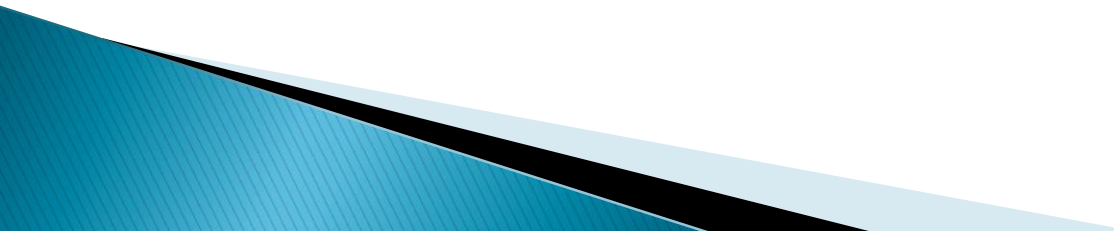


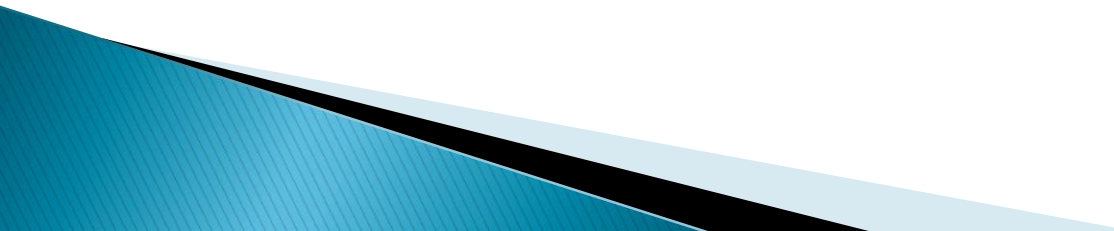
What is Physical Education in Colorado??

- »» Colorado Collation For Healthy Schools
December 6th 2013

Who is COAHPERD

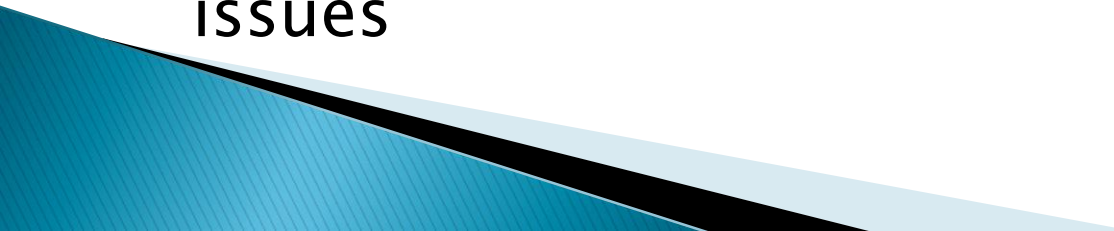
- ▶ Colorado Association of Health, Physical Education, Recreation and Dance
 - ▶ State Branch of Society of Health and Physical Educator (SHAPE)
 - ▶ Nonprofit organization
 - ▶ Provides information distribution, professional development, State Convention, resources, professional networking, legislative lobbying on the state and national level for all members.
- 

Where does Colorado Rank

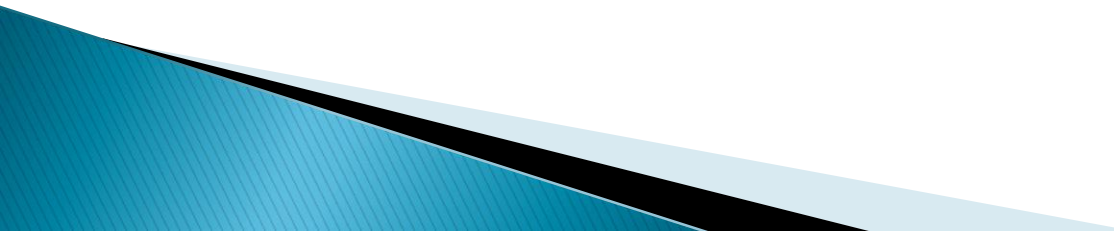
- ▶ Childhood obesity increased from 2003–2007 by 23% – the second fastest growth in the nation (Nevada is #1)
 - ▶ Went from 4th leanest in childhood obesity to 23rd in 3 years
 - ▶ Source: Health Policy Solutions and Center for Disease Control
- 

WHAT DID “GYM”
CLASS LIKE FOR
YOU??

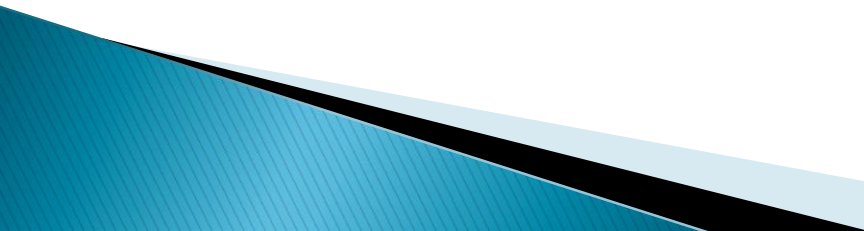
Quality Physical Education

- ▶ Physical Education today is not what it was 20 years ago
 - ▶ Quality Physical Education can lead to a healthier person
 - ▶ An educated child in Physical Education will be more likely to make healthy decisions leading to a decrease in adult and childhood obesity in the future
 - ▶ Prevent rather than manage our health care issues
- 

