

Physical Education and Health into the 21st century.

AAHPERD/CDAHPERD/NAHPERD

Adapted from a presentation developed by
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- 65% of all U.S. citizens are obese or overweight.
- **Obesity** is now a matter of National Security.
- **Physical fitness** will improve academic performance.



AAHPERD is Leading The Way

- AAHPERD (American Alliance for Health, Physical Education, Recreation and Dance)
www.aahperd.org
- NASPE (National, Association of Sports, and Physical Education) www.aahperd.org/naspe/
- AAHE (American Association for Health Education) www.aahperd.org/aahe/





The latest research indicates there is a need for more physical activity and physical education.



“Shape of the Nation Report Notes”

- No federal law requires physical education.
- No incentives to states or schools to offer physical education.
- States define guidelines and requirements.
- School districts are responsible for implementation.



NASPE PHYSICAL ACTIVITY GUIDELINES

- **60 or more minutes/day of physical activity.**
- Should participate in physical activity multiple times throughout the day.
- A variety of age-appropriate activities needed.
- Discourage more than two hours of inactivity.
- All Elementary students should have a **minimum of 20 minutes** of recess per day & **a minimum of 150** physical education minutes or more per week.
- **A minimum of 225 minutes** of PE for the secondary **students**



Group Activity (Mixed Pair Share)

- Stand up, hand up (high five a partner).
- Introduce yourself.
- Each person will take turns sharing their experience of Physical Education while they were in school.
- One minute per person.
- Thank partner, sit back down when done.
- Process Group Activity



The Association between School-Based Physical Activity, PE, and Academic Performance Report

- The April 2010 study by the U.S. Department of Health and Human Services
- Center for Disease Control and Prevention
- National Center for Chronic Disease Prevention and Health Promotion
- Division of Adolescent and School Health

www.cdc.gov/healthyyouth/health...academics/index.htm



Recess Studies

- All eight recess studies found one or more positive associations and indicators.
 - cognitive skills, attitudes, academic behavior
 - **None of the studies found negative associations.**



Classroom Physical Activity Studies

- Eight of the nine studies found positive associations between:
 - classroom-based physical activity
 - academic behavior
 - academic achievement
 - **Again, no negative associations were found.**



Extracurricular Physical Activity Studies

- Examined the relationships between extracurricular physical activity and academic performance.
- Found one or more positive associations in students participating in extracurricular physical activities.

Implications for Change?

-Evidence indicates physical activity improves academic achievement.

-Improvements include:

Grades and standardized test scores

Enhanced concentration and attention

Improved classroom behavior



Brain Research

- Physical activity increases blood flow to the brain.
- Regular exercise helps with the transfer of information between neurons.
- Regular aerobic exercise helps in developing new brain cells.



Group Activity

- Stand up, face the front
- Cross Crawls
- Thumb & Finger Switch
- Nose & Ear Switch
- Crazy Arms (one forward/one backward)
- Hook-ups



Wellness Policy

- In 2006 each local educational agency participating in school lunch programs shall establish a local school wellness policy.
- What is your schools' wellness policy?



Wellness Policy (Cont.)

Goals must be set for:

- Nutrition education
- Nutrition guidelines
- Physical activity
- Campus food provision
- Other school-based activities designed to promote student wellness.



What's Happening in **Nebraska**?

- Nebraska is one of the first states to have a Physical Activity and Nutrition Plan (2005-2010)
- **Nebraska Department of Education's Coordinated School Health Policy (2010)**
- State rankings go from 1 to 50. [Taken from *F as in Fat: How Obesity Policies are Failing in America* (2008)].



Nebraska Results

(as per “F As In FAT” report)

Number of overweight and obese adults

- 27.3 % of Nebraskans are obese, which ranks 23rd nationally.
- Number of overweight men are on the rise.



Nebraska Results

(as per “F As In FAT” report)

Number of obese children

- 15.8% of Nebraska children are obese, which ranks 20th nationally.



Nebraska Results

(According to the 2002-2003 Overweight
Among Youth Report, DHHS)

1 in 3 Children
are overweight (17.1%)
or Obese (16.2%)



Nebraska Students At Greatest Risk

- Males
- Students in grades 4-6
- Hispanic and Native American students
- Students in South Central Region of Nebraska



Lack of Physical Activity in Nebraska

- **Physical inactivity**
 - 23.7% of Nebraska adults
 - Only 26.2% (ages 6-17) participate in vigorous physical activity every day



Quality PE and Health Programs help fight the Obesity Epidemic!

- Quality programs follow national standards
- NASPE = Physical Education Standards
- AAHE = Health Education Standards



Physical Education Curriculum

Emphasizes:

- a variety of motor skills
- fitness education and assessment
- cognitive concepts
- social and cooperative skills
- promotion of lifetime physical activity



Health Education Curriculum

Emphasizes:

- Concepts related to health promotion and disease prevention.
- How to access valid health information to reduce health risks.
- What influences our health?
- How to use communication skills to enhance health.



Health Education Curriculum

Emphasizes:

- Demonstration of goal setting and decision-making skills.
- How to advocate for health.



Uses of Assessment In Physical Education and Health Education

- Make educational decisions about students.
- Provide feedback to students.
- Assess effectiveness of the curriculum and instruction.



Rule 10 Requirements

- Nebraska Health Education and Physical Education is mandated by the Nebraska Department of Education for grades K-8, but there are no mandated time requirements.
- Grades 9-12 are required to offer 2 years of Health and Wellness; but it is up to the local school district as to whether they require health and physical education for graduation.



Certification/Licensure of Physical Education Teachers

- **Nebraska** requires certification or licensure of physical education teachers at all levels.
- **Nebraska** requires certification or licensure of health education teachers at the secondary level.



Where Do We Go From Here?

- Change is Needed in Rule 10.
- Provide time requirements for physical education and health education on the elementary and middle school levels.
- Increase Quality Physical Education, comprehensive Health Education, and Physical Activity.



Where Do We Go From Here?

- Make Physical Education a Core subject. 1 ½ years of high school physical education required for graduation.
- Require Health Education for grades 9-12.



Where Do We Go From Here?

- NASPE has developed a Quality Physical Education Checklist to evaluate your schools' PE program. www.naspeinfo.org
- Evaluate your school by completing the Quality Physical Education Checklist.
- Complete the action plan included to improve your schools' program.
- **Implement your action plan.**



Where Do We Go From Here?

- PE2020 -(NASPE Project) www.pe2020.org
- **Advocate for quality health and physical education on the state and community level**
- **Educate the public on the importance of addressing health needs of children in schools**
- **Educate policy makers on the link between health and academic achievement**



Let's Move Campaign

- Launched by First Lady Michelle Obama
- A comprehensive, collaborative, and community-oriented initiative that addresses all of the various factors that lead to childhood obesity
- Healthy Choices
- Increased Physical Activity
- Access to Affordable Healthy Food
- Healthier Schools
- Healthier Communities
- www.letsmove.gov/index.html



Let's Move Campaign

“Taking Action Plans”:

- **Parents:** Get on track to eat right and to stay fit.
- **Schools:** Add healthy living to lesson plans.
- **Kids:** Have fun eating healthy and being active.
- **Community Leaders:** Empower families and communities to make healthy decisions.
- **Health Care Providers:** Educate and support your patients in living healthier.



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