

RESEARCH-BASED ADVOCACY FOR QUALITY PHYSICAL EDUCATION

Maine-Harvard PRC Annual Workshop
November 12, 2009

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Executive Director
National Association for Sport and Physical
Education (NASPE)



NASPE

- Only national professional association for physical education teachers
- Largest of five AAHPERD national associations
- 16,000 members
K-12 physical education teachers, district and state physical education coordinators, early childhood movement specialists, teacher education faculty, exercise scientists, researchers, coaches, and sport managers



NASPE's Vision and Mission

NASPE envisions a society in which all individuals are physically educated and participate in lifelong physical activity

NASPE's mission is to enhance knowledge, improve professional practice, and increase support for high quality physical education, sport, and physical activity



Comprehensive School Physical Activity Program

- Encompasses physical activity programming before, during, and after the school day
- Specifically,
 - Quality physical education
 - School-based physical activity opportunities
 - School employee wellness and involvement
 - Family and community involvement

National Association for Sport and Physical Education. (2008).

Comprehensive School Physical Activity Programs. Reston, VA: Author.

www.naspeinfo.org, tab: Standards and Position Statements

Difference Between Physical Activity and Physical Education

- Physical activity = **behavior**
- Physical education = **curricular area** that teaches about physical activity
- Students are physically active in physical education, but students are not (comprehensively) physically educated through recess, sports, ROTC, etc.



Quality Physical Education (QPE)

- Goal
 - To develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity



Challenges to QPE

- Bad experiences and/or bad reputation
- Time
- Money

We can't afford not to do it



We can less afford to not do it than to do it



Maine Learning Results

- Students will acquire the knowledge needed to be physically fit and take part in healthful physical activity on a regular basis.
- Physical education is a core content area requiring adequate time in the school day.
- Questions
 - What is a regular basis?
 - What is adequate time?



Maine – LD 1407

- An Act to:
 - Assess the physical education capacity of elementary schools in Maine
 - Establish the obesity and chronic disease fund within the Department of Education
- “The bill moves Maine further in the direction of increasing physical education and physical activity in schools.”
- Governor’s Office press release, June 17, 2009

Alignment of NASPE and Maine

NASPE QPE Components	Maine PE Evaluation
Opportunity to Learn	Infrastructure
Content	Content
Student Assessment and Program Evaluation	Impact

Opportunity to Learn – The Minutes

- Elementary Schools
 - At least 150 minutes/week of physical education
- Middle and High Schools
 - At least 225 minutes/week of physical education
- Important contextual information
 - Physical education taught by a certified physical education specialist
 - Recess, classroom physical activity breaks, etc. ≠ physical education

Initial Justification

- Physical education is an academic subject
- There is a body of knowledge and skills that need to be learned for an individual to become physically educated
- Principles/laws of learning
 - Readiness
 - Exercise
 - Effect
 - Primacy
 - Recency
 - Intensity



Principle of Exercise

- Those things most often repeated are best remembered
- Basis of drill and practice
- Students do not learn complex tasks in a single session; they learn by applying what they have been told and shown
- Every time practice occurs, learning continues
- Instructor must repeat subject matter at reasonable intervals and provide opportunities for students to practice

Principle of Recency

- Things most recently learned are best remembered
- Conversely, the further a student is removed time-wise from a new fact or understanding, the more difficult it is to remember
- The closer the training or learning time is to the time of actual need to apply the training, the more apt the learner will be to perform successfully



Initial Justification – “Result”

- Most academic subjects are taught on a daily basis during the school week
- In elementary school, most subjects are taught for approximately 30 minutes
- In middle and high schools, most subjects are taught for approximately 45 minutes
- Thus, physical education should be taught for 30/45 minutes each day (150/225 minutes each week)



Current Science-Based Justification

- U.S. Department of Health and Human Services, *Physical Activity Guidelines for Americans* (2008)
 - **Children and adolescents** should do 60 minutes (1 hour) or more of physical activity daily
- Institute of Medicine of The National Academies, *Preventing Childhood Obesity: Health in the Balance* (2005)
 - **Schools** provide at least half of the recommended daily physical activity time for youth [30 minutes per day]



Frequently Asked Questions (FAQs)

Does physical activity during recess, ROTC, band, and sports count?



