

Physical Education and Physical Activity in Schools

Healthy States Policy Academy on the Prevention of Childhood Obesity
Hilton Head, SC
July 10, 2007

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Executive Director

National Association for Sport and Physical Education (NASPE)

NASPE Sets the Standard



About NASPE

- Non-profit professional membership association
- 16,000 members
 - Physical education teachers
 - Coaches and athletic directors
 - Researchers
 - College/university faculty
- Largest of the five national associations that comprise the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)



Vision and Mission

Vision

A society in which all individuals are physically educated and participate in lifelong physical activity

Mission

To enhance knowledge, improve professional practice, and increase support for high quality physical education, sport, and physical activity programs through research, development of standards, and dissemination of information



Physical Activity vs. Physical Education

- Physical activity = **behavior**
- Physical education = **curricular area** that teaches about physical activity
- Students are physically active in physical education, but students are not (comprehensively) physically educated at recess or through sport participation

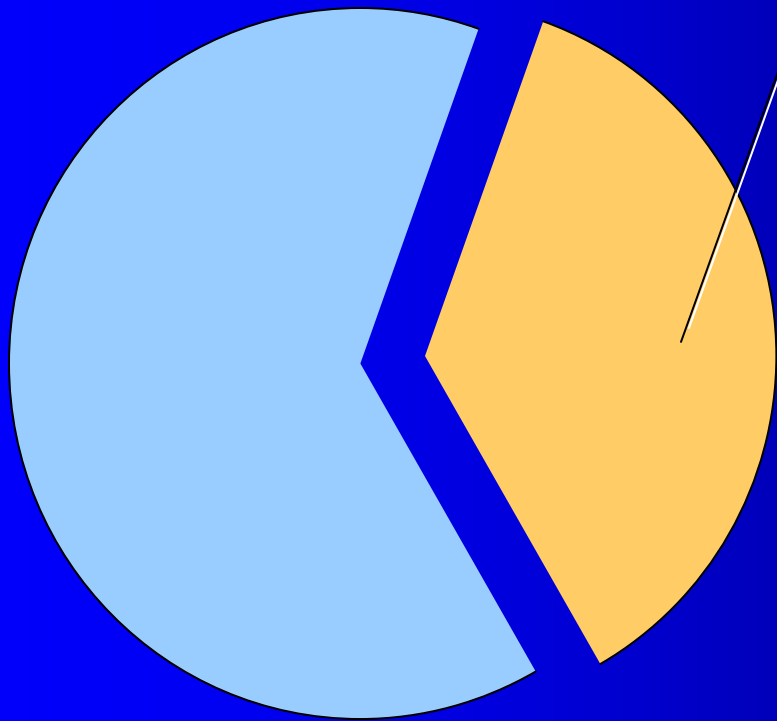


National Recommendations

- Physical activity
 - ✓ At least **60 minutes**, and up to several hours, a day of physical activity
- Physical education
 - ✓ ES: at least **150 minutes/week**
 - ✓ MS, HS: at least **225 minutes/week**



Among U.S. High School Students:



Only **36%** meet current physical activity recommendations (at least 60 min/day)

and **10%** participate in **NO** vigorous or moderate physical activity

Source: CDC, National Youth Risk Behavior Survey 2005
www.cdc.gov/yrbs



Comprehensive School Physical Activity Program

- Quality, daily physical education
- Classroom health education
- Daily recess period (ES)
- Extracurricular physical activity programs
 - Inclusive, intramural programs
 - Physical activity clubs
 - Interscholastic athletics (HS)
- Walk/bike to school program (“safe routes”)
- Staff wellness program



