

# State Your Case (SYC): Improving Inclusive Physical Education

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

## 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, **ALL** 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>



## 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?

