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# **Physical Education State Questionnaire**

# Physical Education State Questionnaire

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## Special Instructions

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1. This questionnaire focuses on your state practices and policies.
2. When we use the word “policy,” we mean any mandate issued by the state school board, state legislature, or other state agency that affects physical education in districts or schools throughout your state. Please consider any policies officially adopted at the state level. These include policies developed by your state, or those based on model policies developed elsewhere.
3. We recognize that there may be some exceptions to the policies, but please answer the questions based on what is customary in your state. Please do not consider district or school practices or policies when answering the questions. (We will ask about district and school practices and policies when we collect information from districts and schools across the country.)
4. Please do not include policies that are solely related to instruction on physical activity topics provided within health education curricula.
5. Unless the question specifically asks about regularly scheduled recess periods, do not include recess periods when answering questions about “physical education” or “physical activity.”
6. If you would like more information about this study or would like clarification of any questions in this survey, please call Tim Smith at 1-800-647-9664, extension 6095.

## Standards and Guidelines

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1. Has your state adopted a policy stating that districts or schools will follow any national or state physical education standards or guidelines? These might cover topics such as the goals and objectives of physical education or expected student outcomes.

Yes..... 1 → Skip to Question 3  
 No..... 2

2. Has your state adopted a policy encouraging (e.g., in memoranda or guidelines) districts or schools to follow any national or state physical education standards or guidelines?

Yes..... 1  
 No..... 2 → Skip to Question 5

3. Are these physical education standards or guidelines based on the National Standards for Physical Education?

Yes..... 1  
 No..... 2  
 Don't know ..... 3

4. Which of the following methods does your state education agency use to improve district or school compliance with these physical education standards or guidelines?

	Yes	No
1. Staff development for physical education teachers.....	1	2
2. Monitoring student achievement .....	1	2
3. Submission of written reports by districts or schools .....	1	2
4. Teacher evaluations or classroom monitoring.....	1	2
5. Teachers mentoring other teachers .....	1	2

## Elementary School Instruction

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5. Has your state adopted goals, objectives, or expected outcomes for elementary school physical education?

Yes..... 1  
No..... 2 → Skip to Question 7

6. Do these goals or objectives for elementary school physical education specifically address each of the following student outcomes?

	Yes	No
1. Knowledge of the benefits of physical activity .....	1	2
2. Knowledge of the principles of exercise, that is frequency, intensity, and duration.....	1	2
3. Positive attitudes toward physical activity .....	1	2
4. Regular participation in physical activity .....	1	2
5. Maintenance of a healthy fitness level.....	1	2
6. Development of fundamental motor skills such as running, skipping, throwing, or striking.....	1	2
7. Development of specialized motor skills such as catching with a glove, a swim stroke, or a tennis serve.....	1	2
8. Demonstration of responsible personal and social behavior in physical activity settings.....	1	2

7. Has your state adopted a policy stating that elementary schools will teach physical education?

Yes..... 1  
No..... 2 → Skip to Question 10

**Elementary School Instruction**

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8. Based on policies adopted by your state, how much physical education (excluding recess) are students required to receive while in elementary school? States use many ways to describe these requirements, such as minutes per week, hours per quarter, or hours per year. If it is more convenient for you, please mark the “Requirements enclosed” box and include a copy of your requirements when you return this questionnaire.

If your state does not have specified time requirements for elementary school students, mark this box  and skip to Question 9.

Requirements enclosed .....

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9. Based on policies adopted by your state, can elementary school students be exempted from physical education requirements for one grading period or longer for each of the following reasons?

If your state does not have exemption policies for elementary school students, mark this box  and skip to Question 10.

	Yes	No
1. Religious reasons.....	1	2
2. Permanent physical disability.....	1	2
3. Cognitive disability .....	1	2
4. High physical competency test score .....	1	2
5. Participation in other school activities such as band, chorus, or cheerleading.....	1	2
6. Participation in community sports activities.....	1	2
7. Participation in community service activities.....	1	2

**Elementary School Instruction**

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10. Has your state education agency developed its own curricula for elementary school physical education?

