

ABSTRACT

ASSESSMENT OF PHYSICAL EDUCATION PROGRAMS IN ELEMENTARY SCHOOLS

The increase in the incidence of childhood obesity has caused great concern among the healthcare community and educators. It has been speculated among educators that elementary school students are not receiving the required amounts of physical education. A lack of physical activity in childhood can be considered a major factor in the increase of childhood obesity. The objective of this study was to survey elementary school teachers and gather information on the status of physical education in their classroom. Three hundred and thirty elementary school teachers were sent a copy of the school health index, which asked them to answer questions regarding their physical education program. Sixty-three surveys were returned and the answers were tallied and the results are presented in table form. The results showed that a majority of the teachers who responded to the survey are not in compliance with state mandates for physical education.

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