2010

Shape of the Nation REPORT

Status of Physical Education in the USA

CONDUCTED BY

National Association for Sport and Physical Education

an association of the American Alliance for Health, Physical Education, Recreation and Dance

NASPE Sets the Standard

American Heart Association. Learn and Live.

American Heart Association

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About this Report

This report provides current information on the status of physical education in each of the states and the District of Columbia. Advocates can use this information in presentations, letters and other means of communication with federal and state policymakers, the media and the general public as part of the basis for expanding and improving physical education.

About the Project

This project was supported by the professional members and leaders of the National Association for Sport and Physical Education (NASPE), an association of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), and by the volunteers and leaders of the American Heart Association (AHA). NASPE and AHA are committed to educating and advocating the importance and need for quality physical education programs for all children and adolescents in grades K–12. We are confident that the information in this latest edition of the *Shape of the Nation Report* will help bring attention to the need for quality physical education programs that increase the health, academic performance and well-being of all children and adolescents.

This report is available online for downloading at www.naspeinfo.org/shapeofthenation.

Purpose and Scope

The purpose of this *Shape of the Nation Report* is to provide current information about the status of physical education in each of the 50 states and the District of Columbia in the following areas:

- Time requirements
- Exemptions/waivers and substitutions
- Class size
- Standards, curriculum and instruction
- Student assessment and program accountability
- Physical education teacher certification/licensure
- National Board Certification in physical education
- State physical education coordinator requirements
- Body mass index (BMI) collection

This report not only brings attention to the importance of quality, daily physical education programs for all school-age children, it also will provide information that can be used as a basis for expanding and improving physical education programs in those states that need assistance. Quality physical education programs for all of our children are the foundation for healthy, physically active lifestyles as adults. The vision is that every student will become physically educated and thus possess the knowledge, skills and confidence to be physically active and healthy for a lifetime.

Methodology

During the winter of 2009-10, NASPE asked physical education coordinators in all 50 state education agencies and the District of Columbia to complete an online questionnaire about physical education mandates and practices in their states. Follow-up e-mail messages and phone calls achieved complete response by all 51 entities. The data were reviewed and compiled into individual state profiles and summary charts. The profile for each state was returned to the respective state education agency representatives for confirmation of the contents and revisions were made as needed.

Introduction

Since 1987, the National Association for Sport and Physical Education (NASPE) has compiled the *Shape of the Nation Report* on a periodic basis to measure physical education standards in the American education system. The report is made available to the profession and public to raise awareness and provide data for ongoing evaluation of progress made and challenges remaining.

As with the *2006 Shape of the Nation Report*, NASPE once again partnered with the American Heart Association (AHA) to collect and assimilate these data, and to provide additional supporting information. The two organizations work together to support physical and health education in schools and advocate at the federal and state levels.

NASPE is the preeminent national authority on physical education and a recognized leader in sport and physical activity, and the AHA is a national voluntary health agency whose mission is to reduce disability and death from cardiovascular diseases and stroke. Both NASPE and AHA believe in the importance of physical education programs as regular physical activity not only improves one's overall well-being, it is one of the best preventers of significant health problems—including overweight or obesity, high blood pressure and cholesterol levels—linked to many chronic diseases.

The Shape of the Nation Report seeks to track our success, as a nation, in providing daily quality physical education in our schools. The report looks at each state and the guidelines it sets forth toward this goal. The ongoing challenge of such a report, of course, is that there is no standard benchmark against which to measure. Mandates differ widely from state to state. Many state policies are broad and leave details open to interpretation by local schools, while others are quite prescriptive.

With this in mind, the *Shape of the Nation Report* survey was limited to categories of information that could be measured across most states; an attempt to compare "apples to apples." But not all states had every "apple," so there may not be 51 answers across every category.

A few other things to remember as you review survey results:

- No federal law requires physical education to be provided to students in American schools.
- There are no incentives to states or schools to offer physical education programs.
- States define guidelines and set requirements, but individual school districts are responsible for implementation.
- School districts may choose to meet the minimum standards or may (and often do) go above and beyond basic recommendations.
- A few states opt for "local control," delegating responsibility for education decisions—including health and physical education—to local school districts.

Despite all the variables, the *Shape of the Nation Report* does reveal one truth with absolute clarity: that in every state and every school, there are still men and women who care about the shape of our nation's children and adolescents and they work every day to improve their students' lives and health. This report shows just a fraction of the work that these dedicated individuals undertake, and is a testament to their progress.

Executive Summary

Background: The Current Shape of the Nation and Why We Need Physical Education in Schools

The National Association for Sport and Physical Education (NASPE) believes that every child in the United States deserves a quality physical education and needs physical activity, whether that activity occurs within a formal program or is outside the classroom at recess, through intramurals or in recreational play.

Physical education is based on a sequence of learning. These formalized courses are taught by professionals and focus on the skills and knowledge needed to establish and sustain an active lifestyle. Physical education classes focus on physical activity—running, dancing and other movement but physical education also includes health, nutrition, social responsibility, and the value of fitness throughout one's life.

Why is this so important? The U.S. Department of Health and Human Services (HHS) has noted a direct correlation between regular physical activity and health among children and adolescents. For example, kids who are physically active have vigorous cardiopulmonary and respiratory systems: strong hearts and lungs. They have less body fat. And they have strong bones and muscles. All these factors, according to HHS not only make for a healthy childhood, they increase the chance of a healthy adulthood. Risk factors for chronic diseases such as heart disease, high blood pressure, type 2 diabetes, and osteoporosis can develop early in life, and regular physical activity can be a significant preventative measure.[1]

Most health organizations, including NASPE, suggest that "regular physical activity" add up to about an hour per day, every day. If this sounds like a lot, remember that the activity is cumulative: a child does not need to be active for an hour straight, nor does he or she have to engage in many of the activities that adults consider to be exercise. In fact, kids should engage in activities appropriate for their age.[1] For example, unstructured play during recess or in the backyard counts toward that 60-minute total. Why? Running around wildly is both aerobic and bone-strengthening. Climbing a tree or navigating playground equipment such as monkey bars increases muscle strength by lifting and moving a child's own body weight or working against resistance.[1]

Also, children tend to be active intermittently, alternating moderate or vigorous activity with brief periods of rest. They run around for awhile, then slow down a bit. This is true even as children grow into adolescents. Older kids can play more organized games, including sports, and thus sustain longer periods of activity. Regardless, say HHS guidelines, "No period of moderate- or vigorous-intensity activity is too short to count" toward the recommended daily activity.[1]

The reality, of course, is that children and adolescents in the United States are primarily sedentary. Most kids under age 18 spend the majority of their day sitting in classrooms, and a big part of their free time outside of school watching television, playing video games or surfing the Internet. A required physical education period assures that, at a minimum, they'll get at least a portion of the recommended activity in a day.[2]

But quality physical education goes far beyond that small role. "Physical activity is a behavior," writes one expert, "and physical education is a curricular area that helps students to develop physical and cognitive skills while engaging in physical activity. Providing time for unstructured physical activity is not the same as providing instructional time for meeting the goals of quality physical education."[3] More than just getting our kids moving once a day, "meaningful and appropriate instruction"[2] provides opportunities to learn important life skills.

The most obvious lesson, of course, is the importance of being physically active throughout life. Research shows a real link between quality physical education and present and future physical activity participation.[2] One possible reason for this link is that youth "choose to par-

Critical Elements of a Quality Physical Education Program

1. Physical education is delivered by certified/licensed physical education teachers.
2. Adequate time (i.e., 150 minutes per week for elementary school students; 225 minutes per week for middle and high school students) is provided for physical education at every grade, K–12.
3. All states develop standards for student learning in physical education reflective of the National Standards for Physical Education.
4. All states set minimum standards for student achievement in physical education.
5. Successfully meeting minimum standards in physical education is a requirement for high school graduation.

ticipate in physical activities if they have skills that enable them to participate."[2] Through physical education courses—instruction and specific, constructive feedback from a certified teacher—students learn motor skills such as running, jumping, throwing or catching. If you've been taught the correct way to catch a baseball, throw a basketball through a hoop or perform a dance, you'll be more likely to go out and do them on your own, now and 10 years from now.

If this nurturing environment doesn't sound like the physical education class from your youth, you're probably right. Gone are the days of calisthenics, mindless exercise and contests that favored the most athletic kids. The focus has shifted to a more equitable curriculum that stresses "performance and personal challenges, high levels of fitness that support good health and exposure to a variety of sport and fitness activities."[3]

"The new message that schools are giving kids about exercise is simple," says one article. "Physical activity comes in many forms, and there is something for everyone. Physical activity must be a regular part of everyday life, as commonplace and important for good health as brushing one's teeth. Quality physical education and health education programs provide the foundation for healthy, active lifestyles that support all learning and help ensure success in future pursuits."[3]

This more balanced approach not only makes physical education class a better experience for the less athletic student, it dramatically expands the skills that each participant gains: social, cooperative and problem-solving competencies[4] and hands-on experience in making self-assessments, planning personal programs, setting goals, self-monitoring (through keeping physical activity diaries or logs), and making decisions.[2]

Finally, the benefits of physical education extend outside the gym or playing field and across a student's entire education experience. Research shows that daily physical education has a positive correlation with academic performance and attitude toward school.[4-5] This may be simply because physically fit students have better school attendance records and fewer disciplinary referrals.[6] But recent research indicates that physical activity might impact academic performance "through a variety of direct and indirect physiological, cognitive, emotional and learning mechanisms"[5] that we have yet to fully understand.

The conclusion, however, is clear: quality physical education is an essential element in the formative growth of children and adolescents. At a minimum, it assures some degree of regular physical activity for most school-aged students. At its best, however, it creates a framework of life skills which shape the whole person, encouraging smart choices and influencing a healthy lifestyle. Physical education is, in short, the best hope for the shape of our nation.

Metrics

Key Guidelines for Children and Adolescents

U.S. Department of Health and Human Services Physical Activity Guidelines for Americans[1]

- Children and adolescents should engage in 60 minutes (1 hour) or more of physical activity daily.
  - Aerobic: Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
  - Muscle-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity at least 3 days of the week.
  - Bone-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity at least 3 days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable and that offer variety.

In support of these guidelines, NASPE recommends that schools provide 150 minutes per week of instructional physical education for elementary school children,

and 225 minutes per week for middle and high school students throughout the school year.

Physical Activity Participation by Young People

- In one study, 65% of high school students did not meet recommended levels of physical activity—activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day–on 5 or more of the previous 7 days.[7]
- 35% of high school students watch television 3 or more hours per day on an average school day.[7]
- 25% play video or computer games or use a computer for something that is not school work for 3 or more hours per day on an average school day.[7]
- Nationwide, fewer than one-third of all children ages 6 to 17 engage in vigorous activity, defined as participating in physical activity for at least 20 minutes that made the child sweat and breathe hard.[8]
- 48.4% of schools offer intramural activities or physical activity clubs to students, and 77.0% of middle schools and 91.3% of high schools offer students opportunities to participate in at least one interscholastic sport.[8]

Public Support for Physical Education

- The American Academy of Pediatrics, NASPE, the American Heart Association, the U.S. Department of Health and Human Services, the U.S. Department of Education, the President's Council on Physical Fitness and Sport and the Centers for Disease Control and Prevention (CDC) all are on record as supporting the need for physical activity for youth and for quality physical education in schools.[2]
- 31% of physical education teachers perceive increased interest and support from parents regarding students' physical activity; and 27% perceive increased interest/support from parents regarding students' physical education.[9]
- According to one survey, nearly all parents (95%) think that regular daily physical activity helps children do better academically and should be part of a school curriculum for all students in grades K-12.[10]
- Three out of four parents (76%) think that more school physical education could help control or prevent childhood obesity.[10]
- The majority of parents believe that physical education is at least as important as other academic subjects. The percentages range from 54% to 84%, depending on the subject being compared.[10]

Positive Physical Education Pledge (naspe, 2004)

As a highly qualified physical education teacher, I pledge to:

- Establish a positive, safe learning environment for all students;
- Teach a variety of physical activities that make physical education class fun and enjoyable;
- Create maximum opportunities for students of all abilities to be successful;
- Promote student honesty, integrity and good sportsmanship;
- Guide students toward becoming skillful and confident movers;
- Facilitate the development and maintenance of physical fitness;
- Assist students in setting and achieving personal goals;
- Provide specific, constructive feedback to help students master motor skills;
- Afford opportunities for students to succeed in cooperative and competitive situations; and
- Prepare and encourage students to practice skills and be active for a lifetime.

- A survey report from the Harvard Health Forum indicates that 91% of parents surveyed feel that there should be more physical education in schools, particularly for fighting obesity.[11]

Overweight Among Youths

- Among children ages 6-11, 33% are overweight and 17% are obese.[12]
- 34% of adolescents and teens ages 12-19 are overweight and 17.6% are obese. These rates have roughly doubled since 1980.[12]
- Eight of the 10 states with the highest rates of obese and overweight children are in the South, as are nine of the 10 states with the highest rates of poverty.[8]

Physical Fitness and Academic Performance

- A 2004 California Department of Education study, using data from a standardized health-related fitness testing protocol and the California Standards Tests, showed a significant positive relationship between physical fitness and academic achievement.[14]

- A 2007-08 study of more than 2.4 million Texas students found that students who were physically fit were more likely to do well on the state's standardized tests than students who were not physically fit.[6]
- In 2009, the New York City Health Department and Department of Education reported that physical fitness was associated with higher academic achievement among their public school students.[6]
- A 2010 CDC report analyzes a large body of evidence linking physical education and school-based physical activity with academic performance, including cognitive skills and attitudes, academic behaviors and academic achievement.[16]

Expenditures on Physical Education …

- The median physical education budget for schools in the United States is only $764 per school year ($460 for elementary, $900 for middle, and $1,370 for high schools), and 61% of physical education teachers report an annual budget of under $1,000. Only 15% report funding of $2,000 or more.[9]
- "School budget" is the most-cited source for program funding (64%), followed by school district budget (38%), PTA/PTO (34%), and grant programs (28%).[9]

… and the Cost of Doing Without It

- It is estimated that obesity will cost the United States $344 billion in medical-related expenses by 2018, about 21% of the nation's health-care spending.[15]

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Overview of 2010 Survey Results

This 2010 survey of physical education coordinators in all 50 state education agencies and the District of Columbia (counted as a "state" for the purpose of this report) finds an incremental—but slight—improvement since the *2006 Shape of the Nation* survey. The majority of states mandate physical education throughout all grade levels, but most do not require a specific amount of instructional time, and about half allow exemptions, waivers, and/or substitutions. These "loopholes" continue to reduce the effectiveness of the mandate.

Another pattern with differential impact on physical education is local control of education. Some states establish standards or very broad guidelines for curriculum content but defer specific decisions regarding time, class size and student assessment to local school districts

or even schools. This results in very diverse patterns of delivery for physical education within states.

Other results, including accountability, testing, assessment and even teacher certification, vary widely among the states. Thus, most states can measure their progress only against their own past performance and not against a standard benchmark.

Grade-Level Mandates and Time Requirements

The majority of states mandate that students must take physical education. Just more than 84% of states (43) mandate physical education for elementary school students, 78% of states (40) mandate it for middle/junior high school students and 90% (46) mandate it for high school students.

Of those states that mandate physical education for elementary school students, 86% (36) require classes in kindergarten, 93% (39) require physical education in grades 1 through 5, and 71% require physical education in grade 6. This discrepancy for grade 6 is due to many schools' structuring elementary as grades K-5, with grade 6 as part of middle school or junior high. At the elementary school level, only 35% (18) specify a minimum "minutes per week" or "minutes per day" that students must participate in physical education; three states—Alabama, Florida and Louisiana—require the nationally recommended 150+ minutes per week. Additionally, only 18% of states (9) require elementary schools to provide daily recess.

Of those states that mandate physical education for middle/junior high school students, 61% (31) require it in 7th grade, and 59% require it in 8th grade. At the middle/junior high school level, only 31% (16) specify a minimum "minutes per week" or "minutes per day" that students must participate in physical education; three states—Alabama, Montana and Utah—require the nationally recommended 225+ minutes per week.

State mandates for physical education for high school students tend to specify a number of credits rather than specific grade levels required to take physical education courses. Of the 45 states requiring high school physical education, nearly 75% (38) dictate a specific number of credits required for graduation: 12 states require 0.5 credit, 15 states require 1 credit, three state require 1.5 credits and seven states require 2 credits. New Jersey has the highest credit requirements, with 3.75 credits per year of attendance, equal to 15 credits for a traditional four-year program. Nine states also require a health or wellness course (usually 0.5 credit) to graduate.

Only six states in the country—Illinois, Iowa, Massachusetts, New Mexico, New York and Vermont—require physical education in every grade K-12. New Jersey and Rhode Island require physical education in grades 1-12.

Mandate for physical education	Number of states in 2010	Percentage in 2010	Number of states in 2006	Percentage in 2006
Elementary	43	84%	36	70%
Junior High	40	76%	33	65%
High School	46	90%	42	83%

All averages and percentages in this summary section count the District of Columbia as a "state," for a total of 51 (not 50) states

Exemptions/Waivers and Substitutions

More than half of all states (32) permit school districts or schools to allow students to substitute other activities for their required physical education credit. Among those states, common allowances include JROTC (18), interscholastic sports (15), marching band (10) and cheerleading (10).

