



National Association for  
Sport and Physical Education

*an association of the American Alliance for Health,  
Physical Education, Recreation and Dance*

**NASPE Sets the Standard**

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**NEWS RELEASE**

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**CENTRAL WASHINGTON UNIVERSITY' PROFESSOR STEVE JEFFERIES RECEIVES JOY  
OF EFFORT AWARD  
FROM NATIONAL ASSOCIATION FOR SPORT AND PHYSICAL EDUCATION**

RESTON, VA, April 30, 2013 – The National Association for Sport and Physical Education (NASPE) honored Dr. Steve Jefferies, a Physical Education Professor at Central Washington University's Department of Physical Education, School and Public Health with its Joy of Effort Award for his distinguished service, dedication, and commitment to improving physical education and sport.

Dr. Jefferies received the award during NASPE's Hall of Fame Banquet on Friday, April 26, during the 128<sup>th</sup> National Convention of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), April 23 – 27. Other honorees that evening were NASPE's National Physical Education Teachers of the Year for Elementary, Middle and High School and its National Physical Education Administrator of the Year. U.S. Olympic Gold Medalist Edwin Moses was also inducted into NASPE's Hall of Fame during the banquet. The event was sponsored by Playworld Systems<sup>®</sup>, the leader in outdoor commercial playground equipment and the creator of ENERGI<sup>™</sup> Total Body Fitness System.

"The Joy of Effort is given in recognition of those individuals who, by performance and style, have personified the concept that the effort made to enrich the goals and objectives of physical education and sport is a labor of love, inspired by commitment and dedication," says NASPE past president Mary Jo Sariscsany, professor at California State University - North Ridge.

The award-winning professor is a former 2010 NASPE president. "During his term, his sense of humor, boundless energy, and ability to ensure tasks were completed made him a very effective leader. Perhaps the most impressive aspect of his presidency was the genesis of the idea for PE2020 as well as its implementation. The PE2020 initiative offered an opportunity for

all voices to participate in defining the direction of, and developing solutions for, our profession's next generation of professionals," says Lynn Couturier, a fellow NASPE past president.

Jefferies is also known in the field for publishing PELINKS4U.org, a monthly e-magazine for physical education teachers. The magazine has been in existence for more than 10 years and continues to be a valuable resource for current, up and coming, and future physical educators.

Jefferies has also published more than 30 articles across a spectrum of publications, such as *Journal of Physical Education, Recreation and Dance (JOPERD)*, *Teaching Elementary Physical Education*, *Strategies*, *Coaching Review*, *Quest*, *International Journal of Physical Education* and *Comparative Physical Education*. Jefferies is a frequent contributor to state journals and has four books to his credit, as well as several DVD's. He has given more than 80 presentations at professional conferences and conducted more than 15 workshops, clinics, and in-service trainings. The PE2020 Initiative continues to thrive due to his hard work and dedication; from the inaugural event at the national convention in 2010, to the most recent follow up sessions at the Physical Education Teacher Education (PETE) Conference this past October, to this week's program session in Charlotte.

Dr. Jefferies has earned several awards and appointments in his career including the AAHPERD Honor Award, NASPE Presidential Award, Central Washington University's Distinguished Professor Award for Public Service, and others. Jefferies holds several degrees including a Ph.D. and M.S. in Physical Education from University of Oregon, Eugene, a B.Ed in Education from the University of Exeter in Devon England, and a Cert. Ed Education from St. Luke's College, also in Devon, England.

### **NASPE**

The pre-eminent national authority on physical education and a recognized leader in sport and physical activity, the National Association for Sport and Physical Education (NASPE) is a non-profit professional membership association that sets the standard for practice in physical education and sport. NASPE's 15,000 members include: K-12 physical education teachers, coaches, athletic directors, athletic trainers, sport management professionals, researchers and college/university faculty who prepare physical activity professionals. NASPE seeks to enhance knowledge, improve professional practice and increase support for high-quality physical education, sport and physical activity programs. It is the largest of the five national associations that make up the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). For more information, visit [www.naspeinfo.org](http://www.naspeinfo.org).