



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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Report Highlights for the 2010 Shape of the Nation Report

The *Shape of the Nation Report* provides a current picture of physical education (PE) in the American education system. Incremental improvements have been made in the last few years in the number of states that now require PE (17% increase) and student assessment in PE (26% increase). However, the *Report* shows that more states now allow waivers and exemptions from PE classes (77% increase) and **no progress has been made in providing daily physical education in all grades K-12.**

The Shape of Physical Education in 2010:

- Only six states require physical education in every grade K-12.
- Only one state aligns with the nationally recommended 150 minutes per week of PE in elementary school and 225 minutes per week in middle and high school.
- More than half of all states (32) permit waivers and/or exemptions for students from taking PE, a 77% increase from 2006.
- Forty-eight states (94%) have their own state standards for physical education, but only 34 states (67%) require local districts to comply or align with these standards.
- Only 19 states (37%) require some form of student assessment in physical education.
- Fewer states (14 vs. 22 in 2006) require physical education grades to be included in students' grade point averages.
- Only 13 states (25%) require schools to measure Body Mass Index (BMI) and/or height and weight for each student.

At a time when the First Lady is highlighting the obesity epidemic among our youth and the role that schools can play, physical education should be given a priority in public and education policy.

**The full 2010 *Shape of the Nation Report* is available for download
at www.naspeinfo.org/shapeofthenation.**

The 2010 *Shape of the Nation Report* is based on a survey of physical education coordinators in all 50 state education agencies and the District of Columbia.

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).

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2010 Shape of the Nation Report Contents

Background: the current shape of the nation

Survey Metrics:

- All 50 states and DC
- Current State PE Standards
- Compliance with State PE Standards
- PE Curriculum
- PE Waivers and Substitutions
- Teacher Certification requirements
- Student Assessment in Physical Education

Recommendations for Action

- All schools should follow the National Standards and Guidelines for K-12 Physical Education
- Endorse Federal Legislation that supports Physical Education
- Support State Legislation Impacting Physical Education
- Learn about Physical Education in Your State or District
- Join the Let's Move In School Campaign
- Speak Out for Physical Education and Physical Activity for all Students