More than half of all states (30) allow schools or school districts to grant exemptions/waivers for physical education time or credit requirements, although they are not necessarily the same states that allow substitutions. Common reasons for exemptions include health issues, physical disability, religious beliefs and early graduation. Of the states allowing exemptions or waivers, all but five leave the reasons for, and granting of, waivers to the local school or school district.

	Number of states in 2010	Percentage in 2010	Number of states in 2006	Percentage in 2006
Substitutions	32	63%	27	53%
Waivers	30	59%	18	35%

Standards and Assessment

Forty-eight states (92%) have their own state standards for physical education, but only 67% (34 states) require local districts to comply or align with these standards. The six national standards for physical education are usually addressed within these state standards: 98% (46 states) address development of motor/movement skills, knowledge and application of movement concepts, and

personal/social responsibility; 94% (44) address regular participation in physical activity and development and maintenance of physical fitness; and 85% (40 states) address valuing physical activity.

Only 37% of states (19) require some form of student assessment in physical education. Among the states that do require assessment, 74% (14) require assessment of physical fitness, 37% (7) require assessment of knowledge of physical education content, 26% (5) require assessment of participation in physical activity outside of physical education class, and 32% (6) require assessment of personal/social responsibility in physical education.

Just 10% (5 states) send this assessment information to the state department of education as congregate data for each school, and only 8% (4 states) note that these data are sent from the schools to the students' parents or guardians.

Five states—New Hampshire, New Mexico, New York, Vermont and Virginia—require assessment in every grade.

	Number of states in 2010	Percentage in 2010	Number of states in 2006	Percentage in 2006
Assessments	19	37%	15	29%

Online Physical Education

Currently, 43% of states (22) allow required physical education credits to be earned through online physical education courses. Of these 22 states, 27% (6) offer comprehensive physical education, defined as addressing all state or national standards; 41% (9) offer a course in personal fitness and wellness; 14% (3) offer some type of sports, such as golf; and 18% (4) offer weight training online.

Seven states allow all students to take the courses, and three states allow students who request permission and are approved. All others leave eligibility decisions to the local districts. Only 20% (10 states) require that online courses be taught only by state-certified physical education teachers.

	Number of states in 2010	Percentage in 2010	Number of states in 2006	Percentage in 2006
State allows online physical education	22	43%	12	24%

Accountability

Down slightly from 2006, just 27% of states (14) require physical education grades to be included in a student's grade point average (GPA). Eighteen states have a required comprehensive assessment test for graduation, but only five include physical education achievement in the test. The majority of states (78%, or 40) have an education "report card" for each school; only five states include physical education as one of the academic areas on the annual report from schools to the state.

	Number of states in 2010	Percentage in 2010	Number of states in 2006	Percentage in 2006
PE grades included in GPA	14	27%	22	43%
Comprehensive test for graduation	18	35%	16	31%
PE included in this test	5	10%	0	0%
Education report card for school	41	80%	45	89%
PE included in this school report card	5	10%	3	6%

Body Mass Index (BMI) Collection

Thirteen states (25%) require schools to measure BMI and/or height and weight for each student. New Jersey and Pennsylvania are the only two that require this collection in every grade, 1-12.

Two states require that aggregate BMI data be sent to them from each school; four states require that data be sent from each school district. Five states require that individual student results are sent to students' parents, and one state reports using the data in a research study.

	Number of states in 2010	Percentage in 2010	Number of states in 2006	Percentage in 2006
BMI collected	13	25%	3	5%

Teacher Certification/Licensure

The majority of states require that physical education teachers have some sort of licensure or certification. Eighty-two percent (42 states) require licensure at the elementary school level, although 57% of states (29) allow elementary classroom teachers (generalists) to teach required elementary school physical education classes. Certification or licensure of junior high physical education teachers is mandated in 90% of states (46), and certification or licensure of high school physical education teachers is mandated in 98% of states (50).

Thirty-six states (71%) require those who desire to teach physical education to take and pass a certificate/licensure exam [in 26 states, this is the PRAXIS or PRAXIS II exam]. This exam is also required to renew or maintain the teacher certification/licensure.

Most states (90% or 46 states) have a requirement for professional development/continuing education hours/credits for a physical education teacher to maintain or renew his or her certification. More than a third (37%, or 19) require professional development for physical education teachers on physical education topics, comparable to other curricular areas. However, only 12% (6) provide any funding for professional development specifically for physical education teachers.

Twenty-nine states (57%) grant temporary/emergency certificates to teach middle/junior high school, and 28 (55%) grant temporary/emergency certificates to teach high school physical education; 26 states (51%) do so for elementary school physical education. Of the 25 states that have a minimum requirement for receiving a temporary/emergency certificate, eight require a bachelor's degree in teaching (but not in physical education), and 13 require a bachelor's degree in any area. In 15 states, the temporary/emergency certificate is valid for one year; it's valid for two years in four states; and valid for three years in three states.

Temporary Certification	Number of states in 2010	Percentage in 2010	Number of states in 2006	Percentage in 2006
Elementary	26	51%	31	69%
Junior High	29	57%	35	69%
High School	28	55%	35	61%

Sixty-one percent of states (31) actively support physical education teachers going through the certification process by the National Board for Professional Teaching Standards (NBPTS). Twenty-two of those states actively promote National Board Certification and encourage teachers to register, and 9 states provide mentoring for teachers going through the process.

Nine states provide partial funding for the NBC process if the teacher receives board certification; three states provide partial funding regardless of whether the teacher receives certification; and four states provide full funding regardless of whether the teacher receives certification. Six states give a one-time monetary bonus if the teacher receives board certification; seven states provide an ongoing higher level of pay to all teachers who are National Board certified; five provide one or more forms of non-monetary recognition for National Board certified teachers.

Only Missouri, New York and Virginia require each school district to have a licensed physical educator serving as a PE coordinator.

Recommendations for Action

NASPE and AHA know that physically active, healthy kids learn better. School-age youths need at least 60 minutes of moderate-to-vigorous physical activity every day.

To achieve that level of activity, NASPE and AHA recommend that schools across the country make physical education the cornerstone of a comprehensive school physical activity program that also includes health education, elementary school recess, after-school physical activity clubs and intramurals, high school interscholastic athletics, walk/bike-to-school programs, and staff wellness programs. It is particularly important that voluntary programs (i.e., after-school physical activity clubs, intramurals) are designed to attract all students, especially those not interested in traditional athletic programs.

Physical education is a planned instructional program with specific objectives. An essential part of the total curriculum, physical education programs increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity so that students can establish physical activity as a natural part of everyday life.

For elementary school students, recess provides an opportunity for needed physical activity. Children learn how to make decisions, cooperate, compete constructively, assume leader/follower roles and resolve conflicts by interacting in play. Play is an essential element of children's physical and social development.

NASPE and AHA recommend that schools and communities work together to offer a variety of physical

activities as part of before- and after-school child care and recreation programs. Child care providers, recreation staff and coaches need training to provide developmentally appropriate, safe and enjoyable activities.

Parents need to be proactive and effective advocates for quality physical education and school physical activity programs, and communities need to develop and promote the use of safe, well-maintained and close-to-home sidewalks, bike paths, trails and facilities for physical activity and sport participation. Most of all, parents and other adult role models need to set a good example by being active themselves.

In summary, NASPE and AHA recommend:

1. Quality physical education is provided to all students as an integral part of K-12 education.
2. Physical education is delivered by certified/licensed physical education teachers.
3. Adequate time (i.e., 150 minutes per week for elementary school students; 225 minutes per week for middle and high school students) is provided for physical education at every grade, K-12.
4. All states develop standards for student learning in physical education reflective of the National Standards.
5. All states set minimum standards for student achievement in physical education.
6. Successfully meeting minimum standards in physical education is a requirement for high school graduation.
7. Other courses and activities that include physical activity should not be substituted for instructional physical education.
8. Physical activity is incorporated into the school day, in addition to physical education, through elementary school recess, physical activity breaks, physical activity clubs, special events, etc.
9. Parents monitor and support their children's physical education progress and regular participation in physical activity.
10. Communities provide and promote the use of safe, well-maintained and close-to-home sidewalks, bike paths, trails and recreation facilities.

Key State Physical Education Policies and Practices

	AL	AK	AZ	AR	CA	CO	CT	DE	DC	FL	GA	HI	ID	IL	IN	IA	KS	KY	LA	ME	MD	MA
State mandates elementary school physical education	•		•	•	•		•	•		•	•	•	•	•	•	•	•		•	•	•	•
State mandates middle school/junior high school physical education			•	•	•			•		•	•		•	•	•	•	•		•	•	•	•
State mandates high school physical education		•		•	•		•	•	•	•	•	•		•	•	•	•	•	•	•	•	•
State permits schools or school districts to allow students to substitute other activities for the required physical education credit	•	•		•	•	•				•	•			•	•	•		•	•		•	•
State grants exemptions/waivers regarding physical education time or credit	•				•		•	•		•		•	•	•		•	•	•	•	•		•
State has its own standards for physical education	•		•	•	•	•	•	•	•	•	•	•	•	•	•		•	•	•	•	•	•
State requires student assessment in physical education	•				•		•	•				•								•		
State requires physical education grades to be included in a student's grade point average				•				•		•		•			•				•		•	
State requires all who teach elementary school physical education to be certified/licensed	•	•	•		•		•	•	•		•	•		•	•	•	•	•		•	•	•
State requires all who teach middle school/junior high school physical education to be certified/licensed	•	•	•	•	•		•	•	•		•	•		•	•	•	•	•	•	•	•	•
State requires all who teach high school physical education to be certified/licensed	•	•	•	•	•		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
State requires professional development/continuing education to maintain/renew physical education teacher certification/licensure	•		•	•		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
State provides funding for professional development for physical education teachers				•				•														
State actively supports physical education teachers becoming certified through the National Board Certification process	•		•	•	•	•		•	•			•		•		•	•	•	•	•	•	
State require each school district to have a licensed physical educator serving as a PE coordinator																						

MI	MN	MS	MO	MT	NE	NV	NH	NJ	NM	NY	NC	ND	OH	OK	OR	PA	RI	SC	SD	TN	TX	UT	VA	VT	WA	WV	WI	WY	Total
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State Profiles

Alabama

Amount of Required Physical Education: Alabama mandates at least 30 minutes of physical education per day in grades K-5, but it does not require daily recess. Local education agencies (LEAs) are allowed to make the decision to include recess. The state also recommends, but does not require, at least 50 minutes per day of physical education in grades 6-8 and in high school.

High School Graduation Requirements: Students also must complete a 1.0 credit personal wellness course, Lifelong Individualized Fitness Education for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute inter-scholastic sports, JROTC, marching band and cheerleading for their required physical education credit.

Exemptions/Waivers: Only the state superintendent can grant an exemption to an individual student regarding physical education time or credit. The exemption is valid for a two year period.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Alabama Course of Study: Physical Education was last revised in 2009. [See State Standards for Physical Education chart for details.]

State Curriculum: The state requires the use of specific curricula for elementary, middle school/junior high and high school physical education, all of which contain a technology component. These curricula specifically do not permit yoga to count as physical education or physical activity. LEAs have the option of using a commercial curriculum such as SPARK or CATCH.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

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 requires student assessment in physical education every year, starting in Grade 2.

Fitness Testing: The state requires LEAs to assess students' physical fitness levels using the President's Challenge. Results are used only to report to the President's Challenge program.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. A score of 141 on the PRAXIS exam is required for certification.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing full funding if the teacher receives board certification, and providing a one-time monetary bonus if the teacher receives board certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

Other Notes: Currently developing a state-specific physical fitness test, curriculum guide and new quality physical education standards to include adapted physical education.

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Alaska

Amount of Required Physical Education: Alaska does not mandate physical education in elementary or middle school/junior high school. The state mandates high school physical education but does not specify the grades of participation of the length of physical education per week.

High School Graduation Requirements: The state requires students to earn 1.0 health/physical education credit for graduation. No additional personal fitness or wellness courses are required.

Substitutions: The state permits school districts or schools to allow students to substitute sports or other activities for their required physical education credit.

Exemptions/Waivers: The state does not grant exemptions to a school district regarding physical education time or credit.

State Standards: The state has developed voluntary standards for physical education. The Alaska PE Standards are currently in draft form and have not yet been released.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: Decisions are made at the local level as to whether physical education credits may be earned through online physical education courses, which courses are offered online, and who is eligible to take online courses.

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the reported subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: While the state requires certification of teachers at the elementary, middle school/junior high and high school levels, decisions are made at the local level regarding the need for physical education endorsements for physical education teachers.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Arizona

Amount of Required Physical Education: Arizona mandates physical education for elementary and middle/junior high school, but does not dictate specific grades or minutes per week. Competency in health/physical education in K-8 is required, but is determined at the local level.

High School Graduation Requirements: The state does not mandate the number of high school physical education credits required for a student to graduate.

Exemptions/Waivers: The state does not have a policy on granting exemptions/waivers for school districts regarding physical education time or credit requirements.

State Standards: The state has developed its own standards for physical education, but school districts do not have to comply. The Arizona Physical Education Standards were last revised in 2009. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. The state allows the local school system, individual schools and physical education teachers to use a commercial curriculum such as SPARK or CATCH.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: The state does not have a policy on whether physical education credits may be earned through online physical education courses.

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state has a required comprehensive assessment test for graduation, but physical education is not measured in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires only an Arizona teaching certificate for physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes.

Professional Development of Physical Education Teachers: Professional development, continuing education hours or credits are required in order to maintain/renew one's teacher certification or licensure. No state funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification to teach physical education may be granted for up to one year to anyone holding a bachelor's degree in any subject area.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

Other Notes: Currently providing professional development around physical education and standards through the coordinated school health approach.

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Arkansas

Amount of Required Physical Education: Arkansas mandates at least 60 minutes of physical education and instruction and 90 minutes of physical activity per week in grades K-6. The state also mandates that, in schools organized to teach grades 5-8, or any combination thereof, students must receive 60 minutes of physical education training and instruction each week or an equivalent amount in each school year. Students in grades 9-12 must earn 0.5 physical education credits as required for graduation. These requirements are enforced through the Arkansas Standards for Accreditation.

High School Graduation Requirements: The state requires students to earn 0.5 physical education credits for graduation.

Substitutions: The state permits schools to allow students to substitute an "organized physical activity course" for their required 0.5 physical education credits for graduation. The "organized physical activity course" must be taught by a licensed physical education instructor, aligned with the Arkansas Physical Education Curriculum Framework, and must be taught within the school day.

Exemptions/Waivers: Exemptions and waivers are not permitted.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Arkansas Physical Education and Health Curriculum Frameworks were last revised in 2005. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. However, the state allows the local school district the option of using a curriculum based on the needs of the district.

Class Size: The state mandates a teacher-to-student ratio of 30:1 in grades K-6. In grades 7-12, physical education is considered a course that lends itself to large group instruction, therefore; teacher-to-student ratio is not applicable.

Online Physical Education Courses: Physical Education is offered via distance learning (synchronous) for graduation credit.

Student Assessment Requirements: The state does not require student assessment in physical education.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

Fitness Testing: The Arkansas Physical Education Curriculum Frameworks does require students to participate in a nationally recognized health fitness assessment.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state requires schools to collect students' BMI and/or height and weight in grades K, 2, 4, 6, 8 and 10. Individual results and information on BMI are sent to the parent or guardian of each student.

Certification/Licensure of Physical Education Teachers: The state requires a licensed physical education teacher at the middle school/junior high and high school levels. In grades K-6, a licensed and/or qualified physical education teacher must directly supervise physical education instruction.

Professional Development of Physical Education Teachers: All certified employees of public schools must complete 60 hours of approved professional development each year to maintain/renew their license.

Temporary Certification: Temporary/emergency teacher certification may be granted for up to one year to anyone holding a bachelor's degree in any subject area.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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California

Amount of Required Physical Education: California mandates at least 200 minutes of physical education every 10 school days in grades 1-6, and also requires daily recess. The state also mandates at least 400 minutes every 10 school days of physical education in grades 7-8 and for all four years of high school. These requirements are enforced through California's Categorical Program Monitoring process.

High School Graduation Requirements: The state mandates that, to fulfill the requirement for high school graduation, students must take two years of physical education.

Substitutions: The state permits the local education agency to determine how each particular class, as conducted in its district, supports its course of study for grades 9-12.

Exemptions/Waivers: The governing board of a school district or the office of the county superintendent of schools may grant a temporary exemption to a student for a number of reasons, including illness or injury, if the student is enrolled for one-half or less of the work normally required of full-time pupils, or if the student is engaged in a regular school-sponsored interscholastic athletic program, Permanent exemptions may be granted by the same governing body if the student is age 16 or older and has been enrolled in grade 10 for one academic year or longer, is enrolled as a postgraduate pupil or is enrolled in a juvenile home, ranch, camp, or forestry camp school where pupils are scheduled for recreation and exercise.

