

Physical Education

About SHPPS: SHPPS is a national survey periodically conducted to assess school health policies and practices at the state, district, school, and classroom levels. SHPPS was conducted in 1994, 2000, and 2006. The 2012 study collected data at the state and district levels only. School- and classroom-level data collection will take place in 2014.

- 98.0% of states had adopted national or state physical education standards, and 86.0% of all states had adopted standards based on the National Standards for Physical Education from the National Association for Sport and Physical Education.
- Between 2000 and 2012, the percentage of districts that had adopted a policy stating that schools will follow any national, state, or district physical education standards increased from 66.5% to 86.1%, and the percentage of districts with physical education standards based on the National Standards for Physical Education increased from 45.5% to 65.6%.¹
- Between 2000 and 2012:
 - The percentage of states that provided lesson plans or learning activities for middle school physical education increased from 30.6% to 60.8%.
 - The percentage of states that provided plans or tools for assessing or evaluating students in middle school and high school physical education increased from 33.3% to 64.0% and from 32.0% to 64.7%, respectively.

Percentage of States* That Used Fitness Test Data for Selected Purposes	
Purpose	States
Assess student performance in physical education	9.8
Inform the development or improvement of policies, standards, or instruction for physical education	25.5
Monitor student fitness levels	25.5
Monitor student obesity rates	13.7
*Among the 27.4% of states where districts or schools in the state reported fitness test data to the state education agency or state health department.	

- Between 2000 and 2012, the percentage of districts that required or recommended that elementary schools test students' fitness levels increased from 18.3% to 38.0%.
- 28.4% of districts had adopted a policy specifying a maximum student-to-teacher ratio for physical education in elementary school, 24.4% of districts had adopted such a policy for physical education in middle school, and 28.9% had adopted such a policy for physical education in high school.
- 24.3% of districts required and 26.0% recommended that schools use one particular curriculum for elementary school physical education, 26.7% of districts required and 28.0% recommended that schools use one particular curriculum for middle school physical education, and 28.3% of districts required and 24.0% recommended that schools use one particular curriculum for high school physical education.
- 63.2% of districts had someone to oversee or coordinate physical education, and 52.0% of districts had adopted a policy stating that each school will have someone to oversee or coordinate physical education at the school (e.g., a department chair).

¹ Regression analyses were performed that took all available years of data into account. To account for multiple comparisons, selected changes are included only if the p-value from the trend analysis was less than .01, and either the difference between the two endpoints (2000 and 2012) was greater than 10 percentage points or the 2012 estimate increased by at least a factor of two or decreased by at least half as compared to the 2000 estimate.

Percentage of Districts That Had Adopted a Policy Allowing Students at Each School Level to be Exempted from Physical Education Requirements for 1 Grading Period or Longer for Specific Reasons

Reason for exemption	Districts		
	Elementary school*	Middle school [†]	High school [§]
Achievement of positive, passing, or high physical fitness test scores	3.9	8.8	11.8
Cognitive disability	15.7	21.5	19.0
Enrollment in other courses (e.g., math or science)	NA	5.7	6.6
Long-term physical or medical disability	43.5	41.2	40.5
Participation in community service activities	3.8	3.6	2.5
Participation in community sports activities	5.2	5.4	6.5
Participation in school activities other than sports (e.g., band or chorus)	8.2	12.3	19.5
Participation in school sports	NA	9.1	20.3
Participation in vocational training	NA	2.1	4.3
Religious reasons	19.9	16.7	13.7

*Among the 93.6% of districts that had adopted a policy stating that elementary schools will teach physical education.

[†]Among the 91.9% of districts that had adopted a policy stating that middle schools will teach physical education.

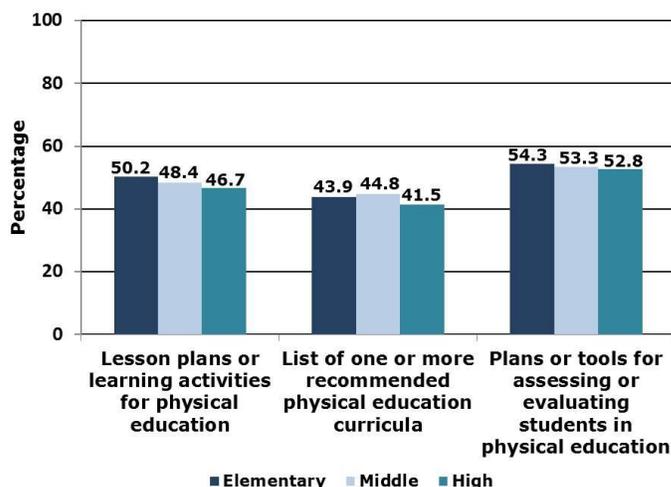
[§]Among the 92.4% of districts that had adopted a policy stating that high schools will teach physical education.

- 84.4% of districts had adopted a policy stating that newly hired staff who teach physical education at the elementary school level will be certified, licensed, or endorsed by the state to teach physical education, 87.0% had such a policy at the middle school level, and 89.0% had such a policy at the high school level.

During the 2 years before the study:

- 74.0% of states and 71.9% of districts provided funding for professional development or offered professional development to those who teach physical education on aligning physical education standards to curriculum, instruction, or student assessment.
- More than 70% of states also provided funding for professional development or offered professional development on:
 - Assessing or evaluating student performance in physical education (70.6%).
 - Helping classroom teachers integrate physical activity into their classrooms (73.5%).
- More than 70% of districts provided funding for professional development or offered professional development on:
 - Administering or using fitness tests (71.1%).
 - How to prevent, recognize, and respond to concussions among students (72.7%).
 - Injury prevention or first aid (81.0%).

Percentage of Districts That Provided Resources for School Physical Education at Each School Level



Where can I get more information? Visit www.cdc.gov/shpps or call 800-CDC-INFO (800-232-4636).

