

Healthy People 2010 Operational Definition

22-8. Increase the proportion of the Nation's public and private schools that require daily physical education for all students.

22-8a. Middle and junior high schools.

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| National Data Source | School Health Policies and Programs Study (SHPPS), CDC, NCCDPHP. |
| State Data Source | School Health Policies and Programs Study (SHPPS), CDC, NCCDPHP. |
| Healthy People 2000 Objective | Not applicable. |
| Changes since the 2000 Publication | Revised baseline (see Comments). Revised target (see Comments). |
| Measure | Percent. |
| Baseline (Year) | 6.4 (2000) |
| Target | 9.4 |
| Target-Setting Method | 47 percent improvement. For a discussion of target-setting methods, see Part A, section 4. |
| Numerator | Number of public and private middle and junior high schools for which physical education (PE) is offered 5 days a week, and the number of years of required PE equals the number of grades in the school. |
| Denominator | Number of public and private middle and junior high schools. |
| Population Targeted | Public and private middle and junior high schools. |
| Questions Used To Obtain the National Baseline Data | From the 2000 School Health Policies and Programs Study Physical Education School Questionnaire: ➤ [Question 3] <i>How much physical education are students required to take while attending this school? Please count all of a student's physical education requirements.</i> |

Number of units required:

- Years
- Semesters
- Trimesters
- Quarters
- Weeks
- Carnegie units
- Other (SPECIFY UNIT):

➤ [Question 8] *During required physical education courses, how many days per week do students attend class?* CHECK THE ONE BEST ANSWER (1-7):

- (1) One day
- (2) Two days
- (3) Two days one week/ three days the next (alternating)
- (4) Three days
- (5) Four days
- (6) Five days
- (7) Differs by grade — GO ON TO NEXT QUESTION

➤ [Question 9] *How many days per week do students attend required physical education courses by grade in your school?* CHECK BOX (1-7) AND RECORD NUMBER OF DAYS FOR EACH GRADE THAT TAKES REQUIRED PHYSICAL EDUCATION.

Days per week

- (1) 6th
- (2) 7th
- (3) 8th
- (4) 9th
- (5) 10th
- (6) 11th
- (7) 12th

Expected Periodicity Periodic.

Comments From question 3, the number of units (semesters, quarters, etc.) of PE that students were required to take while attending the particular school were standardized to years of required PE. If the number of years of required PE (from question 9) equaled the number of grades in that school (from another database), and if the response to question 8 was all 5 days, students were considered to be required to take PE 5 days a week for each year they attended that school.

The original baseline was revised from 17 percent (1994) to 6.4 percent (2000) after the survey data were collected in 2000. The target was

proportionally adjusted from 25 percent to 9.4 percent to reflect the revised baseline using the original target setting method.

See Part C for a description of SHPPS and Appendix A for focus area contact information.