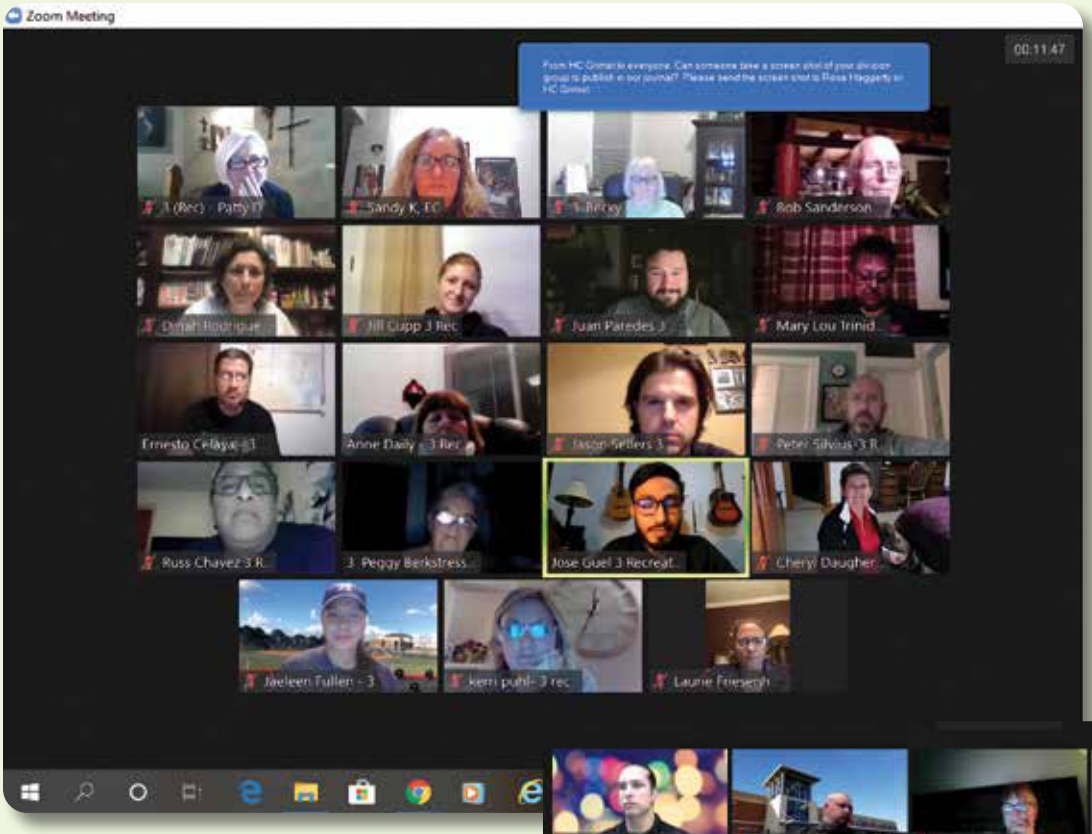


General Closing Session

TAHPERD
Promoting Healthy Lifestyles

Get Social!!!
@TexAHPERD

Tag us in your pictures and posts. #TexAHPERD



January 28, 2021

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THANK YOU TO OUR OFFICERS FOR THEIR SERVICE FROM 2018–2020

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TEXAS Moves
PROMOTING HEALTHY LIFESTYLES

NOW OPEN

The TAHPERD Online Store is NOW OPEN! All TAHPERD hosted webinars recordings can be purchased in the Online TAHPERD Store.

Honor your Colleagues

Nominate a TAHPERD Member for an Award

Nominations are only accepted online.

Visit www.tahperd.org to make your nominations and for award descriptions.

THANK YOU TO OUR COMMITTEE MEMBERS FOR THEIR SERVICE TO TAHPERD IN 2018-2020

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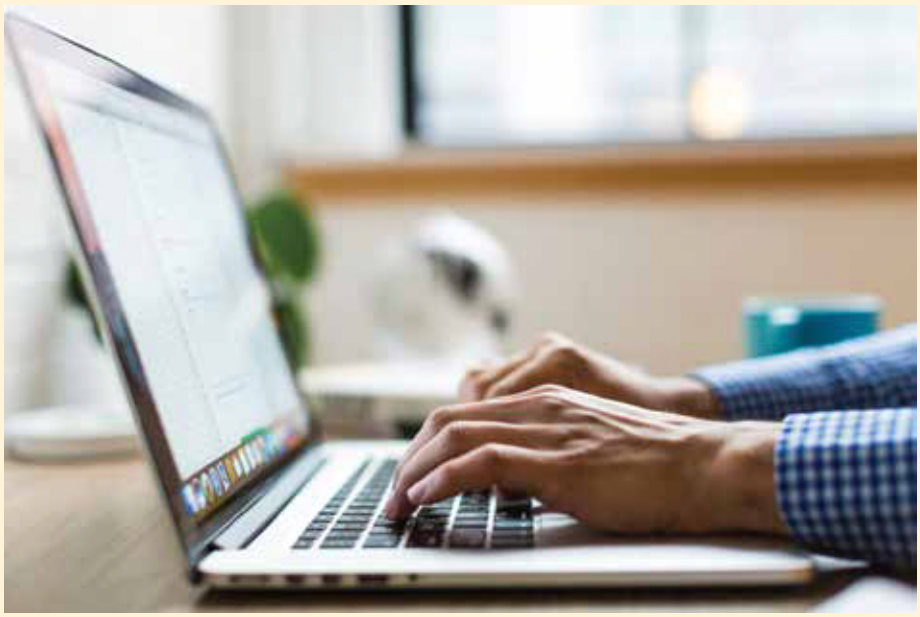

Authors who are professionals or pursuing study in the areas of heath, physical education, recreation, and dance are encouraged to submit a manuscript for reviews. Authors need not be professional writers. Submissions are also accepted for teaching activities for the *Ideas that Make the Grade* section. This provides a less formal and less structured writing outlet.

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