



# Physical Education

From CDC's 1994 School Health Policies and Programs Study (SHPPS)

## About the School Health Policies and Programs Study (SHPPS)

SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Results from the 1994 SHPPS were published in the *Journal of School Health*, Volume 65, Number 8, October 1995.

### Requirements

- ◆ 94% of middle/junior and senior high schools required at least one physical education course.
- ◆ 23% of middle/junior and senior high schools exempted students from required physical education courses because they participate in other school activities such as band, chorus, or cheerleading.
- ◆ 17% of middle/junior high schools and 2% of senior high schools required students to take physical education 5 days a week for each year they attended the school.

### Course Characteristics

- ◆ 53% of required physical education courses in middle/junior and senior high schools met for 46-60 minutes, while 37% met for 30-45 minutes.
- ◆ 82% of states and 93% of districts had a written curriculum, guidelines, or framework for physical education.
- ◆ The most widely taught activities in middle/junior and senior high school physical education courses were basketball, volleyball, baseball/softball, flag/touch football, and soccer.
- ◆ 15% of physical education teachers in middle/junior and senior high schools required their students to develop individualized physical activity programs.



## Frequency of Required Physical Education Classes,\* by School Level

Frequency of Meetings	Middle/Junior High Schools (%)	Senior High Schools (%)
5 days/week	45	67
3-4 days/week	15	8
5 days/2 weeks	13	11
1-2 days/week	18	13
Varies by grade	9	3

\*among schools with required physical education courses

**Professional Certification and Training**

- ◆ 88% of states required secondary school physical education teachers to be certified in physical education; 16% required it for elementary school physical education teachers.
- ◆ 75% of middle/junior and senior high school physical education teachers were certified in physical education or health and physical education.
- ◆ 75% of middle/junior and senior high school physical education teachers majored in physical education or health and physical education.
- ◆ During the two years preceding the survey, 72% of states and 50% of districts offered in-service training in physical education.
- ◆ During the two years preceding the survey, 63% of middle/junior and senior high school physical education teachers received four or more hours of in-service training in physical education.
- ◆ The most common topics on which teachers received training were teaching sports or activities, increasing students' physical activity in physical education class, staff wellness, and individual fitness programs.

**Extracurricular Programs**

- ◆ 90% of middle/junior and senior high schools had an interscholastic sports program; 43% had an intramural program.
- ◆ 33% of states and 31% of districts required coaches to complete in-service training on coaching.

**Testing and Assessment**

- ◆ 89% of senior high schools, but only 28% of middle/junior high schools, required students who fail a required physical education course to take it again.
- ◆ Grades in required physical education courses were counted the same as other subjects for academic recognition in 64% of middle/junior and senior high schools.

*Among physical education teachers in middle/junior and senior high schools:*

- ◆ 70% required students to demonstrate basic competence in a variety of skills.
- ◆ 36% required intermediate or advanced competence in at least one skill.
- ◆ 77% conducted fitness tests.

**Amount of Physical Education Required, by School Level**

<b>Amount Required</b>	<b>Middle/Junior High Schools (%)</b>	<b>Senior High Schools (%)</b>
At least 3 years	41	21
2 years	22	25
1 year	19	36
Less than 1 year	4	9
None	6	3
Unknown	8	7

**For More Information**

For additional information on SHPPS, contact the Centers for Disease Control and Prevention (CDC), 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, telephone 770-488-3257, <http://www.cdc.gov/nccdphp/dash>