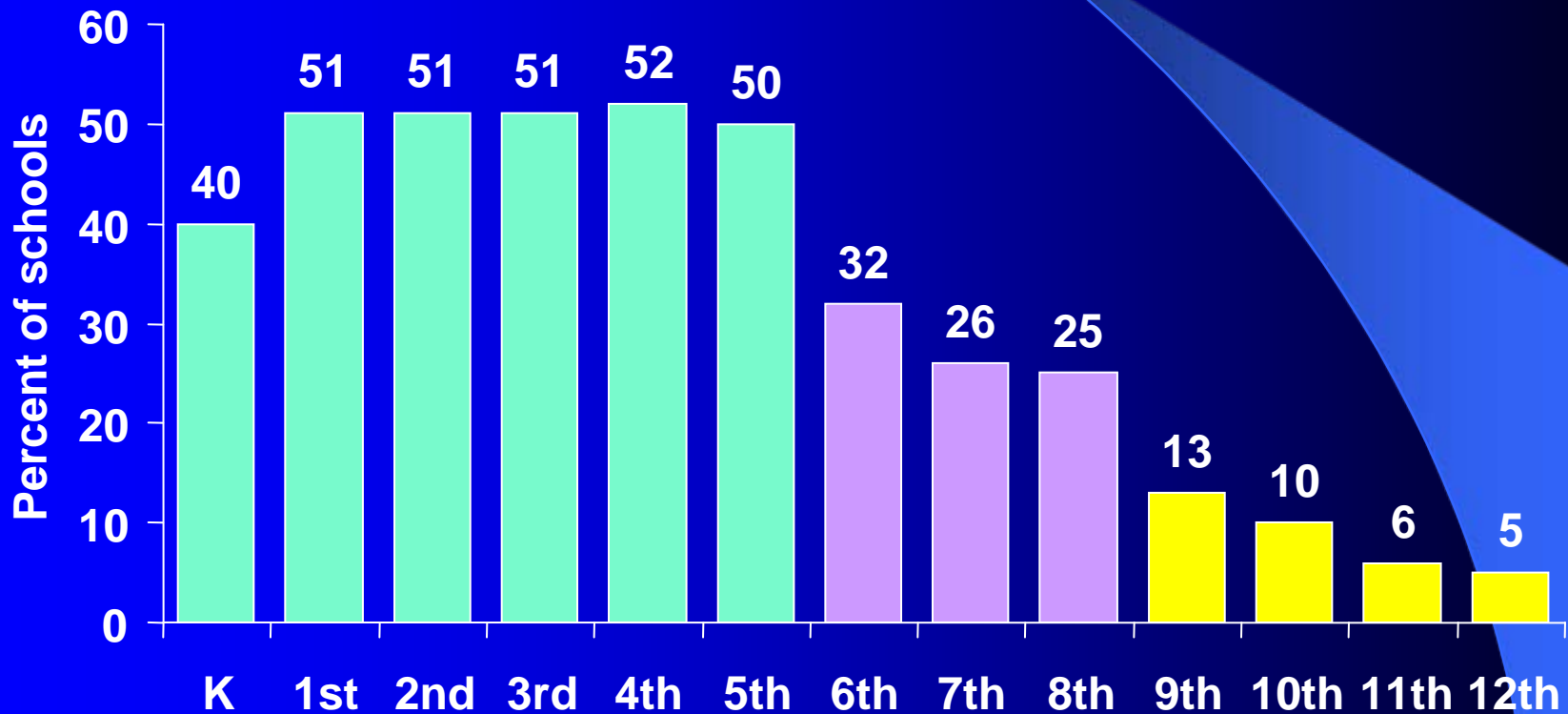
Physical Education Requirements

- Percentage of **states** that require elementary, middle/junior high, and senior high schools to teach PE: **70%**
- Percentage of **districts** that require elementary, middle/junior high, and senior high schools to teach PE: **71%**
- Percentage of elementary, middle/junior high, and senior high **schools** that require students to take PE: **96%**

Source: CDC, School Health Policies and Programs Study
2000 www.cdc.gov/shpps



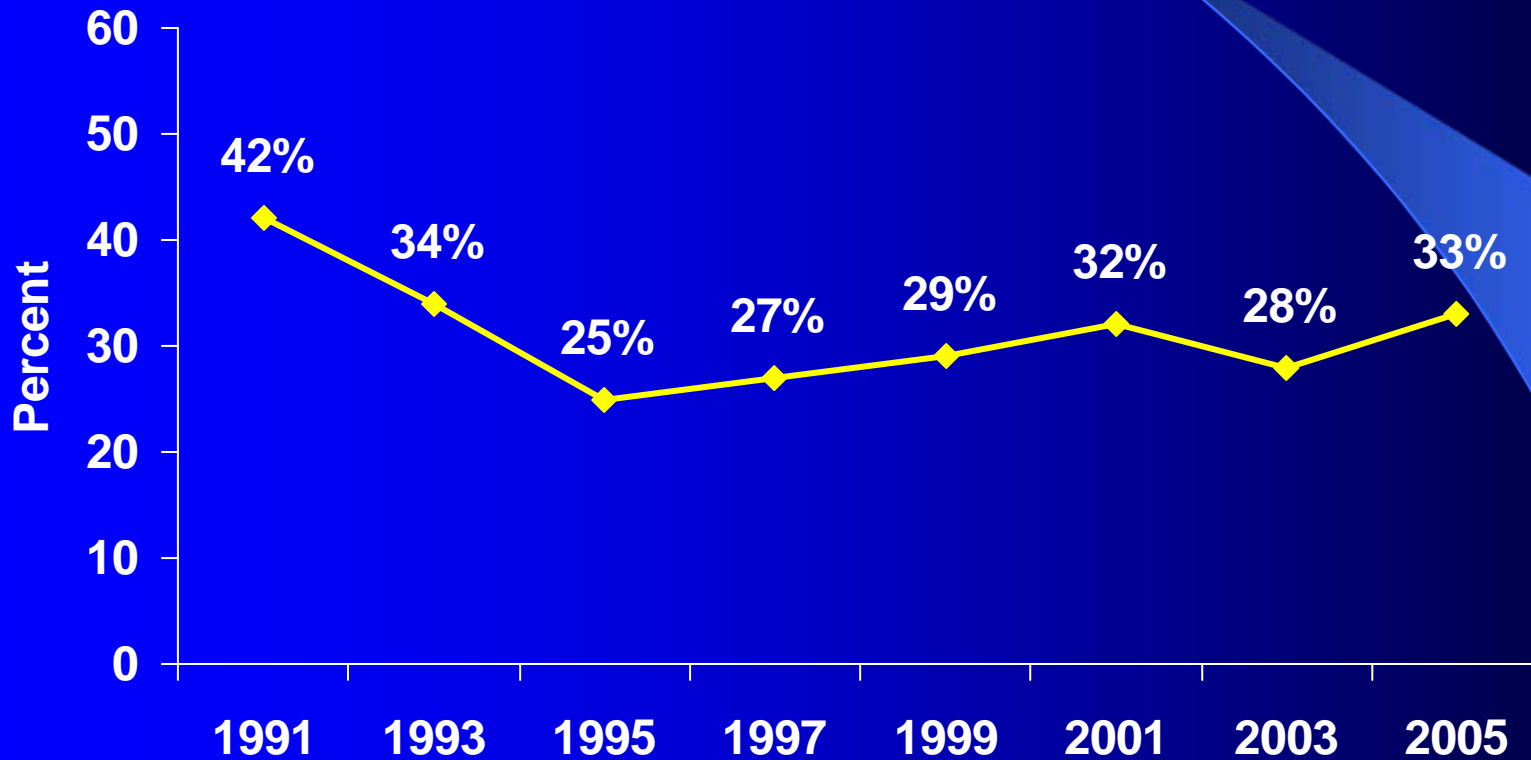
Physical Education Requirements by Grade