Yes..... 1  
 No ..... 2

11. During the past 2 years, has your state education agency provided the following information or materials for elementary school physical education?

	Yes	No
1. A list of one or more recommended elementary school physical education curricula .....	1	2
2. Elementary school physical education curricula .....	1	2
c. A chart describing the scope and sequence of instruction for physical education .....	1	2
4. Lesson plans or learning activities for physical education .....	1	2
5. Plans for how to assess or evaluate students in physical education .....	1	2

## Elementary School Recess

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12. Does your state education agency require or recommend that elementary schools provide students with regularly scheduled recess?

Require..... 1  
Recommend ..... 2  
Neither ..... 3 → Skip to Question 14

13. How many minutes per day of recess are required or recommended for elementary school students?

If your state does not have specified time requirements or recommendations for recess for elementary school students, mark this box  and skip to Question 14.

Mark  one box.

Less than 10 minutes per day ..... 1  
10 to 19 minutes per day..... 2  
20 to 29 minutes per day..... 3  
30 or more minutes per day ..... 4

## Middle/Junior High School Instruction

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14. Has your state adopted goals, objectives, or expected outcomes for middle/junior high school physical education?

Yes..... 1  
 No.....2 → Skip to Question 16

15. Do these goals or objectives for middle/junior high school physical education specifically address each of the following student outcomes?

	Yes	No
1. Knowledge of the benefits of physical activity .....	1	2
2. Knowledge of the principles of exercise, that is frequency, intensity, and duration.....	1	2
3. Positive attitudes toward physical activity .....	1	2
4. Regular participation in physical activity .....	1	2
5. Maintenance of a healthy fitness level.....	1	2
6. Development of fundamental motor skills such as running, skipping, throwing, or striking.....	1	2
7. Development of specialized motor skills such as catching with a glove, a swim stroke, or a tennis serve.....	1	2
8. The ability to perform a wide variety of movement forms at a basic skill level .....	1	2
9. The ability to perform two or more movement forms at an advanced level.....	1	2
10. Demonstration of responsible personal and social behavior in physical activity settings.....	1	2

16. Has your state adopted a policy stating that middle/junior high schools will teach physical education?

Yes..... 1  
 No.....2 → Skip to Question 20

**Middle/Junior High School Instruction**

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17. Based on policies adopted by your state, how much physical education are students required to receive while in middle/junior high school? States use many ways to describe these requirements, such as minutes per week, hours per quarter, or hours per year. If it is more convenient for you, please mark the "Requirements enclosed" box and include a copy of your requirements when you return this questionnaire.

If your state does not have specified time requirements for middle/junior high school students, mark this box  and skip to Question 18.

Requirements enclosed .....

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18. Has your state adopted a policy stating that middle/junior high schools will include lifetime physical activities in their physical education program? By "lifetime activities," we mean those that can be done during adulthood because they generally need only one or two people. Examples include walking, jogging, bicycling, racquet sports, and swimming.

Yes..... 1  
No..... 2

**Middle/Junior High School Instruction**

19. Based on policies adopted by your state, can middle/junior high school students be exempted from physical education requirements for one grading period or longer for each of the following reasons?

If your state does not have exemption policies for middle/junior high school students, mark this box  and skip to Question 20.

	Yes	No
1. Religious reasons .....	1	2
2. Permanent physical disability .....	1	2
3. Cognitive disability .....	1	2
4. High physical competency test score .....	1	2
5. Enrollment in other courses, such as math or science.....	1	2
6. Participation in school sports .....	1	2
7. Participation in other school activities such as band, chorus, or cheerleading.....	1	2
8. Participation in vocational training .....	1	2
9. Participation in community sports activities.....	1	2
10. Participation in community service activities.....	1	2

20. Has your state education agency developed its own curricula for middle/junior high school physical education?

Yes.....	1	
No .....	2	

21. During the past 2 years, has your state education agency provided the following information or materials for middle/junior high school physical education?

	Yes	No
1. A list of one or more recommended middle/junior high school physical education curricula .....	1	2
2. Middle/junior high school physical education curricula .....	1	2
c. A chart describing the scope and sequence of instruction for physical education .....	1	2
4. Lesson plans or learning activities for physical education.....	1	2
5. Plans for how to assess or evaluate students in physical education.....	1	2

## Senior High School Instruction

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22. Has your state adopted goals, objectives, or expected outcomes for senior high school physical education?

