

Guideline 9: Professional Development

Audio Descriptive Text

Title: Chapter 3. The School Health Guidelines to Promote Healthy Eating and Physical Activity; Guideline 9: Professional Development. Image of report cover, School Health Guidelines to Promote Healthy Eating and Physical Activity. Image of Active Child icon.

Video Summary

- Guideline 9: Employ qualified persons and provide professional development opportunities for physical education, health education, nutrition services, and health, mental health, and social services staff members, as well as staff members who supervise recess, cafeteria time, and out-of-school-time programs.
- Professional development allows staff to improve current skills, knowledge, and competencies.
- Physical education teachers, health education teachers, and nutrition services staff should be certified in their discipline.

Audio Script

Guideline 9: Employ qualified persons and provide professional development opportunities for physical education, health education, nutrition services, and health, mental health, and social services staff members, as well as staff members who supervise recess, cafeteria time, and out-of-school programs.

Providing certified and qualified staff members with regular professional development opportunities allows them to improve current skills and acquire new ones.

Schools should require the hiring of physical education teachers, health education teachers, and nutrition services staff members who are certified and appropriately prepared and trained to deliver quality instruction, programs, and practices. Only teachers who are certified to teach physical education should teach physical education classes, rather than teachers who are certified to teach other subject areas.

Schools also need to provide regular professional development for staff members and provide opportunities to improve their knowledge, skills, and competencies.

Now let's take a moment to check your knowledge on guidelines 5-9 by answering a few questions.