

Physical Fitness Demonstration Centers



The President's Council on Physical Fitness and Sports (PCPFS) invites all states to participate in the cooperative project. It aims to focus attention on individual schools, recognized by State Departments

of Education, which have outstanding programs of physical education that contribute to students' physical fitness.

What is a Physical Fitness Demonstration Center?

- A school—elementary or secondary—which has an outstanding program of physical education, emphasizing physical fitness.
- A school—whose pupils:
 - participate in vigorous developmental conditioning activities
 - are instructed in healthful and safe living practices
 - are taught skills which will enhance fitness and leisure throughout their lives and increase their social and emotional competencies and self-confidence.
- A school open to visitors—teachers, administrators, parents, and other interested persons—which provides:
 - a sound fitness program in action
 - effective methodology and innovative practices
 - facts about curriculum, staff, scheduling, facilities and costs.
- A school which is selected by its State Department of Education according to criteria developed in cooperation with the President's Council on Physical Fitness and Sports.

Why Have Demonstration Centers?

- It motivates school officials, teachers and other interested persons to develop high-quality programs aimed at improving the health and fitness of school-age children and youth.
- To assist school personnel and the public to obtain first-hand information on sound and innovative procedures useful in improving their own schools.
- To recognize individual schools that have responded to contemporary needs for a fitness emphasis and for effective instruction in health and physical education.
- To spotlight youth fitness needs and call attention to strengthening school programs to meet these needs at the national, state and local level.

Who Selects the Demonstration Center?

- The State Department of Education selects and certifies schools which serve as Demonstration Centers. Each state determines its most effective administrative procedures for

implementing the project within its own unique educational policies and standards.

- A State Coordinator of the PCPFS Demonstration Center project is named by the State Department of Education.
- The President's Council recommends that a *State Advisory Committee* be formed for this project or that an appropriate existing committee be used. Representation on this committee should include such organizations as the Governor's Council on Physical Fitness and Sports, State Board of Health, State Medical Society, State School Board Association, Elementary and Secondary Principals' Association, State Parent-Teacher Association and the State Association for Health, Physical Education, Recreation and Dance, plus representative citizens.

What Criteria are Used to Qualify Schools as Demonstration Centers?

- The Council recommends, as a minimum, that Demonstration Center Schools make provisions for:
 1. Periodic health appraisals for all students.
 2. Identification of physically underdeveloped pupils and a program to eliminate or alleviate their problems.
 3. Physical achievement tests at least twice a year to evaluate and motivate pupil progress.
 4. Opportunities for students to win the Presidential, National and Participant Physical Fitness Award or the New Health Fitness Award.
 5. A daily physical education period emphasizing physical fitness for all pupils.
 6. Community education on physical fitness in physical education through various public affairs activities.
 7. Visitations as necessary and appropriate to accommodate observers of the program.
- Individual states are expected to require additional criteria to assure that Demonstration Center Schools are representative of the best within their state, meaning high quality programs with strong emphasis on physical fitness.
- The following items appearing in the PCPFS Basic Beliefs Statement should also be used in the selection of centers:
 1. Required daily physical education programs are necessary for all pupils in grades K-12 in order to develop their physical fitness and sports skills.
 2. Medical authorities recommend regular vigorous exercise during school years, which is essential to development of healthy individuals.
 3. In order to enjoy a sport, master the necessary skills and participate safely, a person must be physically fit. The popular slogan, "Get Fit by Playing", should be, "Get Fit by Playing Safely."
 4. Within the educational context of physical education programs, students should develop knowledge of the effects of activities for conditioning as well as the relationship of activities to various aspects of health throughout life. Students should understand the basic elements of physiology of exercise and the value of participating in regular vigorous physical activities. The need to continue physical activities in adulthood should be stressed at an early age and throughout the school physical education experience. Knowledge, understanding and participation should result in the development

of desirable attitudes concerning the values of participation in regular vigorous physical activity.