Yes..... 1

No.....2 → Skip to Question 24

23. Do these goals or objectives for senior high school physical education specifically address each of the following student outcomes?

	Yes	No
1. Knowledge of the benefits of physical activity .....	1	2
2. Knowledge of the principles of exercise, that is frequency, intensity, and duration.....	1	2
3. Positive attitudes toward physical activity .....	1	2
4. Regular participation in physical activity .....	1	2
5. Maintenance of a healthy fitness level.....	1	2
6. Development of fundamental motor skills such as running, skipping, throwing, or striking.....	1	2
7. Development of specialized motor skills such as catching with a glove, a swim stroke, or a tennis serve.....	1	2
8. The ability to perform a wide variety of movement forms at a basic skill level.....	1	2
9. The ability to perform two or more movement forms at an advanced level .....	1	2
10. Demonstration of responsible personal and social behavior in physical activity settings.....	1	2

24. Has your state adopted a policy stating that senior high schools will teach physical education?

Yes..... 1

No.....2 → Skip to Question 28

**Senior High School Instruction**

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25. Based on policies adopted by your state, how much physical education are students required to receive while in senior high school? States use many ways to describe these requirements, such as minutes per week, hours per quarter, or hours per year. If it is more convenient for you, please mark the "Requirements enclosed" box and include a copy of your requirements when you return this questionnaire.

If your state does not have specified time requirements for senior high school students, mark this box  and skip to Question 26.

Requirements enclosed .....

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26. Has your state adopted a policy stating that senior high schools will include lifetime physical activities in their physical education program? By "lifetime activities," we mean those that can be done during adulthood because they generally need only one or two people. Examples include walking, jogging, bicycling, racquet sports, and swimming.

Yes..... 1  
No..... 2

27. Based on policies adopted by your state, can senior high school students be exempted from physical education requirements for one grading period or longer for each of the following reasons?

If your state does not have exemption policies for senior high school students, mark this box  and skip to Question 28.

	Yes	No
1. Religious reasons .....	1	2
2. Permanent physical disability .....	1	2
3. Cognitive disability .....	1	2
4. High physical competency test score .....	1	2
5. Enrollment in other courses, such as math or science.....	1	2
6. Participation in school sports .....	1	2
7. Participation in other school activities such as ROTC, band, chorus, or cheerleading.....	1	2
8. Participation in vocational training .....	1	2
9. Participation in community sports activities.....	1	2
10. Participation in community service activities.....	1	2

28. Has your state education agency developed its own curricula for senior high school physical education?

Yes.....	1	
No .....	2	

29. During the past 2 years, has your state education agency provided the following information or materials for senior high school physical education?

	Yes	No
1. A list of one or more recommended senior high school physical education curricula .....	1	2
2. Senior high school physical education curricula.....	1	2
c. A chart describing the scope and sequence of instruction for physical education .....	1	2
4. Lesson plans or learning activities for physical education.....	1	2
5. Plans for how to assess or evaluate students in physical education.....	1	2

## Adapted Physical Education

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30. Has your state adopted a policy stating that schools will implement the following measures to meet the physical education needs of students with permanent physical or cognitive disabilities?

	Yes	No
1. Mainstreaming into regular physical education as appropriate .....	1	2
2. Providing adapted physical education as appropriate .....	1	2
3. Using modified equipment in regular physical education ...	1	2
4. Using modified facilities in regular physical education .....	1	2
5. Using teaching assistants in regular physical education .....	1	2
6. Including physical education in individualized education plans (IEPs) .....	1	2

## Student Assessment

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The following questions ask about student assessment that is required or recommended by the state.

31. Does your state education agency require or recommend that elementary schools give each of the following types of tests?

	Require	Recommend	Neither
1. Written tests of students' knowledge related to physical education.....	1	2	3
2. Skill performance tests related to physical education.....	1	2	3

32. Does your state education agency require or recommend that elementary schools test students' fitness levels?

Require.....	1		
Recommend .....	2		
Neither .....	3		→ Skip to Question 36

33. Does your state education agency require or recommend that elementary schools use each of the following fitness tests?

