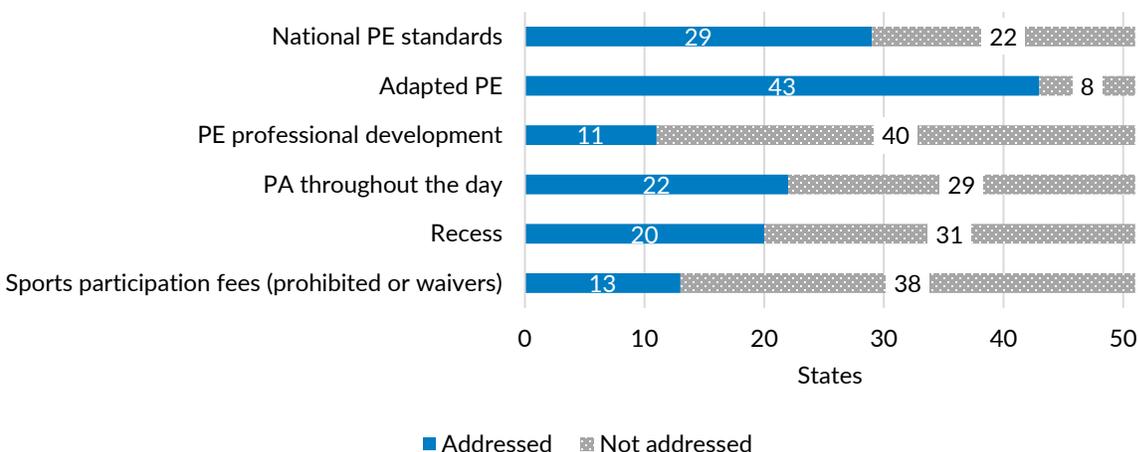




## How comprehensively do states cover physical education and physical activity?

- **Consistent with prior studies,<sup>5</sup> all states addressed physical education and physical activity, but this report highlights many new opportunities for policy expansion.** Physical education is addressed in laws in every state except Hawaii, but time for PE, limits on PE exemptions, recess, and sports participation fees are addressed less often.
- **Mississippi and South Carolina are the most comprehensive (addressing 75 percent of topic areas each).** The two states include both physical education and physical activity topics.

**Figure 2. Number of States Covering Selected Physical Education and Physical Activity Topics**



*Child Trends, in partnership with The Institute of Health Research and Policy, University of Illinois at Chicago and EMT Associates, Inc., examined the extent to which 11 healthy schools domains are addressed in state policy. These domains include the 10 components of the Whole School, Whole Community, Whole Child (WSCC) model: Health Education; Physical Education and Physical Activity; Nutrition Environment and Services; Health Services; Counseling, Psychological, and Social Services; Social and Emotional Climate; Physical Environment; Employee Wellness; Family Engagement; and Community Involvement. An additional domain, the WSCC References domain, addresses the extent to which state laws include explicit references to the WSCC model or similar language, such as the Center for Disease Control and Preventions' Coordinated School Health model.*

*This sub-brief provides an overview of how state policies cover the Physical Education and Physical Activity domain. Sub-briefs covering the other domains as well as the compiled report can be found on the [Child Trends website](#). Definitions of each of the 12 topics are provided in the Appendix of the compiled report. Data from all topics are available through the National Association of State Boards of Education (NASBE) [State Policy Database on School Health](#).*

<sup>1</sup> Centers for Disease Control and Prevention. Comprehensive School Physical Activity Programs: A Guide for Schools, (2013). Retrieved [https://www.cdc.gov/healthyschools/physicalactivity/pdf/13\\_242620-A\\_CSPAP\\_SchoolPhysActivityPrograms\\_Final\\_508\\_12192013.pdf](https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf). Accessed April 1, 2017.

<sup>2</sup> Shape America. National Standards & Grade-Level Outcomes for K-12 Physical Education. Reston, VA: 2014.

<sup>3</sup> Mahar, M. T., Murphy, S. K., Rowe, D. A., Golden, J., Shields, A. T., & Raedeke, T. D. (2006). Effects of a classroom-based program on physical activity and on-task behavior. *Medicine and science in sports and exercise*, 38(12), 2086.

<sup>4</sup> Eyler, A., Piekarz-Porter, E., & Serrano, N. (2018). Pay to play? state laws related to high school sports participation fees. *J. Pub. Health Management and Practice*, doi: 10.1097/PHH.0000000000000813.

<sup>5</sup> Piekarz-Porter E, Chriqui JF, Schermbeck RM, Leider J, Lin W. The Active Role States Have Played in Helping to Transform the School Wellness Environment through Policy, School Years 2006-07 through 2014-15. Chicago, IL: Bridging the Gap Program and the National Wellness Policy Study, Institute for Health Research and Policy, University of Illinois at Chicago, 2017, [www.go.uic.edu/NWPSproducts](http://www.go.uic.edu/NWPSproducts).