

# HOW QUALITY PHYSICAL EDUCATION CAN POSITIVELY IMPACT CURRENT POLITICAL ISSUES

Research indicates that one of the leading factors for participating in a physical activity is one's confidence and competence in that activity. With each skill mastered, new opportunities for physical activity are opened. This finding supports the need for developing physical literacy through physical education and other school based physical activity programs.

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## ACADEMICS:

### PHYSICALLY ACTIVE CITIZENS HAVE IMPROVED COGNITION

- "There is substantial evidence that physical activity can help improve academic achievement, including grades and standardized test scores." (CDC)
- "...physical activity can have an impact on cognitive skills and attitudes and academic behavior, all of which are important components of improved academic performance. These include enhanced concentration and attention as well as improved classroom behavior." (CDC)
- "Increasing or maintaining time dedicated to physical education may help, and does not appear to adversely impact, academic performance." (CDC)

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## ECONOMY:

### PHYSICALLY ACTIVE CITIZENS ARE MORE PRODUCTIVE

- "Physical active employees increases employee productivity." (CDC)
- "Physical active employees reduces absenteeism." (CDC)
- "Physical active employees increases employee morale." (CDC)
- "Annual nationwide productivity costs of obesity-related absenteeism range between \$3.38 billion and \$6.38 billion." (CDC)

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## HEALTH CARE:

### PHYSICALLY ACTIVE CITIZENS DECREASE HEALTH CARE COSTS

- "11.1% of aggregate health care expenditures were associated with inadequate physical activity (i.e., inactive and insufficiently active levels)." (CDC)
- "In 2016, the aggregate medical cost due to obesity among adults in the United States was \$260.6 billion." (*Direct Medical Costs of Obesity in the United States and the Most Populous States*)

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## MENTAL HEALTH:

### PHYSICALLY ACTIVE CITIZENS HAVE IMPROVED MENTAL HEALTH

- "When people are physically active, they receive a wide array of health benefits - from reducing feelings of anxiety and depression and improving sleep and quality of life..." (HHS.gov)
- "Compared to the treatment effects on alcohol and nicotine abusers, chronic physical exercises can better increase the abstinence rate in illicit drugs abusers. Meanwhile, physical exercise (aerobic exercise and mind-body exercise) can effectively attenuate withdrawal symptoms and ease anxiety symptoms in alcohol, nicotine and illicit drug addictions." (*Impact of Physical Exercise on Substance Use Disorders: A Meta-Analysis*)

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## MILITARY READINESS:

### PHYSICALLY ACTIVE CITIZENS HAVE BETTER FITNESS

- "About 1 in 4 young adults is too heavy to serve in our military." (CDC)
- "Overweight and obesity among active duty service members has risen 73% between 2011 and 2015." (CDC)
- "The Department of Defense, our nation's largest employer, spends about \$1.5 billion annually in obesity-related health care costs for current and former service members and their families, as well as costs to replace unfit personnel." (CDC)

## Physical Education National Standards

- **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.