	Require	Recommend	Neither
1. Chrysler Fund/AAU Physical Fitness Program.....	1	2	3
2. Fitnessgram .....	1	2	3
3. National Youth Physical Fitness Program (U.S. Marines Youth Foundation).....	1	2	3
4. President's Challenge (President's Council on Physical Fitness and Sports).....	1	2	3
5. Youth Fitness Test (YMCA).....	1	2	3
6. A state-developed fitness test.....	1	2	3

34. Has your state adopted a policy encouraging (e.g., in memoranda or guidelines) elementary schools to use students' fitness test results in the following ways?

	Yes	No
1. Develop individualized physical activity plans .....	1	2
2. Determine recipients of fitness awards.....	1	2
3. File them in the school record .....	1	2
4. Share them with the student's parents or guardians.....	1	2

35. Has your state adopted a policy stating that elementary schools will submit data on students' fitness test results to the state education agency?

Yes.....	1
No .....	2

36. Does your state education agency require or recommend that middle/junior high schools give each of the following types of tests?

	Require	Recommend	Neither
1. Written tests of students' knowledge related to physical education.....	1	2	3
2. Skill performance tests related to physical education.....	1	2	3

37. Does your state education agency require or recommend that middle/junior high schools test students' fitness levels?

Require.....	1		
Recommend .....	2		
Neither .....	3		→ Skip to Question 41

38. Does your state education agency require or recommend that middle/junior high schools use each of the following fitness tests?

	Require	Recommend	Neither
1. Chrysler Fund/AAU Physical Fitness Program.....	1	2	3
2. Fitnessgram .....	1	2	3
3. National Youth Physical Fitness Program (U.S. Marines Youth Foundation).....	1	2	3
4. President's Challenge (President's Council on Physical Fitness and Sports).....	1	2	3
5. Youth Fitness Test (YMCA).....	1	2	3
6. A state-developed fitness test.....	1	2	3

39. Has your state adopted a policy encouraging (e.g., in memoranda or guidelines) middle/junior high schools to use students' fitness test results in the following ways?

	Yes	No
1. Develop individualized physical activity plans .....	1	2
2. Determine recipients of fitness awards.....	1	2
3. File them in the school record .....	1	2
4. Share them with the student's parents or guardians.....	1	2

40. Has your state adopted a policy stating that middle/junior high schools will submit data on students' fitness test results to the state education agency?

Yes.....	1
No .....	2

41. Does your state education agency require or recommend that senior high schools give each of the following types of tests?

	Require	Recommend	Neither
1. Written tests of students' knowledge related to physical education.....	1 .....	2.....	3
2. Skill performance tests related to physical education.....	1 .....	2.....	3

42. Does your state education agency require or recommend that senior high schools test students' fitness levels?

Require.....	1		
Recommend .....	2		
Neither .....	3	→	Skip to Question 46

43. Does your state education agency require or recommend that senior high schools use each of the following fitness tests?

	Require	Recommend	Neither
1. Chrysler Fund/AAU Physical Fitness Program.....	1 .....	2.....	3
2. Fitnessgram .....	1 .....	2.....	3
3. National Youth Physical Fitness Program (U.S. Marines Youth Foundation).....	1 .....	2.....	3
4. President's Challenge (President's Council on Physical Fitness and Sports).....	1 .....	2.....	3
5. Youth Fitness Test (YMCA).....	1 .....	2.....	3
6. A state-developed fitness test.....	1 .....	2.....	3

44. Has your state adopted a policy encouraging (e.g., in memoranda or guidelines) senior high schools to use students' fitness test results in the following ways?

Yes                      No

- 1. Develop individualized physical activity plans ..... 1 ..... 2
- 2. Determine recipients of fitness awards..... 1 ..... 2
- 3. File them in the school record ..... 1 ..... 2
- 4. Share them with the student's parents or guardians..... 1 ..... 2

45. Has your state adopted a policy stating that senior high schools will submit data on students' fitness test results to the state education agency?

