

Comprehensive School Physical Activity Program: A Guide for Schools

WB4254

PROGRAM DESCRIPTION:

Physical education and physical activity is one of the components in the Whole School, Whole Community, Whole Child framework, which strives to promote lifelong healthy behaviors in young people through a coordinated effort. This component can be addressed in schools through a Comprehensive School Physical Activity Program. A Comprehensive School Physical Activity Program is a multicomponent approach by which schools and districts use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime.

OBJECTIVES:

At the conclusion of the training, the participant will be able to:

- Describe the importance and benefits of youth physical activity.
- List the components of a Comprehensive School Physical Activity Program.
- Describe the process for developing, implementing, and evaluating a Comprehensive School Physical Activity Program during the school year.

FACULTY/ CREDENTIALS:

Sarah Lee, PhD; Health Scientist, CDC Healthy Schools, Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention

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ORIGINATION DATE

November 1, 2019

RENEWAL DATE:

EXPIRATION DATE:

November 1, 2021

URL:

https://www.cdc.gov/healthyschools/professional_development/e-learning/CSPAP/index.html

HARDWARE/SOFTWARE: Computer Hardware; Internet connection;
Browser

MATERIALS: None

TARGET AUDIENCE: School Staff; Departments of Education;
Departments of Health; Out of School Time Specialist

PREREQUISITES: None

FORMAT: Enduring video based

CONTACT INFORMATION: Office of CDC Healthy Schools, (770) 488-2693

ACCREDITATION STATEMENTS:

CNE: The Centers for Disease Control and Prevention is accredited as a provider of Continuing Nursing Education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity provides **1** contact hours.

CEU: The Centers for Disease Control and Prevention is authorized by IACET to offer **0.1** CEU's for this program.

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In order to receive continuing education (CE) for WB4254 - Comprehensive School Physical Activity Program: A Guide for Schools please visit [TCEO](#) and follow these [9 Simple Steps](#) before 11/01/2021

Complete the activity

Complete the Evaluation at [TCEO](#)

Pass the posttest at 80 % at [TCEO](#)

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