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Physical education pdf

Behavioral Research Program The Health Behaviors Research Branch supports multilevel policy relevant research that addresses the relationship between health behaviors, policy, and cancer prevention, in topics such as nutrition, physical activity and skin cancer prevention policy. A policy approach to understanding health behavior is grounded in the socio-ecological model, which posits that individual behavior is the product of social-contextual influences as well as individual-level predispositions. The underlying assumption of the approach is that policies at the macro-level are expected to have an impact on the micro-environment and on social norms that may, in turn, affect individual behavior. Research is necessary to determine multilevel influences on cancer-relevant behavior, to develop empirical approaches to policy assessment, to refine person-by-context measurement methodology, and to evaluate intervention approaches that target policy, social-context environment, and individual health behavior. View all Health Behaviors Funding Opportunities By Barbara Bean-Mellinger Updated June 14, 2021 In U.S. public schools, physical education (PE) teachers earn the same salaries as teachers of other school subjects. Salaries vary between states and sometimes between school districts within states. The education level being taught also affects salaries, with the high school PE teacher salary being higher than those teaching middle and elementary school students. PE teachers plan age-appropriate programs for children and adolescents of all ability levels, including students with special needs. The curriculum typically includes sports, games and other physical activities to encourage students to stay active throughout their lives. PE programs must follow the standards set by the National Association for Sport and Physical Education (NASPE) and accepted teaching methods that help students develop confidence, according to PEteacheredu.org. Additional responsibilities include maintaining records of lesson plans, student evaluations and grades. PE teachers may also plan games, exhibitions and field days. Most PE teachers also teach a health class, and some coach a school sport such as wrestling, cheerleading or cross country running. PE teachers must have at least a bachelor's degree, typically in physical education. Coursework includes child psychology, human biology, anatomy, physiology, interpersonal communication, child and adolescent physical and social development, applied kinesiology (exercise science), movement and motor skills, adapted PE methods, curriculum planning, class management and individual/team sports. Like other teaching majors, earning a PE degree also requires hands-on, in-class student teaching. Most states require teachers to become certified or licensed in their state, which involves taking one or more competency tests. As of May 2020, the median high school PE teacher salary was \$62,870. According to the BLS report on middle school teachers, middle school PE teachers earned \$60,810 during the same period, while the BLS elementary school report showed that elementary school PE teachers, including those teaching kindergarten, earned \$60,660. A median salary is the midpoint in a list of salaries, where half earned more and half earned less. Teachers typically receive a stipend ranging from several hundred to several thousand dollars for coaching a school sport. Teacher salaries also vary by their location in the country and in metropolitan vs. rural areas. For example, according to the BLS, teachers in New York state earned a mean salary of \$88,890 in May 2020, compared with \$86,900 in California, \$66,010 in Ohio, \$58,040 in Texas, \$52,540 in Arkansas and \$48,570 in Missouri. Note that these are state averages; teachers in the New York City metro area earned \$91,390, while those in the Houston metro area earned \$60,700. In most states and school districts, teachers' salaries are set according to a stepped pay schedule that is determined for each school year and is the same for all teachers with comparable education levels and experience. New teachers with a bachelor's degree and little to no experience start at Step 1, while someone coming into the school district with five years of experience would start at Step 5 and so on. Teachers with Montgomery County Public Schools earned \$51,513 at Step 1 as of May 3, 2021, while teachers at Step 5 earned \$57,046. Teachers with more advanced education or degrees have higher pay schedules; those with master's degrees earned \$56,648 at Step 1 in Montgomery County, Maryland. Typically, teachers advance one step each year unless salaries are frozen due to budget restrictions. PE teachers stand and work outside much of the time, even in intense heat and cold. In inclement weather, they may need to adapt their activities to smaller, inside spaces at the last minute. They typically prepare multiple lesson plans to teach seven or eight classes of different ages every day. Some alternate teaching time between several schools. PE teachers must be able to carry, set up and put away equipment, sometimes many times a day. The need for teachers is expected to grow 4 percent from 2019 to 2029. The demand for PE teachers is growing because fewer college students are enrolling in PE degree programs. In years past, PE classes were cut due to budget, but as the connection was made that students who have these programs do better in academic subjects, PE has been reinstated, and PE teachers may be in demand. Comprehensive School Physical Activity Program: A Guide for Schools pdf icon[PDF – 6 MB] CDC, in collaboration with SHAPE America, developed a step-by-step guide for schools and school districts to develop, implement, and evaluate comprehensive school physical activity programs. The guide can be read and used by an existing school health council or wellness committee, or by a new group or committee made up of physical education coordinators and teachers, classroom teachers, school administrators, recess supervisors, before- and after-school program supervisors, parents, and community members. It can be used to develop a new comprehensive school physical activity program or assess and improve an existing one. eBook Comprehensive School Physical Activity Program: A Guide for Schools epub icon[EPUB – 5 MB] The eBook can be viewed on your iOS (iPad, iPhone, or iPod Touch) or Android device with an eReader. An eReader is an app that can display eBooks on your mobile device or tablet. If you do not have an eReader app installed on your iOS (iPad, iPhone, or iPod