State Standards: The state has developed its own standards for physical education, although school districts are not required to comply. The Physical Education Framework for California Public Schools was last revised in 2009. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Local districts have the option of using a commercial curriculum.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas

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 requires student assessment in physical education in grades 5, 7 and 9. Results are sent to the state as congregate data for

the school and for the district. Students also must be notified verbally or in writing of their individual results. The state requires the use of a physical fitness test to measure performance of motor/movement skills and physical fitness levels.

Fitness Testing: The state requires school districts/schools to assess students' physical fitness levels using the FITNESSGRAM physical fitness test.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state requires schools to collect students' BMI or height and weight in grades 5, 7 and 9. Results are sent to the state as congregate data for the school and for the district and may be shared publicly.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes.

Professional Development of Physical Education Teachers: No professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure.

Temporary Certification: Temporary/emergency teacher certification may be granted for up to one year to anyone holding a bachelor's degree in any subject area.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process. Eligible NBC teachers with approved applications submitted prior to April 2009 were eligible for up to $20,000 over four years for teaching in high-need schools.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

Other Notes: State coordination of physical education is shared by different offices and agencies. Certification is under the Commission on Teacher Credentialing. Testing, standards and curriculum support is under the California Department of Education.

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Colorado

Amount of Required Physical Education: Colorado does not mandate physical education in elementary, middle school/junior high or high school.

High School Graduation Requirements: The state does not mandate the number of high school physical education credits required for a student to graduate.

Substitutions: The state permits school districts or schools to allow students to substitute other activities for required physical education credit.

Exemptions/Waivers: The state does not grant exemptions/waivers regarding physical education time or credit requirements.

State Standards: The state has developed its own standards for physical education, and school districts must comply. The standards were last updated in January 2010. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school systems have the option of using a commercial curriculum such as SPARK or CATCH.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: The state allows physical education credits to be earned through online classes, and all students are eligible to take these classes.

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state does not have an education report card.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state does not require certification or licensure of physical education teachers at the elementary, middle school/junior high or high school levels. Elementary classroom teachers (generalists) are allowed to teach elementary school physical education classes.

Temporary Certification: Temporary/emergency teacher certification may be granted for up to one year to anyone holding a bachelor's degree in any subject area.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing partial funding for cost if the teacher receives board certification, and by providing a one-time monetary bonus if the teacher receives board certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Connecticut

Amount of Required Physical Education: Connecticut mandates physical education and daily recess in grades K-6, and high schools must provide physical education courses.

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

Substitutions: Substitution of other activities for physical education credit required for high school graduation is not permitted.

Exemptions/Waivers: Students need a physician's written order for a medical exemption from high school physical education credit, and this medical exemption requires an appropriate alternative.

State Standards: The state has developed its own standards for physical education, although school districts are not required to comply. The Healthy and Balanced Living Curriculum Framework for Comprehensive School Health Education and Comprehensive Physical Education was last revised in 2006 and is based on national standards. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education, but allows local school systems and individual schools the option of using a commercial curriculum such as SPARK or CATCH.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

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 requires student assessment for physical fitness in grades 4, 6, 8 and 10. The data are sent to the state as congregate data for the school and for the district.

Fitness Testing: The state requires school districts/schools to assess students' physical fitness levels using The "Third Generation" Connecticut Physical Fitness Assessment.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, and physical education is included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Physical education is taught only by certified physical education teachers. For certification, teachers must earn a score of at least 154 on both the PRAXIS II Physical Education Content Knowledge; and the PRAXIS II Physical Education Movements Forms—Analysis and Design. This certification must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development, continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification may be granted for less than one year to anyone holding a bachelor's degree in any subject area.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

Other Notes: Connecticut is a "local control" state, so in many of these areas, the state has recommendations for local districts and schools rather than requirements.

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Delaware

Amount of Required Physical Education: Delaware mandates physical education in grades K-8, and requires that high schools provide physical education courses. These requirements are enforced through the Delaware Department of Education Regulation 503.

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

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

Exemptions/Waivers: School districts are given authority to grant waivers from physical education requirements on the basis of medical status from a certified physician or because of a student's religious beliefs. The waiver must be renewed annually.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Delaware Recommended Curriculum was last revised in 2007. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school systems must develop or use a curriculum that meets the state standards for physical education.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

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

Student Assessment Requirements: Delaware passed legislation that requires giving the FITNESSGRAM/ACTIVITYGRAM annually to all students in grades 4, 7, 9 and 10. Results must be shared with parents, guardians or relative caregivers. Results are sent to the state as congregate data for the district, and statewide trends are shared publicly each year. Many schools also test students at additional grade levels than those required.

Fitness Testing: The state requires school districts/schools to assess students' physical fitness levels using the FITNESSGRAM/ACTIVITYGRAM.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. A score of 152 on the PRAXIS II exam is required for certification, and this certification must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. State funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification may be granted for up to three years to anyone holding a bachelor's degree in any subject area.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process, providing or facilitating mentoring for teachers going through the process, and providing one or more forms of non-monetary recognition for National Board-certified teachers.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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District of Columbia

Amount of Required Physical Education: The District of Columbia does not mandate physical education in grades K-8, and does not require daily recess in elementary school. The District does, however, require one year in high school.

High School Graduation Requirements: Students must have one year (two semesters) of physical education and one semester of health to graduate.

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

Exemptions/Waivers: Exemptions are not allowed.

State Standards: The District has developed its own standards for physical education. The Physical Education Standards were last revised in 2007. [See State Standards for Physical Education chart for details.]

State Curriculum: The District does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Individual schools have the option of using a commercial curriculum such as SPARK or CATCH.

Class Size: The District mandates a teacher-to-student ratio comparable to other curricular areas.

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

Student Assessment Requirements: The District does not require student assessment in physical education.

Fitness Testing: The District does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The District has a required comprehensive assessment test for graduation, but physical education is not measured in this test.

Education Report Card: The District has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The District does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may not teach required elementary school PE classes. The PRAXIS I exam, with scores of 172 on reading 171 on writing, and 174 on math, is required for certification.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing or facilitating mentoring for teachers going through the process and providing monetary assistance with the application fee.

District Physical Education Coordinator: The District does not require each school district to have a licensed physical educator serving as a PE coordinator.

Other Notes: About 40% of the students in the District attend public charter schools.

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Florida

Amount of Required Physical Education: Florida mandates at least 150 minutes of physical education per week (average of 30 minutes per day) in grades K-5, but it does not require daily recess. The state also mandates physical education in grades 6-8, but does not specify minutes per week. High schools must provide physical education courses. Schools must report participation in physical education through student membership surveys showing enrollment numbers for each school and/or school district.

High School Graduation Requirements: The state requires students to complete a 1.0 credit personal wellness course, chosen by the school: Personal

Fitness or HOPE (Health Opportunities through Physical Education).

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports, community sports, JROTC, marching band, or dance for their required physical education credit.

Exemptions/Waivers: Waiver options are included in the legislation listing the physical education requirements. Schools and school districts can waive the physical education requirement only for those waiver options included in legislation. For K-8, this waiver is valid for the current school year only and must be renewed annually.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Next Generation Sunshine State Standards for Physical Education were last revised in December 2008. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary or middle school/junior high, but does specify high school curriculum, which contains a technology component. Local school systems have the option of determining which curricula are used, including, but not limited to, commercial options.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses. A course in comprehensive physical education (addressing all state or national standards) is currently offered online. All students are eligible to take online courses. Those courses at the high school level, grades 9-12, must be taught only by state-certified physical education teachers.

Student Assessment Requirements: The state does not require student assessment in physical education.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state has a comprehensive assessment test for graduation, the Florida Comprehensive Achievement Test, but physical education is not measured in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state requires schools to collect students' BMI or height and weight in grades 1, 3, 6 and 9. These data are sent to the state as congregate data for the school district.

Certification/Licensure of Physical Education Teachers: Certification or licensure of physical education teachers is required only at the high school level. Elementary classroom teachers (generalists) may teach required elementary school PE classes. The Florida Teacher Certification Exam is required for certification, which must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

Temporary certification: Temporary/emergency teacher certification may be granted for up to two years to anyone holding a bachelor's degree in any subject area.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Georgia

Amount of Required Physical Education: Georgia mandates physical education in grades K-8, but it does not require daily recess. The state also mandates that high schools provide their students with physical education courses.

High School Graduation Requirements: The state requires students to earn 0.5 physical education credits for graduation, with 0.5 credits given per semester. Students must also complete a 0.5 credit personal wellness course, Personal Fitness.

Substitutions: The state permits school districts or schools to allow students to substitute JROTC for their required physical education credit.

Exemptions/Waivers: Exemptions are not allowed.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Georgia Performance Standards for Physical Education were last revised in June 2009. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school systems have the option of using a commercial curriculum.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas, with a maximum of 40 students per physical education class.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses, and currently offers courses in personal fitness/wellness and in weight training. All students are eligible.

Student Assessment Requirements: The state does not require student assessment in physical education. However, House Bill 229, signed by Gov. Beverly Perdue in April 2009, requires that, beginning in the 2011-2012 school year, students in grades 1-12 that are enrolled in a physical education class must have an annual fitness assessment. The fitness assessment and data collection will be determined by the state's Department of Education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state has a required comprehensive assessment test for graduation, but physical education is not measured in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. Certifications must be renewed every five years.

Professional Development of Physical Education Teachers: There are no specific physical education requirements for professional development continuing education hours or credits. However, all teachers must complete six semester hours of college course work, or 10 credits of Georgia Professional Learning Units (PLUs), or 10 credits of Continuing Education Units to renew certification. Certification renewal must be completed every five years.

Temporary Certification: Temporary/emergency teacher certification may be granted for up to one year to anyone holding a bachelor's degree in any subject area.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Hawaii

Amount of Required Physical Education: Hawaii mandates at least 30 minutes of physical education per week in grades K-6, and requires daily recess. The state also mandates that high schools provide students with physical education, and high school students are required, for graduation, to take one year of physical education, during which they must participate in at least 200 minutes per week.

High School Graduation Requirements: The state requires students to earn 1.0 physical education credit for graduation, including a 0.5 credit personal wellness course, Physical Education Lifetime Fitness.

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

Exemptions/Waivers: Principals have the authority in extreme cases to waive any course requirement.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Hawaii Content and Performance Standards III for Physical Education were last revised in 2005. [See State Standards for Physical Education" chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education, but does have a list of recommended curricula for school use. Local school systems have the option of using a commercial curriculum such as SPARK, CATCH or FITNESSGRAM.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: Online physical education courses are not available.

Student Assessment Requirements: Teachers must assess students based upon the HCPS III for PE grade-level benchmarks. They must use a preponderance of the evidence from these assessments to provide student grades.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has a "trend report" for each school, which includes performance indicators in areas relating to student achievement, safety and well being, and civic responsibility. It does not include physical education.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. The PRAXIS exam is required for certification.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process providing or facilitating mentoring for teachers going through the process, and providing a one-time monetary bonus for the teachers who receive board certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator. However, Hawaii does have a physical education/health resource teacher in each district. The positions are funded through a memorandum of agreement (MOA) with the Department of Health and uses tobacco settlement funds.

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Idaho

Amount of Required Physical Education: Idaho mandates physical education in grades K-8, but it does not require daily recess. There is no state mandate at the high school level.

High School Graduation Requirements: There is no state mandate at the high school level.

Substitutions: There is no state mandate regarding substitutions.

Exemptions/Waivers: School districts may allow exemptions; however, Idaho does not have a graduation requirement for physical education at the high school level, so waivers are generally unnecessary.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Idaho Content Standards for Physical Education were last revised in 2010. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school systems have the option of using any curriculum, including a commercial option, which has been approved through the state curriculum review process.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: Since physical education is not a graduation requirement, online courses are sometimes offered.

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state has a required comprehensive assessment test for graduation, but physical education is not measured in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers only at the high school level. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. Certification must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Illinois

Amount of Required Physical Education: Illinois mandates daily physical education in grades K-12, but it does not require daily recess at the elementary school level. The state enforces these mandates by requiring written assurances from schools.

High School Graduation Requirements: The state does not mandate the number of high school physical education credits that are required for high school graduation. However physical education is mandated daily for all high school grade levels.

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports, JROTC, marching band or competitive cheerleading for the required physical education credit.

Exemptions/Waivers: Districts may request a one-time physical education waiver from the state legislature. If approved, the initial waiver is for a two-year period. Districts then can apply for two two-year extensions of this waiver for a total of six years.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Illinois Learning Standards were last revised in 1996. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school systems have the option of using a commercial curriculum of their choice.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

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 in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, and physical education is included as one of the subject areas.

Body Mass Index (BMI): The state requires schools to collect students' BMI or height and weight in grades 1, 6 and 9. This information is collected by the doctors who give the students their required school physicals at these grade levels. BMI data are also used for research studies. The BMI data are being collected by the Illinois Department of Public Health.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. The state also requires professional development for physical education teachers on physical education topics, comparable to other curricular areas. No state funding is provided for this professional development.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing or facilitating mentoring for teachers going through the process, providing full funding if the teacher receives board certification, and providing one or more forms of non-monetary recognition for National Board-certified teachers.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Indiana

Amount of Required Physical Education: Indiana mandates physical education in grades K-8, and daily physical activity is required, which can include recess. The state also mandates that high schools provide physical education courses for students.

High School Graduation Requirements: Two credits in physical education (PE I & PE II) are required for all Indiana diplomas.

Substitutions: Through credit flexibility, any activity can be worked into an individual education plan if it helps the student meet the physical education course descriptions and standards. Schools may award credit in any course based on demonstration of proficiency against the academic standards without regard to a minimum amount of instruction. The physical education teacher develops the course requirements, assesses performance and grants the grade and credit.

Exemptions/Waivers: There is no exemption regarding physical education time or credit available in Indiana, with the exception of the credit flexibility mentioned above.

State Standards: The state has developed standards for physical education. The Indiana Academic Standards were adopted in 2008. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school systems have the option of using SPARK or CATCH commercial curricula.

Class Size: The state's teacher-to-student ratio requirement applies equally to all instruction areas.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses. For credit to be recognized by a local high school, the course must meet the state physical education course description and standards. Local schools decide who is eligible to take online courses. These courses may be taught only by licensed physical education teachers.

Student Assessment Requirements: The state does not require standardized student assessment in physical education.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state has a required assessment test for graduation, but physical education is not measured in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. A score of 150 on the PRAXIS II exam is required for certification.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. The state also requires professional development for physical education teachers on physical education topics, comparable to

other curricular areas. State professional development funding has been provided in the past, but fiscal difficulties have resulted in severe cutbacks.

Temporary Certification: Temporary/emergency teacher certification may be granted for up to one year to anyone holding a bachelor's degree in any subject area and who passes the PRAXIS I basic skills test.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Iowa

Amount of Required Physical Education: Iowa mandates physical education in grades K-12, but it does not require daily recess at the elementary school level. High school students must participate in at least 45 minutes of physical activity per week. The state checks on compliance every five years.

High School Graduation Requirements: The state requires students to earn 2.0 physical education credits for graduation, with 0.5 credits given per school year.

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports or JROTC for their required physical education credits.

Exemptions/Waivers: Local schools may grant waivers to students for one semester at a time.

State Standards: The state does not have its own standards for physical education.

State Curriculum: The state requires the use of specific curricula for elementary, middle school/junior high and high school physical education. Local school systems have the option of using any of the following commercial curricula: SPARK, CATCH, FITNESSGRAM or PE4Life.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: Online courses are permitted, and are open to students who request permission to take online courses and are approved by the school. Online courses are taught only by state-certified physical education teachers.

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. Certification must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

Temporary Certification: Temporary or emergency teacher certification may be granted for up to two years to anyone holding a bachelor's degree in education or teaching.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing partial funding only if the teacher receives board certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Kansas

Amount of Required Physical Education: Kansas mandates physical education from grades K-6 (if the school is configured K-6) or grade 8 (if the school is configured K-8). Daily recess at the elementary school level is also required. High schools also must provide students physical education.

High School Graduation Requirements: The state requires students to earn 1.0 Carnegie Unit (credit) of physical education for graduation.

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

Exemptions/Waivers: Waivers may be granted for special education students, students with physical disabilities and for religious reasons. The waiver duration depends on the student's individualized education plan.

State Standards: The state has developed its own standards for physical education, although school districts do not have to comply. The Kansas Physical Education Standards were last revised in 2006 and based upon the National Physical Standards for Education. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school systems or individual schools have the option of using commercial curricula or choosing their own.

Class Size: The state does not mandate a teacher-to-student ratio.

Online Physical Education Courses: Students who request permission to take online courses and are approved may earn physical education credits in this manner.

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state does not have an education report card for each school.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. Certification must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. The state also requires professional development for physical education teachers on physical education topics, comparable to other curricular areas. No state funding is provided for this professional development.

Temporary Certification: Temporary or emergency teacher certification may be granted for less than one year to anyone holding a bachelor's degree in any area.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Kentucky

Amount of Required Physical Education: Kentucky mandates that high schools provide their students with physical education.