Source: CDC, School Health Policies and Programs Study 2000
www.cdc.gov/shpps



Percentage of U.S. High School Students Who Attended Physical Education Classes Daily, 1991 - 2003



Source: CDC, National Youth Risk Behavior Survey
www.cdc.gov/yrbs



Goal of Physical Education

- To develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity
- To guide youngsters in the process of becoming physically active for a lifetime

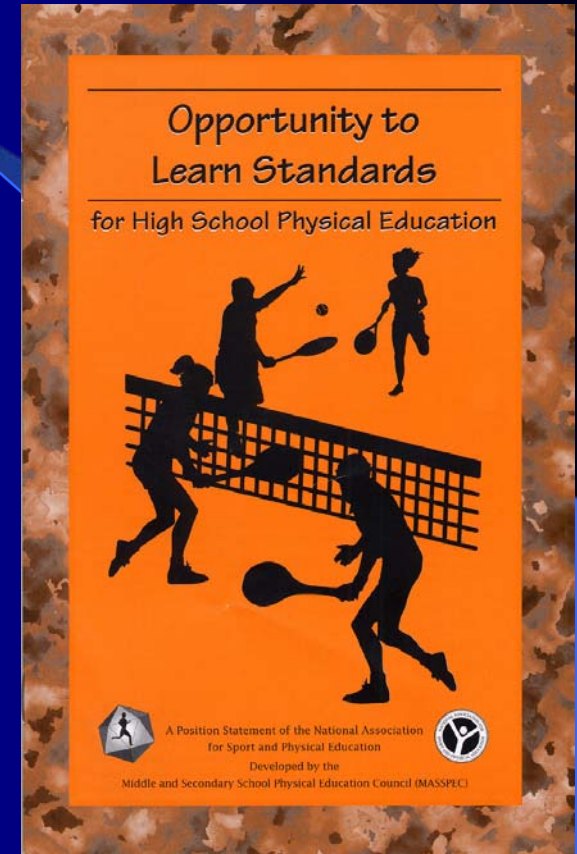
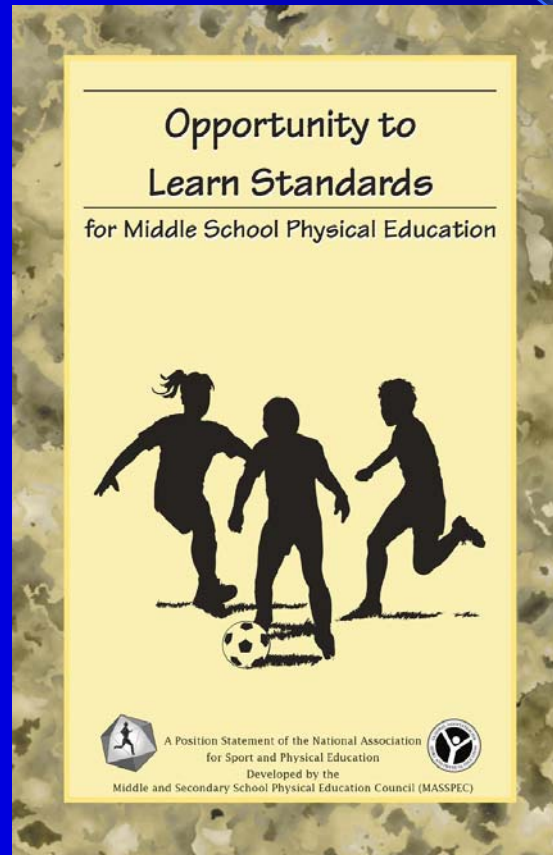
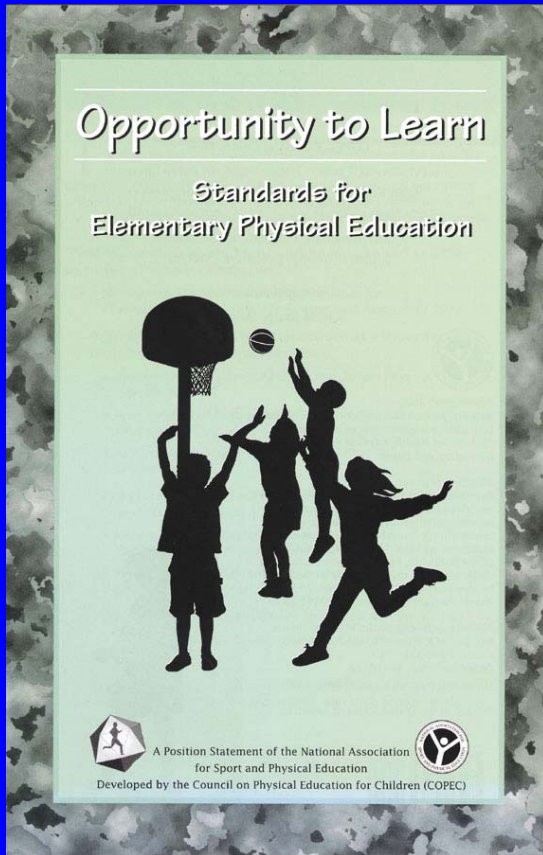


Quality Physical Education

- Opportunity to learn
 - ✓ Qualified teachers
 - ✓ Adequate time
- Meaningful content
- Appropriate instruction
- Evidence of learning
 - ✓ Student assessment
 - ✓ Program evaluation



