

A Dozen Reasons for Including Conceptual Physical Education in a Quality Program

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WHAT IS FITNESS EDUCATION?

Fitness education is a subcomponent of the total physical education program, focusing on helping students acquire **knowledge** and higher-order **understanding** of health-related **physical fitness** (the product), as well as habits of **physical activity** and other healthy lifestyles (the process) that lead to good health-related physical **fitness**, health and wellness. NASPE, (2012). Fitness Education Framework.

WHAT IS CONCEPTUAL PHYSICAL EDUCATION?

- Type of Fitness Education
- Classroom Sessions
- Textbook
- Portfolios



education.cu-portland.edu

COLLEGE ORIGINS

- 50 Year History—Initially Rejected
- Universal as college class: saved requirements

Journal Quest
Volume 60, 2008 - Issue 4

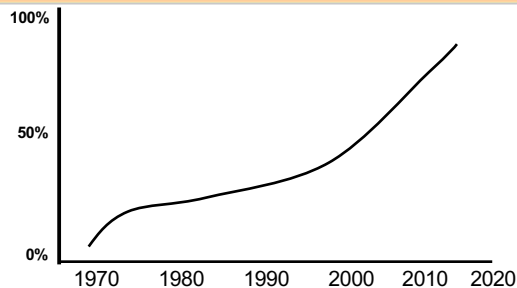
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THE FORTY-SECOND AMY MORRIS HOMANS COMMEMORATIVE LECTURE 2008
Conceptual Physical Education: The Anatomy of an Innovation
Charles B. Corbin & Bradley J. Cardinal
Pages 467-487 | Published online: 14 Feb 2012

Download citation | <https://doi.org/10.1080/00336297.2008.10483593>

- See Corbin & Cardinal, *Quest*, 2008.

CPE Innovation Curve



From Corbin & Cardinal. (2008). Conceptual Physical Education, Anatomy of an Innovation. *Quest*, 60(4), 467-487.

HIGH SCHOOL HISTORY

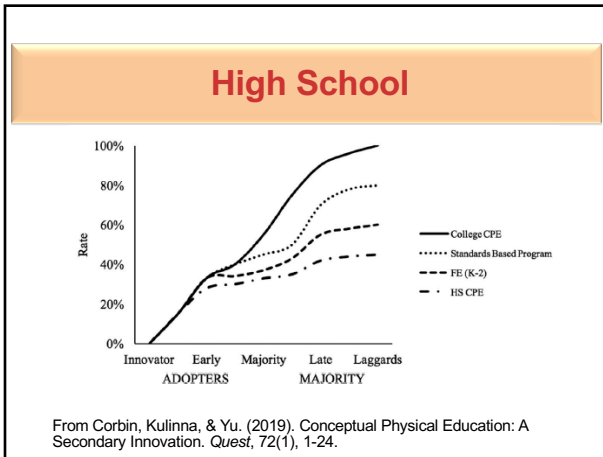
- 1979 First High School Text
- Initially Rejected
- 13 States Have Requirements

Journal Quest
Volume 72, 2020 - Issue 1

191 Views
0 Crossref citations to date
0 Altmetric

Articles
Conceptual Physical Education: A Secondary Innovation
Charles B. Corbin, Pamela H. Kulinna & Hyeonho Yu
Pages 33-56 | Published online: 02 Dec 2019

Download citation | <https://doi.org/10.1080/00336297.2019.1602780>



High School

Base Plan

- 2 days classroom
- 3 days activity
- One semester
- Adaptable to other schedules

Corbin & Le Masurier, 2010.
Fitness for Life. Human Kinetics.

- ### Program Content
- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Fitness and Wellness for All 2. Adopting Healthy Lifestyles and Self-Management Skills 3. Goal Setting and Program Planning 4. Getting Started in Physical Activity 5. How Much is Enough? 6. Skill Learning and Injury Prevention 7. Moderate Physical Activity 8. Cardiorespiratory Endurance 9. Vigorous Physical Activity 10. Muscle Fitness Basics 11. Muscle Fitness Applications | <ol style="list-style-type: none"> 12. Flexibility 13. Body Composition 14. Physical Activity Program Planning 15. Making Consumer Choices 16. Choosing Nutritious Foods 17. Stress Management 18. Making Choices and Planning for Health and Wellness 19. Strategies for Active Living 20. The Science of Active Living 21. Lifelong Activity |
|--|--|
- From Corbin & Le Masurier, (2010). *Fitness for Life*. Champaign, IL: Human Kinetics.

