Students Find Value in Health and Physical Education

SHAPE America is committed to empowering all children to lead healthy and active lives through effective health and physical education programs.

Benefits of Physical Education to Students
More than half of students reported enjoying PE and recognized the importance to their future health in addition to a wide variety of additional benefits.

- 41% Relieves stress
- 40% Helps me to work well with others
- 32% Gives me confidence
- 30% Helps me to focus
- 24% Teaches me problem solving and how to meet challenges
- 23% Helps me to be a better student

Student Attitudes on the Importance of Health Education Class on Future Health
Nearly 92% of students having studied health education believe that it is important to their future health.

- 42% VERY IMPORTANT
- 50% SOMewhat IMPORTANT
- 6% NOT TOO IMPORTANT
- 2% NOT AT ALL IMPORTANT

Lifelong Skills Learned Through Physical Education

- Importance of a physically active lifestyle: 58%
- How to set fitness goals and maintain fitness levels: 57%
- Skills necessary to play sports or be physically active: 54%
- Competitive strategies or skills necessary for success in sports: 48%
- How to respect myself and others: 44%

The Every Student Succeeds Act (ESSA) identifies school health and physical education as part of a student’s “well-rounded education” for the first time in federal education law. This new legislation provides increased access to funds and support for health and PE programs. It’s critical to have a voice for health and physical education at the table as decisions are made. Please visit www.shapeamerica.org/advocacy for all the tools and resources you need to get informed and stay involved.

myCollegeOptions® Highlights from the 2016 myCollegeOptions®SHAPE America research study. National sample includes 132,096 high school students.