

# SAHPER conference '86

See and forget  
Read and Remember  
Do and Understand

That's the theme for the 1986 Atlantic SAHPER Conference, to be held at Dalhousie University Jan 30-Feb. 1 1986.

SAHPER, the Students Association for Health, Physical Education and Recreation, is an umbrella group embracing physical education, health and recreation students.

Cheryl Patterson, Dalhousie's SAHPER president, describes SAHPER as a "student network bringing together people who

deal with health and healthy lifestyles."

The SAHPER group at Dalhousie, in addition to involvement with professional development activities such as the Atlantic conference, also organizes an orientation for new physical education students and socials for physical education, health and recreation students, and is involved in advisory committees within the PE, Health and Recreation faculties.

"It's a difficult organization to be involved with," she adds, "in the sense that so many students

are varsity athletes or have other commitments — it's difficult to get everyone out to meetings."

The Atlantic SAHPER conference, which addresses concerns of all three professions under the SAHPER umbrella, is being chaired by SAHPER vice-president Cindy Dawson.

"It will be a hands-on, practical type of conference," noted Patterson, "not your typical classroom-type presentation."

In-gym sessions will attempt to take the learning process a step further than listening, to doing and experiencing.

Emphasis will be on providing students with skills as well as ideas to take with them. In addition, people running the sessions will prepare handouts which will be compiled into a resource manual from the conference. Delegates can take this manual with them for use when they begin the practical exercise of their professions.

"When students leave the conference, they should leave with more than ideas," says Patterson.

Although the conference is under the aegis of the Atlantic region, invitations will go to physical education, health and recreation faculties in universities across Canada.

Last October, a national SAHPER conference was held at McMaster University in Hamilton, Ontario. The theme of that conference was "Linking our Futures".

"There were lots of activity sessions, and exposure to current philosophies of education," noted Patterson. "Because of the lines of communication opened at that conference, we're extending the invitation to students from other regions in Canada to come to our conference."

One aspect of this year's Atlan-

tic conference that Nova Scotians will find heartening is an emphasis on utilizing resource people from within the region.

"There are lots of resources here in Nova Scotia, within the faculty and the students themselves," says Patterson. "Rather than feeling we have to bring someone in from outside, we'll use the resources we have right here."

A resource room will also be open at the conference to expose delegates to more information about organizations such as Canada World Youth, Canada Crossroads, and Katimivik.

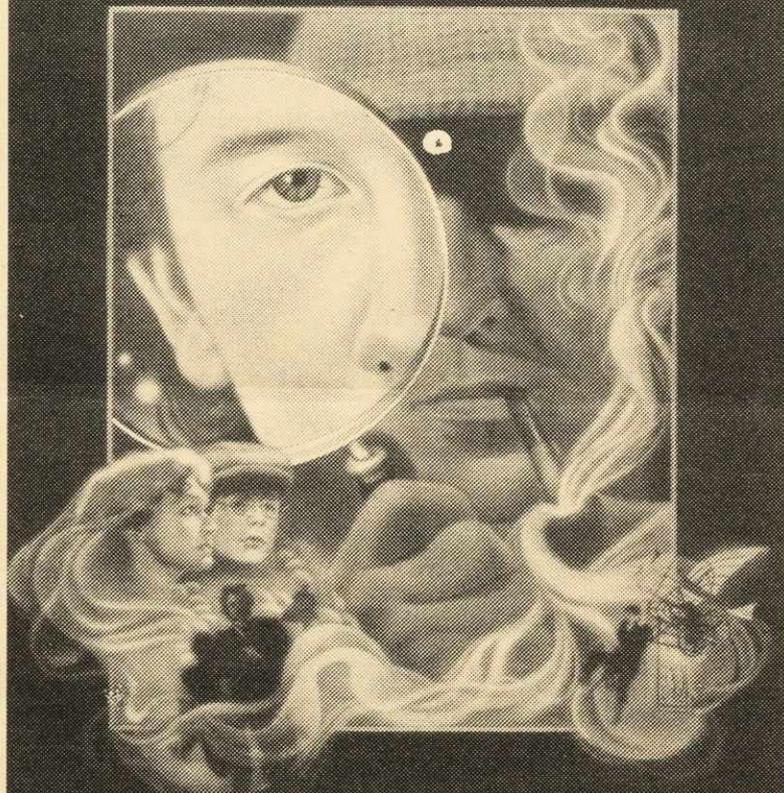
The conference, which is open to all students of health professions, will be held in Studley Gymnasium.

Additional venues for sessions will include various sites at the Dalplex.

"We want to get students involved," notes Patterson. "And we want to expose them to the idea that change is not necessarily wrong or bad. The only way to learn is to try things."

With the hands-on emphasis of the conference, the organizers are hoping that a lot of learning will take place.

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## Some comments on pro football



Overtime  
MARK ALBERSTAT

EVERYONE WHO KNOWS ME in the sports sense (and after all, what other meaningful sense is there?) knows me as a major football fan. This *Overtime* is devoted to the things I don't like about football.

The first thing to be discussed is the fans; not all of the fans, but just some of them. The kind that are the most irritating are the ones who, when watching a good quarterback, say, "Boy, can he ever throw."

What kind of a true fan would say such a thing? Of course he can throw; that's why they're quarterbacks, not because they chose the jerseys with the low numbers on them.

The other type of fan that is bothersome is the type that will only watch games when the playoffs or respective championships are on. They are milder sports fans who don't really care about the individual sport all that much.

Now, to the different broadcasters. Don't get me wrong; there are some very good ones; Bob Costas and John (Hey, wait a minute) Madden are both excellent.

A few weekends ago, however, one of the broadcasters on a football game said an incredibly intelligent thing: "This new kid's very good. He can catch the ball and run." I thought about it for a second and said to someone else in the room, "He'd better be able to do both — he's getting paid an awful lot for it."

Some broadcasters have been known to talk right through a play on the field in order to make a rather obscure point. Fans should be reminded that although they seem to do this with ease, they are actually not paid to do this; at times this seems hard to believe.

Another problem with football is the so-called "glory days." These days all seemed to happen way back when; what bothers me is that there are good plays and players now, yet I wonder if they will go down in history like Night Train Lane or Red Grange.

Unfortunately my space here is running out and there are still a few points to be made: getting in shape often meaning putting on weight; player interviews when the players are out of breath; players on the bench saying something into a camera that doesn't pick up sound (I think this is done to traumatize the players' mothers watching back at home); the supposed secrecy of plays when we all know there are not all that many different plays in football; the NFL being linked so closely with American patriotism; players who go from the US college system to the CFL because "I didn't think I was good enough for the NFL," a.k.a. the Hobart manoeuvre.

From this editorial the reader can see that football is a game I enjoy and love, but it has its problems; but then again, doesn't everything?