MOVING FROM

DEFENSE TO OFFENSE

HOW WOULD YOU DEFEND YOUR

PHYSICAL EDUCATION PROGRAM?

public domain art

1. CPE PROGRAMS HELP STUDENTS TO BE PHYSICALLY ACTIVE

Being physically active is an overarching goal of:

- Quality Physical Education
- Physical Literacy
- Physical Activity Guidelines for Americans

art from webstockreview.net

Physically Educated Person Physical Literacy

- Is physically active
- Is fit
- Has skill
- Values physical activity
- Knows about health benefits of activity

SHAPE AMERICA 2013

2. CPE PROGRAMS HELP STUDENTS TO MEET NATIONAL CONTENT STANDARDS AND FITNESS EDUCATION BENCHMARKS

- SHAPE America Content Standards
- SHAPE America Fitness Ed Framework
- State Content Standards

Standard 1. Competency in a variety of motor skills and movement patterns
Standard 2. Has knowledge of concepts, principles, strategies, and tactics related to movement and performance.
Standard 3. Demonstrates the knowledge and skills to maintain a health-enhancing level of physical activity and fitness.
Standard 4. Exhibits responsible personal and social behavior that respects self and others.
Standard 5. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Shape America, (2014). *National Standards and Grade Level Outcomes for K-12 Physical Education*. Champaign, IL: Human Kinetics.

3. CPE PROGRAMS HAVE AN ESTABLISHED PHILOSOPHY

- H** = Health and Healthy Behaviors
- E** = Everyone
- L** = Lifetime
- P** = Personal

COMMON TO
 FITNESS FOR LIFE, FITNESSGRAM, AND PHYSICAL BEST

4. CPE PROGRAMS HELP STUDENTS TO ACHIEVE HIGHER ORDER OBJECTIVES

- Bloom’s Taxonomy
 - From remembering to creating.
- Stairway to Lifetime Fitness and Wellness

LEARNING TO LEARN



h2huk.wordpress.com

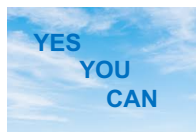
Stairway to Lifetime Fitness and Wellness



Adapted from Corbin & Le Masurier, (2010). *Fitness for Life* (6th ed.). Champaign, IL: Human Kinetics.

5. CPE PROGRAMS ARE BASED ON SOUND LEARNING THEORIES

- Social Cognitive Theory
- Self-Determination Theory
- Health Beliefs Model
- Stages of Change Model



C. B. Corbin

SOCIAL LEARNING THEORY

- Self-Efficacy
- Self-Motivation

SELF-DETERMINATION THEORY

- Autonomy
- Intrinsic Motivation

HEALTH BELIEFS MODEL

- Behaviors have unhealthy effect
- Change will help solve problem
- I can do it (motivation)

STAGES OF CHANGE MODEL

- Change doesn't happen all at once
- Self-Management Skills matter

6. CPE PROGRAMS COMPLEMENT OTHER FITNESS EDUCATION PROGRAMS

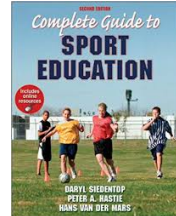
- CSPAP
- FITNESSGRAM®
- PHYSICAL BEST
- PRESIDENTIAL YOUTH FITNESS PROGRAM



ALL DEDICATED TO MEETING NATIONAL PHYSICAL ACTIVITY GOALS

7. CPE PROGRAMS COMPLEMENT OTHER QUALITY PHYSICAL EDUCATION PROGRAMS

- Foundation for Elective PE
- Adventure Education
- Outdoor Education
- Sport Education
- Cooperative Learning
- Hellison's TPSR
- Health Club Model



8. CPE PROGRAMS PROVIDE FOR ACADEMIC CONNECTIONS AND SOCIAL EMOTIONAL LEARNING

- Math, Science, English LA, Nutrition
- SEL
 - Self-Management Skills
 - Empathy, Diversity, Communication
 - Social Support, Conflict Resolution
 - Leadership, Teamwork, Stress Management



From CASEL.org

FLORIDA EXAMPLE: ACADEMIC CONNECTIONS MATTER

9. CPE PROGRAMS PROVIDE OPPORTUNITIES FOR ASSESSMENT AND ACCOUNTABILITY

- Formative
 - Quizzes, Tests
 - Worksheets
 - **Projects**
 - **Portfolios**
- Summative



kissclipart.com

Portfolios

- PRINT
- DIGITAL

- **ACTIVITY SHEETS**
- **QUIZZES**
- **TESTS**
- **PROJECTS**
 - Chapter Projects
 - Video
 - Art
 - Music
 - Other

Technology

- E-Books
- Digital Portfolios
- Using Tech



digital trends.com

10. CPE PROGRAMS CAN ENHANCE PE REPUTATION AND TEACHER SELF-ESTEEM

- Teacher
 - Seen as expert
 - Improved status (parents, teachers, admin)
- Program
 - Academic
 - SFUSD: UC Admission Elective



SAN FRANCISCO EXAMPLE

- SFUSD-UC G Elective
- Elective CPE: Offer Choices
- Online Option
- Supplement to Exemptions



