

# Fact Sheet

## Physical Education for Students with Disabilities

From CDC's School Health Policies and Programs Study (SHPPS) 2000

### About 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 SHPPS 2000 are published in the *Journal of School Health*, Volume 71, Number 7, September 2001.

### Among the schools that have students with permanent physical or cognitive disabilities:

- 94.5% have students with permanent physical or cognitive disabilities who participate in required physical education.
- 85.6% include physical education in Individualized Education Plans (IEPs) for these students.

### Percentage of States, Districts, and Schools that Allow Students at Each School Level to be Exempted from Physical Education Requirements for One Grading Period or Longer, By Reason for Exemption

States	Cognitive disability	Permanent physical disability
Elementary schools	3.3	34.5
Middle/junior high schools	3.1	32.3
Senior high schools	5.6	41.2
<b>Districts</b>		
Elementary schools	24.5	49.8
Middle/junior high schools	23.9	56.9
Senior high schools	29.3	60.6
<b>Schools</b>		
Elementary schools	27.8	61.6
Middle/junior high schools	32.3	68.3
Senior high schools	34.4	63.2

**Percentage of States and Districts with Policies Requiring Schools to Implement Measures to Meet the Physical Education Needs of Students with Disabilities**

<b>Policy</b>	<b>States</b>	<b>Districts</b>
Mainstreaming students into regular physical education as appropriate	80.0	82.3
Providing adapted physical education as appropriate	82.2	74.6
Using modified equipment in regular physical education	59.1	63.5
Using modified facilities in regular physical education	56.8	57.2
Using teaching assistants in regular physical education	55.8	57.2
Including physical education in individualized education plans	81.8	76.1

**Among schools that have students with disabilities who participate in required physical education:**

- 84.5% have some students who participate only in regular physical education.
- 37.7% have some students who participate in both adapted and regular physical education.
- 27.5% have some students who participate only in adapted physical education.
- Students with disabilities are taught by a regular physical education teacher in 83.4% of schools, an adapted physical education specialist in 23.3% of schools, a special education teacher in 17.2% of schools, a physical or occupational therapist in 16.0% of schools, and a special education teacher’s aide in 15.6% of schools.

- 31.2% of required physical education courses contained students with permanent physical or cognitive disabilities.
  - Teachers in 87.1% of these courses used simplified instructional content or variations in the amount of difficulty of the material taught.
  - Teachers in 82.5% of these courses used more skill modeling, practice, or repetition.
  - Teachers in 62.8% of these courses used modified physical skills tests.
  - Teachers in 54.9% of these courses used modified equipment or facilities.

**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 888-231-6405, <http://www.cdc.gov/shpps>.