

# Ghosts of Physical Education Past Influencing The Daily Grind?

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## Introduction

An aim of quality physical education programs is to teach children and adolescents skills for engagement in lifetime physical activity (NASPE, 2004). Physical activity is listed as a preventative measure to decrease risk of cardiovascular disease, cancer, and diabetes (WHO, 2018). For adults, the workplace is a potential place to accumulate daily physical activity. There is little research regarding physical education experiences influencing occupational choices.



## Survey Instrument

General Demographics for age, race, gender, job type – 7 questions  
Stanford seven-day physical activity recall questions to establish current physical activity level during leisure time – 5 questions  
Beliefs of health and fitness importance and enjoyment – 2 questions; 1 with 4 sub-questions (5-point scale)  
High school physical education questions – 3 questions  
Dimensions of perceptions (from Kimball et al., 2009) – 1 question with 11 sub-categories (5-point scale)  
Graduation details (within U.S., which state) – 2 questions



Research Question	Data	Analysis Plan
<b>RQ1</b> What opinions of high school physical education do those in physically demanding occupations have?	Likert-scale ratings; 11 questions	Descriptive Statistics & Associations investigated through Kendall tau-b
<b>RQ2</b> Do those in physically demanding occupations engage in adequate leisure-time physical activity outside of the workplace	Stanford 7-Day PA Recall	Pearson's r & ANOVA
<b>RQ3</b> Which physically demanding occupation attracts employees who are physically active?	Stanford 7-Day PA Recall & Job-specific questions	Pearson's r & ANOVA



## Method

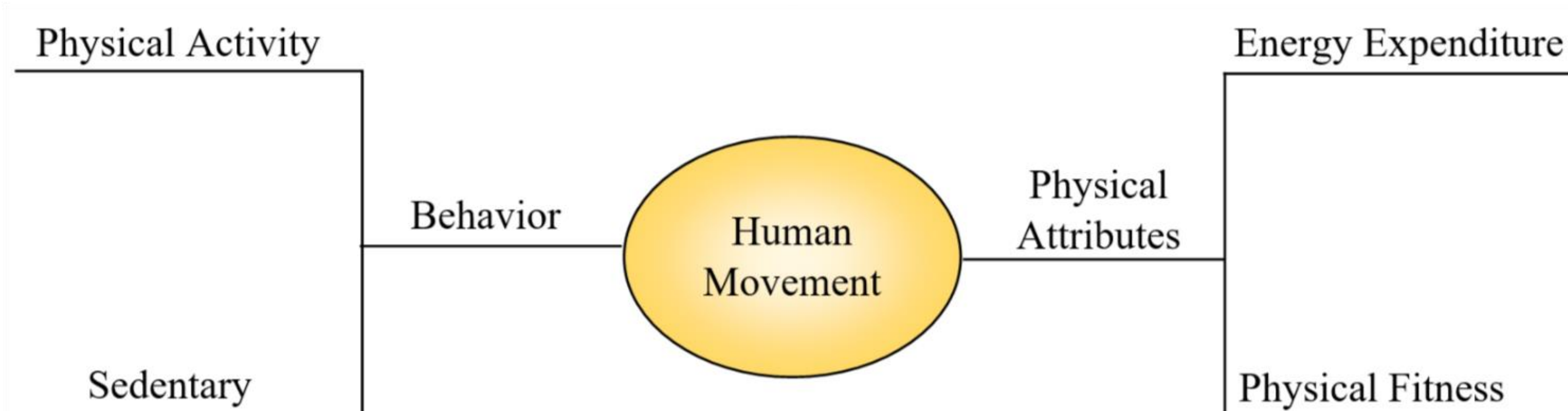
### Survey & Participants

- 20-question electronic survey
- QR code provided to employers and employees at physically demanding jobs.
- Targeted recruitment with snow-ball potential
- Survey will be left open for 2-months to allow for maximum responses.

Scan QR code for summary and references →



## Human Movement Framework



## Implications

- Physical education impact related to accumulation of daily PA and Occupational choices as adults.
- Reflection of current attitudes associated with past physical education experiences. What are physical education programs doing well and where are there opportunities for improvement?
  - Recruitment and Human Resources decisions; ex: types of incentives and benefits that are activity related
- Public health goals – targeted interventions by occupation → decreased disease risk and meeting HP2020 Goals and Objectives