

Jump Rope/ Hoops for Heart Volunteers Rewarded for “Heart” Work!

The American Heart Association and TAHPERD sincerely appreciate YOU incorporating Jump Rope and/or Hoops for Heart into your PE Curriculum this year. As a volunteer based organization, we understand the commitment this community service project takes and we know the reason you choose to participate is because you want to educate your students and believe in our life-saving mission! Because of your volunteer effort and the time it takes to complete a JRFH or HFH event, we are pleased to share with you that TAHPERD will award to teachers completing a Jump Rope and/or a Hoops for Heart event **6 PDC Hours**!



VOLUNTEERS WILL EARN (6) PDC Hours after COMPLETING Jump Rope/ Hoops for Heart



- You do not have to be TAHPERD member to receive these PDC hours
- If your school has more than one teacher all teachers participating can receive hours
- The credit hours are the same type of hours awarded for attending a TAHPERD workshop or conference
- A PDC certificate will be emailed to each teacher on the AHA completed list in late July!

What does a "Complete" event include?

vol·un·teer a person who voluntarily offers himself or herself for a service or undertaking.

