

Supercourse Newsletter

07 April 2008

www.pitt.edu/~super1/

www.bibalex.org/SuperCourse/Index.htm

www.bibalex.org/english/initiatives/SupercourseArchive.htm

Dear Friends,

Please forward this to your friends who exercise, and/those who are interested in exercise.

Help Fund the Supercourse:

We make a living by what we get, but we make a life by what we give. W. Churchill

This is the beginning of our pledge drive to see if we can continue the Supercourse with your support. We have arranged so that you can give a Supercourse donation by credit card at www.giveto.pitt.edu/whocc.php. It is simple, just go to the URL, and indicate how much you would like to give. Then click "go to page 2". At page two, click onto the Supercourse (do not click any other one). We very much appreciate your help. We are thrilled that we already received a gift of \$250.00. Please help the Supercourse continue.

Olympic Supercourse Lecture: Physical Activity and Health

All men are brothers, Confucius, (also, all women are sisters)

When I was growing up I wanted to be an Olympic Athlete. I swam the breast stroke, and was convinced that I could be Mark Spitz. Spitz was the best of the best. He was 193 cm tall with a

mustache. At the Olympics he won 9 Olympic medals. There is a very famous poster of him with 5 medals draped around his neck. Sadly as I aged, my growth spurt topped out at 175cm. I could not grow a mustache, no one wanted to buy a poster of me, and I was not that great of a swimmer. However, I still loved the Olympics so much. Mark Spitz: http://en.wikipedia.org/wiki/Mark_Spitz

The memories of the Olympics are warm, Félix Savón Fabre from Cuba dominating heavyweight boxing at the Olympics, the first 10.0 in gymnastics by Nadia Comăneci, the long jump of Bob Beamon in Mexico where he almost touching the stars. There also was Vasili Alexeyev from Russia lifting his weight with the bar arching and quivering above him in the Superheavy weight division. These are etched in memory.

Olympic Movement:

The Olympic Movement is a philosophy advocates using sport not just as a physical activity but also as a means of educating people. The Supercourse has many of the characteristics of the Olympic Philosophy.

Four years ago Soni Dodani created a beautiful lecture on Physical activity and health. It was translated into Russian, Chinese, Spanish, Persian and Arabic <http://www.pitt.edu/~super1/lecture/lec15451/index.htm> . We just updated the lecture in honor of the Beijing Olympics so that the Supercourse faculty can spread the world about Physical Activity and health. The lecture is appropriate for K-16. Please distribute the URL to your friends world wide so they can teach their students and their children about the importance of exercise for prevention.

If your dog is fat, you're not getting enough exercise. ~Author Unknown

Jesse Huang, is taking the lead in China to link the lecture to the Beijing Olympics.

If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health. Hippocrates

Qatar: I just returned this week from Doha, Qatar. It was a wonderful trip for the Supercourse. I typically ask at the beginning of my lecture if any knew about the Supercourse. In Qatar all 50 students and faculty in Family and Community Medicine knew about the Supercourse. Several people came to me and said that if they want to learn about a topic such as Exercise and Health, they go first to the Supercourse as the supercourse provides a very understandable overview with graphics. Then they go to look in Wikipedia or journals. What was most interesting is that they found a new, powerful use for the Supercourse. English is a second language in Qatar. Students are often reluctant to present or teach in English. The faculty have a “presentation club” where each week students present one of the Supercourse lectures. Isn’t that cool?

We would love to find out how you are using the Supercourse. Please send us a note at ronlaporte@aol.com as to different ways you are using the Supercourse.

Champions aren’t made in gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision. M. Ali (perhaps the dream of the supercourse)

Lecture of the week

Physical activity is one of the most significant risk factors involved in chronic disease development and progression. Sedentary lifestyle becomes a serious concern in both developing and developed world. To learn more about this significant public health problem, please visit new Supercourse lecture "Physical Inactivity: The Most Important Public Health Problem of the 21st Century" provided by Steven N. Blair. This lecture can be reached at

<http://www.pitt.edu/~super1/lecture/lec32051/index.htm>

Best Regards from Pittsburgh: Please contribute, please tell the world about physical activity and health.

Sincerely yours,

Ron, Soni, Faina, Mita, Eugene, Nicholas, Ali, Rania, Jesse, Francois, Arelene, Julia