Opportunity to Learn Standards



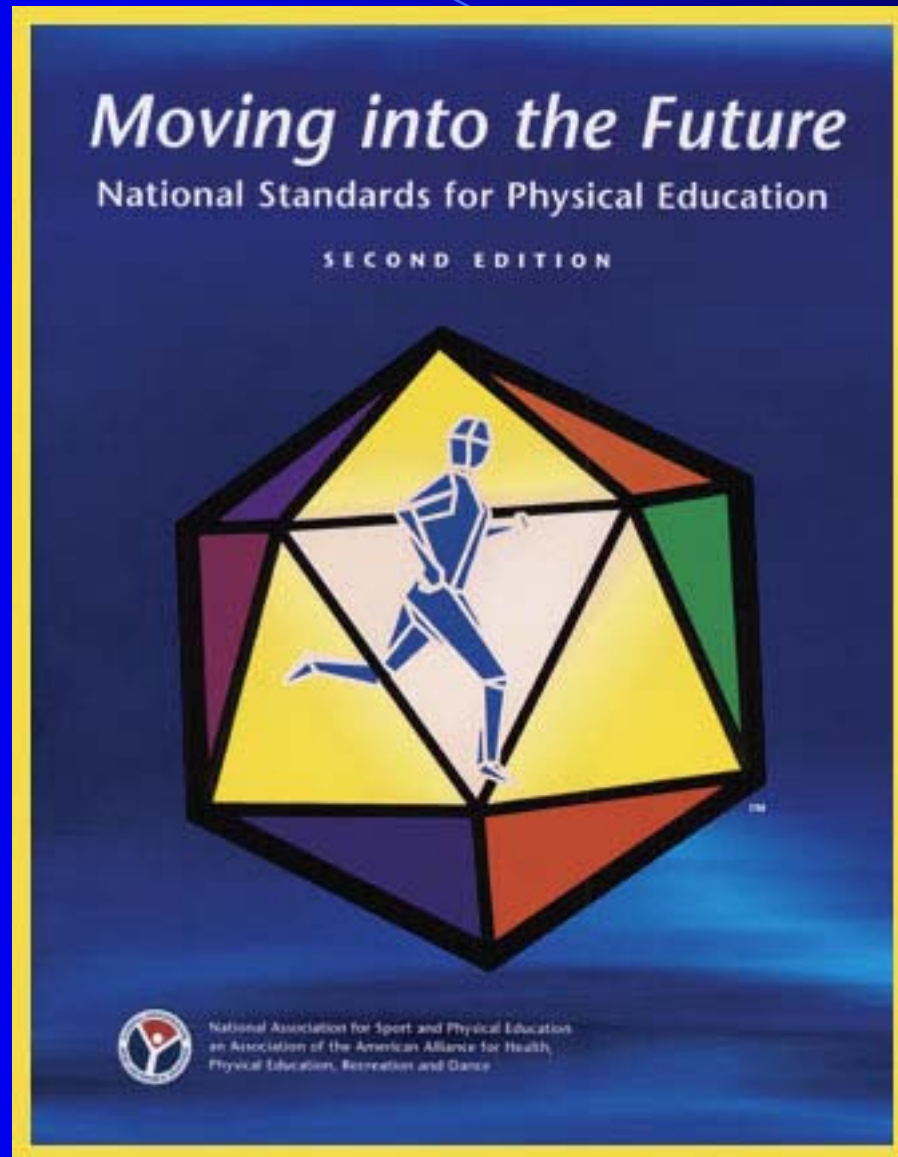
Definition of a Physically Educated Person

- HAS learned skills necessary to perform a variety of physical activities
- IS physically fit
- DOES participate regularly in physical activity
- KNOWS the implications of and the benefits from involvement in physical activities
- VALUES physical activity and its contribution to a healthful lifestyle

NASPE, *Outcomes of Quality Physical Education Programs*,
1992



National Content Standards



Content Standards

- Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- Participates regularly in physical activity

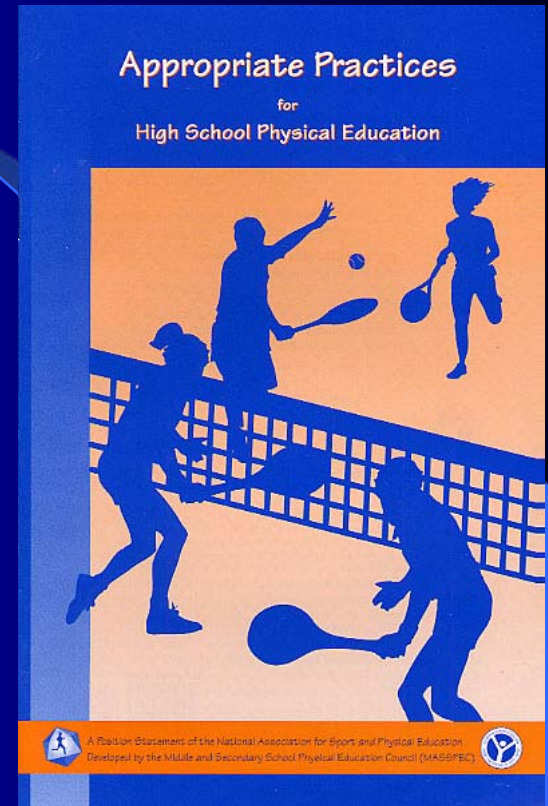
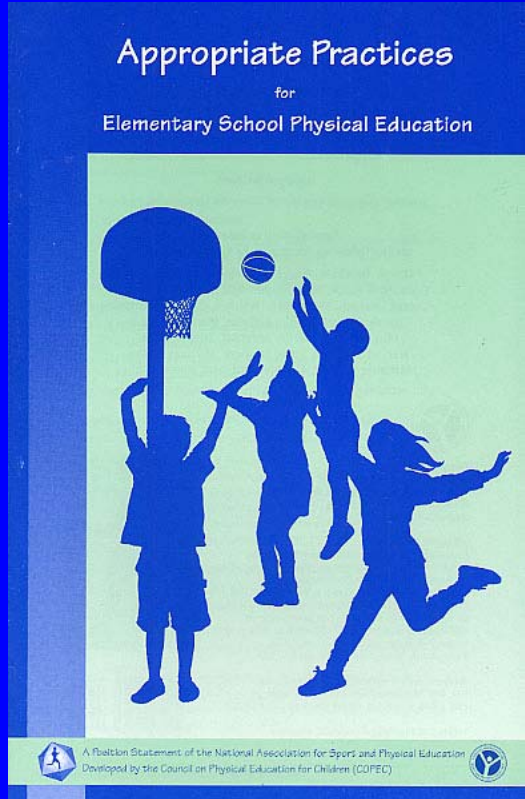


