

Physical Education and Activity

2.1 ¹	Has a state PE coordinator		$ullet^2$		
	Requires each district to have a PE coordinator	0			
	Requires each school to have a PE coordinator	0			
2.2	Requires or encourages districts or schools to follow national or state PE standards or guidelines		● ³		
2.3.1, 2.3.2,	Has PE standards or guidelines based on the National Standards for Physical Education		•		
and	Addresses the following topics in goals and obj	jectives:			
2.3.3		Elementary Schools	Middle Schools	High Schools	
	Achievement and maintenance of health-enhancing level of physical fitness	•	•	•	
	Competence in motor skills and movement patterns to perform variety of physical activities	•	•	•	
	Regular participation in physical activity	•	•	•	
	Responsible personal and social behavior that respects self and others in physical activity settings	•	•	•	
	Understanding of movement concepts, principles, strategies, and tactics	•	•	•	
	Value for physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	•	•	•	
2.4	Requires that schools will teach PE	•	•	•	
2.5	Requires or recommends that schools give the	following types	of tests:		
		Elementary Schools	Middle Schools	High Schools	
	Written tests of knowledge	$oldsymbol{\odot}^3$	\bullet^3	$\mathbf{\Theta}^3$	
	Skill performance tests	$\mathbf{\Theta}^3$	$\mathbf{\Theta}^3$	\odot^3	
	Fitness level tests	$\mathbf{\Theta}^3$	$\mathbf{\Theta}^3$	\odot^3	
2.6	Requires or recommends that districts or schools use one particular curriculum for PE	\bigcirc^3	•3 •3		
2.7	Provided the following information or materials	for PE during th			
		Elementary	Middle	High	
		Schools	Schools	Schools	
	Chart describing scope and sequence of instruction	•	•	•	
	Curriculum	•	•	•	
	Lesson plans or learning activities	0	0	0	
	List of recommended curricula	•	•	•	
	Plans for how to assess or evaluate students	•	•	•	
2.8	Specifies a maximum student-to-teacher ratio for PE classes	•	•	•	



		Elementary Schools	Middle Schools	High Schools		
2.9	Has specified time requirements for PE	0	0	•		
2.10	Requires newly hired PE teachers to have					
	undergraduate or graduate training in PE or	•	•	•		
	a related field					
2.11	Requires newly hired PE teachers to be		•			
	certified, licensed, or endorsed by the state					
2.12	Offers the following types of certification, licensure, or endorsement for PE teachers:					
	Combined PE and HED for grades K-12		0			
	Combined PE and HED for elementary	0				
	school					
	Combined PE and HED for middle school					
	Combined PE and HED for high school		0			
	PE for grades K-12		•			
	PE for elementary school		•			
	PE for middle school		•			
	PE for high school		•			
2.13	Provided funding for staff development or offer	red staff develop	ment to PE tead	chers during		
	the past two years on the following topics:					
	Administering or using fitness tests		•			
	Assessing or evaluating student					
	performance					
	Developing and using student portfolios	0				
	Developing individualized physical					
	activity plans	0				
	Encouraging family involvement in					
	physical activity					
	Injury prevention and first aid	0				
	Methods for inclusion and participation of		0			
	overweight children					
	Methods to increase amount of class		•			
	time students are active					
	Methods to promote gender equity		•			
	Recognizing and responding to chronic		•			
	health conditions					
	Teaching individual or paired activities or		•			
	sports					
	Teaching movement skills and concepts		•			
	Teaching students with long-term		•			
	disabilities					
	Teaching team or group activities or		•			
	sports					
	Using physical activity monitoring		•			
	devices					
	Using technology for PE		•			
2.14	Requires or recommends that elementary	•3				
	schools provide regularly scheduled recess					





	15 100	a	
2.15	Prohibits or actively discourages schools from the following:		
	Using physical activity as punishment	4	
	for bad behavior in PE	•	
	Using physical activity as punishment		
	for poor performance or bad behavior	$ullet^4$	
	in sports		
	Excluding students from PE as		
	punishment for bad behavior in another	$ullet^4$	
	class		
	Excluding students from recess as	4	
	punishment for bad behavior	•	
2.16	2.16 Requires student use of protective gear during the following activities:		
	Physical education	0	
	Intramural activities or physical activity	\circ	
	clubs	O	
	Interscholastic sports	0	
2.17			
	sports coaches during the past two years through the following sources:		
	State education agency	•	
	Any other state-level organization or		
	agency	•	

Footnotes

Numbers refer to tables in State-Level School Health Policies and Practices: A State-by-State

	Summary from the School Health Policies and Programs Study 2006, which includes information from all 50 states and the District of Columbia. This document can be downloaded at www.cdc.gov/HealthyYouth/SHPPS/2006/summaries/index.htm.			
2	Unless otherwise indicated,			
	• Yes			
	O No			
	? Incomplete Data			
	NA Not Applicable			
3	• Requires			
	Recommends or Encourages			
	O Neither Requires, Recommends, nor Encourages			
	? Incomplete Data			
4	Prohibits			
	O Neither Prohibits nor Discourages			
	? Incomplete Data			
5	SCHIP is the State Children's Health Insurance Program.			
6	WIC is the Special Supplemental Food Program for Women, Infants, and Children.			
7	Associate's Degree in Nursing			
	●● Undergraduate Degree in Nursing			
	O Associate's Degree in Any Field			
	OO Undergraduate Degree in Any Field			
	NA Not Applicable			

?

Incomplete Data

8	•	Undergraduate Degree in Specific Field	
	••	Master's Degree in Specific Field	
	•••	Doctoral Degree in Specific Field	
	0	Undergraduate Degree in Any Field	
	00	Master's Degree in Any Field	
	\odot	Other Degree	
	NA	Not Applicable	
	?	Incomplete Data	
9	• Ye	s (For Breakfast, All Schools)	
	Ye	s (For Breakfast, Some Categories of Schools)	
	O No		
	? Inc	complete Data	
10	calorie	nk foods are defined as foods or beverages that have low nutrient density, that is, they provide lories primarily through fats or added sugars and have minimal amounts of vitamins and nerals.	
11	• Во	th on School Property and at Off-Campus, School-Sponsored Events	
	On	School Property Only	
	O Ne	either on School Property nor at Off-Campus, School-Sponsored Events	
12	● Re	quired of All Faculty and Staff	
	Re	quired of Some Faculty and Staff	
	O No	ot Required on Any Faculty or Staff	
	? Inc	complete Data	
13	● Sta	ate Offers Coverage	
	Star	ate Requires Districts to Offer Coverage	
	O St	ate Neither Offers Coverage nor Requires Districts to Offer Coverage	
	? Inc	complete Data	

This publication was prepared by the Centers for Disease Control and Prevention (CDC). It summarizes state-level data collected from each of the 50 states and the District of Columbia during the School Health Policies and Programs Study (SHPPS) 2006. SHPPS is conducted periodically to monitor the extent to which school health policies and practices are addressing the leading causes of death, illness, and social problems among young people and adults.

For additional information on SHPPS or to order SHPPS publications, contact the Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, 4770 Buford Highway, NE, Mailstop K-33, Atlanta, GA 30341-3717; 800-CDC-INFO; www.cdc.gov/shpps.