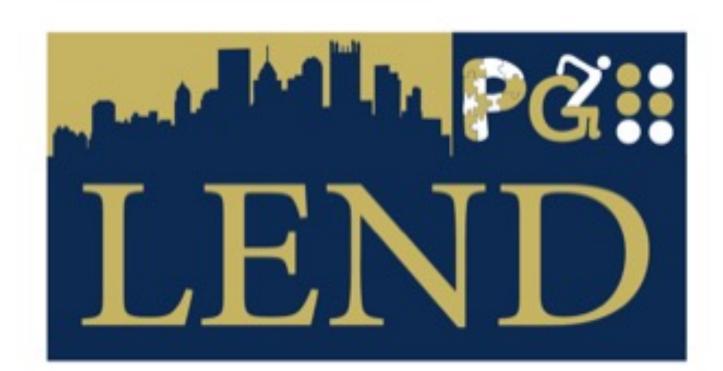
### State Your Case (SYC):

## Improving Inclusive Physical Education

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#### What Is Physical Education?

- Physical education (PE) is an academic subject designed to introduce children to life skills that encourage them to be active and fit for life<sup>1</sup>
- PE optimizes behaviors and knowledge on<sup>1</sup>
  - Physical Activity
  - Physical Fitness
  - Motor Skills

### What Is Inclusive Physical Education Under the IDEA?

- Inclusive PE classes use strategies, equipment, environments, and assessments adapted to meet needs of ALL students<sup>2</sup>
- Under the IDEA, <u>ALL</u> schools must provide PE opportunities for children with disabilities receiving FAPE<sup>3</sup>
- Special Physical Education
- Adapted Physical Education
- Movement Education
- Motor Development
- Each child with a disability must be provided with the opportunity to also participate in PE with nondisabled children<sup>2</sup>



Only 24% of children and adolescents with disabilities are meeting the 60 minutes or more of physical activity daily recommendation











## What Is the State of Inclusive Physical Education in the US?

- Of the schools that require physical education for students with disabilities:<sup>4</sup>
  - 82.3% of schools provided adapted physical education opportunities
- Range of schools providing adapted physical education for students with disabilities spans from 57.4% to 98.5%
- 99.1% of schools include students with disabilities in regular PE.

# What Are Implications of Low Physical Activity During Childhood?

- Lack of PA during childhood is linked to:
- Poorer health outcomes<sup>5</sup>
- Cardiovascular health
- Impaired development<sup>6</sup>
- Poorer academic outcomes<sup>7</sup>
- Performance
- Long-term achievement

#### What Can WE Do?

- The National Consortium for Physical Education for Individuals with Disabilities (NCPEID)
  - Certified Adapted Physical Educator
- The American College of Sports Medicine (ACSM)
  - Autism Exercise Specialist
    Certificate (\$470 for non-members)
  - ACSM/NCHPAD Inclusive Fitness Specialist Certificate (\$249 for non-members)
- Consider mandating training on inclusive physical education at institutions offering academic degrees in Physical Education
- Task force on inclusive physical education?