

IOWA



Amount of Required Physical Education: The state requires students to take physical education in grades 1-12. There is no time requirement for elementary or middle school/junior high students, but high school students must participate in at least one-eighth of a unit of physical education per semester¹⁰⁷ or at least 45-89 minutes of physical education per week. Compliance is determined through annual reporting.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 physical education credit for graduation.¹⁰⁸

Substitutions: The state permits school or school districts to allow students to substitute interscholastic sports, marching band, or cheerleading for required physical education participation or credit. Twelfth-grade students may substitute an organized and supervised athletic program that requires at least as much time of participation per week as one-eighth unit of physical education.¹⁰⁹

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. A Bureau Chief has the authority to grant a 1-year waiver from the state physical education requirements in response to a request from a district's board of directors. The request must be an essential part of a planned innovative curriculum project that is broadly consistent with the intent of the physical education program.¹¹⁰ Twelfth-grade students may be excused from physical education by the principal if they are enrolled in a cooperative, work-study, or other approved, off-site program as well as if they are enrolled in academic courses not otherwise available. Students in grades 9-11 may also be excused for academic courses not otherwise available. In addition, a principal may excuse a student from the physical education requirement whose parent/guardian requests in writing that the student be excused.¹¹¹ Students may apply for an exemption from the physical education requirement in lieu of TA/work study or religious beliefs.

Physical Activity: The state does not require elementary schools to provide daily recess, but does require a minimum amount of 30 minutes per school day (150 minutes per week) of physical activity time for elementary school students and 120 minutes per week

for middle school/junior high and high school students. A student participating in an organized and supervised athletic program or non-school-sponsored extracurricular activity that requires at least 120 minutes per week is exempt.¹¹² Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor the use of physical activity as punishment for inappropriate behavior.¹¹³

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. The state does not monitor the implementation of local school wellness policies.

State Standards: The state survey reported that the state has not adopted standards for physical education.

State Curriculum: The state does not require school districts and schools to use a specific curricula for elementary, middle school/junior high, or high school physical education. The state has not promoted curriculum tools to schools or school district in the past year, nor the use of the Physical Education Curriculum Analysis Tool (PECAT).

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state does not have a required teacher-to student ratio for classes.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credit through online classes.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

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 physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high and high school levels,¹¹⁴ as well as online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis II) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, but the professional development does not have to be on physical education topics. The state does not provide professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by providing partial funding regardless of whether the teacher received board certification. It provides full funding if the teacher receives certification. Iowa provides a \$2,500 stipend for national board-certified teachers for a maximum of 10 years.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

Contact Person: N/A

107 Iowa Code § 256.11 (2015) EDUCATIONAL STANDARDS.

108 Iowa Code § 256.11 (2015) EDUCATIONAL STANDARDS; Iowa Admin. Code r. 281-12.5 (2015).

109 Iowa Admin. Code r. 281-12.5 (2015).

110 Iowa Code § 256.11 (2015) EDUCATIONAL STANDARDS.

111 Iowa Admin. Code r. 281-12.5 (2015).

112 Iowa Code § 256.11 (2015) EDUCATIONAL STANDARDS.

113 Iowa Admin. Code r. 281-103.3 (2015).

114 Iowa Admin. Code r. 282-13.28 (2015).