

School Reform: The Role of School and Physical Education on Children's Physical Activity in Alabama's Black Belt Region

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The School Environment in Physical Activity



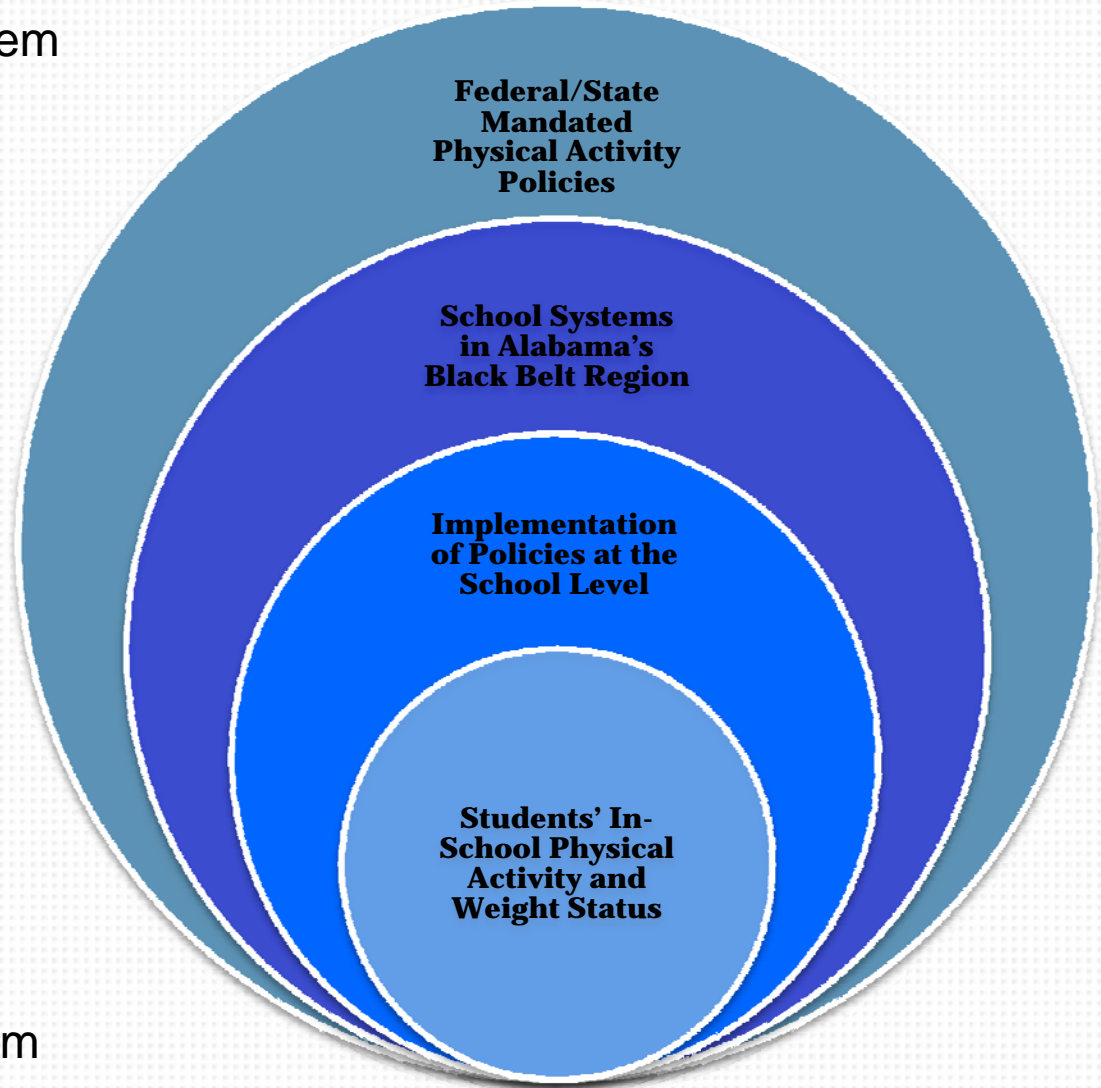
Bassett et al., 2013

Purpose

Macrosystem



Microsystem



Methods

- 5 Schools in the Alabama's Black Belt Region

<u>Variables</u>	
Demographics	Height, Weight, Age, Sex, Race, DOB, Waist circumference
Physical Activity	Pedometers, SOFIT, SOPLAY
Policy	Semi-structured interviews, school district policy, school policy
Environment	PARA, EAPRS

