



NASPE Resource Brief ***Physical Education Programs Being Cut!***

A disturbing trend is gaining momentum around the country. Even in the light of evidence related to the role that a quality, standards-based physical education program plays in the development of the whole child, local school districts are reducing, or eliminating, physical education programs at all levels.

The current political and economic climates have forced local school boards to make decisions regarding the dollars they have available to supply a meaningful education experience for their students causing physical education programs to be cut. These decisions certainly are not addressing all of the students' needs. The reason may be a lack of understanding about the purpose and benefits of a quality physical education program.

In most cases, the absence of local, state, and federal requirements for physical education has made it an easy target for cutbacks or reductions. The burden falls upon the physical education professionals to inform and educate the community and officials at the local, state, and federal levels about the necessity of incorporating physical education as a core subject.

Talking Points

- Quality physical education is a critical component of any program to reduce the epidemic of childhood obesity.
- School-based physical activity and physical education are shown to contribute to the health and well-being of students, including improved behavior, self-esteem and academic success.
- The National Physical Activity Guidelines recommend that children and youth achieve 60 minutes of physical activity daily.
- The Institute of Medicine recognizes that since children spend much of their day in school, they should receive at least 30 minutes of activity daily in school.
- CDC estimates that health care outlays to treat obesity related illnesses will be \$4 trillion in 2015.

NASPE Resources

- [Shape of the Nation Report 2010](#) – Current picture of physical education policies in every state and the District of Columbia.
- [Physical Education is Critical to Educating the Whole Child, 2011](#) – NASPE position statement that daily physical education is critical to developing the whole child grades K-12.
- [Physical Education is Critical to a Complete Education, 2001](#) – NASPE position statement on physical education playing an essential and unique role in the development of the whole child, mind and body.
- [Reducing School Physical Education Programs is Counter-Productive to Student Health and Learning and to our Nation's Economic Health](#) – NASPE position statement on the negative effects of reducing/eliminating physical education programs.
- [What Constitutes a Quality Physical Education Program, 2003](#) – NASPE position statement regarding the components of a quality physical education program taught by a qualified teacher.
- [Top 10 Reasons for Quality Physical Education](#) - JOPERD article by Guy Le Masurier and Charles Corbin, Volume 77 No. 6 • August 2006.
- [Parents Want Their Kids to Have PE](#) – A survey conducted by NASPE shows that a vast majority of parents (95%) believe that physical education should be part of a school curriculum for all students in grades K-12.



National Association for
Sport and Physical Education

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

NASPE Sets the Standard

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NASPE Resources, con't

- [Physical Education is an Academic Subject, 2010](#) – What is an academic subject, why physical education is an academic subject and why physical education should be included in Title IV of ESEA as part of a well-rounded education.
- [Advocating for Quality Physical Education](#) – Use this chart to find position statements, publications and other helpful resources to use in federal, state and local advocacy on behalf of physical education.
- [Information for Parents on Quality Physical Education](#) – Check these links to learn about quality physical education—what it is and whether your school has it.
- [State Obesity and PE Information At a Glance](#) – Links to summaries of each state's PE information and obesity statistics provided by CDC
- [Using Neuroscience as the New Front in Physical Education Advocacy](#) – Strategies Article: Advocacy in Action, September/October 2010.
- [School Board Advocacy: Ready, Aim, Inspire!](#) – Strategies Article: Advocacy in Action, March/April 2010.
- [Is It Physical Education or Physical Activity?](#) – NASPE believes every child deserves both a quality physical education and physical activity program. Understanding the difference between the two is critical to understanding why both contribute to the development of healthy, active children.

Other Resources

- [CDC Student Health and Academic Achievement, 2010](#) – Leading national education organizations recognize the close relationship between health and education, as well as the need to embed health into the educational environment for all students.
- [CDC School Health Policies and Practices Survey, 2006](#) – The School Health Policies and Practices Study (SHPPS) is a national survey periodically conducted to assess school health policies and practices at the state, district, school, and classroom levels.
- [Texas and Massachusetts Studies Show Fitness Improves Test Scores](#) – This study of more than 2.4 million Texas students found that students who are physically fit are more likely to do well on the state's standardized tests and have good school attendance.
- [Active Education – Physical Education, Physical Activity and Academic Performance](#) – Robert Wood Johnson Foundation research brief linking physical education and physical activity with improved academic performance.
- [Physical Education, School Physical Activity, School Sports and Academic Performance](#) – Article that reviews review relationships of academic performance and some of its determinants to participation in school-based physical activities, including physical education, free school physical activity, and school sports.
- [Future Costs of Obesity](#) – A collaborative report from United Health Foundation, the American Public Health Association and Partnership for Prevention.
- [Childhood Obesity by State](#) – Childhood obesity facts and statistics from the Centers for Disease Control (CDC).

Contact Info

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