

The Fitness Integrated with Teaching (FIT) Kids Act S2173

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No Child Left Behind (NCLB)

- Legislation that sets out the federal requirements for our nation's schools
- Became law in 2002
- Authorized for 5 years



The FIT Kids Act: A Bill to Amend NCLB

- Senate Bill 2173
- Sponsor: Senator Tom Harkin (D-IA)
- Introduced on 10/17/07
- Purpose: to improve standards for physical education
- Referred to the HELP Committee



Major Provisions of FIT Kids Act

- Physical education on parent report cards
- Parent/community involvement
- Professional development
- Institute of Medicine study



PE on Parent Report Cards

- Parents need information on the quantity and quality of PE in schools
- Report cards could include:
 - Time spent in PE
 - % of schools with quality PE curriculum
 - % of certified PE teachers
 - Active School Health Councils
 - Space availability for physical activity



Parental/Community Involvement

- Parents and communities need to work together to create a healthy environment for children
- Bill amends existing parental education, afterschool and other programs to include information on healthy living



Professional Development

- Physical education and health education teachers need professional development to teach using best practices
- Bill amends existing professional development opportunities to provide opportunities for PE and health education teachers



Institute of Medicine Study

- Examine and make recommendations for incorporating physical activity into Head Start and childcare settings, K-12 school settings, and before- and after-school programs
- Study the impact of health, level of physical activity, and amount of physical education on students' ability to learn and maximize performance in school
- Study and provide specific recommendations for measuring the progress of students in improving their health and well-being, including increasing physical activity



2006 CDC Data* on Physical Education in our Nation's Schools

- Daily physical education
 - 4% of elementary schools
 - 8% of middle schools
 - 2% of high schools
- 22% of schools did not require students to take any physical education

*CDC, 2006 School Health Policies and Programs Study
Journal of School Health, Vol. 77, No. 8, October 2007
www.cdc.gov/shpps



Physical Education Data Qualified Teachers

Percentage of schools that required newly hired physical education teachers to:

- Have an undergraduate or graduate training in PE or a related field – 80%
- To be state certified, licensed or endorsed in PE – 77%



Physical Education Data Curriculum

Percentage of districts that required schools to use a particular physical education curriculum:

- Elementary schools – 30%
- Middle schools – 36%
- High schools – 34%



Physical Education Data Staff Development

Between 2000 and 2006, SHPPS found an increase in:

- Number of state and school districts that provided funding for or offered staff development to those who teach physical education
- Approximately 25% increase in professional development on:
 - Administering or using fitness tests
 - Evaluating student performance in PE
 - Encouraging family involvement in physical activity
 - Methods to increase class time students are physically active

Supporters of FIT Kids Act

- American Heart Association
- American Stroke Association
- National Association for Sport and Physical Education
- Afterschool Alliance
- American Association for Health Education
- American Association for Physical Activity and Recreation
- American College of Sports Medicine
- American School Counselor Association
- American School Health Association
- First Focus
- Healthy Schools Campaign
- National Association of County and City Health Officials
- National Association of Health Education Centers
- National Education Taskforce
- National Parent Teacher Association
- National Recreation and Park Association
- North Carolina Alliance for Athletics, Health, Physical Education, Recreation and Dance
- Obesity Action Coalition
- Researchers Against Inactivity-related Disorders
- School Nutrition Association
- Shaping America's Health
- Sports, Play and Active Recreation for Kids
- Society of State Directors of Health, Physical Education and Recreation
- Sporting Goods Manufacturers Association
- Trust for America's Health
- YMCA of the USA



To become a co-sponsor of the FIT Kids Act

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