High School Graduation Requirements: The state requires students to earn 0.5 physical education credits for graduation.

Substitutions: The state allows substitutions for medical reasons: a local board of education may authorize a substitute physical education course based on a student's capabilities as specified by the student's physician. The state also permits school districts or schools to allow students to substitute interscholastic sports or JROTC for their required physical education credit.

Exemptions/Waivers: The state allows exemptions from the 0.5 high school physical education graduation requirement for religious reasons. A local board of education may exempt a student from the graduation requirement when the local board receives an affidavit from the student's parents and church leader. In the alternative, a local board may maintain the physical education graduation requirement if the basis of the religious objections can be accommodated.

State Standards: The state has developed its own standards for physical education, and all school districts must comply. The Kentucky Program of Standards were last revised in 2006. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school systems have the option of using SPARK or CATCH commercial curricula.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

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 in physical education.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state has a required comprehensive assessment test for graduation, but physical education is not measured in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. A certification/licensure exam is required for certification.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

Temporary certification: Temporary or emergency teacher certification may be granted for one year to anyone holding a bachelor's degree in teaching or education.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing or facilitating mentoring for teachers going through the process, providing partial funding for teachers going through the process and providing an ongoing higher level of pay to all teachers who are National Board-certified.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Louisiana

Amount of Required Physical Education: Louisiana mandates 150+ minutes of physical education per week in grades K-8, but it does not require daily recess. The state also requires high schools to provide physical education to their students.

High School Graduation Requirements: The state requires students to earn 1.5 physical education credits for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute JROTC for their required physical education credit.

Exemptions/Waivers: Waivers and exemptions are granted for health reasons only.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Bulletin 102, Louisiana Physical Education Content Standards were last revised in 2009. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school systems or individual schools have the option of using a commercial curriculum.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

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 in physical education.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state has a required comprehensive assessment test for graduation, but physical education is not measured in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. An exam is required for certification.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing full reimbursement and a one-time monetary bonus if the teacher receives board certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Maine

Amount of Required Physical Education: Maine mandates physical education in grades K-8, but it does not require daily recess in elementary schools. The state also requires high schools to provide physical education to their students.

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

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

Exemptions/Waivers: The state Commissioner of Education may grant waivers for one year at a time.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The 2007 Maine Learning Results: Parameters for Essential Instruction have not been revised. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school systems or individual schools have the option of using a commercial curriculum.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

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 requires student assessment in physical education annually in grades 3-8. School districts and teachers decide how to use data. Data are not sent to the Maine Department of Education. The assessment measures performance of motor/movement skills, physical fitness levels, knowledge of physical education content and personal and social responsibility in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state does not have an education report card for each school.

Body Mass Index (BMI): The state passed legislation in 2009 to collect BMI data in Maine schools. A work group has been convened, but has yet to finalize the details of this legislation.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school PE classes, but only if a school district shows that an undue hardship exists. The PRAXIS exam is required for certification, and certification must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. The state also requires professional development for physical education teachers on physical education topics, comparable to other curricular areas. No state funding is provided for this professional development.

Temporary Certification: Temporary or emergency teacher certification may be granted for one year. A conditional license requires 24 college credits in the area; a transitional license requires a bachelor's degree in another teaching area and six credits in a new content area.

National Board Certification (NBC): The state encourages teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Maryland

Amount of Required Physical Education: Maryland mandates physical education in grades K-8, but it does not require daily recess at the elementary school level. The state also requires high schools to provide physical education to students. This is enforced by the Code of Maryland Regulations.

High School Graduation Requirements: The state requires students to earn 0.5 physical education credits for graduation.

Substitutions: Each local school system determines the instruction materials and activities that will allow its students to meet the state's physical education standards.

Exemptions/Waivers: Exemptions are not allowed.

State Standards: The state has developed its own standards for physical education, which all local school systems must include in their curricular documents. The Maryland State Curriculum for Physical Education was last revised in May 2009. [See State Standards for Physical Education chart for details.]

State Curriculum: The state requires local schools to align to the State curriculum. The local school systems determine the instructional materials and activities that will allow their students to meet the Maryland physical education standards.

Class Size: The state does not specify a teacher-to-student ratio.

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 in physical education.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: Each local school system has a report card for all content areas that also includes grades for physical education.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary

school PE classes. A score of 70% on the PRAXIS exam is required for certification.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing or facilitating mentoring for teachers going through the process, providing partial funding for cost only if the teacher receives board certification and providing partial reimbursement for teachers going through the process.

District Physical Education Coordinator: The state does not require each local school system to have a licensed physical educator serving as a PE coordinator.

Other Notes: Maryland policy provides local control to the school systems. Most decisions are specific to each local school system regarding grading, assessments, report cards and other assessments.

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Massachusetts

Amount of Required Physical Education: Massachusetts mandates physical education in grades K-12, but it does not require daily recess in elementary school. The state requires high schools to provide students with physical education. Compliance with physical education law is monitored during the coordinated program review that is conducted with all school districts on a rotating basis every six years. A school that does not require physical education in every grade is required to develop corrective action plans.

High School Graduation Requirements: State law does not specify the number of physical education credits required for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute other activities for their required physical education credit. Local school officials have discretion to determine whether and how a student, particularly at the high school level, may meet the physical education requirement through an organized program of instructed physical activity. This discretion is similar to the authority of school officials to permit students to fulfill the requirements of an academic course by taking a course elsewhere that the officials deem to be equivalent.

Substitutions: Exemptions/Waivers: Individual school districts may grant waivers or exemptions.

State Standards: The state has developed its own standards for physical education. The Massachusetts Comprehensive Health Curriculum Framework was last revised in 1999. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school districts decide their own physical education curricula, which may include commercial curricula.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas

Online Physical Education Courses: The use of online physical education courses is up to individual school districts.

State Comprehensive Assessment Test: The state does not have a required comprehensive assessment test for graduation that includes physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state has a newly-adopted policy which requires collection of students' BMI or height and weight in grades 1, 4, 7 and 10. BMI data will be reported directly and confidentially to a parent or legal guardian, and without identifiers to the Massachusetts Department of Public Health. These requirements shall be met by June 30, 2010, by public school systems receiving direct funding from the department for school nursing services, and by June 30, 2011, by all other public schools.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes, as they are tested in the licensure exam for the content area of physical education.

Professional Development of Physical Education Teachers: There is a requirement for professional development continuing education hours or credits for maintaining licensure.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Michigan

Amount of Required Physical Education: Michigan mandates that elementary, middle/junior high and high schools provide their students with physical education. However, the state does not specify certain grade levels or minutes per week, and does not require daily recess in elementary schools.

High School Graduation Requirements: The state requires students to earn 1.0 credit in health and physical education. It recommends that credit be split evenly: 0.5 for physical education and 0.5 for health education.

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports, JROTC, marching band or cheerleading for the required physical education credit. Beginning with the class of 2011, even students who have been granted substitutions the students will be required to show proficiency in the state standards to be awarded the credit for graduation.

Exemptions/Waivers: Local school districts can grant an exemption to individual students for physical education time or credit. The exemption is valid for a one-year period.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Grade Level Content Expectations for Physical Education for grades K-8 were last revised in 2007. [See State Standards for Physical Education chart for details.] The state also has set Michigan Merit Curriculum Guidelines for high school.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school systems have the option of using a commercial curriculum, including Exemplary Physical Education Curriculum, CATCH, and SPARK.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas. However, the state board of education passed a policy on quality physical education in 2003 that recommends physical education classes have a teacher-to-student ratio consistent with other subject areas/classrooms.

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

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. The Michigan Test for Teacher Certification exam is required for certification, which must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. The state also requires professional development for physical education teachers on physical education topics, comparable to other curricular areas. No state funding is provided for this professional development.

Temporary Certification: Temporary or emergency certification may be granted to teach at the middle school/junior high school or high school level to anyone holding a bachelor's degree in teaching or education. This certification is valid for one year.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Minnesota

Amount of Required Physical Education: Minnesota mandates physical education in grades K-8, and allows local districts to determine whether daily recess is required in elementary school. Their state also mandates that high schools provide their students with physical education. Local school boards are responsible for ensuring that all state requirements are met.

High School Graduation Requirements: There is no state requirement for physical education credit for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute other activities for their required physical education credit. Each district must develop local standards in physical education, and substitutions are permitted if the local district determines that participation in the activity meets all the standard requirements.

Exemptions/Waivers: The state recognizes exemptions only for religious or health purposes. Local school boards can grant these waivers or determine exemptions.

State Standards: The state has not developed its own standards for physical education.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school districts determine the curricula, which includes the option of using a commercial curriculum.

Class Size: The state does not specify a teacher-to-student ratio.

Online Physical Education Courses: Physical education credits may be earned through online physical education courses. Content of all online physical education courses is determined by the online providers. Local districts can review the online course syllabus to determine whether the course meets the local physical education program requirements in order to extend the credit. All students are eligible, and all courses are taught by state-certified physical education teachers.

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state has a required comprehensive assessment test for graduation, but physical education is not measured in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. Teachers must pass PRAXIS I and PRAXIS II exams for certification.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. The state also requires professional development for physical education teachers on physical education topics, comparable to other curricular area. No state funding is provided for this professional development.

Temporary Certification: Temporary or emergency teacher certification may be granted for three years to anyone holding a bachelor's degree in teaching or education.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Mississippi

Amount of Required Physical Education: Mississippi mandates 150 minutes of activity-based instruction per week in grades K-8. At least 50 of those minutes must be physical education class. The state also mandates at least 45 minutes per week of health education in grades K-8.

High School Graduation Requirements: The state requires students to earn 0.5 Carnegie Units in physical education for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports, JROTC, marching band, or cheerleading for their required physical education credit.

Exemptions/Waivers: Only physicians can grant waivers or exemptions.

State Standards: All instruction in physical education, health education and physical activity must be based on the most current state standards provided by the State Department of Education. The Mississippi Physical Education Framework was last revised in 2006. [See State Standards for Physical Education chart for details.] School districts must comply with state standards and comply with the competencies of the Mississippi Physical Education Framework.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. School districts have the option of using a commercial curriculum, including Physical Best, SPARK or Fitness for Life.

Class Size: The state does not have a mandate for a teacher-to-student ratio, but recommends a ratio of 33:1 for grades K-5 and a ratio of 40:1 for grades 6-12. State-recommended class size in grades K-6 is 35:1. The state recommends that if a licensed teacher and a teacher assistant are present, maximum class size for physical education not exceed 70 students for grades K-6. If a licensed teacher and a teacher assistant are present, the state recommends that the maximum class size should not exceed 80 students for grades 7-12.

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 requires student assessment in physical education in grade 5 and in the high school year in which the students receive their Carnegie Unit. Results are not required to be sent to the state as aggregate data for the school, and individual students' results are not required to be sent to their parents or guardians.

Fitness Testing: The state does not require the use of a particular fitness test protocol but does require fitness testing in the grade in which the student receives credit.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the high school level only. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. A score of 138 on the PRAXIS exam is required for certification.

Professional Development of Physical Education Teachers: Professional development, continuing education hours or credits are required in to maintain/renew one's physical education teacher certification or licensure. State funding is provided for this professional development.

Temporary Certification: Temporary or emergency certification may be granted to teach at the elementary or middle school/junior high school level to anyone holding a bachelor's degree in any subject area. This certification is valid for one year.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator. However, local school boards shall establish a local school health council for each school.

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Missouri

Amount of Required Physical Education: Missouri requires all school districts to implement a minimum of 150 minutes of physical activity each week for elementary students (grades K-6). The state-mandated 50 minutes of physical education per week and mandated 20-minute daily recess may both count toward this 150-minute total. Schools report the amount of physical education time that they offer students in elementary school in the state's Core Data reporting system.

The state also mandates at least 45 minutes per week of physical education in grades 7-8, and encourages districts to implement at least 225 minutes of physical activity per week at this level. The state also requires high schools to provide physical education to students.

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

Substitutions: The state permits school districts or schools to allow students to substitute JROTC for their required physical education credit at the high school level.

Exemptions/Waivers: Exemptions are not allowed.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Grade Level Expectations for Physical Education were last revised in 2007. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. School districts have the option of using a commercial curriculum as long as it adheres to the state standards.

Class Size: The state specifies a teacher-to-student ratio comparable to other curricular areas

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 requires student assessment in physical education in grades 5 and 9. Results are sent to the state as aggregate data for the school; it is expected that the state will soon require reporting of individual student physical fitness assessment scores.

Fitness Testing: The state requires the use of the Missouri Physical Fitness Assessment Model. Physical fitness grades also are included in a student's grade point average.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may not teach required elementary school physical education classes. A score of 153 on the PRAXIS Physical Education Content Knowledge exam is required for certification.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. State funding is provided to each school district for professional development activities, but no additional funds are provided specifically for physical education teachers.

Temporary Certification: Temporary or emergency certification may be granted to teach at the elementary or middle school/junior high school level to anyone holding a bachelor's degree in teaching or education. This certification is valid for two years.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing one or more forms of non-monetary recognition for National Board-certified teachers.

District Physical Education Coordinator: The state requires each school district to have a licensed physical educator serving as a PE coordinator.

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Montana

Amount of Required Physical Education: Montana mandates physical education in grades K-6, but it does not require daily recess. The state also mandates 225+ minutes per week of physical education in grades 7-8 and at the high school level.

High School Graduation Requirements: The state requires students to earn 1.0 health-enhancement credit, with 0.5 credits earned each year, for graduation.

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

Exemptions/Waivers: Exemptions are not allowed.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Accreditation Standards–Student Content and Performance Standards were last revised in 2001. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school districts have the option of using a commercial curriculum of their choice.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas

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 in physical education. However, districts have the flexibility to determine their own requirements, which may include student assessment.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

Temporary Certification: Temporary or emergency certification may be granted to teach at the elementary or middle school/junior high school level to anyone holding a bachelor's degree in teaching or education. This certification is valid for two years.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing or facilitating mentoring for teachers going through the process, providing partial funding if the teacher receives board certification, providing a one-time monetary bonus if the teacher receives board certification and providing one or more forms of non-monetary recognition for National Board-certified teachers.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Nebraska

Amount of Required Physical Education: Nebraska mandates physical education in grades K-8, but it does not require daily recess at the elementary school level. All high schools are required to provide their students with physical education. At the high school level, all high schools must offer physical education, but it is up to local school districts as to whether they require the students to take it. The state's Rule 10 requires that schools comply with these regulations to receive state accreditation.

High School Graduation Requirements: The state Department of Education does not set graduation requirements for the schools; this is a local control decision. The majority of Nebraska high schools require a minimum of one semester (1.0 credit) of physical education for graduation. Schools must offer two full years of health and wellness instruction, but local school districts determine what students are required to take for graduation.

Exemptions/Waivers: Local school districts can grant waivers or exemptions. The length of the exemption depends on the reason for the exemption/waiver and the local school district.

State Standards: The state has developed its own standards for physical education, modeled on the National Standards for Physical Education. This document is recommended as guidance for local school districts; however, school districts do not have to comply. The Nebraska Physical Education Essential Learnings were last revised in 2006. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school districts have the option of creating their own curriculum, or using a commercial curriculum of their choice, including any of the following: SPARK, CATCH, Fitness for Life, Physical Best, Stay Physically Active for Life (HS) and It's Time to Move! (MS); Michigan Model; Physical Essentials (Elem), Physical Focus (MS), Physical Dimensions (HS).

Class Size: The state does not mandate a teacher-to-student ratio for any curriculum area.

Online Physical Education Courses: The state has no policy on whether physical education credits may be earned through online physical education courses.

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight for reporting purposes. Schools collect height and weight at the beginning of each school year as part of the school health screening process, but do not have to report it.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Nevada

Amount of Required Physical Education: Nevada requires middle school/junior high and high schools to provide physical education to students, but does not specify grade levels or minutes per week of physical education. There is no state mandate for the elementary school level and no requirement for daily recess.

High School Graduation Requirements: The state requires students to earn 2.0 physical education credits for graduation. Students also must complete a 1.0 credit personal wellness course.

Substitutions: The state permits school districts or schools to allow students to substitute JROTC, marching band, or cheerleading for their required physical education credit.

Exemptions/Waivers: The state can grant an exemption to a school district regarding physical education time or credit.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Physical Education Content Standards were last revised in 2000 and are under revision again this year. [See State Standards for Physical Education chart for details.]

State Curriculum: The state requires the use of specific curricula for elementary, middle school/junior high and high school physical education. Commercial curricula may not be used.

Class Size: The state does not mandate a teacher-to-student ratio for physical education classes.

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

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

State Comprehensive Assessment Test: The state has a required comprehensive assessment test for graduation, but physical education is not measured in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state requires schools to collect students' BMI or height and weight for a representative sample of students enrolled in grades 4, 7 and 10 in the schools within the school district. In addition to those grade levels, a school district may conduct examinations of the height and weight of a representative sample of students enrolled in other grades. The Health Division of the Department of Health and Human Services defines "representative sample" in collaboration with the school districts for purposes of this requirement.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school PE classes. A score of 154 on the PRAXIS I and Physical Education: Content Knowledge and a score of 149 on the Physical Education Movement Forms Analysis and Design are required for certification. Certification must be renewed every five years.

