

NORTH DAKOTA

Amount of Required Physical Education: The state requires students to take physical education in grades 1-10.²³⁷ The state requires a minimum of 90 minutes per week for grades K-3 and allows 30 minutes of recess to count toward that time. At least 90 minutes per week are required for grades 4-6 (which cannot include recess), and at least 80 minutes per week for grades 7-8.²³⁸ The state does not have a method for enforcing the physical education requirements.

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 or 0.5 credit in health and 0.5 credit in physical education for graduation.²³⁹

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for required physical education.

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

Physical Activity: The state does not require elementary schools to provide daily recess, and it does not require a minimum weekly amount of physical activity time for elementary or high school students. 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, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency and to post it online for the public. The state monitors implementation of local school wellness policies via a policy review every three years.

State Standards: The state has adopted standards for physical education, but school districts are not required to comply. [The North Dakota Physical Education Content Standards](#) were last revised in 2015.

Areas addressed in the state 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, but schools must follow curriculum standards that meet or exceed state content standards. In the past year it has not distributed curriculum tools to schools or school districts, but it has promoted use of the Physical Education Curriculum Analysis Tool (PECAT) through existing state communication networks, a professional development session sponsored by the Centers for Disease Control and Prevention (CDC), and presentation(s) at state conferences or meetings.

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 does not have a required student-teacher ratio for academic classes.

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

Online Physical Education Courses: The state does not allow required physical education credits to be earned through online physical education courses.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index: N/A

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,²⁴⁰ and high school levels. It does not require physical education teachers to pass a physical education certificate/licensure exam before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is not required in order to maintain/renew one's physical education teacher certification or licensure. The state does not provide professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system specific to physical education teachers.

National Board Certification: The state does not actively promote or encourage teachers to register for the National Board Certification process, nor does it provide mentoring or funding support, or any type of monetary compensation, for physical education teachers going through the process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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237 N.D. Cent. Code § 15.1-21-01 (2015); N.D. Cent. Code § 15.1-21-02 (2015).
238 N.D. Admin. Code 67-19-01-35 (2015); N.D. Admin. Code 67-19-01-34 (2015).

239 N.D. Cent. Code § 15.1-21-02.2 (2015).
240 N.D. Cent. Code § 15.1-18-10 (2015).