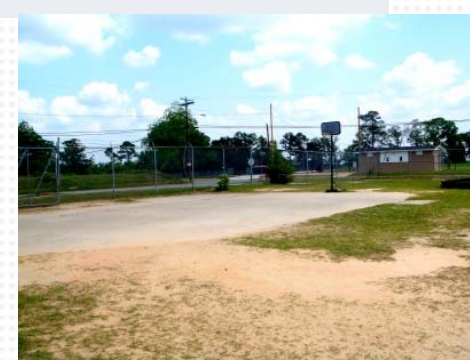
Results



Schools	5 Elementary schools (grades K – 5 th)
Participants	684 children
Sex	343 girls; 341 boys
Age	M = 8.2 ± 1.8 years
Race	95% African American
Waist Circumference	67.46 ± 12.82 cm (67.94 girls; 66.97 boys)
BMI	19.53 ± 5.22 Girls = 19.76 (~95 th percentile) Boys = 19.28 (~90 th percentile)
BMI Classification	Underweight – 1% Normal – 56% Overweight – 16% Obese – 27%

Results: School Day Physical Activity

Variable	Results
School-day step counts	Boys: 9.75 steps/min Girls: 8.29 steps/min
Total Physical Education time <i>(measured with SOFIT)</i>	23.84 ± 3.91 mins
PE time in MVPA <i>(measured with SOFIT)</i>	14.32 ± 6.10 mins
SOPLAY	0 min, NO RECESS WAS PROVIDED!!



Results: Policy School Comparison

School	A	B	C	D	E
No. of students	88	144	106	254	91
Grades	K-5	4-5	K-5	1-3	K
Age (yrs)	8.51 ± 1.75	10.26 ± 0.73	8.59 ± 1.76	7.7 ± 1.01	5.58 ± 0.54
% of students overweight and obese	47%	45%	44%	43%	38%
Certified PE teacher	Yes/No	Yes (n = 1)	Yes (n = 1)	Yes (n = 2)	Yes (n = 2)
Quantity of PE	Once a week; 30 minutes, other 4 days classroom teachers are responsible	Everyday; 50 minutes	Everyday; 45 minutes	Everyday; 30 minutes	Everyday; 30 minutes
PE length (avg. class length; SOFIT)	0 min	28.48 min	24.79 min	19.95 min	23.04 min
Recess (avg. time; SOPLAY)	0 min	0 min	0 min	0 min	0 min
Pedometer	9.19 step/min	11.34 step/min	9.83 step/min	7.71 step/min	7.85 step/min
Steps/Min (M/F)	9.51/ 8.89	13.24/ 9.68	10.87/ 8.66	8.09/ 7.31	8.05/ 7.66

Results: Physical Education Policy Implementation



- ✓ Reflected PE requirements and written policies did not differ between schools.
- ✓ All schools had certified PE teachers.
 - ❖ Classroom teachers were responsible for PE instruction 4 days a week at School A.
- ✓ Most schools did meet or exceed Alabama's state PE requirements on their school schedule.
 - ❖ PE was cancelled or shortened approximately **22%** of the time (All schools).

Results: Semi-Structured Interviews

Themes:

- ✓ Weight concerns for the children.
- ✓ Importance of PE and physical activity.
- ✓ Could not reiterate any of the school's physical activity policies.



Conclusion

- ✓ It appears that state mandated policies encourage schools to implement PE.
- ✓ PE as the sole physical activity opportunity resulted in inadequate physical activity during school.
- ✓ For schools to be an ‘active community’, they must incorporate and IMPLEMENT policies and programs that give children the opportunity to move and be physically active throughout the entire school day.

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