Physical Education vs. Physical Activity

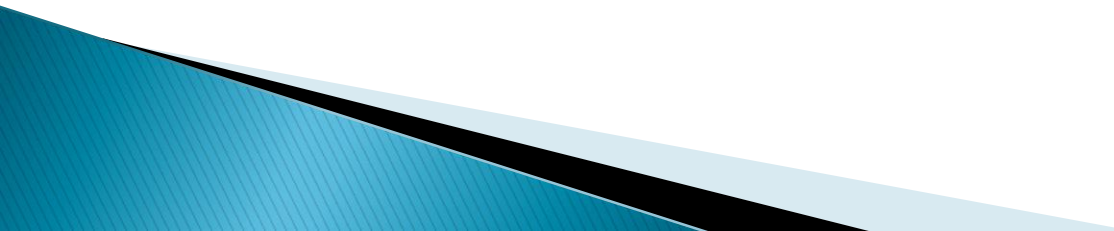
- ▶ Physical Education is a class that should be taught by a certified instructor and provide students an opportunity to participate in a variety of activities that they can use for a lifetime of health and wellness.
 - ▶ Physical Activity is other opportunities for children and adults to participate in activities such as recess, intramurals, personal workouts.
- 

Standards in PE?

- ▶ Colorado has 4 State Standards created directly from the National Standards.
 - ▶ **Standard 1:**
 - Movement Competence and Understanding
 - ▶ **Standard 2:**
 - Physical and Personal Wellness
 - ▶ **Standard 3:**
 - Emotional and Social Wellness
 - ▶ **Standard 4:**
 - Prevention and Risk Management
- 

The Current State Of Physical Education in Colorado

Issues in Physical Education

- ▶ Cuts / minimal time
 - ▶ Waivers / Exemptions
 - ▶ High School vision of Physical Education is athletics
 - ▶ Certified Teachers?
- 

Colorado Physical Education Policy

- ▶ Colorado does not mandate Physical Education at any level
 - *43 States require elementary Physical Education*
 - *41 States require middle school Physical Education*
 - *44 States require high school Physical Education*
- ▶ Colorado grants exemptions/waivers to districts regarding Physical Education
 - *23 States do not allow this*

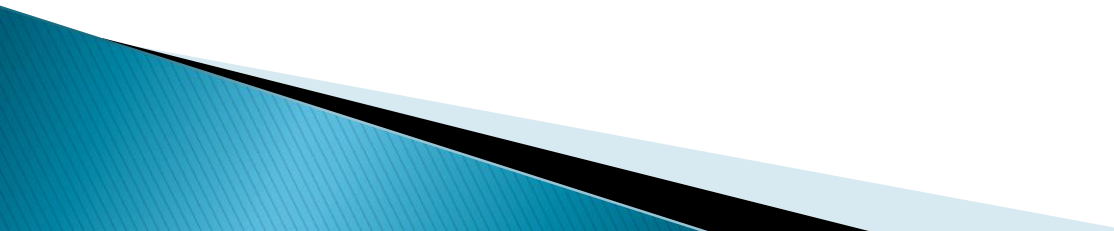
Colorado Physical Education Policy

- ▶ Colorado does not require Physical Education teachers to be certified
 - *42 States require elementary Physical Education teachers to be certified*
 - *44 States require middle school Physical Education teachers to be certified*
 - *46 States require high school Physical Education teachers to be certified*

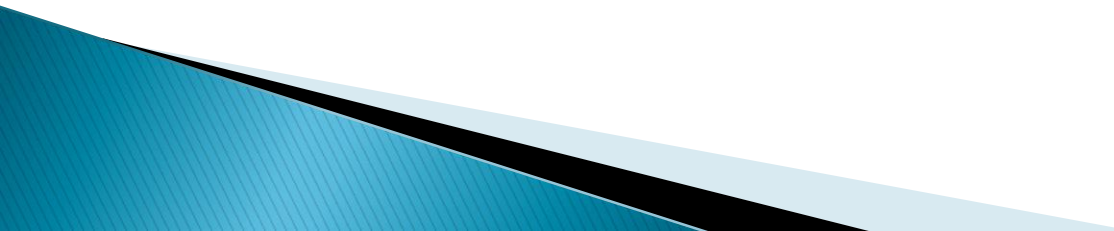
Colorado Physical Education Policy

- ▶ Colorado does not require professional development to recertify teaching license (37 do)
- ▶ Colorado permits schools and districts to substitute other activities for Physical Education credit (17 do not allow this)
- ▶ Colorado does not require Physical Education to be part of a students GPA (22 do require)
- ▶ *All figures come from the 2012 NASPE Shape of the Nation Report*

Colorado Physical Education Policy

- ▶ Colorado HB 1069 does require 150 minutes per week of physical activity in elementary schools
 - ▶ Colorado does endorse National Board Certification
- 

Issues Moving Forward

- ▶ Colorado is a local control state
 - ▶ Lack of Funding
 - ▶ We need a large coalition of interested parties to make a difference
- 

Questions???

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 - christopher.watts89@gmail.com