

Physical Education Profiles, 2012

Monitoring Schools' Physical Activity and Physical Education Policies and Practices



The [Physical Activity Guidelines for Americans](#) recommend adolescents get at least 60 minutes of daily physical activity. In 2011, only 30% of high school students engaged in 60 minutes of daily physical activity (CDC, 2012). Schools' physical activity and physical education policies and practices might affect these numbers.

Physical Education Profiles, 2012 (PE Profiles) summarizes the current state of the physical activity and the physical education policies and practices of secondary schools (e.g., middle schools, high schools) across 26 jurisdictions (18 states, 6 large urban school districts, 1 territory, and 1 tribe). The complete results of the 2012 PE Profiles provide stakeholders an opportunity to review the policies and practices of these schools and identify where these schools are following best practices and where improvement is needed.

Physical Education Profiles, 2012: Results from participating US secondary schools

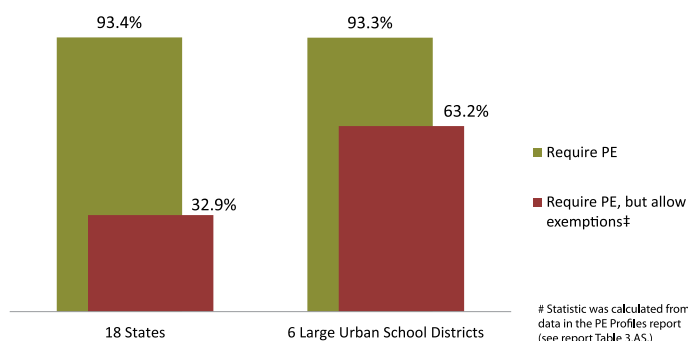
Selected state (states) and large urban school district (districts) PE Profiles results are presented relative to the Centers for Disease Control and Prevention's [School Health Guidelines](#). The School Health Guidelines contain science-based recommendations to help schools maximize student exposure to beneficial physical activity and physical education policies and practices during the school day.

School Health Guideline:

Schools should require daily physical education without exemptions.

PE Profiles: As illustrated in Figure 1, most secondary schools across participating states and districts required physical education (PE). However, many schools that required PE granted students exemptions from this requirement.

Figure 1. Median percentages of US secondary schools that require PE with and without exemptions, 2012.



School Health Guideline:

Schools should implement physical education curricula consistent with national or state physical education standards.

PE Profiles: The majority of secondary schools across participating states and districts included all 6 national PE standards in their PE curricula (Figure 2). These standards provide a foundation for students to receive age-appropriate instruction in the skills and abilities needed to develop lifelong physical activity

habits. Although most secondary schools use PE curricula that follow the national PE standards, the median percentages of secondary schools that

relied on instruments, such as the [Physical Education Curriculum Analysis Tool](#), to help them ensure their chosen curricula were appropriate was only 13.1% across participating states and 10.3% across participating districts.

Learn about the [National Physical Education Standards](#).

School Health Guideline:

Schools may consider conducting fitness testing.

PE Profiles: The median percentages of secondary schools that used fitness testing to assess students in PE was 78.3% across participating states and 93.2% across participating districts. Schools may consider conducting fitness tests to help assess student fitness levels. Fitness testing is a major component of the Presidential Youth Fitness Program (PYFP), a comprehensive program to integrate fitness education, fitness testing, and professional development into PE.

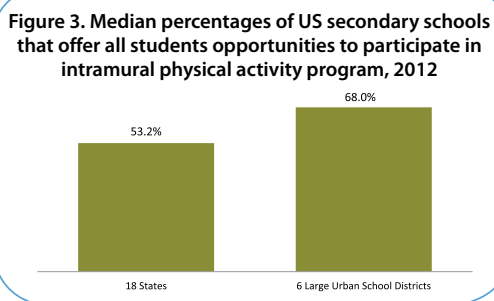
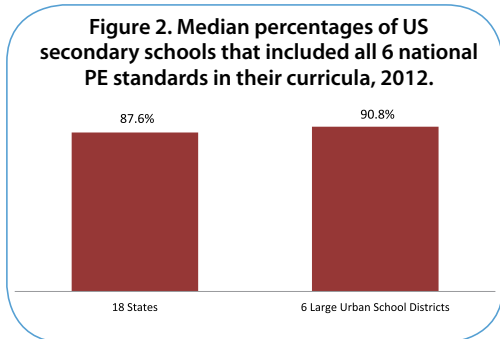
Learn about the [Presidential Youth Fitness Program](#).

School Health Guideline:

Schools should offer students opportunities to participate in intramural physical activity programs during after-school hours.

PE Profiles: As illustrated in Figure 3, the median percentages of secondary schools that provided their students with opportunities

to participate in intramural physical activity programming was only 53.2% across participating states and 68.0% across



participating districts. Intramural physical activity programs are a prime opportunity for students to increase their daily physical activity levels and apply the skills and concepts they learn in PE courses. Schools are encouraged to include intramural physical activity opportunities as part of their Comprehensive School Physical Activity Program (CSPAP).

Learn about the [Comprehensive School Physical Activity Program](#).

School Health Guideline:

Schools should hire certified physical education teachers and provide teachers with continuing professional development.

PE Profiles:

The majority of physical education teachers, across participating states and districts, are certified to teach PE (Figure

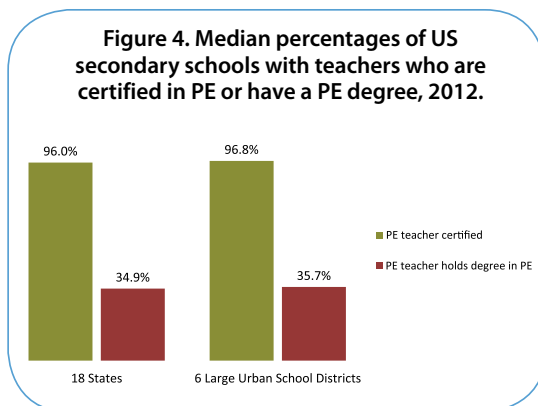
4). However, many PE instructors do not have educational degrees in PE.

Providing professional development to teachers can improve PE instruction. In PE Profiles, a common topic in which teachers received professional development during the 2 years before the PE Profiles survey (across participating states and districts) was aligning PE standards to curriculum, instruction, and student assessment—a topic that supports the School Health Guideline of ensuring that PE instruction is consistent with national or state PE standards.

Learn about [Professional Development Opportunities](#).

Methods

The data from each state and district were weighted to account for the likelihood of school selection, as well as different nonresponse patterns. The aggregated summary estimates were calculated from the individually weighted questionnaire responses of the participating states' and districts' sample schools. [The PE Profiles](#) report provides detailed information on PE Profiles' sampling and statistical methodology.



For additional information, please visit www.cdc.gov/healthyyouth/physicalactivity/profiles or contact:

Centers for Disease Control and Prevention: E-mail: cdcinfo@cdc.gov | www.cdc.gov/healthyyouth/schoolhealth | 1-800-232-4636