Content Standards

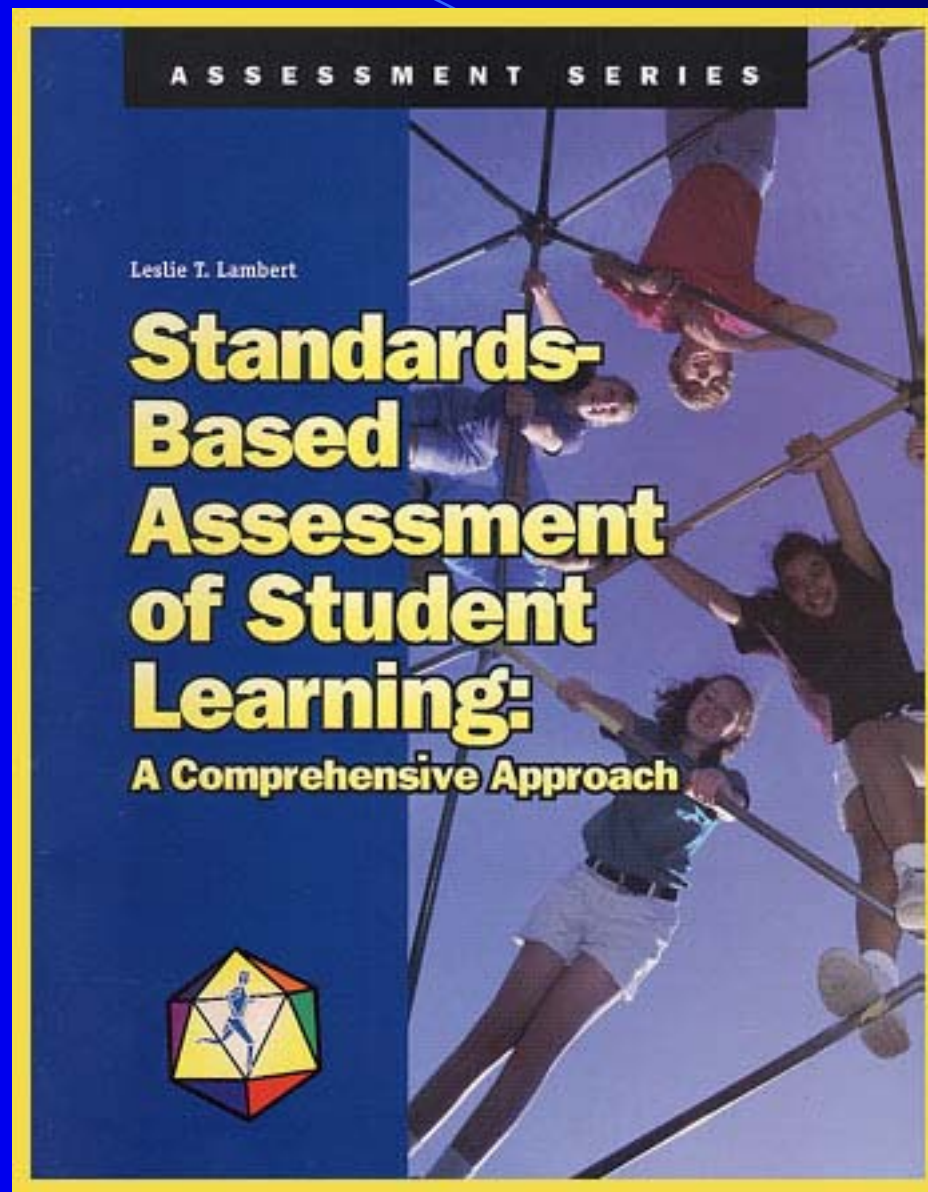
- Achieves and maintains a health-enhancing level of physical fitness.
- Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

