



# Table of Contents

About this Report .....	iii
Introduction .....	1
Executive Summary .....	3
■ Background: The Current Shape of the Nation .....	4
■ Metrics .....	4
■ Key Guidelines for Children and Adolescents .....	4
■ Physical Activity Participation by Young People .....	5
■ Public Support for Physical Education .....	5
■ Overweight Among Youths .....	5
■ Physical Fitness and Academic Performance .....	5
■ Expenditures on Physical Education .....	6
■ Overview of 2010 Survey Results .....	6
■ Recommendations for Action .....	9
2010 Survey Results: The Shape of the Nation	
■ Key State Physical Education Policies and Practices Chart .....	12
■ Individual State Profiles .....	15
■ State Standards for Physical Education Chart .....	63
■ State Requirements for Teacher Certification/Licensure in Physical Education Chart .....	67
■ State Requirements for Student Assessment in Physical Education Chart .....	69
Appendix A: National Standards and Guidelines for K-12 Physical Education .....	71
Appendix B: Federal Legislation Affecting Physical Education .....	73
Appendix C: The Fight for Physical Education in the States .....	75
Appendix D: Public Policy Agenda for Physical Education Research .....	77