Professional Development of Physical Education Teachers: The state requires professional development for physical education teachers on physical education topics, comparable to other curricular areas.

National Board Certification (NBC): The state does not actively support physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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New Hampshire

Amount of Required Physical Education: New Hampshire mandates physical education in grades K-8, but it does not require daily recess at the elementary school level. All high schools are required to provide their students with physical education. Compliance is reported through a new system implemented in spring 2010.

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

Substitutions: The state permits school districts or schools to allow students to substitute other activities for their required physical education credit on a limited basis. The state permits middle and high schools to substitute in-school physical education credits for individual students if a) the local school board has adopted a policy approving extended learning activities, and b) the student develops an extended learning plan whereas the learning expectations in the plan align with the local school's competencies in physical education. Extended learning refers to learning opportunities outside of the regular school day. Broad substitutions for physical education credits (such as after school athletics in place of physical education) are not allowed by the state.

Exemptions/Waivers: Waivers are granted for individual students by Commissioner's office. The length of the exemption is determined on a case-by-case basis for individual students or schools.

State Standards: The state has developed its own standards for physical education, although school districts are not required to comply. The New Hampshire K-12 Physical Education Guidelines were adopted in 2005. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school districts have the option of using a commercial curriculum of their choice.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses. Personal Fitness/Wellness is currently offered online, and is taught only by state-certified physical education teachers. Student eligibility is determined by local decision and local policy.

Student Assessment Requirements: The state requires student assessment in physical education every year, grades 1-12. Assessment tools and processes are determined at the local level. No state-level reporting is required. Assessment practices recommended by the state are classroom-based and student-centered.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may not teach required elementary school physical education classes. A score of 518 on the PRAXIS I exam is required for certification.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. The state also requires professional development for physical education teachers on physical education topics, comparable to other curricular areas. No state funding is provided for this professional development.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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New Jersey

Amount of Required Physical Education: New Jersey mandates at least 150 minutes of health, safety and physical education per week in all grades, 1-12, but does not require daily recess at the elementary school level. The NJ Quality Single Accountability System is the state's school district evaluation process, which occurs every three years. It requires districts to have a health and physical education curriculum aligned to the most recent version of New Jersey's Core Standards and looks at instruction and supervision across all subject areas including physical education.

High School Graduation Requirements: The state requires students to earn 3.75 physical education credits per year (equal to 150 minutes per week) for each year of attendance. For students who complete a traditional four-year high school program, this means attaining a minimum of 15 total credits—3.75 credits for each of the four years in high school.

Substitutions: The state permits school districts or schools to allow students to substitute other activities for their required physical education credits. Option 2 of the graduation requirements permits alternative activities for any subject area. The options for substitution are a local decision.

Exemptions/Waivers: Exemptions are not allowed.

State Standards: The state has developed its own standards for physical education, with which all public school districts must comply. The New Jersey Core Curriculum Content Standards for Comprehensive Health and Physical Education were last revised in June

2009. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. School districts have the option of using any curriculum, including commercial options.

Class Size: The state does not specify a teacher-to-student ratio.

Online Physical Education Courses: Option 2 of the graduation requirements permits alternative activities for any subject area, which could include substituting online physical education courses for required physical education credits. The options for substitution are a local decision.

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state has a required comprehensive assessment test for graduation, but physical education is not measured in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state requires schools to collect students' BMI or height and weight once per year in grades 1-12. Parents or guardians are notified of specific health concerns.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers who wish to teach at the elementary, middle school/junior high or high school levels. The certification is a K-12 licensure. Elementary classroom teachers (generalists with K-5 certification) may teach required elementary school physical education classes as long as those classes are not more than one-half of their teaching assignment. A score of 148 on the PRAXIS PE Content 10091 or a score of 151 on the Health/PE 20856 exam is required for the physical education certification.

Professional Development of Physical Education Teachers: 100 hours of professional development, continuing education hours or credits are required, but the local district decides the penalty (if any) for not fulfilling this requirement. The state also requires professional development for physical education teachers on physical education topics, comparable to other curricular areas. State funding is not provided for this professional development.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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New Mexico

Amount of Required Physical Education: New Mexico mandates physical education in grades K-12, but it does not require daily recess at the elementary school level (this is a local option). The state requires written mandates from the school districts that these requirements are being met. Due to a legislative appropriation, approximately 200 elementary schools have hired a licensed elementary physical education teacher to teach the program.

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

Substitutions: The state permit school districts to design elective courses to satisfy any of the specified credits required for graduation, including physical education. The local board must approve this process on a course-by-course basis that ultimately requires approval of the state secretary of education. There are no direct substitutions for physical education requirements.

Exemptions/Waivers: The state secretary of education may approve a district superintendent's request to waive the high school physical education graduation requirement for a student, provided the student has a permanent disability or chronic condition that limits physical activity, as noted by a physician.

State Standards: The state has developed its own standards for physical education, to which all school districts must comply. The K-12 Physical Education Content Standards with Benchmarks and Performance Standards were last revised in 2005. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school districts have the option of writing their own curriculum or using a commercial curriculum of their choice, as long as the curriculum aligns with the state's standards.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: The state does not recognize online physical education courses.

Student Assessment Requirements: The state requires student assessment in physical education in all grades 1-12. Use of assessment data is determined at the local level.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state has a state-standards-based assessment test for graduation, but physical education is not one of the subjects assessed.

Education Report Card: The state does not have an education report card for physical education.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credit requirements are determined at the local level.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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New York

Amount of Required Physical Education: New York mandates at least 120 minutes of physical education per week in grades K-6, but does not require daily recess. Students in grades K-3 must have daily physical education, and students in grades 4-6 must have physical education at least three times per week. The state also mandates at least 90 minutes per week of physical education in grades 7-12 and requires all schools, including high schools, to provide physical education to all students. At the secondary level, this must be provided at least three times per week in one semester and two times per week in the other semester.

High School Graduation Requirements: The state requires students to earn 2.0 physical education credits for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports for their required physical education credits. However, each student must first demonstrate appropriate levels of knowledge, skills and physical fitness.

Exemptions/Waivers: Exemptions are not allowed. However, a student who has completed all other requirements to graduate in less than eight semesters does not have to return to complete the remaining physical education requirement.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Learning Standards of New York State: Physical Education Learning Standards were last revised in 1996, and is currently cycling through reviews. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. School districts have the option of using any curriculum, including commercial options, which meet specific guidelines set by the state.

Class Size: The state does not specify a teacher-to-student ratio.

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 requires student assessment in physical education every year in

grades 1-12, evaluating performance of motor/movement skills, physical fitness levels, knowledge of physical education content, participation in physical activity outside of physical education class, and personal and social responsibility in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state has an optional, not required, comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state requires schools to collect students' BMI or height and weight, with results sent to the Department of Health. BMI collection is under the direction of school health services and not physical education. It is just being initiated for grades 2, 4, 7 and 10 and in public schools outside of New York City.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes under the direction and supervision of a certified physical education teacher. A licensure exam is required for certification.

Professional Development of Physical Education Teachers: New York has two certifications: Initial (must achieve a MS within five years of their BS); and Professional (continuously valid with completion of required professional development hours on a five-year professional-development cycle). For the latter, professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. State funding is not provided for this professional development.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state requires each school district to have a licensed physical educator serving as a PE coordinator. This coordinator must also have administrative certification.

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North Carolina

Amount of Required Physical Education: North Carolina mandates physical education in grades K-5 and healthful living education (physical education and health education) in grades 6-12, but it does not specify required days or minutes per week for elementary or middle schools. The state also requires one unit of healthful living education for high school graduation which includes one semester of physical education. Schools are expected to follow the North Carolina Standard Course of Study for healthful living, which includes teaching and learning of behaviors that contribute to a healthful lifestyle and improved quality of life for all students.

High School Graduation Requirements: A minimum of one credit of healthful living, which reflects both health education and physical education, is required for graduation from a North Carolina public high school.

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

Exemptions/Waivers: Local school districts may allow a waiver or exemption under special circumstances that prohibit a student from participating in physical activity.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The NC Standard Course of Study: Healthful Living was last revised in 2006. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. School districts have the option of selecting any curriculum, including commercial options, as long as it meets the objectives outlined in the standard course of study.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas

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 in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a required comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Teachers of health education must hold a health education K-12 teaching license (NC Teaching License 097 or 098); teachers of physical education must hold a physical education K-12 teacher license (NC 090). Elementary classroom teachers (generalists) may not teach required elementary school physical education classes. The PRAXIS exam is required for licensure. By June 30, 2010, a new dual license in health and physical education will be in effect.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. The state also requires professional development for physical education teachers on physical education topics, comparable to other curricular areas. All content areas (including physical education) require three CEUs out of the required 15 per renewal cycle to be in the teacher content area. No state funding is provided for this professional development.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing an ongoing higher level of pay to all teachers who are National Board-certified. North Carolina is home to more National Board-certified physical education teachers than any state. In North Carolina, there are more National Board-certified teachers in physical education than in any other content area.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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North Dakota

Amount of Required Physical Education: North Dakota mandates specific minutes of physical education per week in grades 1-6, varying per grade up to 119 minutes, and requires daily recess. The state also mandates at least 45 minutes per week of physical education in grades 6-8 and requires high schools to provide physical education to students.

High School Graduation Requirements: The state requires students to earn 0.5 physical education credits for graduation and 0.5 health credits for graduation. However, if 0.5 units in health is not an option in an individual school, then 1.0 unit in physical education is required for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute physical education specialized courses for their required physical education credit.

Exemptions/Waivers: Exemptions are not allowed.

State Standards: The state has developed its own standards for physical education, though school districts do not have to comply. The North Dakota PE Content and Achievement Standards were last revised in 2008, and are currently under review. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. School districts have the option of using commercial curriculum, including SPARK or CATCH.

Class Size: The state does not specify a teacher-to-student ratio.

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 in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a required comprehensive assessment test for graduation.

Education Report Card: The state does not have an education report card for each school.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may not teach required elementary school physical education classes.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to renew any North Dakota teaching teacher's certificate.

Temporary Certification: Temporary or emergency certification may be granted to teach physical education at the elementary or middle school/junior high school level to anyone holding a valid North Dakota teaching certificate.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Ohio

Amount of Required Physical Education: Ohio requires elementary, middle school/junior high and high schools to provide physical education to students. Recess is not required at the elementary school level. In grades K-8, schools are to provide physical education as a part of their course of study. Schools may assign instructional time in a manner that best meets the learning needs of their students. The school district or school shall provide every student with opportunities to acquire the knowledge and skills to meet local course of study objectives.

High School Graduation Requirements: The state requires students to earn 0.5 physical education credits (120 hours of course instruction) in order to meet the graduation requirement.

Substitutions: The state permits school districts the use of credit flexibility in order to earn physical education credit.

Exemptions/Waivers: Local school districts may allow a waiver.

State Standards: The state has developed its own standards for physical education. These standards may be used by local districts as a guide and reference in writing local curriculum. In December of 2007, the state board of education adopted the six NASPE standards as the foundation for the development of benchmarks and indicators. In June of 2009, the state board adopted the benchmarks and indicators along with the previously adopted standards which became the Ohio Academic Content Standards for Physical Education.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. School districts have the option of using commercial curriculum.

Class Size: The state does not specify a teacher-to-student ratio.

Online Physical Education Courses: The state allows online courses to earn physical education credit. Student eligibility for this option is approved by the local district.

Student Assessment Requirements: The state does not require student assessment in physical education. However, schools do perform assessments as determined at the local level for physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

State Comprehensive Assessment Test: The state has a required comprehensive assessment test for graduation, but physical education is not measured in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires licensure or certification of physical education teachers at the high school level. Physical education specialists may hold a P-12 license/certificate

or a 7-12 license/certificate and can teach the appropriate grade levels. Elementary classroom teachers (generalists) may teach K-8 physical education classes. A score of 152 on the PRAXIS exam is required in order to become a licensed physical education teacher. The state license must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher licensure or certification. No state funding is provided for this professional development.

National Board Certification (NBC): The state does not have funding and personnel to support teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Oklahoma

Amount of Required Physical Education: Oklahoma mandates at least 60 minutes of physical education per week in grades K-5 plus an additional 60 minutes of physical activity, and daily recess may be counted in this 60 additional minutes per week. The state also requires middle school/junior high and high schools to provide physical education to all students, which may include athletics. These mandates are enforced through annual accreditation reporting.

High School Graduation Requirements: The state does not specify physical education credits for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports, marching band, or cheerleading for their required physical education credit.

State Standards: The state has developed its own standards for physical education through Priority Academic Student Skills.

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas

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 in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol; however, a pilot program will be instituted in certain schools beginning with the 2010-2011 school year.

State Comprehensive Assessment Test: The state has an educational assessment test for graduation, but physical education is not included in this test.

Education Report Card: The state has an education report card for each school, and specific subject areas are rated individually. However, physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires physical education certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels.

Professional Development of Physical Education Teachers: No professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Oregon

Amount of Required Physical Education: The state requires high schools to provide physical education

to students. Oregon does not have a law mandating physical education minutes in grades K-8. However, House Bill 3141, passed in 2007 but not effective until 2017-18, will mandate minutes for K-8 students. Oregon is also collecting data on current levels of physical education minutes in grades K-8 (currently set by local districts) and assessing current school facilities. The state has also been providing districts with competitive grant money to hire physical education teachers to reach the minute requirements.

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

Substitutions: The state permits school districts or schools to allow students to substitute inter-scholastic sports and community sports for their required physical education credit. Each district develops its own policies and procedures for this process. It is on a student-by-student basis and is tied to Oregon's physical education standards.

Exemptions/Waivers: Oregon is a local control state. Each district's school board develops their own policies and procedures for granting student exemptions/waivers for physical education.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Oregon Physical Education Standards were last revised during the 2005-06 school year. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Since Oregon is a local control state, each district selects its own curricula either off the Oregon Board of Education's approved list or through an independent adoption process.

Class Size: The state does not mandate a teacher-to-student ratio.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses. Courses include comprehensive physical education (address all state or national standards); personal fitness/wellness; sports (e.g., golf); and weight training. Each district sets its own requirements for online physical education. Oregon's Distance Learning Charter schools also offer a variety of options for physical education. All online courses must be tied to Oregon's physical education standards.

Student Assessment Requirements: The state does not require student assessment in physical education. This is a local decision.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. For certification, teachers must take the PRAXIS exam and pass all three sections, achieving a composite score of 446. Certification must be renewed every three years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. The state also requires professional development for physical education teachers on physical education topics, comparable to other curricular areas. No state funding is provided for this professional development.

Temporary Certification: Temporary or emergency certification may be granted to teach physical education at the elementary, middle school/junior high and high school levels.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Pennsylvania

Amount of Required Physical Education: Pennsylvania mandates physical education in grades K-6, but it does not require daily recess. The state also mandates that middle school/junior high schools and high schools provide physical education to students. Planned instruction is mandated for every student every year in the primary (generally K-3) and intermediate (generally 4-6 but dependent on the district configuration) levels. Planned instruction must be provided to every student in the middle school program. It is not mandated every year. The local school district determines the grade level. Planned instruction must be provided to every student in the senior high school program. It is not mandated every year. The local school district determines the grade level and the number of minutes per week. These are local control issues.

High School Graduation Requirements: The state focuses on the standards rather than physical education credits for graduation. The state requires course completion and grades and the results of local assessments aligned to the academic standards.

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

Exemptions/Waivers: Exemptions are not allowed.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Academic Standards for Health, Safety and Physical Education were last revised in 2003. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. This is a local control issue. Local school districts have the option of using any curriculum, as long as the program aligns with the Pennsylvania state standards.

Class Size: The state does not mandate a teacher-to-student ratio.

Online Physical Education Courses: The state allows online courses for physical education credits but only Cyber Charter School students are eligible to take online courses. Currently, a course in comprehensive physical education (addressing all state or national standards) is offered online, and must be taught by a state-certified physical education teacher.

Student Assessment Requirements: Schools must have an assessment system in place to monitor progress on the standards. Results are used by school districts to determine progress on the Health, Safety and Physical Education Standards. The standard benchmarks are grades 3, 6, 9, and 12 but may be assessed earlier. Formative assessment is expected to be ongoing within the physical education class.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state does not have an education report card for each school.

Body Mass Index (BMI): The state requires schools to collect students' BMI or height and weight once per year in grades 1-12. Results are sent to the state as aggregate data for the school. Individual student results are sent to the parents or guardians with an explanation of the BMI, the BMI score, BMI classification and, if necessary, recommendations to further discuss the results with a family physician.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school phyhsical education classes within a self-contained classroom.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain one's health and physical education teacher certification. Teachers must obtain 180 hours of professional development over a five-year period. The state requires that professional development be provided in the area of assignment. Physical education teachers must be provided professional development on physical education topics, comparable to other curricular areas. A certification can become inactive if professional development requirements are not met. Upon completion of the professional development requirements the certification is reactivated. State funding is provided to the schools for professional development.

