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The Nuts & Bolts for School Administrators: Legislation, Guidance & Best Practices

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Lorson, K., & Eldridge, R. (2015). The Nuts & Bolts for School Administrators: Legislation, Guidance & Best Practices. .

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HEALTH & PHYSICAL EDUCATION IN OHIO:

THE NUTS & BOLTS FOR SCHOOL ADMINISTRATORS: LEGISLATION, GUIDANCE & BEST PRACTICES

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The Ohio Association for Health,
Physical Education, Recreation, and Dance

Welcome

- Goal: Overview health & physical education
 1. Requirements
 2. Guidelines
 3. Best practices



Health Education in Ohio

- Course Offering
 - Elementary
 - K-8: “Well-rounded” education
 - High School Graduation Requirements
 - ½ unit required (1/2 required in PE)
- Ohio Legislature has oversight of health education, not Department of Education.
 - Local control
 - Standards provide a framework, but do not tell districts what to teach and how to teach it.



Health Education

Required Curriculum Content

1. Nutrition

- Including: natural & organically produced foods, relation of nutrition to health and use and effects of food additives

2. Venereal disease education *(parent exemption)*

3. Personal safety & assault prevention *(parent exemption)*

- Grades K-6

4. Dating violence & healthy relationships *(parent exemption)*

- Grades 7-12



Health Education

Required Curriculum Content

5. Drugs & Alcohol
 - Harmful effects & legal restrictions
6. Prescription opioid abuse prevention
 - Additional information:
 - Opioid Abuse Prevention
Governor's Cabinet Opiate Action Team Resources
 - The Ohio Department of Education - Health Education Page



Health Education Standards

- Ohio does not allow the State Board of Education to adopt Health Education Standards
- Legislature must approve
- Ohio & Iowa are the only states without standards.
 - Ohio Early Learning Standards (K-3 Standards)
- Local control, but many existing resources for guidance.



National Health Education Standards

Students will:

1. Comprehend concepts related to health promotion and disease prevention.
2. Analyze the influence of family, peers, culture, media, technology and other factors on health.
3. Demonstrate the ability to access valid information, products and services to enhance health.
4. Demonstrate the ability to use interpersonal communication skill to enhance health and avoid/reduce health risks.
5. Demonstrate the ability to use decision-making skills to enhance health.
6. Demonstrate the ability to use goal-setting skills to enhance health.
7. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Demonstrate the ability to advocate for personal, family and community health.

- Where are those health topics?



Health Education Curriculum Resources

- National Health Education Standards
- HECAT (Health Education Curriculum Analysis Tool)
 - HECAT Modules present outcomes for each grade level (K-12) for each standard and each topic.



Health Education Modules (CDC)

- Alcohol & Other Drugs
- Healthy Eating
- Mental & Emotional Health
- Personal Health & Wellness
- Physical Activity
- Safety
- Sexual Health
- Tobacco
- Violence Prevention



Quality Health Education

1. Teaching functional health information
 - Essential knowledge
2. Shapes personal values and beliefs that support healthy behaviors
3. Shapes group norms that value a healthy lifestyle
4. Develop essential health skills necessary to adopt, practice and maintain health-enhancing behaviors.
5. Taught by a licensed-teacher.



Ohio Physical Education Requirements

- **Ohio Core**

- Ohio Revised Code: Section 3313.603 (A) (2)
 - Students must earn $\frac{1}{2}$ unit of credit in physical education as part of graduation requirement.
 - $\frac{1}{2}$ unit means a minimum of 120 hours of instruction.

- **Elementary & Middle School**

- Must provide PE as part of a well-rounded curriculum

- **Substitution**

- Local boards may adopt policy
- **ONLY** for interscholastic athletics (2 full seasons), marching band, cheerleading & ROTC.
- Student must select another $\frac{1}{2}$ unit, consisting of at least 60 hrs of instruction in another course of study.

- **Credit Flexibility**

- Must provide evidence of proficiency in the course and/or standards
- Must complete the state PE evaluations
- Cannot simply log PA time



“Advanced” Physical Education

- Class must be of high school level curriculum or higher in rigor.
- Must be taught by a certified 9-12 physical education licensed teacher.
- Should have some way of determining that the students are both cognitively and physically ready for the advancement.
- Should not be setting students up for failure (this class goes on high school transcript no matter what the grade is, because it is a high school level course).
- In accordance with ORC3313.60 - all schools must provide an option/opportunity at the school for students to take physical education at the appropriate grade band (for instance a 7-8 school must have either 7th grade physical education and/or 8th grade physical education as an alternative option, to address the needs of students that are not ready for advanced PE).
- All students taking the class have been evaluated and submitted previously at the 6-8 grade band.



“Advanced” Physical Education

- Must receive 60 hours or more of instruction (a full semester) to receive .25 high school credits for physical education.
- Should be evaluated and submitted at the 9-12 grade band level.
- **Additional consideration**
 - If the school has adopted the waiver option and the student elects to do the waiver once in high school.
 - This class will not count toward any of their graduation requirements, but still must be on their transcript.
 - Must complete the additional .5 credits in an elective that is not physical education.
 - Should not have been submitted for evaluations.



SB 210 & Evaluation Reminders

- Newly hired physical education teachers to have a PE license.
- Part of school's report card, but not a high-stakes achievement test.
- Collect assessment data and report to ODE.
 - Data is reported by school, not by individual student
- Assess and report ALL students' data once in the grade band, not in each grade
- Assessments must be completed by the **end** of the benchmark.
 - e.g. – Assess students in Standard 1B in Grade 2
- NO District-wide WAIVERS for ASSESSMENTS



Ohio Physical Education Standards & Evaluation Update

- Updated standards adopted in July 2015
- Revised evaluation to begin implementation Fall 2016.
- Refined standards and assessments
 - From 6 standards to 5 standards
 - From 12 benchmarks to 10.
 - Merge Standard 3 and Standard 4
 - Inclusion of calorie balance
 - Assessments & rubrics are revised and refined to align with new standard and outcomes
- What does my school rating mean?

Future Directions

- Advocate for legislation to allow the adoption of health education standards
- Advocacy to remove the substitution/waiver exemption
- Refine the physical education data and report card ratings
 - Reflect performance in meeting the benchmarks
 - Move away from student averages and to the students meeting or exceeding the benchmark.
- Study the impact of accountability on programs

