Amount of Required Physical Education: Iowa mandates physical education in grades K-12, but it does not require daily recess at the elementary school level. High school students must participate in at least 45 minutes of physical activity per week. The state checks on compliance every five years.

High School Graduation Requirements: The state requires students to earn 2.0 physical education credits for graduation, with 0.5 credits given per school year.

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports or JROTC for their required physical education credits.

Exemptions/Waivers: Local schools may grant waivers to students for one semester at a time.

State Standards: The state does not have its own standards for physical education.

State Curriculum: The state requires the use of specific curricula for elementary, middle school/junior high and high school physical education. Local school systems have the option of using any of the following commercial curricula: SPARK, CATCH, FITNESSGRAM or PE4Life.

Class Size: The state does not mandate a teacher-to-student ratio comparable to other curricular areas.

Online Physical Education Courses: Online courses are permitted, and are open to students who request permission to take online courses and are approved by the school. Online courses are taught only by state-certified physical education teachers.

Student Assessment Requirements: The state does not require student assessment in physical education.

Fitness Testing: The state does not require the use of a particular fitness test protocol.

State Comprehensive Assessment Test: The state does not have a comprehensive assessment test for graduation.
**Education Report Card:** The state has an education report card for each school, but physical education is not included as one of the subject areas.

**Body Mass Index (BMI):** The state does not require schools to collect students’ BMI or height and weight.

**Certification/Licensure of Physical Education Teachers:** The state requires certification or licensure of physical education teachers at the elementary, middle school/junior high and high school levels. Elementary classroom teachers (generalists) may teach required elementary school physical education classes. Certification must be renewed every five years.

**Professional Development of Physical Education Teachers:** Professional development continuing education hours or credits are required to maintain/renew one’s physical education teacher certification or licensure. No state funding is provided for this professional development.

**Temporary Certification:** Temporary or emergency teacher certification may be granted for up to two years to anyone holding a bachelor’s degree in education or teaching.

**National Board Certification (NBC):** The state actively encourages physical education teachers to become certified through the NBC process by providing partial funding only if the teacher receives board certification.

**District Physical Education Coordinator:** The state does not require each school district to have a licensed physical educator serving as a PE coordinator.

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