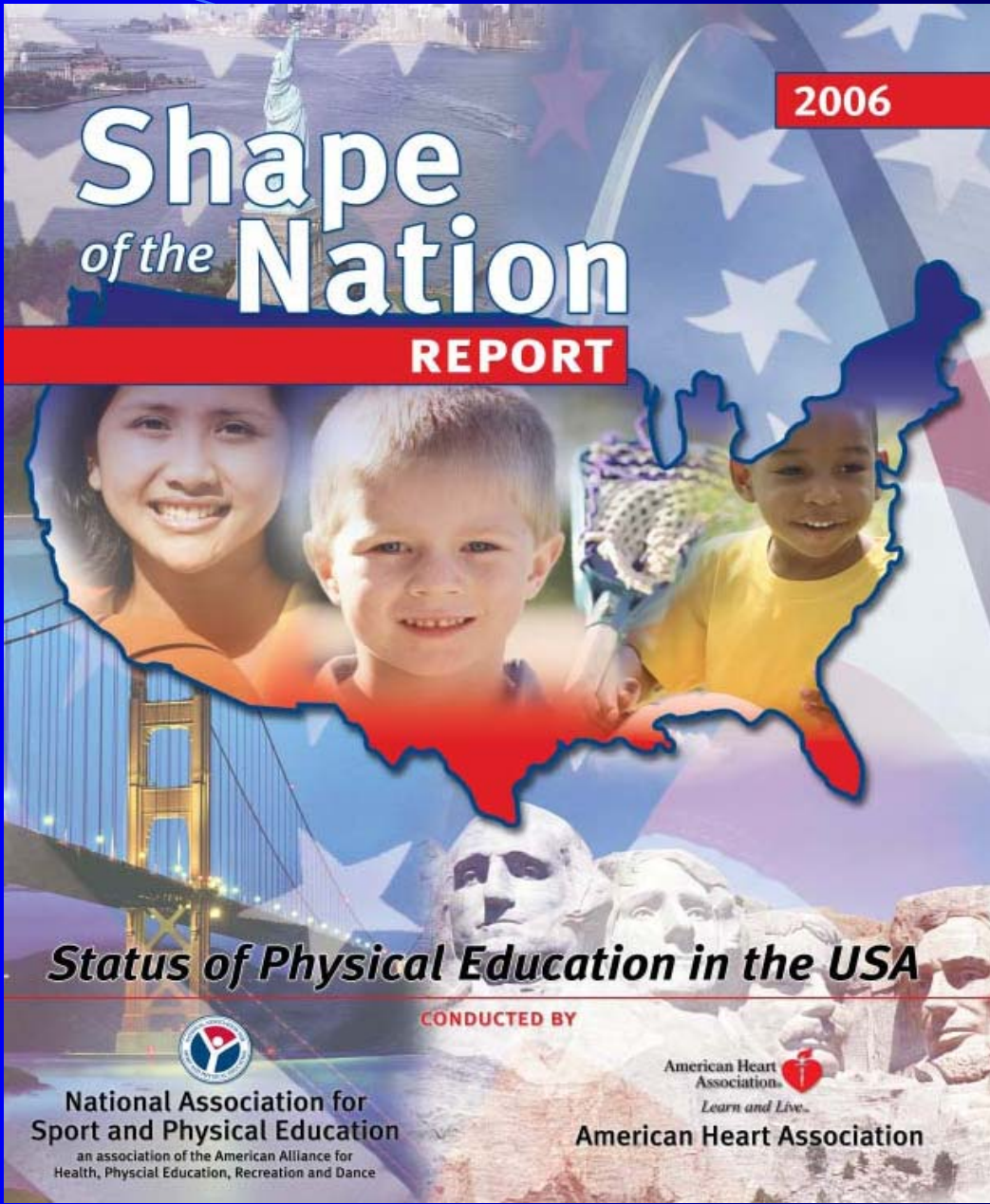


Appropriate Practice Guidelines



Student Assessment





2006

Shape of the Nation

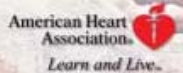
REPORT

Status of Physical Education in the USA

CONDUCTED BY



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



American Heart Association



Key Recommendations

- Quality physical education is provided to all students as an integral part of K-12 education
- Adequate time (i.e., 150 minutes per week for elementary school students; 225 minutes per week for middle and high school students) is provided for physical education at every grade, K to 12



Key Recommendations (cont'd)

- All states develop standards for student learning in physical education that reflect the National Standards for Physical Education
- All states set minimum standards for student achievement in physical education
- Successfully meeting minimum standards in physical education is a requirement for high school graduation



Key Recommendations (cont'd)

- Other courses and activities that include physical activity should not be substituted for instructional physical education
- Physical education is delivered by certified/licensed physical education teachers



Quality physical education is provided to all students as an integral part of K-12 education

States mandate physical education

- Elementary school – 36 states (71%)
- Middle school – 33 states (65%)
- High school – 42 states (83%)

*Approximately **1/3** of states
DO NOT mandate physical education
at the elementary and middle school level*



Adequate time is provided to physical education at every grade, K to 12

- States that mandate a specific amount of instructional time
 - Elementary school – 11 states (22%)
 - Middle schools – 7 states (14%)
 - High school – 10 states (20%)



Time Requirements That Meet National Recommendations

- Elementary school (150 minutes/week) – 2 states
 - Louisiana
 - New Jersey
- Middle school (225 minutes/week) – 1 state
 - Montana
- High school (225 minutes/week) – 4 “states”
 - District of Columbia
 - Indiana
 - Montana
 - South Carolina

