

PHYSICAL ACTIVITY IN NEVADA SCHOOLS

Physical Activity Requirement and Participation

1 in 4
students do not
engage in daily
physical activity
in
Nevada.⁴

Physical activity provided in schools has multiple health benefits for students including reducing the risk for chronic disease, but there is also a link between physical activity and improved academic achievement and behavior in schools.¹ The Nevada School Wellness Policy (SWP) states that all schools districts must provide the opportunity for 30 minutes of moderate to vigorous physical activity during the school day and the national recommendation by the Surgeon's General for physical activity is 60 minutes daily.² Since most of a child's day is spent in school, physical activity should be a priority. However, 74.1% of adolescents in Nevada did not attend physical education classes on all 5 days during a regular school week and 26% of adolescents are overweight or obese within Nevada.³

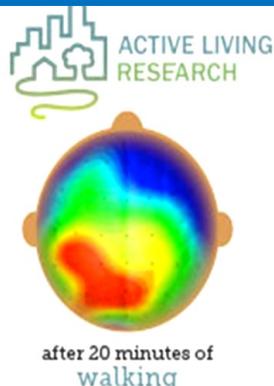
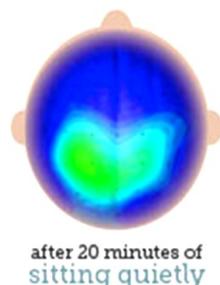
In order to increase physical activity among students, some states, have implemented legislation to mandate physical activity among schools. Over time, these states have observed positive association between daily physical activity and students' academic achievements in the classroom.⁶ In Nevada, elementary and middle schools are not mandated to have physical activity daily, it's only stated as a requirement through the Nevada SWP. High school students are required to obtain two credits of physical education (PE) for graduation, however only 54.4% of high school students overall participate in PE classes daily and PE waivers for one credit are allowed.⁵

Academic Performance level before and after physical activity⁶

active kids learn better

BRAIN SCANS OF STUDENTS TAKING A TEST:


Red areas are very active;
blue areas are least active.



Activity breaks can improve cognitive performance and classroom behavior.⁶

Recommendations

Implementing the Nevada SWP by forming a wellness committee within each school to incorporate 30 minutes of moderate to vigorous physical activity and including a multi-component approach of an evidence-based Comprehensive School Physical Activity Program (CSPAP) is recommended. CSPAP gives national guidance on physical education and physical activity which can help students stay active and achieve academic success.⁷

The CSPAP program includes physical education as the foundation to provide 60 minutes of physical activity before, during, and after school. This also promotes staff involvement and family and community engagement. This program will allow opportunities for students to have age appropriate activities to include aerobic, muscle strengthening, and bone strengthening physical activity. Implementing the CSPAP program has been found to decrease the rate of obesity among adolescents in other states, therefore implementation of this model is recommended for Nevada.

The recommendation as a result of the CSPAP program findings being evidence based and from the National Association of Sport and Physical Education (NASPE), is to provide at least 150 minutes per week of school-based P.E for elementary students and 225 minutes per week for middle and high school students.⁸

References

¹Centers for Disease Control and Prevention. Healthy Schools. Whole School, Whole Community, Whole Child. Retrieved from <http://www.cdc.gov/healthyschools/wsc/index.htm>.

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⁴Nutrition, Physical Activity and Obesity Data, Trends and Maps. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity and Obesity, Atlanta, GA, 2015. Retrieved from <http://www.cdc.gov/nccdphp/DNPAO/index.html>.

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⁶Active living research. 2012. Using Evidence to Prevent Childhood Obesity and Create Active Communities. Retrieve from http://activelivingresearch.org/files/Brief_ActiveEducation_Factsheet_July2012.pdf.

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⁸Toporek, Bryan. Few State Physical Education Mandates Meet Recommended Guidelines 2012. Available at: http://blogs.edweek.org/edweek/schooled_in_sports/2012/07/few_state_physical_education_mandates_meet_recommended_guidelines.html



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