

MISSOURI ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION,
RECREATION, AND DANCE HEALTH AND PHYSICAL EDUCATION SURVEY
To use any of this summary please secure permission from James Herauf, Executive
Director, MOAHPERD Telephone: 660-582-7378, e-mail jmahperd@asde.net

SUMMARY

Statement of the Problem

To secure data about health and physical education program practices including scheduling, time allotment, electives, and opportunities for non physical education activities, in Missouri schools.

Purpose

To provide school administrators, health and physical education teachers, and other professionals with a view of the status of health and physical education programs in Missouri schools.

Procedures

The survey document was developed by the authors after consulting with elementary, middle school, and secondary health and physical education teachers. After some revisions it was pilot tested with principals at the elementary, middle school, and secondary levels.

The survey document was sent to the principals of all public and non-public schools, elementary, middle, and secondary in Missouri, during the spring of 2004. The number of schools involved was 2698. Labels for the public schools were secured from the Department of Elementary and Secondary Education. Labels for the non public schools were obtained from the Department of Health and Senior Services. A follow up was done with the final date for returning surveys being June 30, 2004. No surveys were received after that date. The final number of returned surveys was 1992 a 74% return rate.

The returned surveys were examined for usability and all were found to be acceptable for analysis. A computerized database was constructed during the fall of 2004. The data base was constructed to provide a summary of the data and to make it possible to conduct further analyses of the data at a later date.

During the spring of 2005 data were entered into the database. This summer (2005) the data were analyzed and a summary of the results is provided below.

ELEMENTARY SCHOOLS N=1035

Health Education

The data show that 514 schools or 49.6% are teaching health as a separate subject. In 40% of the schools teaching health as a separate subject it is being taught by the physical education teacher, in 29% of the schools it is being taught by the classroom teacher. Health education specialists are being used in 5% of the schools.

Schools that are not teaching health as a separate subject of which there were 521 or 50% are integrating it most commonly into physical education, 72%, and science 71%.

Physical Education

Scheduling

The most common scheduling pattern for elementary physical education is two days per week with 486 or 48.6% of the schools using this format. Only 93 or 8% of the schools schedule it three times per week, and another 8% have it scheduled daily.

Length of Class Period

A significant number of schools 408 or 39.5% use a class period of 20-30 minutes. For 320 schools or 31% the length of the class period was 31-45 minutes.

Average Class Size

A class size of 21-25 was reported by 45.6% of the schools. A class size of 15-20 was used by 31% of the schools. Less than 10% of the schools had a class size of more than 26 students.

Opportunities for Physical Activity Other Than Physical Education-Elementary

Before School

There were 259 or 25% of the schools that had an activity program of some type available to students prior to the beginning of the school day with a (walking program, or some other organized physical activity being the type of activity program most commonly reported).

During School

Of the elementary schools 807 or 77.9% have recess, with 56% having recess both morning and afternoon.

After School

After school activity programs were reported by 408 or 39.4% of the schools with open gym and walking being the most common activities.

MIDDLE SCHOOL HEALTH AND PHYSICAL EDUCATION N=494

Included in the middle school section are 95 schools with grades 5-8, 222 schools with grades 6-8, and 160 schools with grades 7-8 for a total of 494.

The most common response for physical education in grades 5 and 6 was two times per week with the class length being 46-60 minutes. Most schools indicated that physical education took place for 28-36 weeks during the year.

In grades 7 and 8, daily physical education was the most common response with the class period being 46-60 minutes in length. Almost half or 44% of the schools reported that in grade 7,

physical education was taught daily for 28-36 weeks per year while 43% reported daily physical education for the eighth grade.

For health education, class duration mirrors that of physical education, with 46-60 minutes being the most common response for all grades. Health is most commonly taught one time per week in grade 5 and daily in grades 6 through 8. In grade 5 the data indicate that health is most commonly taught for 28-36 weeks per year, while in grades 6 through 8 it is most commonly taught in a nine week block at each grade level.

Opportunities for Physical Activity Other Than Physical Education-Middle School

Before School

One in five or 20% of the schools reported having intramurals or a walking program prior to the start of the school day.

During School

Open gym was reported as being available in 108 or 22% of the schools.

After School

Open gym is available in 22% of the schools, club activity in 21%, intramurals in 23%, and other activity programs in 34% of the schools.

SECONDARY SCHOOLS N=463

Health Education

Health education is required in 367 or 79.2% of the schools. The most common scheduling arrangement is one semester with 227 schools or 49% requiring it of freshmen. Students at different grade levels are allowed to enroll at 124 or 27% of the schools.

Credit toward graduation is given by 407 or 87.2 percent of the schools.

Electives in health education are offered by 170 or 34% of the schools.

Secondary Physical Education

The most common course length is one year which was reported by 317 or 68% of the schools. Sixty two schools or 13.3% have a two year course requirement.

With a requirement of more than one year there are 55 schools or 11%, 54 schools or 11% have a one and a half year requirement, and 9 schools or 2 percent have a four year requirement.

The most common length of the class period was 46-60 minutes reported by 290 or 62.6% of the schools. There were 131 schools or 28 percent that had a class period length of over 60 minutes.

Electives in physical education are being offered by 412 or 89% of the schools. Of the schools responding 338 or 73% offer from 1-5 electives, 8.8 percent or 41 schools offer 6-10 electives, 4.7 % or 13 schools offer 11 or more electives, and 2 % or 15 schools offer 15 or more electives.

Types of Electives Offered:

Outdoor Education/Recreation,	117 schools or 25 %
Team Sports	251 schools or 54.2 %
Rhythms/Dance,	44 schools or 9.5 %
Weight Training/Conditioning	371 schools, or 80.1%
Aerobics	104 schools or 22%
Individual Sports	162 schools, or 34.9%

Opportunities for Physical Education Other Than Physical Education-Secondary

Before School

Open Weight Room	205 schools or 44.2%
Walking	59 schools or 12.7%
Jogging	38 schools or 8%
Intramurals	36 schools, or 7.7%

During School

Open Gym	68 schools or 14.7%
----------	---------------------

After School

Open Weight Room	306 schools or 66%
Open Gym	219 schools or 47.3%
Club Activity	125 schools or 26.9%
Intramurals	45 schools or 9.7%