

Healthful Living FAQ's

Is Health and Physical Education required in Middle School?

The NC State Board of Education Healthy Active Children Policy states...

Section 4. PHYSICAL EDUCATION AND HEALTHFUL LIVING

- (a) To address issues such as overweight, obesity, cardiovascular disease, and Type II diabetes, students enrolled in kindergarten through eighth grades shall participate in physical activity as part of the LEA's Physical Education curriculum.
- (1) Elementary schools should consider the benefits of and move toward having 150 minutes of quality Physical Education per week with a certified Physical Education teacher throughout the school year.
 - (2) Middle schools should consider the benefits of and move toward having 225 minutes per week of Healthful Living Education. Middle school Healthful Living Education should be divided equally between health and Physical Education with certified health and Physical Education teachers throughout the school year.

Do students now have to pass CPR to graduate?

Yes. House Bill 837 established that an instructional program developed by the American Heart Association, the American Red Cross, or other nationally recognized programs that is based on the most current national evidence-based emergency cardiovascular care guidelines for CPR. Schools are to maintain documentation in an electronic database that students have successfully completed CPR instruction to meet Healthful Living Essential Standards. The requirement began in the 2014-2015 school year.

In meeting the CPR requirement, should Health Teachers be certified CPR instructors?

Health Teachers do not have to be certified to provide CPR instruction.

Are there guidelines that determine the maximum numbers of students in my physical Education classes?

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Section 4. PHYSICAL EDUCATION AND HEALTHFUL LIVING

- (b) Physical Education shall take place in a supportive environment in which students learn, practice, and receive assessment on developmentally appropriate motor skills, social skills, and knowledge as defined by the North Carolina Healthful Living Standard Course of Study and that fosters support and guidance for being physically active. **In order to meet enhanced goals, these classes should be the same class size as other academic classes with at least fifty percent of Physical Education class time spent with students engaged in moderate to vigorous physical activity.**

However local policy or the limitations of staff and the physical structure may cause this policy to be difficult to follow.

Are there standards for both Health and Physical Education?

Yes, both Health and Physical Education have Essential Standards which can be found at:
<http://hlnces.ncdpi.wikispaces.net/Essential+Standards>