



PHYSICAL ACTIVITY 101

Compiled by the National School Boards Association's School Health Programs to provide a foundation for initiating further research if necessary. It includes excerpts from publications, articles, and more from the NSBA School Health Resource Database as well as bibliographic information, additional resources, and websites:

BACKGROUND

- | Code # | Document |
|--------|---|
| 6764 | <i>Physical Activity and the Health of Young People</i> , Centers for Disease Control and Prevention (CDC), 2008 |
| 8527 | <i>Physical Activity Levels among Children Aged 9-13 Years—United States, 2002</i> , CDC, 2003 |
| 50020 | <i>Physical Activity Guidelines for Americans</i> , U.S. Department of Health and Human Services, 2008 |
| 90040 | <i>Youth Risk Behavior Surveillance – United States, 2007</i> , CDC, 2008 |
| 90039 | <i>Trends in the Prevalence of Physical Activity—National YRBS: 1991-2007</i> , CDC, 2008 |
| 8564 | <i>Fact Sheet: Physical Activity from CDC's School Health Policies and Programs Study (SHPPS) 2006</i> , CDC, 2007 |
| 8565 | <i>Fact Sheet: Physical Education from CDC's School Health Policies and Programs Study (SHPPS) 2006</i> , CDC, 2007 |
| 17154 | <i>Physical Education is Critical to a Complete Education</i> , National Association for Sport and Physical Education (NASPE), 2001 |
| 8537 | <i>Shape of the Nation Report: Status of Physical Education in the USA</i> , NASPE, 2006 |
| 90032 | <i>Active Education: Physical Education, Physical Activity and Academic Performance</i> , Active Living Research, 2007 |

PROGRAM GUIDANCE AND POLICY DEVELOPMENT TOOLS

- | | |
|--------|--|
| 17216 | <i>Active Bodies, Active Minds: Getting Kids and Schools Active</i> , The Council of State Governments, 2007 |
| 50033 | <i>Comprehensive School Physical Activity Programs</i> , NASPE, 2008 |
| 9191 | <i>Fit, Healthy, and Ready to Learn, Chapter D: Policies to Encourage Physical Activity</i> , National Association of State Boards of Education (NASBE), 2000 |
| 100040 | <i>Action Strategies Toolkit: A Guide for Local and State Leaders Working to Create Healthy Communities and Prevent Childhood Obesity</i> , The Robert Wood Johnson Foundation, 2009 |
| 11387 | <i>School Health Index: A Self Assessment and Planning Guide (Elementary School)</i> , CDC, 2005 |
| 11386 | <i>School Health Index: A Self Assessment and Planning Guide (Middle/High School)</i> , CDC, 2005 |
| 9285 | <i>Physical Education Curriculum Analysis Tool (PECAT)</i> CDC, 2006 |

POLICIES

- | | |
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| 17221 | <i>Model Language: District Nutrition & Physical Activity Policy</i> , Action for Healthy Kids, 2006 |
| 17223 | <i>Physical Activity Policy</i> , Tennessee State Board of Education, 2005 |
| 17222 | <i>Nutrition, Physical Education, Activity, and Wellness</i> , Mount Vernon Schools, 2005 |

RESOURCES AND LINKS

[Physical Activity Internet Resources List](#)

If you would like additional information, please contact a member of the school health staff at (703) 838-6722 or by e-mail at schoolhealth@nsba.org or visit our website at www.nsba.org/schoolhealth.

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