

WEST VIRGINIA



Amount of Required Physical Education: The state requires students to take physical education for at least 90 minutes per week in elementary school. Middle school/junior high students are required to take physical education daily for at least one semester; class periods are equal in length to other courses. High schools are required to provide students with physical education, and students must earn physical education credit for graduation.³⁴⁴ The state enforces the physical education requirements through its Office of Educational Performance Audits.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation.³⁴⁵

Substitutions: The state permits school districts or schools to allow students to substitute two years of Junior Reserve Officer Training Corps (JROTC) for the required physical education credit.

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waiver from state physical education requirements. Students may not apply for an exemption from required physical education.

Physical Activity: The state requires elementary schools to provide a 30-minute daily recess. The state requires that school districts or schools have a minimum of 150 minutes per week of physical activity time for elementary and middle school/junior high students. The state survey reported that there is not a state-required minimum amount of physical activity time for high school students. State law indicates that opportunities will be provided for 30 minutes of physical activity daily (equivalent to 150 minutes per week) to keep high school students physically active.³⁴⁶ Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons. It does prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires school or school districts to provide their local school wellness policy to the

state department of education and to post it online for the public. It monitors the implementation of local school wellness policies through the Office of Child Nutrition.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply.³⁴⁷ [The 21st Century Physical Education 5-12 Content Standards and Objectives](#) were last revised in 2008.

Areas addressed in the standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state does not require schools or school districts to use a specific curriculum. It has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state survey reported that the state's required student-teacher ratio for academic classes is applicable to physical education. State law specifies that each grade 3-6 classroom shall not have >25 students per teacher, but the state superintendent is authorized to permit >25 students per teacher in a physical education classroom in grades 4-6.³⁴⁸

Grade Point Average (GPA): The state requires physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state survey reported that there is not a state requirement for student assessment related to state physical education standards. The state's Regulations for Education Programs provide a definition of an assessment and accountability system for a thorough and efficient education for West Virginia public school students, including physical education.³⁴⁹

Fitness Assessment: The state requires student physical fitness assessment in grades 4-8 and the required high school courses³⁵⁰ (grades 9 and 10) using the FITNESSGRAM®. Results are shared at the school level (e.g. to students, parents, principal) and with the state department of education.

Body Mass Index (BMI): Schools collect BMI in grades 4-10. The state provides model policies, policy guidance, or other materials to inform school or district policy on this screening. Aggregate data for the school are sent to the state department of education. The data are also reported in aggregate to the Governor, the State Board of Education, the Healthy Lifestyles Coalition and the Legislative Oversight Commission on Health and Human Resources Accountability as an indicator of progress toward promoting healthy lifestyles among school-aged children.³⁵¹

Certification/Licensure of Physical Education Teachers: The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam (PRAXIS) before they are endorsed to teach physical

education. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process, providing or facilitating mentoring for teachers going through the process, providing partial or full funding regardless of whether the teacher receives board certification, and providing an on-going higher level of pay to all teachers who are national board certified.

District Physical Education Coordinator: The state requires each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

Contact Person:

Joshua Grant
Coordinator, Physical Education / Health Education
West Virginia Department of Education
Building 6, Room 603
1900 Kanawha Boulevard East
Charleston, WV 25305
304-558-5325
jgrant@k12.wv.us

344 W. Va. Code § 18-2-7a (2015).

345 W. Va. Code § 18-2-7a (2015).

346 W. Va. Code R. § 126-42-5 (2015).

347 W. Va. Code R. § 126-44F-1 (2015); W. Va. Code § 18-9D-19a (2015).

348 W. Va. Code § 18-5-18a (2015).

349 W. Va. Code R. § 126-44F-1 (2015).

350 W. Va. Code § 18-2-7a (2015).

351 W. Va. Code § 18-2-7a (2015).