Instructional Time for Physical Education and Youth Physical Education Recommendations

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Background

• The Hawaii State Board of Education created Health, Wellness, and Safety Policy 1110-6 and HIDOE Wellness Guidelines in compliance with federal requirements.

• The Wellness Guidelines stipulate the number of instructional minutes for required physical education (PE) by grade.

• The Safety and Wellness Survey, administered online annually to school principals, measures compliance with Wellness Guidelines.

• The biennial Youth Risk Behavior Survey (YRBS) is completed by public middle and high school students in Hawaii. Students self-report their participation in PE and physical activity (PA). Data are weighted by the Centers for Disease Control and Prevention (CDC) to be representative of the state of Hawaii.

Findings

I. State vs. National* PE Requirements

• According to NASPE, students in grades K–12 should receive PE on a daily basis.

• PE requirement in Hawaii varies by grade; PE is required throughout elementary school, and is optional in middle school. In high school, only 1.0 credit is required.

Recommended Weekly Instructional Time for Required PET

<table>
<thead>
<tr>
<th>Grade</th>
<th>Minutes of PE</th>
</tr>
</thead>
<tbody>
<tr>
<td>K</td>
<td>107</td>
</tr>
<tr>
<td>1-6</td>
<td>215</td>
</tr>
<tr>
<td>7-12</td>
<td>250</td>
</tr>
</tbody>
</table>

*Only 107 minutes of PE is required in Grade 6 if part of a K–6 school.

II. Compliance with State Guidelines

• Compliance is only applicable to grades in which PE is required.

– Secondary schools have fewer PE requirements than elementary schools.

II. Compliance with State Guidelines

Percentage of Schools Meeting Wellness Guidelines for Number of PE Instructional Minutes, 2011-12

Overall 94.5% Elementary 97.7% Middle 93.5% High 100.0%

III. Self-Reported Participation in PE and PA

• According to CDC, youth should engage in 60 minutes or more of physical activity daily.

• 25% of middle school students and 21% of high school students meet PA recommendations.

• Hawaii students rank lowest in PA among middle schools and second lowest in PA among high schools in participating states.

• 65% of middle school students, compared to 41% of high school students, attend PE at least once per week.

Relationship between Receiving PE in School and Meeting National Recommendations for PA

Middle 28% High 26%

Students who attend PE one or more times per week are significantly more likely to meet PA recommendations:

– Odds Ratio (Middle School) = 1.50, 95% CI 1.31-1.74.

– Odds Ratio (High School) = 1.64, 95% Confidence Interval (CI) 1.34-2.02

Discussion

• Despite good compliance with the Wellness Guidelines, Hawaii instructional minutes for PE fall short of NASPE standards.
  – In elementary schools, PE is required in all grades (+) but the number of minutes of instructional time fall short of national guidelines (+).
  – In middle schools, PE is optional in all grades (+) but the number of minutes of PE instructional time are comparable to the national guidelines (+).
  – In high schools, only 1.0 credit of PE is required (+), but the number of minutes of PE instructional time are comparable to the national guidelines (+).

• Hawaii has among the lowest rates of students meeting PA recommendations in the nation.
  – Only 1 in 4 middle school students, and 1 in 5 high school students meet PA recommendations.

• Moreover, 35% of middle school students and 59% of high school students do not attend PE in an average week.

• Students who participate in PE have significantly higher odds of meeting PA recommendations. The odds are:
  – 50% higher for middle school students and
  – 64% higher for high school students.

• Focused efforts are needed to improve access to adequate PE in schools.

Recommendations

1. Augmentation of instructional time for PE in elementary schools
2. Expansion of PE requirements to middle schools and all grades in high schools
3. Protection and, where possible, expansion of PE instructional time amidst competing academic requirements

*Recommendations from the National Association for Sports and Physical Education (NASPE)