University of California

11. CPE PROGRAMS HAVE SUPPORT FROM MEDICAL AND PUBLIC HEALTH EXPERTS

- National Academy of Kinesiology
- ACSM
- Public Health Experts
- Medical Doctors (Dr. Jeff Boone)
- Teachers (Texas Research)



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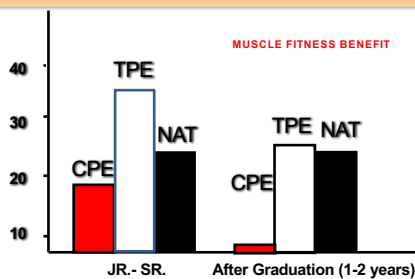
12. CPE PROGRAMS WORK!

- Project Active Teen
- Mountain Pointe HS
- 20 Years Study
- *Fitness for Life Model and Text*
- Still Going



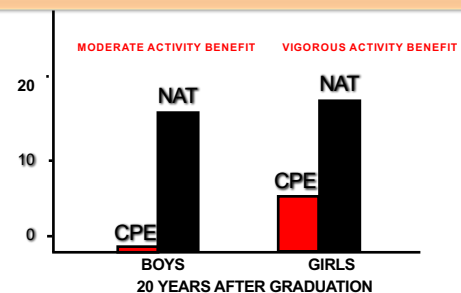
123RF.com

Evidence: Percent Inactive (Girls)



Adapted from Kulinna, Corbin, & Yu. (2018). *Journal of Physical Activity and Health.*

Evidence: Percent Inactive



Adapted from Kulinna, Corbin, & Yu. (2018). *Journal of Physical Activity and Health.*

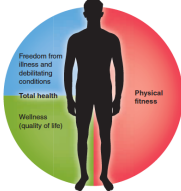
Evidence

- 56% Remember Class Content
- 50% Still Use the Information
- 47% Found the Class Useful After Graduation
- 97% Consider Themselves to be Well Informed About Fitness/PA

ALL SIGNIFICANT DIFFERENCES FAVORED CPE

CPE PROGRAMS WORK!

- College Studies
 - PA/Knowledge/Attitudes
- High School Studies
 - Lack Knowledge
 - CPE Builds Knowledge
- Middle School
 - PA/Knowledge



From Corbin & Le Masurier, (2010).
Fitness for Life. Human Kinetics

“PE EFFECT”

KNOWLEDGE


↓

MOTIVATION

↓

PHYSICAL ACTIVITY
(OUT OF SCHOOL)

THE PHYSICAL ACTIVITY QUESTION



Corbin & Le Masurier, 2010.
Fitness for Life. Human Kinetics.

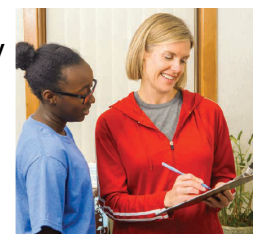
SUGGESTIONS FOR IMPLEMENTATION

- Begin with a plan
- Commit to an inclusive philosophy
- Commit to national and state content standards

HELP

SUGGESTIONS FOR IMPLEMENTATION

- Get support of parents, administrators, and school board members
- Maintain program fidelity
- Seek student “buy in.”



Corbin & Le Masurier, 2010.
Fitness for Life. Human Kinetics.

What do kids really do in PE?

Middle Schools

Basketball
Volleyball
Baseball/Softball
Football
Soccer
Kickball
Relays
Jogging
Dodgeball/Bombardment
Field Events

SCHIPPS

High Schools

Basketball
Volleyball
Baseball/Softball
Football
Soccer
Weight Training
Jogging
Calisthenics
Tennis
Field/Street hockey
20. kickball

What Adults Do?

Activities

walking
gardening
stretching
resistance training
jogging
aerobic dance
cycling
stair climbing
swimming
tennis

Sports

tennis
bowling
golf
baseball/softball
racquetball
basketball
volleyball
soccer
football
others

SUGGESTIONS FOR IMPLEMENTATION

- Get access to resources
- Consider a pilot CPE program
- Get HELP: Professional Development



CPE and PETE Programs

- College classes to prepare CPE teachers.
- Examples
 - Arizona State University—Pam Kulinna
 - Appalachian State University—Ben Sibley
 - Sam Houston State University—Jose Santiago
 - Northern Arizona University—Holly Aungst
 - The Ohio State University, Cortland State

CPE Online

- **Fitness for Life** Programs widely used online.
- Interactive and Digital texts available.
- Teacher Resources and Student Assignments.
- Can be modified to suit local needs.
- Webinar: CPE and Google classroom.
- <https://us.humankinetics.com/blogs/fitness-for-life-updates/google-classroom-uses-in-health-and-fitness-education>

Sources

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www.FitnessForLife.org

The End