

Questions: Chapter 6

Health Is Academic: A Guide to Coordinated School Health Programs **“Physical Education”**

For Continuing Education Contact Hours

Area of Responsibility:

Responsibility II - Planning Effective Health Education Programs

The following questions are directly related to Chapter 6: “Physical Education” written by V.D. Seefeldt in *Health Is Academic: A Guide to Coordinated School Health Programs*.

Please answer the following questions:

1. According to the definition at the beginning of Chapter 6, physical education is designed to enhance students':

- a. Sport skills, physical fitness, and mental, social, and emotional abilities
- b. Comprehension of concepts in academic subjects such as reading and mathematics
- c. Abilities to concentrate for longer periods of time in classroom settings
- d. Awareness of opportunities for self-expression in their communities

2. Both children and adults who exercise regularly see improvements in:

- a. Their acceptance by peers in social situations
- b. Their abilities to resolve conflicts through nonviolent actions
- c. Blood pressure, depression, and anxiety
- d. Their ability to "hold their own" in competitive, confrontational situations

3. School physical education programs can most adequately address which of the following?

- a. The increase in recreational drug use among teen-aged students
- b. The increase in risk-taking behaviors among high school students
- c. The lack of prestige associated with interscholastic athletics in many urban school settings
- d. The belief that physical activity is essential for healthy growth and development

4. Based on NASPE's standards, an essential function of physical education is to produce students who:

- a. Develop proficiency in many forms of physical activity
- b. Demonstrate responsible personal and social behavior in physical activity settings
- c. Are sufficiently competent to participate in interscholastic athletics
- d. Participate in physical activity, primarily for its extrinsic benefits, including fitness and muscular endurance

5. The number of adolescents who participate in daily physical education has ___ in recent years.

- a. Increased
- b. Declined
- c. Not changed

6. Federal agencies that actively promote physical activity in educational settings include all of the following except:

- a. Centers for Disease Control and Prevention (CDC)
- b. National Institutes for Health (NIH)
- c. National Academy of Sciences (NAS)
- d. President's Council on Physical Fitness and Sports (PCPFS)

7. The School Health Policies and Programs Study and the National Children and Youth Fitness Studies revealed that most physical education programs currently implemented in schools:

- a. Do not adequately address physical fitness and lifelong physical activity
- b. Adequately develop students' physical fitness levels
- c. Adequately develop fitness levels of males, but not of females
- d. Adequately develop fitness levels of younger children, but not of adolescents

8. How closely do physical education teachers collaborate with varsity coaches as well as with those involved in community-based athletics to ensure that all organized physical activities for young people are safe, enjoyable, and healthful?

- a. Very closely with both groups
- b. Closely with coaches for school teams, but not those involved with community-based athletics
- c. More closely with those involved in community-based athletics
- d. Rarely collaborate with either group

9. Nearly ___ percent of the children and youth in the United States between the ages of 6 and 18 participate in at least one organized sports per year.

- a. 30
- b. 50
- c. 70
- d. 90

10. Recommended action steps for schools to take for implementing physical education include all of the following:

- a. Providing students in grades K-12 effective, enjoyable instructional programs of physical education, preferably daily for all
- b. Providing staff development opportunities to improve the delivery of physical activity
- c. Providing incentives through health insurance to students who engage in active lifestyles
- d. Involving families and communities in the promotion of physical activity