FAQs

Why should physical education and physical activity be the school's responsibility?



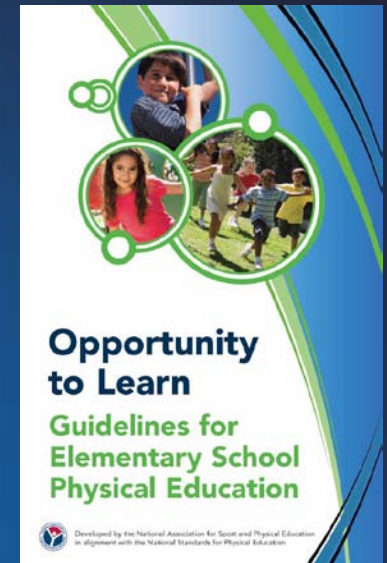
FAQs

Why should I support physical education when it's typically about “coaches” sitting around while students shoot hoops?



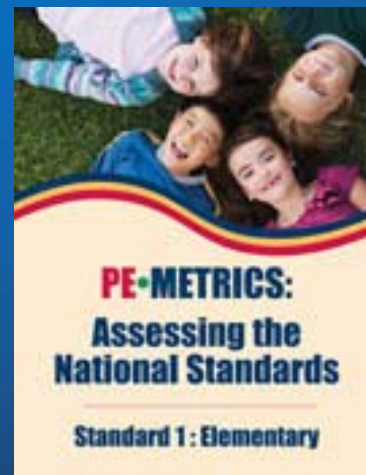
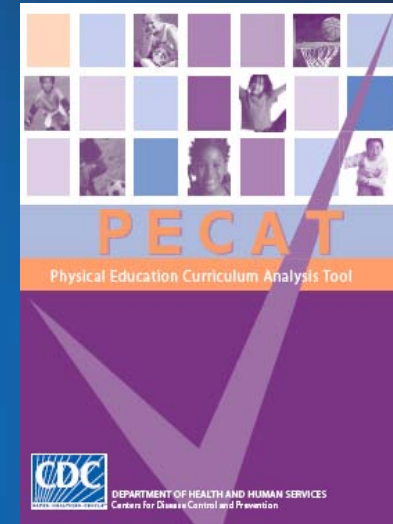
Assessment Tools

- Infrastructure
 - NASPE's Opportunity to Learn Guidelines
 - CDC's School Health Index
 - NASPE's STARS recognition program criteria
 - Questions from CDC's School Health Policies and Programs Study (SHPPS) and School Health Education Profiles



Assessment Tools (cont'd)

- Content
 - CDC's Physical Education Curriculum Analysis Tool
- Student Assessment
 - Cooper Institute/Human Kinetics' FITNESSGRAM
 - NASPE's PE Metrics



NASPE Website

www.naspeinfo.org



National Association for
Sport and Physical Education

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NASPE

Our mission is to enhance knowledge, improve professional practice and increase support for high-quality physical education, sport and physical activity programs.

I am a...

- Professional
- Student
- Parent
- Policymaker
- School Administrator

Popular Resources

- Teaching Tools
- Convention
- Advocacy Toolkit
- Appropriate Practices
- Social Networking

Free Download

NASPE's Teacher Toolbox 

What's New

-  **ING Run For Something Better**
2009 award recipients announced
-  **Free to NASPE Members**
Journal of Coaching Education Fall Issue
-  **Physical Activity Guidelines**
for children from birth to age 5
-  **NASPE Website Survey**
Give us your feedback on the new site

[more news](#)

Upcoming Events

Take It Outside! Week



October 19-23
The Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS) will hold its inaugural Take It Outside Week.

Press Releases

- September 3, 2009
[Head Start Centers Celebrate Inaugural Take It Outside! Week, October 19-23, 2009](#)
- August 11, 2009
[New Survey Reveals Health-Related Fitness as Primary Focus](#)
- July 1, 2009
[National Association for Sport and Physical Education Salutes New White House Office of Olympic, Paralympic and Youth Sport](#)

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PE-METRICS:
Assessing the National Standards



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