National Board Certification (NBC): The state actively encourages all teachers to become certified through the NBC process. Physical education, however, is not one of the priority disciplines.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Rhode Island

Amount of Required Physical Education: The state mandates physical education in elementary school, middle school/junior high school and high school. Rhode Island mandates an average of 100 minutes per week of health and physical education as required in the Rhode Island Rules and Regulations For School Health Programs and the Rhode Island Physical Education Framework. Recess, free play, and after-school activities are not counted as physical education.

High School Graduation Requirements: The state does not mandate the number of high school physical education credits that are required for a student to graduate.

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

Exemptions/Waivers: Exemptions are not allowed.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Rhode Island Physical Education Framework was last revised in 2003 and has been endorsed by the Rhode Island Board of Regents to guide physical education curriculum, instruction and assessment. According to the state law (RI 2008 Public Laws, Chapters 08-254 & 08-463), by September 2012, school physical education curricula must be aligned with the standards and performance indicators. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Local school systems have the option of using a commercial curriculum such as SPARK or CATCH.

Class Size: There is no state mandate regarding a maximum teacher-to-student ratio in elementary, middle school/junior high, or high school physical education classes.

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 in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state has a comprehensive assessment test for graduation, but physical education is not included in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may not teach required elementary school physical education classes. The PRAXIS II exam is required for certification. Certification must be renewed every three years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

Temporary Certification: Emergency certification may be granted for a 1-year period to teach physical education at the elementary, middle school/junior high and high school levels. Applicants for an emergency permit must meet the specific requirements of the Rhode Island Department of Education.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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South Carolina

Amount of Required Physical Education: South Carolina mandates at least 60 minutes of physical education per week in grades K-5, but it does not require daily recess. The state also mandates that high schools provide physical education to students. There is no requirement for middle school/junior high schools. Elementary schools must submit a survey and program assessment on these requirements. Middle schools must submit a program assessment. High schools are assessed by the School Administration Student Information (SASI, now POWERSCHOOL) atom (component) and submit to a program assessment.

High School Graduation Requirements: The state requires students to earn 1.0 physical education credit, including a 0.5 credit personal wellness course for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute JROTC for their required physical education credit.

Exemptions/Waivers: Exemptions are not allowed.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The South Carolina Academic Standards for Physical Education were last revised in 2008. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Commercial curricula may be used.

Class Size: The state mandates a 40:1 student-to-teacher ratio, which is not comparable to other curricular areas.

Online Physical Education Courses: Physical education credits may be earned through online physical education courses. The following are currently offered online: comprehensive physical education (addresses all state or national standards), personal fitness/wellness, sports (e.g., golf), and weight training. All students are eligible.

Student Assessment Requirements: The state requires student assessment in physical education in grades 2, 5, 8 and 9. Students' performance of motor/movement skills, physical fitness levels, knowledge of physical education content and participation in physical activity outside of physical education class are assessed. Results are used to evaluate program effectiveness.

Fitness Testing: The state requires the use of FITNESSGRAM in the South Carolina Physical Education Assessment and FITNESSGRAM reports are sent to parents or guardians of students in grades 5, 8 and high school.

State Comprehensive Assessment Test: The state has a comprehensive assessment test for graduation, but physical education achievement is not measured in this test.

Education Report Card: The state has an education report card for each school, and physical education is included as one of the subject areas.

Body Mass Index (BMI): The state requires schools to collect body composition, students' BMI or height and weight once per year in grades 5, 8 and 9. Individual student results are sent to parents or guardians in a FITNESSGRAM/ACTIVITYGRAM.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may not teach required elementary school physical education classes. Grades of 146 on content knowledge and 160 on the video portion of the PRAXIS II exam are required for certification, which must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development, continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

Temporary Certification: Temporary or emergency certification may be granted to teach at the elementary, middle school/junior high school or high school level to anyone completing the Program of Alternative Certification for Educators program. This certification is valid for three years.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing partial funding if the teacher receives board certification, and provide an on-going higher level of pay to all teachers who are National Board-certified.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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South Dakota

Amount of Required Physical Education: The state does not mandate physical education in elementary school or middle school/junior high school. The state mandates physical education or health education in high school, but it does not specify the grade or year of participation during a student's high school tenure.

High School Graduation Requirements: The state requires students to earn 0.5 physical education credits for graduation.

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

Exemptions/Waivers: Exemptions are not allowed.

State Standards: The state has developed its own standards for physical education. The South Dakota Physical Education Standards were last revised in 2000. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Commercial curricula may be used by local districts.

Class Size: The state does not mandate a teacher-to-student ratio for physical education classes.

Online Physical Education Courses: The state allows online courses, which currently include comprehensive physical education (addressing all state or national standards) and personal fitness/wellness. The courses are taught by state-certified physical education teachers. Students must request permission and be approved to take online courses.

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

State Comprehensive Assessment Test: The state does not have a required comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may not teach required elementary school PE classes. A score of 140 on the PRAXIS and PRAXIS II exams are required for certification. The certification must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing full funding if the teacher receives board certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Tennessee

Amount of Required Physical Education: Tennessee mandates health and physical education in grades K-8 through Minimum Rules and Regulations from the State Board of Education (see other notes below). Additionally, the state mandates 0.5 credits of physical education in high school, but it does not specify the grade or year of participation during a student's high school tenure. There are no state-mandated time requirements for physical education. However, each local education agency must integrate a minimum of 90 minutes of physical activity per week into the instructional school day for elementary and secondary school students.

High School Graduation Requirements: The state requires students to earn 0.5 physical education credits for graduation. Students must also complete a 1.0 credit personal wellness course, Lifetime Wellness. The course must be based on the state curriculum standards and must integrate concepts from the areas of health and physical fitness.

Substitutions: Participation in marching band and interscholastic athletics may not be substituted for this requirement. Credit earned in two years of JROTC may be substituted for the wellness requirement provided the local board of education has complied with the requirements of the state board of education

Exemptions/Waivers: Exemptions and waivers are not allowed.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. These were last revised in 2008. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Commercial curricula, including SPARK, CATCH, and Michigan Model, may be used by local districts.

Class Size: Maximum class size for physical education must be the same as other academic subject classes.

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

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state has a required comprehensive assessment test for graduation, but physical education is not measured in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state requires schools to collect students' BMI or height and weight once per year in grades 2, 4, 6, 8 and 9. Results are sent to the state as congregate data for the school district and this information is shared publically. Individual student results are sent to each student's parents or guardians, along with a written screening guide explaining the results.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may not teach required elementary school physical education classes. The PRAXIS exam is required for certification.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. State funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification to teach physical education may be granted for up to one year to anyone holding a bachelor's degree in any subject area.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator. The department of education is required to hire a school health coordinator and specialist in physical education through the Coordinated School Health Program.

Other Notes: The only requirements/guidelines for physical education in elementary and middle school are found in the Minimum Rules and Regulations from the State Board of Education: Health and Physical Education, Grades K-8. The health education and physical education programs, provided annually, must be based on state curriculum standards and be developmentally appropriate with instruction focusing on activities which will promote good health habits and enhance physical fitness.

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Texas

Amount of Required Physical Education: Texas mandates physical education Texas Essential Knowledge and Skills (TEKS)-based instruction to be

offered at each elementary and middle school grade level, but the format is flexible. The state also requires that high schools provide their students with physical education.

Texas mandates at least 135 minutes of moderate or vigorous structured physical activity per week in elementary school (grades K-5, or K-6, depending on the district), but it does not require daily recess. Full day kindergarten students, and to the extent practicable, PK students in half day programs, are to participate in moderate or vigorous physical activity for 30 minutes each day. The state also mandates at least 30 minutes per day of structured moderate-to-vigorous structured physical activity in junior high (grades 6-8 or 7-8, depending on the district).

With the exception of kindergarten, physical activity may or may not be included in the physical education curriculum. However, starting in 2010, school districts are required to ensure that at least 50% of the physical education class includes actual physical activity.

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

Substitutions: The state permits school districts or schools to allow students to substitute inter-scholastic sports, community sports, JROTC, marching band, cheerleading, drill team, any athletic team participation for their required physical education credit.

Exemptions/Waivers: The state board of education approves substitutions, not exemptions or waivers. School districts must request approval from the state commissioner of education for off-campus physical education substitutions. Local school districts make decisions to determine which courses and activities meet state guidelines and grant substitutions or equivalency credits as needed.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Texas Essential Knowledge and Skills (TEKS) were last revised in 1998. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. However, all curricula must be sequential, developmentally appropriate, and designed, implemented and evaluated to enable students to develop the motor, self-management, and other skills, knowledge, attitudes and confidence necessary to participate in physical activity throughout life. Each school district must also establish specific objectives and goals the district intends to accomplish through the physical education curriculum. Local school systems have the option of using the CATCH commercial curriculum.

Class Size: The state specifies a student-to-teacher ratio of 45:1 for physical education classes, which is not comparable to other curricular areas.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses. Foundations of Personal Fitness, a course on personal fitness and wellness, is open to students who request permission and are approved to take online courses. All online courses provided through the TxVSN must be taught by teachers with Texas certification in the course subject area and grade level.

Student Assessment Requirements: The state requires student assessment in physical fitness every year starting in grade 3 and continuing through grade 12. Physical fitness levels are measured and results are sent to the state as congregate data for the district and may be shared publicly. Individual student results are sent to parents or guardians. The data may also be used for research studies.

Fitness Testing: The state requires school districts/schools to assess students' physical fitness levels using the FITNESSGRAM.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

State Comprehensive Assessment Test: The state has a comprehensive assessment test for graduation, but physical education is not measured in this test.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state requires schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school PE classes. Evidence of "necessary skills and knowledge" must be documented through in-service records, seminar attendance records, or transcripts of college courses. Teachers certified in other course content areas may elect to take a required exam for PE certification.

Temporary Certification: Temporary/emergency teacher certification to teach physical education is available.

Professional Development of Physical Education Teachers: No professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Utah

Amount of Required Physical Education: Utah mandates physical education in grades K-6, but it does not require daily recess. The state also mandates a minimum of 225+ minutes per week of physical education in grades 7-8 and a minimum of 225+ minutes per week for three years in high school.

High School Graduation Requirements: The state requires students to earn 1.5 physical education credits for graduation, which includes a 0.5 credit personal wellness course, Fitness for Life. Students are also required to complete a 0.5 credit Health Education course.

Substitutions: The state permits school districts or schools to allow students to substitute two seasons of interscholastic sports participation for a one-time, 0.5 physical education credit. Substitutions for the Fitness for Life requirement are not permitted.

Exemptions/Waivers: Exemptions are governed by state core curriculum guidelines and may be granted only for medical reasons as outlined in writing by a physician.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. This is called the Utah State Office of Education Physical Education Core Curriculum, with the elementary school version last revised in 2008 and secondary version last revised in 2007. [See State Standards for Physical Education chart for details.]

State Curriculum: The state requires the use of specific curricula for elementary, middle school/junior high and high school physical education, all of which contain a technology component. The elementary school curriculum specifically prohibits dodge ball as physical education or activity. Local school systems also have the option of using a commercial curriculum.

Class Size: The state mandates a 40:1 student-to-teacher ratio, which is not comparable to other curricular areas.

Online Physical Education Courses: The state allows required physical education credits to be earned through online physical education courses. A course in personal fitness and wellness is currently offered. All students are eligible to take online courses, which are taught only by state-certified physical education teachers.

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state recommends the use of FITNESSGRAM for school districts/schools which assess students' physical fitness levels.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. A score of 152 on the PRAXIS exam is required for certification. This certification must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. State funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification to teach physical education is available in middle school/junior high and high school. This may be granted for up to two years to anyone holding a bachelor's degree in any subject area and who have earned a minimum of nine hours of physical education credit.

National Board Certification (NBC): The state does not actively encourage physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Vermont

Amount of Required Physical Education: Vermont mandates physical education in grades K-12, but it does not require daily recess at the elementary school level.

High School Graduation Requirements: The state requires students to earn 1.5 physical education credits for graduation.

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

Exemptions/Waivers: The state oversees exemptions and waivers, but there are currently none on file. The length of the waiver depends on the individual proposal submitted.

State Standards: The state has developed its own standards for physical education, which are to be addressed and assessed in all school districts. The Grade Expectations for Vermont's Framework of Standards and Learning Opportunities–Physical Education were last revised in 2004. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school systems have the option of using a commercial curriculum; the state does not collect information on what, if any, commercial curricula are used.

Class Size: The state does not mandate a teacher-to-student ratio.

Online Physical Education Courses: The state does not have a position on whether physical education credits may be earned through online physical education courses. This is a local decision.

Student Assessment Requirements: The state requires student assessment in physical education every year in grades 1-12. Performance of motor/movement skills, physical fitness levels, knowledge of physical education content, participation in physical activity outside of physical education class, and personal and social responsibility in physical education are assessed. Data use is determined by the local school.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: Fitness standards are to be addressed and assessed as part of the 1.5 credits required for graduation. No additional fitness assessment or specific curriculum is required.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may not teach required elementary school physical education classes. All Vermont education licensure candidates must pass each of three pre-professional skills tests (PRAXIS I). In addition, a score of 147 on the 0091 (multiple choice) section or 154 on the 0092 (essay) section of the PRAXIS II physical education exam is required for certification.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. The state offers (but does not require) professional development for physical education teachers on physical education topics, comparable to other curricular areas. No state funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification to teach physical education may be granted for up to one year to anyone holding a bachelor's degree in any subject area.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Virginia

Amount of Required Physical Education: Virginia mandates physical education in grades K-7, and requires daily recess in elementary school. The state requires all school districts to implement a minimum of 150 minutes of physical activity each week for elementary students, but this may be any combination of physical education classes, extracurricular athletics, or other programs and physical activities deemed appropriate by the local school board.

The state also requires that high schools provide students with physical education. These rules are enforced through the Code of Virginia and Board Regulations.

High School Graduation Requirements: The state requires students to earn 2.0 physical education credits for graduation, with 1.0 credit given per school year.

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

Exemptions/Waivers: Exemptions are not allowed.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The Physical Education Standards of Learning for Virginia Public Schools were last revised in 2008. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education. Local school systems have the option of using a commercial curriculum of their choice.

Class Size: The state mandates a teacher-to-student ratio, but it is not comparable to other curricular areas.

Online Physical Education Courses: The state allows required physical education credits to be earned through online courses. Content must align with the Physical Education Standards of Learning for Virginia Public Schools. The courses are a local decision, developed by individual school divisions.

Student Assessment Requirements: The state requires student assessment in physical education every year in grades 1-12. Results are sent to the state as congregate data for the school, and individual results are sent to each student's parent or guardian. The assessment measures performance of motor/movement skills, physical fitness levels, knowledge of physical education content, participation in physical activity outside of physical education class and personal and social responsibility in physical education.

Fitness Testing: The state requires school districts/schools to assess students' physical fitness levels using the FITNESSGRAM.

Grade Point Average (GPA): Physical education grades are included in a student's overall GPA.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. The PRAXIS exam is required for certification, which must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. The state also requires professional development for physical education teachers on physical education topics, comparable to other curricular areas. No state funding is provided for this professional development.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing or facilitating mentoring for teachers going through the process, and providing partial funding if the teacher receives board certification. The local schools may also provide further incentives.

District Physical Education Coordinator: The state requires each school district to have a licensed physical educator serving as a PE coordinator.

Other Notes: The state is currently developing a state specific physical fitness test, curriculum guide, and new quality physical education standards to include adapted physical education.

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Washington

Amount of Required Physical Education: Washington mandates an average of 100 minutes of physical education per week in grades K-6, but it does not require daily recess. The state also mandates an average of 100 minutes per week of physical education in grades 7-8 and 2.0 credits in high school.

High School Graduation Requirements: The state requires students to earn 2.0 health and fitness education credits for graduation.

Substitutions: The state permits school districts or schools to allow students to substitute participation in directed athletics or military science and tactics for their required physical education credit.

Exemptions/Waivers: The state permits school districts or schools to exempt students from participating in physical education due to physical disability, employment or religious belief.

State Standards: The state has developed its own standards for physical education. The Essential Academic Learning Requirements have a health and fitness section which provide Health and Fitness Grade Level Expectations, describing what students should know and be able to do from grade to grade. This section was last revised in 2008. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high or high school physical education.

Class Size: The state does not mandate a teacher-to-student ratio.

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

Student Assessment Requirements: The state requires student assessment in physical education and school districts must report to the state whether they have met this requirement.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state does not have an education report card for each school.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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West Virginia

Amount of Required Physical Education: West Virginia mandates at least 90 minutes of physical education per week in grades K-6, but it does not require daily recess. The state also mandates physical education in grades 7-8, although it does not specify minutes per week, and requires high schools to provide their students with physical education.

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

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

Exemptions/Waivers: Exemptions and waivers may be granted by either the West Virginia Department of Education Office of Healthy Schools or the Governor's Healthy Lifestyles Committee. The exemption is valid for a one-year period.