- Yes..... 1
- No ..... 2

## **Use of Protective Gear**

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46. Has the state adopted a policy requiring that students wear appropriate protective gear when engaged in the following activities?

	Yes	No
1. Physical activities during physical education.....	1	2
2. Intramural sports .....	1	2
3. Interscholastic sports .....	1	2

## Physical Activity and Discipline

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47. Has your state adopted a policy that prohibits schools from using physical activity (e.g., laps or push-ups) to punish students for bad behavior in physical education?

Yes.....1 → Skip to Question 49  
No.....2

48. Does your state education agency discourage (e.g., in memoranda or guidelines) schools from using physical activity to punish students for bad behavior in physical education?

Yes.....1  
No.....2

49. Has your state adopted a policy that prohibits schools from excluding students from all or part of physical education as punishment for bad behavior in another class?

Yes.....1 → Skip to Question 51  
No.....2

50. Does your state education agency discourage (e.g., in memoranda or guidelines) schools from excluding students from all or part of physical education to punish students for bad behavior in another class?

Yes.....1  
No.....2

## Staffing and Staff Development

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51. Based on policies adopted by your state, what is the required student-to-teacher ratio for physical education in each of the following grade levels? If your state has not adopted a policy for a grade level, please mark the “No policy” box.

	Students per teacher	No policy
1. Elementary school.....	_____	.....0
2. Middle/junior high school.....	_____	.....0
3. Senior high school .....	_____	.....0

52. Has your state adopted a policy stating that newly-hired staff who teach physical education at each of the following levels will have undergraduate or graduate training in physical education or a related field?

	Yes	No
1. Elementary school.....	1 .....	2
2. Middle/junior high school.....	1 .....	2
3. Senior high school .....	1 .....	2

53. Does your state offer certification, licensure, or endorsement to teach physical education?

Yes.....	1	
No.....	2	→ Skip to Question 57

**Staffing and Staff Development**

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54. Which of the following types of certification, licensure, or endorsement does your state offer for physical education teachers?

	Yes	No
1. Physical education for grades K-12 .....	1	2
2. Physical education for elementary school .....	1	2
3. Physical education for middle/junior school high .....	1	2
4. Physical education for senior high school .....	1	2
5. Combined physical education and health education for grades K-12.....	1	2
6. Combined physical education and health education for elementary school .....	1	2
7. Combined physical education and health education for middle/junior high school .....	1	2
8. Combined physical education and health education for senior high school .....	1	2

55. Has your state adopted a policy stating that newly-hired staff who teach physical education at each of the following levels will be certified, licensed, or endorsed by the state to teach physical education? If your state does not offer certification, licensure, or endorsement to teach physical education at a level, please mark the “Not offered” box in the last column.

	Yes	No	Not offered
1. Elementary school .....	1	2	3
2. Middle/junior high school .....	1	2	3
3. Senior high school .....	1	2	3

56. Has your state adopted a policy stating that teachers will earn continuing education credits on physical education topics to maintain state certification, licensure, or endorsement to teach physical education?

Yes.....	1
No.....	2

**Staffing and Staff Development**

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57. Has your state adopted a policy stating that each school will have someone to oversee or coordinate physical education at the school?

- Yes..... 1  
 No..... 2

58. During the past 2 years, has your state education agency provided any funding for or offered staff development on each of the following topics to those who teach physical education? This might include workshops, conferences, continuing education, graduate courses, or any other kind of in-service.

	Yes	No
1. Methods to increase the amount of class time students are physically active .....	1	2
2. Methods to promote gender equity in physical education and sports .....	1	2
3. Using technology such as computers, video cameras, or heart rate monitors for physical education.....	1	2
4. Encouraging family involvement in physical activity .....	1	2
5. Administering or using fitness tests .....	1	2
6. Helping students develop individualized physical activity plans.....	1	2
7. Injury prevention and first aid .....	1	2
8. Teaching physical education to students with permanent physical or cognitive disabilities .....	1	2
9. Teaching individual or paired activities or sports .....	1	2
10. Teaching team or group activities or sports .....	1	2
11. Teaching movement skills and concepts .....	1	2
12. Assessing or evaluating student performance in physical education .....	1	2
13. Developing and using student portfolios for physical education .....	1	2

## Physical Education Collaboration

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59. During the past 12 months, have state physical education staff worked on physical education activities with the following groups?