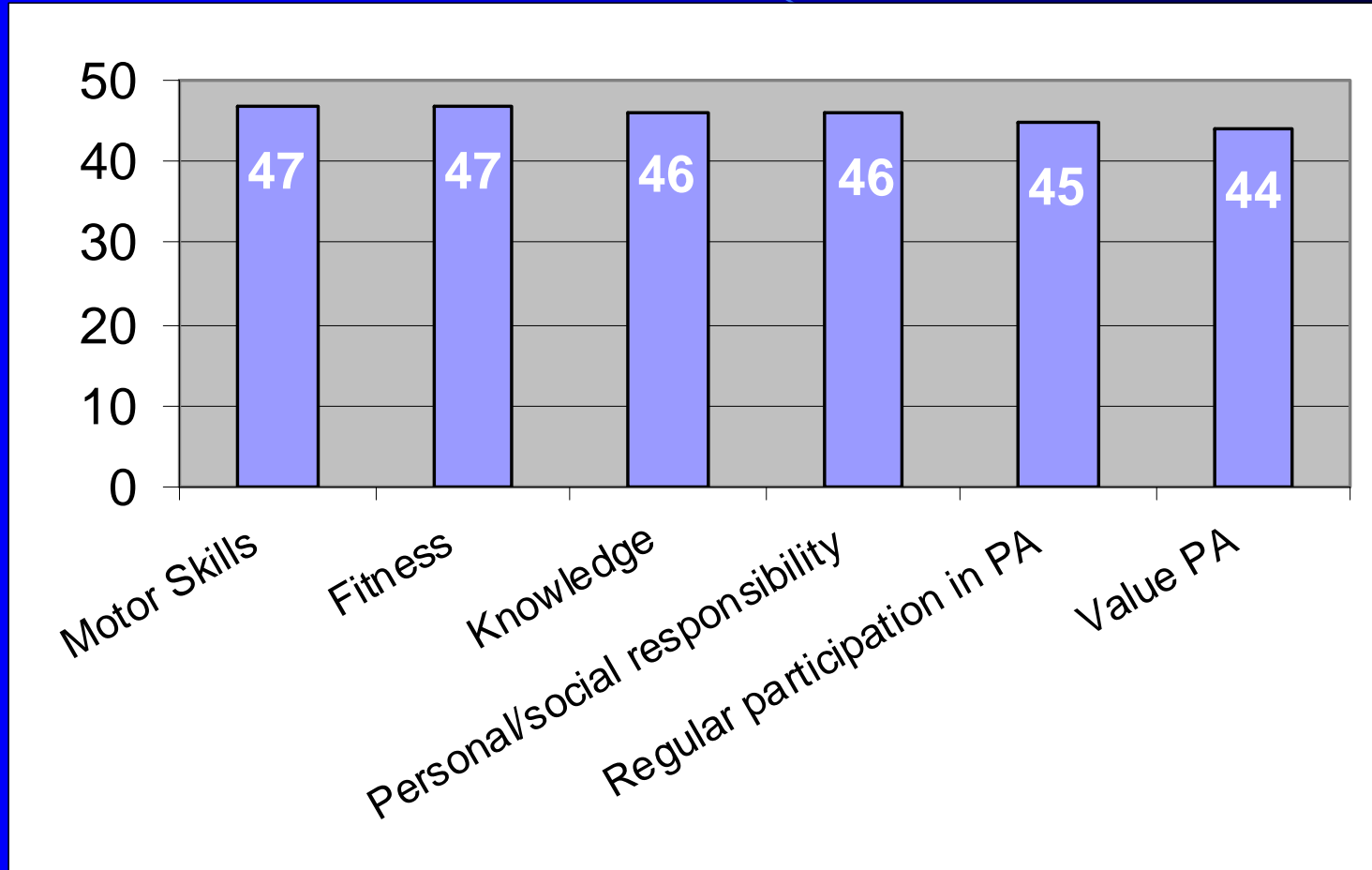


States develop standards for student learning in physical education that reflect the National Standards for Physical Education

- 47 states and the District of Columbia have state standards for physical education
- Three do not:
 - Iowa
 - Minnesota
 - Ohio



Alignment of state standards with national standards



All states set minimum standards for student achievement in physical education

15 states require student assessment in physical education

- 11 states – physical fitness levels
- 10 states – knowledge of physical education content
- 9 states – motor/movement skills
- 3 states – participation in physical activity outside of physical education class



Successfully meeting minimum standards in PE is a requirement for high school graduation

Required HS credits

- 0.5 credit – 8 states
- 1 credit – 14 states
- 1.5 credits – 6 states
- 2 credits – 6 states
- 3.75 credits – 1 state

Graduation test

- 16 states have one
- None include physical education



Other courses and activities that include physical activity should not be substituted for instructional physical education

- 18 states (35%) – provide exemptions/waivers to school districts
- 27 states (53%) – permit schools districts/schools to allow substitutions by students
 - ROTC – 18 states
 - Interscholastic sports – 17 states
 - Marching band – 11 states



Physical education is delivered by certified/licensed physical education teachers

States that require teacher
certification/licensure in physical education

- Elementary school – 28 states (57%)
- Middle school – 43 states (84%)
- High school – 46 states (90%)



National Board Certification

30 states (59%) actively support physical education teachers going through the National Board Certification (NBC) process

- 29 states – promote NBC and encourage teachers to register
- 18 states – provide mentoring
- 14 states – provide NBC teachers with a higher ongoing level of pay
- 12 states – provide a one-time monetary bonus to new NBC teachers



State Physical Education Coordinator

- Undergraduate or graduate degree in physical education (“qualified”) – 30 states
- 51% or more time dedicated to physical education – 14 states
- Both of the above – 11 states

