

Iowa Physical Education & Activity Facts

2014

Iowa School Health Profile Survey

Over 80% of Schools Taught the Following Physical Activity Topics

in a Required Course for Students Grades 6 through 12



Short- and Long-Term Benefits of Physical Activity



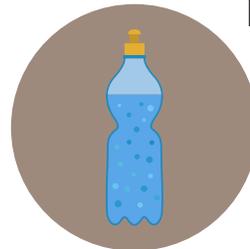
Decreasing Sedentary Activities



Incorporating Physical Activity into Daily Life



Recommended Amounts and Types of Physical Activity



Benefits of Drinking Water Before, During, and After Activity



All information in this Fact Sheet comes from the 2014 Iowa School Health Profiles survey, which gathers information about middle school and high school health education practices from the perspectives of school principals and lead health teachers. This Fact Sheet was developed by the National Resource Center for Family Centered Practice at the University of Iowa School of Social Work for the Iowa Department of Education.



Learn More at <https://www.educateiowa.gov/>

37.8% of Schools Provided Parents and Families with Health Information Designed to Increase Parent and Family Knowledge of Physical Activity

Percentage of Schools Which:

Allowed Students to Participate in Physical Activity Breaks in Classrooms During the School Day Outside of Physical Education



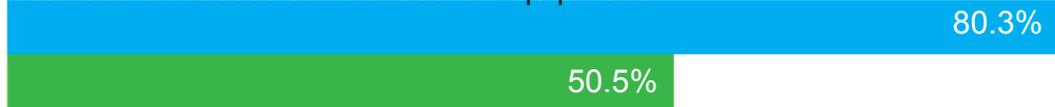
Offered Opportunities for All Students to Participate in Intramural Sports or Physical Activity Clubs



Offered Interscholastic Sports to Students



Offered Opportunities for Students to Participate in Physical Activity Before School through Organized Activities or Access to Facilities or Equipment



Prohibited Staff from Excluding Students from Physical Education or Activity as Punishment



Had a Joint Use Agreement for Shared Use of School or Community Physical Activity Facilities



0 20 40 60 80 100

89.0%
of Schools Taught
Students to Balance
Food Intake and
Physical Activity



70.5%
of Schools Taught
Students How to
Assess Body Mass
Index (BMI)