State Standards: The state has developed its own standards for physical education, with which all school districts must comply. The 21st Century Physical Education 5-12 Content Standards and Objectives were last revised in July 2008. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Use of a commercial curriculum is not permitted.

Class Size: The state mandates a teacher-to-student ratio comparable to other curricular areas

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 requires student assessment in physical education in grades 4-9. Results are sent to the state as congregate data for the school. Congregate data for the school district are shared publicly and data may be used for research studies. The assessment measures performance of motor and movement skills and physical fitness levels.

Fitness Testing: The state requires school districts/schools to assess students' physical fitness levels using the FITNESSGRAM.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state does not have an education report card for each school.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. An exam is required for certification, which must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. No state funding is provided for this professional development.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing or facilitating mentoring for teachers going through the process, providing full funding if 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 does not require each school district to have a licensed physical educator serving as a PE coordinator.

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Wisconsin

Amount of Required Physical Education: Wisconsin mandates physical education in grades K-6, and requires daily recess throughout elementary school. The state also mandates physical education in grades 7-12 and requires high schools to provide their students with physical education. These directives are enforced through the Content and Learning Requirements.

High School Graduation Requirements: The state requires students to earn 1.5 physical education credits for graduation.

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

Exemptions/Waivers: Exemptions and waivers are not permitted.

State Standards: The state has developed its own standards for physical education, though school districts do not have to comply. The Wisconsin Model Academic

Standards for Physical Education were last revised in 2010. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. Use of the SPARK commercial curriculum is permitted.

Class Size: The state does not mandate a teacher-to-student ratio.

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 in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state does not have an education report card for each school.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes under the direction of a certified or licensed physical education teacher. A PRAXIS exam is required for certification, with the minimum passing score determined by each certifying school of higher education. Certification must be renewed every five years.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required in order to maintain/renew one's physical education teacher certification or licensure. The state also requires professional development for physical education teachers on physical education topics, comparable to other curricular areas. No state funding is provided for this professional development.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing partial funding if the teacher receives board certification, providing a one-time monetary bonus if the teacher receives board certification, and providing one or more forms of non-monetary recognition for National Board-certified teachers.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

Other Notes: There is currently a bill before the legislature that would mandate every school do the PACER or mile run, and submit that data for comparison purposes to improve classroom instruction.

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Wyoming

Amount of Required Physical Education: Wyoming is a "local control" state and, as such, the state does not have the legal right to require curriculum, testing or other mandates in physical education. However, every district in the state requires physical education and has a districtwide assessment system, including common assessments that all students must complete.

High School Graduation Requirements: Although physical education (as a class) is not mandated by state law, graduation standards in physical education are required. The standards can be met in a variety of ways, including physical education class. The state requires districts to submit a "body of evidence" assessment plan to show that students meet proficiency in standards.

Substitutions: School districts or schools have the authority to allow students to substitute other activities for their required physical education credit.

Exemptions/Waivers: Local school districts determine requirements and waivers.

State Standards: The state has developed its own standards for physical education, with which school districts must comply. (All school districts must have standards that align with the state standards; thus, districts must comply either by adopting the state standards or by aligning their standards with the state standards.) The Wyoming Content and Performance Standards in Physical Education were last revised in 2008; the next revision will begin later in 2010 and conclude in 2012. [See State Standards for Physical Education chart for details.]

State Curriculum: The state does not require the use of specific curricula for elementary, middle school/junior high and high school physical education. All curricula are determined by the local districts.

Class Size: The state does not mandate a teacher-to-student ratio.

Online Physical Education Courses: Local districts determine whether physical education credits can be earned through online physical education courses.

Student Assessment Requirements: Each district is required to have a plan that documents the assessment process and the results. This districtwide plan includes common assessments that all students must complete.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.

Education Report Card: The state has an education report card for each school, but physical education is not included as one of the subject areas.

Body Mass Index (BMI): The state does not require schools to collect students' BMI or height and weight.

Certification/Licensure of Physical Education Teachers: The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels, which must be renewed every five years. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. A PRAXIS exam is required for initial certification for generalists.

Professional Development of Physical Education Teachers: Professional development continuing education hours or credits are required to maintain/renew one's physical education teacher certification or licensure. The back of a license or permit may state that renewal credits must meet certain professional-development requirements in content-specific areas such as physical education. No state funding is provided for this professional development.

Temporary Certification: Temporary/emergency teacher certification to teach physical education may be granted for up to one year to anyone holding a bachelor's degree in teaching or education.

National Board Certification (NBC): The state actively encourages physical education teachers to become certified through the NBC process by providing partial funding for teachers going through the process and providing an ongoing higher level of pay to all teachers who are National Board-certified.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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State Standards for Physical Education

The following 48 states and the District of Columbia reported that they have developed their own state standards for physical education. The chart below indicates what areas are covered by those standards. Iowa and Minnesota do not have state standards for physical education. Alaska has developed standards but they have not yet been adopted.

	Does the state have its own standards for physical education?	What is the name of the state standards publication?	last revised	Development of motor/movement skills	Knowledge and application of movement concepts, principles, strategies, tactics	Regular participation in physical activity	Development/maintenance of physical fitness	Personal and social responsibility	Valuing physical activity	Other areas
Alabama	Y	Alabama Course of Study: Physical Education	2009	•	•	•	•	•	•	
Alaska	N	Alaska Physical Education Standards	DRAFT 3/2010	•	•	•	•	•	•	
Arizona	Y	Arizona Physical Education Standards (2009)	2009	•	•	•	•	•	•	Address the use of physical activity as punishment
Arkansas	Y	Arkansas Physical Education and Health & Safety Curriculum Frameworks	2005	•	•	•	•	•	•	benefits of lifetime sports and recreation
California	Y	Physical Education Model Content Standards for California Public Schools	2009	•	•	•	•	•	•	
Colorado	Y	Colorado Comprehensive Health and Physical Education Standards	2010	•	•	•	•	•		
Connecticut	Y	Healthy and Balanced Living Curriculum Framework for Comprehensive School Health Education and Comprehensive Physical Education	2006	•	•	•	•	•	•	
Delaware	Y	Delaware Standards and Frameworks for Physical Education	2007	•	•	•	•	•	•	
District of Columbia	Y	D.C. Public Schools Health and Physical Education Standards	2007	•	•	•	•	•	•	
Florida	Y	Next Generation Sunshine State Standards for Physical Education	2008	•	•	•	•	•	•	
Georgia	Y	Georgia Performance Standards for Physical Education	2009	•	•	•	•	•	•	

	Does the state have its own standards for physical education?	What is the name of the state standards publication?	last revised	Development of motor/movement skills	Knowledge and application of movement concepts, principles, strategies, tactics	Regular participation in physical activity	Development/maintenance of physical fitness	Personal and social responsibility	Valuing physical activity	Other areas
Hawaii	Y	Hawaii Content and Performance Standards III for Physical Education	2005	•	•	•	•	•	•	
Idaho	Y	Idaho Content Standards for Physical Education	2010	•	•	•	•	•	•	
Illinois	Y	Illinois Learning Standards	1996	•	•	•	•	•	•	
Indiana	Y	Indiana Academic Standards	2008	•	•	•	•	•	•	
Iowa	N									
Kansas	Y	Kansas Model Curriculum Standards for Physical Education	2006	•	•	•	•	•	•	
Kentucky	Y	Kentucky Practical Living and Vocational Studies Standards	2006	•	•	•	•	•	•	
Louisiana	Y	Louisiana Physical Education Content Standards Bulletin 102	2009	•	•	•	•	•	•	
Maine	Y	The 2007 Maine Learning Results: Parameters For Essential Instruction	2007	•	•	•	•	•		Cooperative and Responsible Behaviors
Maryland	Y	Maryland State Curriculum for Physical Education	2009	•	•	•	•	•		
Massachu-setts	Y	Massachusetts Comprehensive Health Curriculum Frameworks	1999	•	•	•	•	•	•	
Michigan	Y	Physical Education Content Standards and Benchmarks	2007	•	•	•	•	•	•	
Minnesota	N									
Mississippi	Y	Mississippi Physical Education Framework	2006	•	•	•	•	•	•	
Missouri	Y	Show-Me Standards and Curriculum Framework	2007	•	•	•	•	•		Injury prevention, individual and team sports
Montana	Y	Montana Health Enhancement K-12 Content and Performance Standards	2001	•	•	•	•	•	•	
Nebraska	Y	Nebraska Physical Education Essential Learnings	2006	•	•	•	•	•	•	
Nevada	Y	Physical Education Content Standards	2000	•	•	•	•	•		Understanding of dance through skills, techniques, choreogra-phy, and as a form of

	Does the state have its own standards for physical education?	What is the name of the state standards publication?	last revised	Development of motor/movement skills	Knowledge and application of movement concepts, principles, strategies, tactics	Regular participation in physical activity	Development/maintenance of physical fitness	Personal and social responsibility	Valuing physical activity	Other areas
										communication.
New Hampshire	Y	New Hampshire K-12 Physical Education Curriculum Guidelines	2005	•	•	•	•	•	•	
New Jersey	Y	New Jersey Core Curriculum Content Standards for Comprehensive Health and Physical Education	2009	•	•	•	•	•		
New Mexico	Y	New Mexico Physical Education Contents Standards with Benchmarks and Performance Standards	2005	•	•	•	•	•	•	
New York	Y	Learning Standards of New York State: Physical Education Learning Standards	1996	•	•	•	•	•	•	
North Carolina	Y	NC Healthful Living Standard Course of Study	2006	•	•	•	•	•	•	
North Dakota	Y	North Dakota Content and Standards for PE	2008	•	•	•	•	•	•	Fitness Concepts
Ohio	Y	Ohio PE Academic Content Standards	2009	•	•	•	•	•	•	
Oklahoma	Y	Priority Academic Student Skills: Health, Safety and Physical Education	2003	•	•	•	•	•	•	
Oregon	Y	Oregon Physical Education Standards	2006	•	•		•	•	•	
Pennsylvania	Y	Academic Standards for Health, Safety and Physical Education	2003	•	•	•	•	•	•	Health Concepts Safety
Rhode Island	Y	The Rhode Island Physical Education Framework	2003	•	•	•	•	•	•	
South Carolina	Y	South Carolina Academic Standards for Physical Education	2008	•	•	•	•	•	•	
South Dakota	Y	South Dakota Physical Education Standards	2000	•	•		•	•	•	
Tennessee	Y	Tennessee K-12 Physical Education Curriculum Standards	2008	•	•	•	•	•	•	
Texas	Y	Texas Essential Knowledge and Skills (TEKS)	1998	•	•	•		•	•	
Utah	Y	Utah State Office of Education Physical Education Core Curriculum	Elementary 2008, Secondary 2007	•	•	•	•	•	•	

	Does the state have its own standards for physical education?	What is the name of the state standards publication?	last revised	Development of motor/movement skills	Knowledge and application of movement concepts, principles, strategies, tactics	Regular participation in physical activity	Development/maintenance of physical fitness	Personal and social responsibility	Valuing physical activity	Other areas
Vermont	Y	Grade Expectations for Vermont's Framework of Standards and Learning Opportunities–Physical Education	2004	•	•	•	•	•	•	
Virginia	Y	Physical Education Standards of Learning for Virginia Public Schools	2008	•	•	•	•	•	•	
Washington	Y	Essential Academic Learning Requirements	2008	•	•	•	•	•	•	
West Virginia	Y	21st Century Physical Education 5-12 Content Standards and Objectives	2008	•	•	•	•	•	•	Technology Prek-12 Wellness Prek-4
Wisconsin	Y	Wisconsin Model Academic Standards Physical Education	2010	•	•	•	•	•	•	Strategies to address the varied learner (adapted)
Wyoming	Y	Wyoming Content and Performance Standards in Physical Education	2008	•	•	•	•	•	•	

State Requirements

for Teacher Certification/Licensure in Physical Education

State	The state requires certification/licensure of physical education teachers in elementary	The state requires certification/licensure of physical education teachers in junior high	The state requires certification/licensure of physical education teachers in high school	The state allows elementary classroom teachers (generalists) to teach required elementary school physical education	How often must the physical education teacher certification/licensure be renewed?	The state grants temporary/emergency certificates to teach physical education in elementary school	The state grants temporary/emergency certificates to teach physical education in middle/junior high school	The state grants temporary/emergency certificates to teach physical education in high school	State has a minimum requirement for receiving a temporary/emergency certificate	Time that s temporary/emergency certificate is valid
AL	•	•	•	•	More than 5 years					
AK										
AZ	•	•	•	•		•	•	•	•	1 year
AR		•	•		5 years	•	•	•	•	1 year
CA	•	•	•	•		•	•	•	•	1 year
CO				•	5 years	•	•	•	•	1 year
CT	•	•	•		5 years	•	•	•	•	Less than 1 year
DE	•	•	•		5 years	•	•	•	•	3 years
DC										
FL			•	•	5 years	•	•	•	•	2 years
GA	•	•	•		5 years	•	•	•	•	1 year
HI	•	•	•	•	5 years					
ID			•	•	5 years	•	•	•		
IL	•	•	•	•						
IN	•	•	•	•	5 years	•	•	•	•	1 year
IA	•	•	•	•	5 years	•	•	•	•	2 years
KS	•	•	•	•	5 years	•	•	•	•	Less than 1 year
KY	•	•	•							
LA		•	•	•	Less than 3 years		•	•	•	1 year
ME	•	•	•		5 years	•	•	•	•	1 year
MD	•	•	•		5 years					
MA	•	•	•							

State	The state requires certification/licensure of physical education teachers in elementary	The state requires requires certification/licensure of physical education teachers in junior high	The state requires certification/licensure of physical education teachers in high school	The state allows elementary classroom teachers (generalists) to teach required elementary school physical education	How often must the physical education teacher certification/licensure be renewed?	The state grants temporary/emergency certificates to teach physical education in elementary school	The state grants temporary/emergency certificates to teach physical education in middle/junior high school	The state grants temporary/emergency certificates to teach physical education in high school	State has a minimum requirement for receiving a temporary/emergency certificate	Time that s temporary/emergency certificate is valid
MI	•	•	•	•	5 years		•	•	•	1 year
MN	•	•	•	•	5 years	•	•	•	•	3 years
MS			•	•	5 years	•	•		•	1 year
MO	•	•	•		More than 5 years	•	•	•	•	2 years
MT	•	•	•	•	5 years	•	•	•	•	1 year
NE	•	•	•	•						
NV	•	•	•	•	5 years	•	•	•		
NH	•	•	•		3 years					
NJ	•	•	•	•						
NM	•	•	•	•						
NY		•	•	•	5 years					
NC	•	•	•		5 years					
ND	•	•	•			•	•	•	•	
OH			•	•	5 years					
OK	•	•	•							
OR		•	•	•	3 years	•	•	•		
PA	•	•	•	•						
RI	•	•	•		3 years	•	•	•	•	1 year
SC	•	•	•		More than 5 years	•	•	•	•	3 years
SD	•	•	•		5 years					
TN	•	•	•			•	•	•	•	1 year
TX	•	•	•	•		•	•	•		
UT	•	•	•	•	5 years		•	•	•	2 years
VT	•	•	•			•	•	•	•	1 year
VA	•	•	•	•	5 years					
WA	•	•	•							
WV	•	•	•	•	5 years					
WI	•	•	•	•	5 years					
WY	•	•	•		More than 5 years	•	•	•	•	1 year
Total	39	43	47	29		26	29	28		

State Requirements

for Student Assessment in Physical Education

The following states responded that they require student assessment in physical education. The chart below indicates the areas in which student assessment is required.

	Performance of motor/movement skills	Physical fitness levels	Knowledge of physical education content	Participation in physical activity outside of P.E. class	Personal and social responsibility in physical education	Other physical education content areas
AL		•				
AR	•	•				
CA		•				
DE		•				
HI*						
ME	•	•	•		•	
MS		•				
MO		•				
NH*						
NM	•	•	•	•	•	•
NY	•	•	•	•	•	
PA	•		•		•	•
SC	•	•	•	•		
TX		•				
VT	•	•	•	•	•	
VA	•	•	•	•	•	
WA*						
WV	•	•				
WY*						

*Indicated that a student assessment is required, but did not indicate the areas assessed.

Appendix A

National Standards and Guidelines for K-12 Physical Education

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

There are four essential elements of quality physical education:

1. Opportunity to Learn:

- Instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and high school)
- Qualified physical education teachers providing a developmentally appropriate program
- Teacher/student ratio in physical education no greater than 1:25 (elementary) and (1:30 middle/high) for optimal instruction (similar to other classroom settings)
- Adequate equipment and facilities for all students to be active at the same time

2. Appropriate Instruction:

- Use of instructional strategies that provide meaningful inclusion of all students regardless of skill or fitness level, gender, race or ethnic group
- Maximum participation and ample practice opportunities for class activities
- Well-designed lessons that facilitate student learning
- Out of school assignments that support learning and practice of learned skills
- Appropriate discipline and class management (physical activity should never be used as punishment)
- Use of regular assessment to monitor and reinforce student learning

3. Meaningful Content:

- Instruction in a variety of motor skills that are designed to enhance the physical, mental, and social/emotional development of every child
- Fitness education and assessment to help children understand, improve and/or maintain their physical well-being
- Development of cognitive concepts about motor skill and fitness
- Opportunities to improve emerging social and cooperative skills through physical activity and gain a multicultural perspective
- Promotion of recommended amounts of physical activity now and throughout life

4. Student and Program Assessment:

- Assessment is an ongoing, vital part of the physical education program
- Formative and summative assessment of student progress
- Student assessments align with state/national physical education standards and the written physical education curriculum
- Assessment of program elements that support quality physical education
- Stakeholders periodically evaluate the total physical education program effectiveness

How do we decide what is worth teaching and learning in physical education? The National Standards for Physical Education define student learning. As national consensus statements about what a student should "know and be able to do," they provide a basis for instruction, student assessment, and evaluation of programs at local, district, state, and national levels.

