

## Links



- [www.bcps.org/offices/physed](http://www.bcps.org/offices/physed)
- [www.bcps.org/offices/physed/curriculum/adapted\\_physed](http://www.bcps.org/offices/physed/curriculum/adapted_physed)
- [www.mahperd.org](http://www.mahperd.org)
- [www.aahperd.org](http://www.aahperd.org)
- [www.cdc.gov/nccdphp/dnpa/physical](http://www.cdc.gov/nccdphp/dnpa/physical)
- [www.PE4life.org](http://www.PE4life.org)
- [www.cdc.gov/nccdphp/dnpa/obesity/trend/maps/index.htm](http://www.cdc.gov/nccdphp/dnpa/obesity/trend/maps/index.htm)
- [www.obesity.org](http://www.obesity.org)
- [win.niddk.nih.gov/statistics/index.htm](http://win.niddk.nih.gov/statistics/index.htm)
- [www.acsm.org](http://www.acsm.org)
- [www.presidentschallenge.com](http://www.presidentschallenge.com)
- [exercise.about.com](http://exercise.about.com)

## Community Resources

Contact local health departments or other community agencies, such as schools, recreation councils, or family physicians for additional information.



## Office of Physical Education

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## Physical Education in Baltimore County Public Schools

Physical education is an important and unique part of the daily instructional program. Physical education contributes to the overall educational goals and to the development and maintenance of fitness. Physical activity is the method by which learning takes place.

The purpose of the physical education program is to contribute to each student's growth and development in the physical, cognitive, and affective domains through a movement-based curriculum.

The Baltimore County Public Schools Office of Physical Education is committed to implementing programs to educate its students about the importance of a healthy lifestyle. It is dedicated to improving the health and well-being of the next generation.

**Elementary physical education** in BCPS focuses on fundamental movement. Students participate in adventure; rhythms and dance; tumbling and gymnastics; manipulatives (hoops, wands, jump ropes, beanbags); individual, partner, and team games.

The **middle school** program emphasizes skill development in adventure; rhythms and dance; tumbling and gymnastics; and individual, team, and recreational sports. Intramurals are provided for students to enhance their skills and game play.

The required course at the **high school** level is Fitness Foundations/Fitness Mastery, a comprehensive fitness-based curriculum that provides participation in various activities and knowledge to enhance and maintain a healthy level of fitness. Students are encouraged to take electives based on their interests.

Students at all levels are given the opportunity to use pedometers, heart rate monitors, and other forms of technology to enhance their learning and to understand how exercise affects their bodies and helps maintain lifelong health.

**"Mens Sana in Corpore Sano"  
"A Sound Mind in a Sound Body"**

Quality instruction in education involves the whole child by providing psychomotor, cognitive, and affective benefits.

## The Challenge of Obesity

## Office of Physical Education Baltimore County Public Schools

*"Exercise and recreation are as necessary as reading. I will rather say more necessary because health is worth more than learning."*

-Thomas Jefferson 6/11/1790

## The Centers for Disease Control and Prevention (CDC)

In July 1994, the Office of the Surgeon General authorized the Centers for Disease Control and Prevention (CDC) to serve as lead agency for preparing the first Surgeon General's report on physical activity and health. The purpose of the report was to summarize the role of physical activity in preventing disease. The report concluded:

- People of all ages benefit from physical activity.
- Significant health benefits are obtained by moderate physical activity. Greater health benefits can be gained through greater amounts of physical activity.

### Facts

The Surgeon General reports that after smoking, physical inactivity is the single largest health risk in the country today.

61% percent of overweight 5 to 10 year-olds already have at least one risk factor for heart disease and 26% have two or more risk factors.

Improper diet and/or inactivity kill 400,000 people per year.

97 million Americans are overweight or obese. The CDC estimates 64% of Americans are overweight. (17.1% ages 2-19)

In the last 20 years, the number of overweight children has doubled and the number of overweight adolescents has tripled.

Overweight and obesity result from energy imbalance. This involves eating too many calories and not getting enough physical activity.

Overweight adolescents have an 80% chance of becoming obese adults.

Physical activity improves academic performance.

## Definitions

**Obesity** is defined as an excessively high amount of body fat in relation to lean body mass.

**Overweight** refers to increased body weight in relation to height.

### Negative Effects of Obesity

#### Emotional and Social Harm

- Overweight children experience feelings of inadequacy, poor body image, and low self-esteem.
- Obese children suffer discrimination from peers, teachers, and family members.
- Overweight children cannot wear clothes identified as popular, nor can they move as flexibly or sustain the same energy levels as their peers.
- Overweight children and adolescents report negative assumptions made about them by others, including being inactive or lazy, being strong and tougher than others, not having feelings, and being unclean.
- Negative biases continue into adult life, as shown in college selection, job hiring, and future promotion.

#### Physical Harm

- As overweight children become adults, they face a high risk of cardiovascular diseases, diabetes, and other chronic diseases.
- Childhood obesity contributes to high blood pressure and cholesterol, arthritis, increased blood clotting tendency, clogging of the arteries, insulin resistance, and an increased risk of musculoskeletal injuries.

## Solution

**Increase physical activity and exercise in the daily lives of people at all ages.**

## Brain Research

Brain research clearly suggests the importance of physical activity and its relationship to improved academic performance.

## Positive Effects of Physical Activity

- Helps build healthy bones and muscles.
- Improves muscular strength and muscular endurance.
- Helps control weight.
- Reduces anxiety and stress and increases self-esteem.
- Helps improve blood pressure and cholesterol levels.
- Reduces chance of colon cancer.
- Increases blood flow to the brain which improves academic focus.

### Physical Activity and Youth

- All school-aged children (PreK-12) should be active on all or most days of the week.
- An accumulation of more than 60 minutes of activity per day is encouraged.
- Some of a child's daily physical activity should be in periods lasting 10-15 minutes or more and include moderate to vigorous activity.

### The CDC recommends that parents:

- Encourage regular exercise.
- Be an active family-60 minutes or more each day (ie: walk, hike, bike, dance, skate, backpack, climb, kayak, etc.).
- Advocate for daily physical education.
- Promote after-school activities.
- Encourage sport participation.
- Provide a healthy diet.
- Limit TV, video games, and computer time to 1-2 hours a day combined.
- Encourage new activities.
- Give gifts that promote fitness (ie: heart rate monitors, pedometers, scooters, skates, jump ropes, etc.).
- Plan parties with active themes.