

Physical Activity Facts, Figures and Definitions

PHYSICAL ACTIVITY

Physical movement through both structured and unstructured routines at home, school, work, transport, leisure, and recreation. Physical activity is defined in terms of intensity:

- Moderate physical activity:
 - Activities that use large muscle groups, including walking, swimming, cycling, dancing, yard work, gardening, and various domestic and occupational activities.
- Vigorous physical activity:
 - Physical activities that use large muscle groups at 70 percent or more of maximum heart rate for age, such as, jogging, running, lap swimming, cycling, aerobic dancing, skating, rowing, jumping rope, soccer, basketball, etc.

Physical Activity Recommendations

- Children aged 5-18 years should participate in 60 minutes of physical activity per day (as recommended by the National Institute of Medicine, National Association for Sports and Physical Activity (NASPE), US Surgeon General)
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PHYSICAL EDUCATION

Planned instruction delivered in grades kindergarten through twelve (K-12) that successively builds skills and combines all of the following:

- Demonstrating motor skills and movement patterns (e.g. showing students how to kick a ball properly).
- Teaching movement concepts, principles and strategies so that students may learn individual skills to perform physical activities (e.g. teaching students how to kick/ dribble a ball in order to play soccer).
- Educating students as to the health benefits of regular physical activity (e.g. teaching students that moderate, regular exercise can prevent disease).
- Encouraging physical fitness through physical activity (e.g. playing soccer).
- Teaching personal and social behaviors that demonstrate respect for self and others in physically active settings (e.g. sportsmanship).

Physical Education in California Schools

School physical education standards

- Elementary School: Mandates 200 minutes of physical education per ten day period
- Middle and Senior High School: Mandates 400 minutes of physical education per ten day period (ECS 51222).
- High school students (grades 10-12) are exempted from two years of physical education class at the student's discretion (ECS 51241).
- *Physical Education Content Standards coming soon, currently can view Physical Education Curriculum Framework at www.cde.ca.gov (Standards & Frameworks).*

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Physical Fitness Measures in California

- CA students' fitness is measured via the "Fitnessgram". The Fitnessgram measures children's physical fitness in six major fitness areas and is administered to students every two years in grades five, seven, and nine.
- In order to be considered physically fit, students must meet the minimum standards for all six components of the Fitnessgram. In 2004, over 1.3 million California students were tested, 25 % met the minimum requirements in all six areas.

Obesity Statistics

- 1 in 3 California children and 1 in 4 California teens are at risk or are already overweight
- 50 to 70 percent of obese ten to eighteen year-olds will remain obese as adults
- projected 2005 cost of physical inactivity, obesity and overweight to California is \$28 billion

Creating environments that support Physical Activity

Requires a comprehensive approach and may include:

- Ensuring appropriate quality and quantity of physical education.
- Educating Youth and Families:
 - Providing tools for students and parents on strategies to reduce screen time (television viewing and recreational internet use) and increase active play.
 - Developing media campaigns that promote youth and families getting active, at home, at school, and in the community.
- Ensuring children have spaces and places to be active:
 - Designing schools that serve as community centers during non-school hours.
 - Creating neighborhoods that have safe walking/biking routes for transport to and from school.
 - Ensuring schools are modernized so there is space for physical activity/physical education.
 - Designing routes to community parks and trails, YMCAs, Boys and Girls Clubs, fitness and wellness centers, community gardens, and farmer's markets that are safe and accessible.
 - Offering organized activity programs at public parks.
- Adapting schools to meet the needs of students by:
 - Providing opportunities for physical activity before school, during school, after school, on the weekends, and during school breaks.
- Designing communities that support activity-friendly community design by:
 - Enacting land use and transportation policies that create opportunities for everyday physical activity.
 - Supporting urban revitalization as well as new developments which incorporate design principles for active lifestyles.