Learning is most effective when learning goals (content standards) match both assessment and instructional practices. When the information gathered through assessment is consistent with learning goals and is used appropriately to guide teaching, it can enhance learning as well as document it. This is known as instructionally aligned physical education and is the foundation for a quality physical education program.

Even the best research-based curriculum and instructional plan cannot be fully effective without a supportive

environment. The elements of "opportunity to learn" are policies and practices that make it possible to provide a quality program. Such elements include certified physical education teachers, adequate time, and safe facilities and equipment.

The National Association for Sport and Physical Education (NASPE), the only national professional association for K-12 physical educators, has developed national standards and guidelines for quality physical education through a national consensus process. The resulting documents are listed below:

National Standards for Physical Education

Moving into the Future: National Standards for Physical Education, 2nd Edition (NASPE, 2004)

A physically educated person:

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities

Standard 2: Demonstrates understanding of movement concepts, principals, strategies, and tactics as they apply to the learning and performance of physical activities

Standard 3: Participates regularly in physical activity

Standard 4: Achieves and maintains a health-enhancing level of physical fitness

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction

National Guidelines for Appropriate Instruction

Appropriate Instructional Practice Guidelines for Elementary School Physical Education, 3rd Edition (NASPE, 2009)

Appropriate Instructional Practice Guidelines for Middle School Physical Education, 3rd Edition (NASPE, 2009)

Appropriate Instructional Practice Guidelines for High School Physical Education, 3rd Edition (NASPE, 2009)

National Standards for Opportunity to Learn

Opportunity to Learn Guidelines for Elementary School Physical Education, 3rd Edition (NASPE, 2009)

Opportunity to Learn Guidelines for Middle School Physical Education, 3rd Edition (NASPE, 2009)

Opportunity to Learn Guidelines for High School Physical Education, 3rd Edition (NASPE, 2009)

Appendix B

Federal Legislation Impacting Physical Education

NASPE and AHA support a national public policy agenda that promotes comprehensive K-12 education by increasing the quality and quantity of physical education and sport opportunities available to all children in the United States. Our key areas of focus are the following:

Elementary and Secondary Education Act (ESEA):

Including the FIT Kids Act (S. 634/H.R. 1585) in ESEA reauthorization

AHA and NASPE advocate for passage of the Fitness Integrated with Teaching Kids Act (FIT Kids Act). This legislation would amend ESEA to support quality physical education and physical activity for all public school children and ensure they receive important health and nutrition information.

Proposed changes would:

- Require all schools, districts and states to report on quantity and quality of physical education;
- Amend existing school programs to integrate physical activity and wellness throughout the school day;
- Support professional development on health education and physical education, and provide information on ways to promote healthy lifestyles and physical activity in the classroom setting; and
- Fund a study to examine the impact of health and physical activity on student achievement and finding effective ways to increase physical activity during the school day.

Passage of this bipartisan bill will help address the childhood obesity epidemic by ensuring that our children are active throughout the school day, and that they learn how to be personally responsible for their health through exercise and a healthy diet.

Increase federal funding for the Carol M White Physical Education Program (PEP)

Authorized through the ESEA and administered by the U.S. Department of Education, the Carol M White Physical Education Program (PEP) provides funding through grants to local education agencies and community-based organizations to support the initiation, expansion and improvement of physical education programs (including after-school programs).

The PEP grants may fund training and education of teachers and staff, curricula and equipment to enable students to participate in physical education activities. However, only about 10% of applicants are able to receive grants because of limited funding. NASPE and AHA support increasing funding levels to enable more school districts to receive grants for improving their physical education programs.

Including the HELP Schools Act/NEW Schools Act in Reauthorization of the Child Nutrition and WIC Reauthorization Act (CNA)

Within the Child Nutrition and WIC Reauthorization Act of 2004 (CNA), Congress established School Local Wellness Policies (LWPs), requiring that all local school districts develop and implement policies on physical activity and nutrition. Districts are required to have a plan for measuring implementation of the local wellness policy throughout the district; and are required to involve stakeholders—including parents, students, school food-service representatives, school administrators, and the public—in the development of the school wellness policy.

Recommendations for strengthening local wellness policies:

With Congress reauthorizing CNA, AHA and NASPE advocate for strengthening LWPs by passing the Healthy Local Policies for Schools Act (HELP Schools Act, S.3126)/Nutrition Education and Wellness in Schools Act (NEW Schools Act, HR5090). These bills would amend CNA to:

- Improve transparency by requiring schools to notify and make their wellness policies and their implementation and assessment plans easily accessible to parents, school staff, and state officials.
- Encourage engagement creating a standing district committees to lead development, notification, implementation, and assessment of school wellness policies.

- Require LWPs to include specific policies on physical education.
- Provide $5 million over five years to USDA in mandatory funding to assist LEAs in crafting, implementing and improving their LWPs through technical assistance and outreach.

Increased Funding for the Centers for Disease Control and Prevention (CDC) Division of Adolescent and School Health (DASH)

The Centers for Disease Control and Prevention (CDC), through its Division of Adolescent and School Health (DASH), provides funding to state education agencies to partner with state health agencies in implementing and coordinating school health programs within schools. The purpose of this program is to help schools reduce chronic disease risk factors, including physical inactivity, poor nutrition and tobacco use.

The Coordinated School Health Programs (CSHP) model consists of eight interactive components: health education, physical education, health services, nutrition services, counseling and psychological services, healthy school environment, health promotion for staff and family/community involvement.

In FY 2009, only 22 states and one tribal organization were funded, although additional states were approved for funding.

NASPE and AHA believe that this program serves a vital need and they advocate for an increase in funding so that the schools and youth in all 50 states can benefit from a coordinated approach to student health.

Appendix C

The Fight for Physical Education in the States

States are the lead battleground for the fight to keep physical education in schools. With state budgets in turmoil and legislators facing record state budget shortfalls, momentum for required physical education in schools that meets standards recommended by AHA and NASPE has slowed.

The trend in state legislatures is to enact legislation that requires the State Department of Education to study the current status of physical education in schools. While we believe that kids in school today deserve the benefits of a quality physical education class and curriculum, we appreciate legislators' efforts to collect the data needed to support statutory requirements for physical education as the economy improves and state budgets rebound.

There can be no doubt, however, that quality physical education is a key in our nation's fight against childhood obesity. States must require schools to provide such a program to every child if we are going to deal with the obesity epidemic.

Though not all filed legislation is ultimately signed into law, we recognize that each bill is significant in this ongoing fight.

Highlights

- Louisiana law now requires that students in kindergarten through 8th grade must have 30 minutes of physical education each day.
- Florida now mandates that children get one semester of physical education each year.
- Missouri elementary schools now must provide a minimum of 150 minutes of physical activity per week and must have daily recess.
- Rhode Island is now requiring that all students receive quality physical education in accordance with national standards.
- In Ohio, we were able to help save the job of the state physical education coordinator from budget cuts.
- Maryland, Maine and Georgia all will be doing assessments of physical education in their state.
- Washington will be enacting a Safe Routes to School program which will create safe opportunities for kids to walk and bike to school.
- Texas passed new legislation establishing a definition of physical education and providing for a meaningful curriculum. Texas also extended their physical education requirements to pre-school classes.
- California beat back multiple attempts to relax physical education requirements.

Other Significant Efforts Made in 2009

Assessment—Georgia filed HB 229, The State Health and Physical Education Act, which will require local school systems to conduct an annual fitness assessment and to comply with state physical education instruction requirements; to provide for reporting of results; to provide for an annual report to the Governor; and to provide for a recognition program. This become effective beginning in the 2011-2012 school year and is funded by the State Board of Education.

The Louisiana Legislature implemented Act No. 256, which improves—though does not mandate— healthrelated physical fitness assessments in schools. This act expands a pilot program implemented in 12 school districts as a joint project among The Picard Center for Child Development and Lifelong Learning, Louisiana Department of Education, Louisiana Department of Health and Hospitals, Governor's Council on Physical Fitness and Sports, and Louisiana Council on Obesity Prevention and Management. As a foundation for the statewide expansion, the Louisiana Department of Education surveyed physical education supervisors in every school district on their use of physical fitness assessment tools and also developed gradelevel expectations for physical education.

BMI Tracking—Ohio filed SB 210, which requires every school to measure body mass index (BMI) data for students in kindergarten and grades 3, 5 and 9. The law requires the school to notify the parent or guardian of each student screened under this section of any health risks associated with the student's results and provide the parent or guardian with information about appropriately addressing the risks. It also reports aggregated body mass

index and weight status category data collected under this section to the department of education.

Physical Education Time Requirements—Massachusetts filed House 457, requiring physical education as a required subject for all grade levels for all students in public schools, and also sets a required minimum of 120 hours of combined physical education and physically active lunch or recess periods per year; provided, at least 90 hours shall be instructional physical education. Students may be exempt from this requirement with a note from their physician.

Michigan's SB 365 would establish specific PE requirements—grades K-5, at least 30 minutes of physical education at least two days per week all school year; and grades 6 to 8, at least 45 minutes of physical education every school day for at least one semester.

Louisiana amended its physical education requirements with Act 286, requiring public schools to provide at least 30 minutes of physical activity each school day for students in grades seven and eight. The act also establishes school health advisory councils, voluntary committees comprised of parents and community members who advise each school district's board on physical activity for students, physical and health education, nutrition, and overall student health issues.

The Council of the District of Columbia introduced B18-0564, the "Healthy Schools Act of 2009," which would require, beginning in August 2010, that every public school student enrolled in kindergarten through grade 8 participate in physical education for the entire school year. Students in K-5 would have to participate for a minimum of 150 minutes per week, while students in grades 6-8 would have to participate in physical education for at least 225 minutes per week.

Kentucky introduced HB 52, which requires that school council wellness policies provide for at least 30 minutes of structured moderate to vigorous physical activity, 150 minutes per week, or the equivalent per month; require school councils to report progress data; and require that structured physical activity be considered part of the instructional day.

North Carolina filed HB 1373, which adopts and phases in (through 2015) a required physical education program. At every grade level, physical education and health education classes must be taught by certified teachers, beginning with the 2011-2012 school year; class size must be equivalent to that of other core academic classes; and assessments must be implemented measuring knowledge, skill, and fitness. This bill also mandates that the elementary school program consist of at least 150 minutes of physical education each week.

Obesity Prevention—North Carolina drafted SB 977, "Obesity Prevention in the Public Schools." This legislation requires that each school adopt a comprehensive and coordinated approach to obesity prevention in grades K-12, including the following components: health and nutrition education; disease prevention for higher level students; physical education; and a requirement that each student engage in at least 30 minutes of moderate to vigorous daily physical activity with exceptions for medical reasons. Among the specific mandates, this obesity prevention program must include a "television viewing component" designed to reduce the amount of time children spend watching television, playing video games, or playing on a computer.

Physical Education Programs—Maine signed into law HP0983, which creates a physical education Program implementing the recommendations of the PE4ME Planning and Oversight Team. This program encourages elementary schools to implement a vigorous physical activity and physical education program involving equipment, teacher training and student physical assessments; it also requires evaluation standards for the Physical Education Program including evaluation of the infrastructure and content of the physical education curriculum of each elementary school in the program.

Substitutions and Exemptions—Michigan's SB 365 proposed the elimination of an exemption from the physical education course for students who are capable of taking it and not physically fit. It would also prohibit a public school district from crediting a pupil's participation in extracurricular activities involving physical activity as meeting the physical education requirement.

Standards—The Alaska State Board of Education drafted new physical education standards and is expected to formally adopt them at their June 10-11, 2010 meeting. The standards define broad objectives and also delineate specific activities and motor skills that students should be able to perform at each grade level.

During 2009, new standards were approved in Georgia and Tennessee, and new standards were also drafted in Wisconsin.

Teacher Certification—Ohio filed SB 210, which requires that teacher employed by the school to provide instruction in physical education on or after July 1, 2013, hold a valid license for teaching physical education.

Appendix D

Public Policy Agenda for Physical Education Research

Research shows a strong, positive relationship between physical activity and health for children and adults. Yet, despite the proven value of physical activity, many youths, and most adults, do not participate in the recommended amount of daily physical activity. School physical education programs are often identified as a primary strategy to increase physical activity and reduce obesity among the U.S. population in government, coalition and organizational "calls to action." There is widespread understanding that school physical education programs help individuals develop the knowledge, skills, and confidence to be physically active for a lifetime. However, as with any program, decision-makers want to know what the return on investment will be. The answer to that question requires rigorous studies that produce nationally-representative data. Such studies require significant funding, typically at a level that is available only from the federal government or major foundations.

The purpose of this public policy agenda is to outline critical research studies that are needed to validate the importance of school physical education programs and make a case for further investment in those programs. During the past five years, various members of the U.S. Congress have introduced bills related to increasing physical activity and healthy eating, and reducing and preventing chronic diseases such as obesity and diabetes. Additionally, many foundations and corporations have funded physical activity and healthy eating programs for youths. Programs are critical because they reach youths and their families in their communities and homes with opportunities to learn, practice and adopt healthy behaviors. However, programs are only as effective as their reach, and many programs are provided only to certain target populations (e.g., age group, geographic area) because of limited funding or other dissemination challenges. School physical education programs are one of the few physical activity programs for youths that reach almost all school-age youths; thus, they have tremendous potential to affect healthy behavior (i.e., physically active lifestyles) on a massive scale. This potential could be maximized with scientific evidence of school physical education's relationship to lifelong participation in physical activity. Data-based findings would be the needed catalyst to increase the availability of daily physical education for all students. The research agenda below identifies key research questions whose answers could convince legislators and education policymakers to more fully support and use physical education programs as a strategy for reversing the obesity epidemic.

Critical Research Studies Needed:

- Relationship between physical competence (motor skills) learned in school physical education classes and physical activity participation throughout the lifespan
- Relationship between school physical education and physical activity participation outside of physical education class during the K-12 school years
- Relationship between school physical education and school behavioral and learning outcomes
- Amount of school physical education necessary for all students to meet national and/or state standards for physical education
- Development of valid and reliable tools to collect national data on physical activity, school physical education, and sport participation in elementary- and middle school-age youths (such a tool currently exists only for high school-age youths—the CDC's Youth Risk Behavior Survey [YRBS])
- Development of a "formula" to calculate the cost of daily physical education taught by a certified physical education teacher for all K-12 students (cost per state; cost per school district)

Resources

Published by the National Association for Sport and Physical Education

Quality Physical Education Programs

PE Metrics: Assessing National Standards 1-6 in Elementary School (2010)

Physical Activity & Sport for the Secondary School Student, 6th Edition (2010)

Moving Into the Future: National Standards for Physical Education, 2nd Edition (2004)

National Standards & Guidelines for Physical Education Teacher Education (2009)

Quality Coaches, Quality Sports: National Standards for Athletic Coaches (2006)

Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12, 2nd Edition (2003)

On Your Mark, Get Set, Go!: A Guide for Beginning Physical Education Teachers (2004)

Coaching Issues & Dilemmas: Character Building Through Sport Participation (2003)

Teaching Games for Understanding in Physical Education and Sport (2003)

Opportunity to Learn Standards

Opportunity to Learn Guidelines for Elementary School Physical Education (2009)

Opportunity to Learn Guidelines for Middle School Physical Education (2009)

Opportunity to Learn Guidelines for High School Physical Education (2009)

Appropriate Practices

Appropriate Practices in Movement Programs for Children Ages 3-5 (2009)

Appropriate Instructional Practice Guidelines for Elementary School Physical Education (2009)

Appropriate Instructional Practice Guidelines for Middle School Physical Education (2009)

Appropriate Instructional Practice Guidelines for High School Physical Education (2009)

Appropriate Instructional Practice Guidelines for Higher Education Physical Activity Programs (2009)

Assessment Series

Assessing and Improving Fitness in Elementary Physical Education (2008)

Assessing Concepts: Secondary Biomechanics (2004)

Assessing Student Outcomes in Sport Education (2003)

Assessment in Outdoor Adventure Physical Education (2003)

Authentic Assessment of Physical Activity for High School Students (2002)

Elementary Heart Health: Lessons and Assessment (2001)

Creating Rubrics for Physical Education (2000)

Standards-Based Assessment of Student Learning: A Comprehensive Approach (1999)

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