Touch) device, search the App Store for an eReader, like iBooks. If you do not have an eReader app installed on your Android device, search the Google Play Store for an eReader. After an eReader app is installed on your device, you can download the eBook and open it on your device. Steven Depolo/Flickr/CC-BY-2.0 Physical education refers to the instruction of physical activities and games in school. Physical education has many benefits for elementary and high schools students. Physical education is used to denote the courses in school in which students receive instruction and practice in physical exercise in order to promote good health. Physical education is important now more than ever. Society is highly sedentary. This means that many people do not get enough physical activity. Students rely on computers, iPads and smartphones evermore today. While using these devices, they are usually sitting down for long periods of time. This is not healthy. Physical education works to get students to workout on a regular basis. In school, physical education could take the form of games in the gym. For example, children can play dodgeball as a way to get physical activity. With recent obesity rates, physical education is an important way to combat it. Here are the important reasons why physical education is needed. Physical Fitness Improvement Physical education is a great way to improve muscular strength and endurance, flexibility, and cardiovascular endurance. Working out on a consistent basis is a great way to stay healthy. In schools, physical education instructors find creative ways to incorporate physical activity as part of the curriculum. They use fun activities, such as dodgeball, as a way to get students to move in a cardiovascular manner. This type of physical activity helps students develop motor skills, which in turn assists them in all types of physical activities. Stress ReductionThere is no doubt that carrying a full course load at school can be stressful. Sometimes, students feel overwhelmed with the amount of work needed to satisfy curriculum requirements. Physical education is one way to release this stress. It is an outlet for releasing anxiety and tension. It helps facilitate the stability and well-being of students. Students, who partake in physical education, may not even be aware that they are reducing stress. For them, they are taking part in a fun game of dodgeball. However, the very activity itself releases beneficial serotonin, which helps relieve stress. Improvement of Student Relationships Physical education assists students with socialization. While students are participating in physical activities on a team, they are helping each other achieve a common goal. This type of pitching in for a common goal builds teamwork. It provides students with an opportunity to gain positive skills in dealing with people. These are skills that would be will need throughout their entire lives. The same skills that students use in building their relationships in the gym, they will use while building up their team in the workplace later on in their lives. Different types of physical activities such as dances help older students reinforce teamwork. Improved Self-esteem Physical education is a great way to help students build self-esteem. It instills a sense of well-being and self-worth in students. While students are learning new things in the gym and mastering it, they are reinforcing their self-esteem. Students, who partake in physical education, are confident, independent, self-controlled and assertive. These are all skills that work well while playing dodgeball in the gym. The good news is that these are skills that students can take away from the gym and use in their everyday lives. Physical education is important because it helps students stay physically active, develop interests in different types of physical activity, build teamwork and other social skills, and improve focus and academic performance. Physical education programs are increasingly being cut back in schools, which proponents argue is detrimental to students. Physical education helps students increase physical activity, both in and out of school. Children enrolled in physical education classes not only improve their own health but also learn to have a more positive attitude toward physical fitness in general. Children learn to draw a correlation between physical health and general well-being, which resonates outside of the gym or classroom. Students who take physical education courses are more likely to be active outside of school, participating in a variety of sports and other physical activities. Students can also use P.E. class to learn which sorts of physical activities they are interested in. Through exposure to a wide variety of activities, students can discover which ones engage them the most, making them more likely to continue exercising regularly. Physical education also helps children build social skills such as teamwork, sportsmanship and respect for others. Finally, physical education can actually help improve academic performance. Even moderate physical activity can improve both attention and brain function, helping kids concentrate better in class and perform better on exams. Physical education classes benefit students by building physical activity into their schedules and by encouraging healthier lifestyles, but they compete for time with core courses and other electives. Also, a Cornell University study shows that expanded PE programs provide only small gains in students' overall physical activity. Advocates of more physical education at school point out that students spend most of their waking hours at school, making it easier to add activity there than anywhere else. PE supporters also point to studies that suggest that increased activity benefits academic performance and attention spans and reduces stress, as well as increasing physical fitness and reducing the risk of chronic diseases related to excess weight. In addition, supporters believe that PE classes contribute to improved fine- and gross-motor skills, learning cooperation and teamwork, and improved self-confidence and self-esteem. Critics point out that PE classes are sometimes ineffective because the students spend too much time on sports that require only brief periods of activity, such as softball and volleyball. They also raise concerns that students who are unfit or overweight may face risks of injury or bullying in PE classes. In addition, mandatory PE places extra time demands on students with heavy academic loads and those taking time-consuming electives, such as band and chorus.

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