AZ, AR, DE, HI, IA, MS, NJ, NY, NC, SC, WY





www.naspeinfo.org/stars



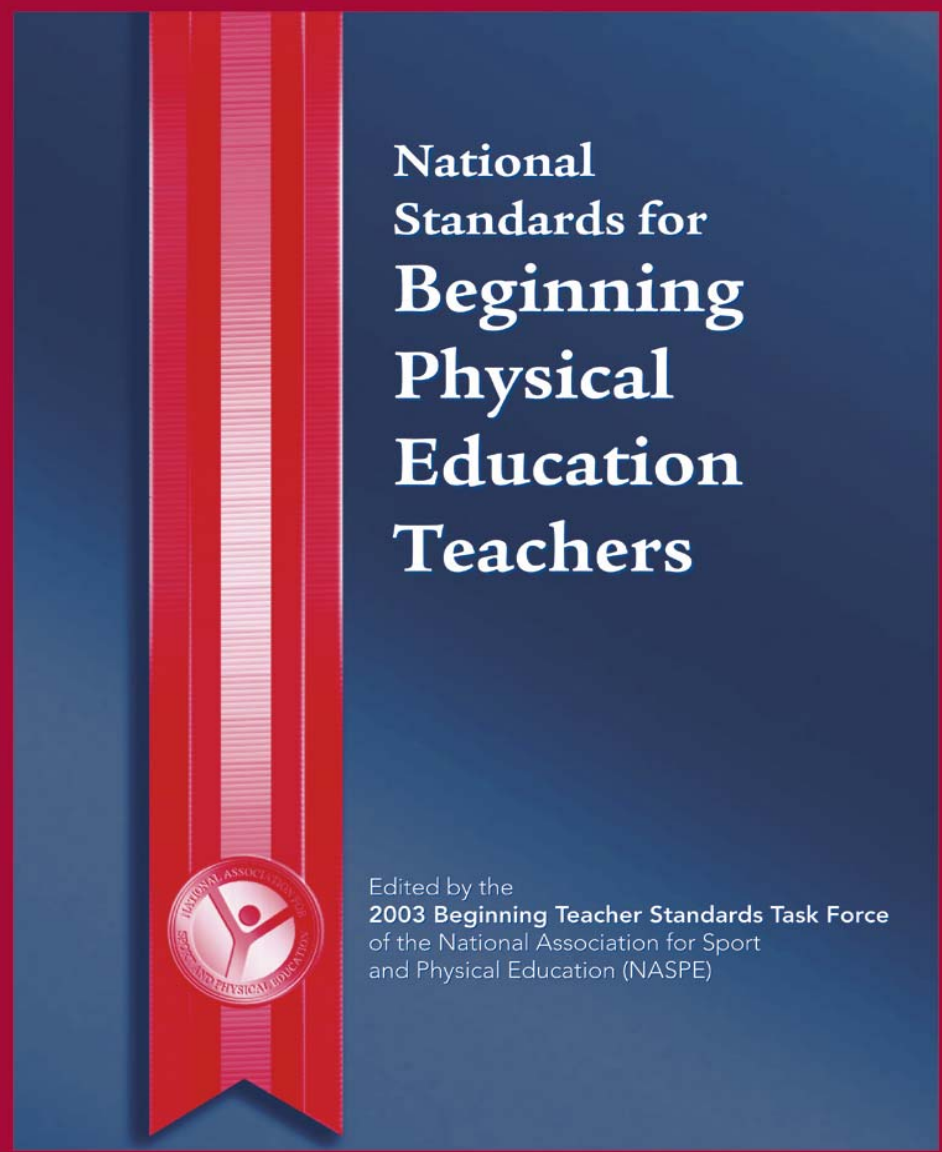
Some NASPE Position Statements

- Recess in Elementary Schools
- Guidelines for After School Physical Activity and Intramural Sport Programs
- Rights and Responsibilities of Interscholastic Athletes
- What Constitutes a Highly Qualified Physical Education Teacher?
- Physical Activity and Fitness Recommendations for Physical Activity Professionals



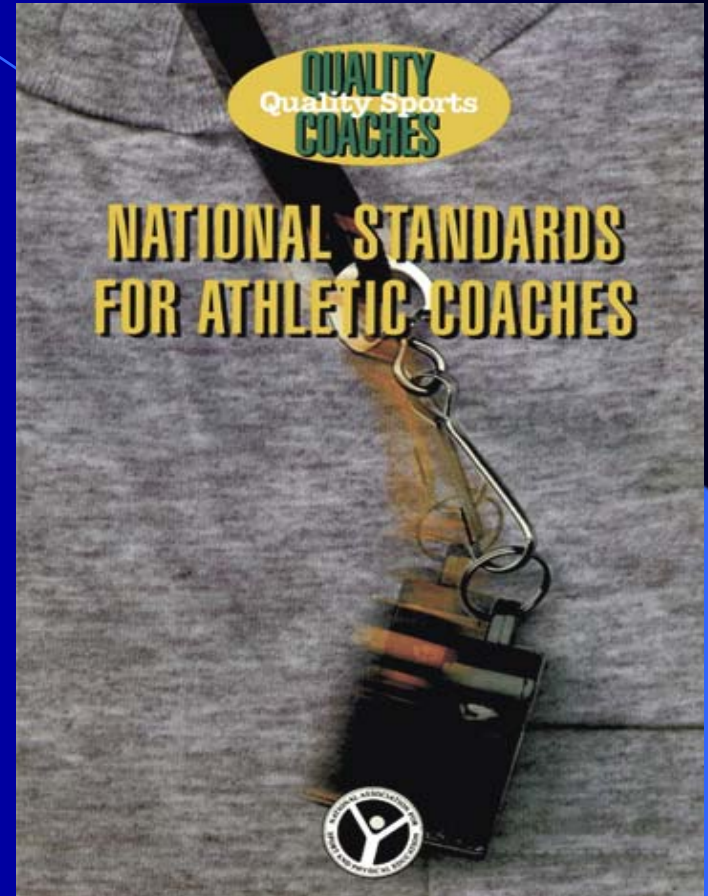
Professional standards:

What a teacher/coach should know and be able to do



National Standards for Beginning Physical Education Teachers

Edited by the
2003 Beginning Teacher Standards Task Force
of the National Association for Sport
and Physical Education (NASPE)



CDC Cooperative Agreement

- Increasing the Quality and Quantity of Youth Physical Activity Opportunities
- May 2006-May 2011



NASPE and American Beverage Association (ABA) Project

- Healthy school environment
 - Quality physical education
 - Adoption of the voluntary school beverage guidelines
- How was it done?
- How is it maintained?
- What have been the successes and challenges?
- Survey/interview results: May 2008





www.naspeinfo.org



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