5. Special physical education programs should be provided to pupils with orthopedic problems, obesity, perceptual motor problems and other health-related problems. Such students must be identified, along with those who may suffer from physical underdevelopment, malnutrition or inadequate coordination.
6. Physical education programs should be planned to include physiological fitness goals along with other educational aims to meet the developmental needs of children. Activities must be adapted to individual needs and capacities and be vigorous enough to increase energy utilization and heart rate significantly.
7. Physical education programs should include a core of developmental and conditioning activities appropriate for each grade level. Activities should be identified and stressed in progressive order. Demonstration standards for survival activities, particularly including swimming, should be established; periodic testing and training should be conducted to maintain students' physical competency.
8. Every pupil should have continuing supervision by a family physician and dentist, including periodic examinations and correction of remediable defects. Through these resources, supplemented wherever necessary and feasible by school and community services, the health appraisal procedures include:
 - a. Identification of pupils with correctable orthopedic defects and other health problems and subsequent referral to medical authorities.
 - b. A posture check, including foot examination; pupils with acute problems should be referred to medical authorities.
 - c. Height and weight measurements, interpreted in terms of individual needs; pupils who are obviously obese, underweight or malnourished should be identified and referred to medical authorities.

What Recognition is Given to Demonstration Centers?

- Recognition awards in the form of a certificate and a pennant for each Demonstration Center are furnished by the President's Council on Physical Fitness and Sports at the time of certification. The pennant may be flown on the school's flagpole or displayed inside the school during the time it serves as a Demonstration Center. Both the certificate and pennant are sent directly to the State Director for distribution to the schools.
- The Council recommends that some appropriate ceremony be arranged for presenting the school with the pennant or the certificate. Involvement of the Governor's Council on Physical Fitness and Sports and other related organizations and individuals is suggested.
- The Co-Chairs of the President's Council on Physical Fitness and Sports send a letter of congratulations to the school principal soon after the school is certified.
- The Council maintains a list of Demonstration Centers. Individuals requesting information about school physical education programs from the PCPFS are informed about the Demonstration Centers in their area and encouraged to visit.
- Council staff members will visit the Demonstration Centers when possible.

- An annual report on the Demonstration Center project is prepared by the PCPFS and included in its report to the President.

What is an Honor Roll School?

In order to distribute recognition and provide opportunity for more schools to qualify, a school may serve as a Demonstration Center for no more than three years. The Council encourages those schools which have attained the high level that characterizes Demonstration Centers to maintain quality physical education programs.

Schools that have served as Demonstration Centers for three years and still meet all Council and State criteria may be recommended for the PCPFS *Honor Roll*. These recommendations are made by the State Coordinator and the state committee also. These schools receive a certificate from the PCPFS and are listed as *Honor Roll* schools.

What Procedures Should be Followed by States to Establish Demonstration Centers?

- The State Department of Education staff member primarily in charge of physical education programs accepts the responsibility as State Coordinator of the PCPFS Demonstration Center project.
- The Coordinator establishes an Advisory Committee.
- The Coordinator and the committee determine the state's criteria for selecting Demonstration Centers, and send this information to the Council for acceptance.
- The project is publicized to school officials. Schools are encouraged to apply.
- The Coordinator, and, if feasible, a visitation team visit each school being considered to determine whether the program meets established criteria.
- Upon qualifying as a Demonstration Center school, the State Coordinator and the school principal are responsible for completion of the PCPFS Demonstration Center or Honor Roll school application and the *Certification of Demonstration Center School* form. The coordinator sends one certification form and the application for each individual school to the PCPFS.
- The Coordinator receives the pennants and certificates from the PCPFS and distributes them to the schools.
- During the school year, the State Coordinator maintains contact with Demonstration Centers and visits them when possible. He seeks various opportunities to inform the public about the project and encourages interested persons to visit the centers. The Coordinator works with colleagues in the State Department of Education and in colleges and universities to maximize the values inherent in the Demonstration Center project.

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A list of state Demonstration Centers and Honor Roll Schools is available on the President's Challenge web site. WE ENCOURAGE ALL STATES TO APPLY.