	Yes	No
1. State health education staff .....	1	2
2. State health services staff .....	1	2
3. State mental health or social services staff .....	1	2
4. State food service staff.....	1	2

60. During the past 12 months, have state physical education staff worked on physical education activities with staff or members from each of these organizations?

	Yes	No
1. State-level AAHPERD (American Alliance for Health, Physical Education, Recreation, and Dance).....	1	2
2. Governor's Council on Physical Fitness and Sports .....	1	2
c. State parks or recreation department.....	1	2
4. State-level health organization, such as the American Heart Association or the American Cancer Society .....	1	2
5. Colleges or universities .....	1	2
6. Businesses .....	1	2

## Physical Education Evaluation

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61. During the past 2 years, have the following aspects of your state physical education program been evaluated?

	Yes	No
1. Student satisfaction with the physical education program .1 .....	2	
2. Family satisfaction with the physical education program...1 .....	2	
3. Physical education policies.....1 .....	2	
4. Physical education curricula.....1 .....	2	
5. Physical education staff development or in-service programs .....1 .....	2	

## Interscholastic Sports Coaches

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The following questions ask about interscholastic sports coaches in your state.

62. Has your state adopted a policy stating that head coaches of interscholastic sports will meet each of the following criteria?

	Yes	No
1. Have previous coaching experience in any sport.....	1	2
2. Have previous coaching experience in the sports they will be coaching .....	1	2
3. Have a teaching certificate .....	1	2
4. Complete a coaches' training course.....	1	2
5. Be certified in first aid.....	1	2
6. Be certified in cardiopulmonary resuscitation (CPR) .....	1	2
7. Be employed by the school or school district.....	1	2

63. During the past 2 years, has your state education agency provided any funding for or offered staff development to coaches of interscholastic sports?

Yes..... 1  
 No ..... 2

64. During the past 2 years, has any other state-level organization or agency provided any funding for or offered staff development to coaches of interscholastic sports?

Yes..... 1  
 No ..... 2

## Physical Education Coordinator

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65. Currently, does someone in your state oversee or coordinate physical education?

Yes..... 1  
No..... 2

→ That is the last question. Thank you very much for taking the time to complete this questionnaire.

66. Are you this person?

Yes..... 1  
No..... 2

→ That is the last question. Thank you very much for taking the time to complete this questionnaire.

67. Do you have an undergraduate degree?

Yes..... 1  
No..... 2

→ Skip to Question 73

68. What did you major in?

Mark  all that apply.

Physical education and health education combined..... 1  
Physical education ..... 2  
Health education..... 3  
Other education..... 4  
Kinesiology ..... 5  
Exercise physiology ..... 6  
Exercise science..... 7  
Other..... 8

69. Do you have an undergraduate minor?

- Yes..... 1
- No..... 2 → Skip to Question 71

70. What did you minor in?

Mark  all that apply.

- Physical education and health education combined..... 1
- Physical education ..... 2
- Health education..... 3
- Other education ..... 4
- Kinesiology ..... 5
- Exercise physiology ..... 6
- Exercise science..... 7
- Other..... 8

71. Do you have a graduate degree?

- Yes..... 1
- No..... 2 → Skip to Question 73

72. In what area or areas?

Mark  all that apply.

- Physical education and health education combined..... 1
- Physical education ..... 2
- Health education..... 3
- Other education ..... 4
- Kinesiology ..... 5
- Exercise physiology ..... 6
- Exercise science..... 7
- Other..... 8

**Physical Education Coordinator**

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73. Are you certified, licensed, or endorsed by the state to teach physical education at each of the following grade levels? If your state does not offer certification, licensure, or endorsement to teach physical education at a level, please mark the "Not offered" box in the last column.

	Yes	No	Not offered
1. Elementary school.....	1 .....	2.....	3
2. Middle/junior high school.....	1 .....	2.....	3
3. Senior high school .....	1 .....	2.....	3

