

## LOUISIANA



**Amount of Required Physical Education:** The state requires students to take physical education for 150 minutes per week in elementary school and middle school/junior high. The state also requires students in grades 9-12 to take physical education, and students must earn physical education credit for graduation. The state does not have a method for enforcing the physical education requirements.

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

**High School Graduation Requirements:** The state requires students to earn 1.5 physical education credits for graduation. This may include physical education I and II, adapted physical education I and II for eligible special education students, or 1.0 physical education credit and 0.5 credit for marching band, extracurricular sports, cheering, or dance team.<sup>127</sup>

**Substitutions:** The state permits school districts or schools to allow students to substitute interscholastic sports, Junior Reserve Officer Training Corps (JROTC), marching band, dance team, or cheerleading for required physical education credit. Off-campus athletic training programs may substitute for physical education I and II with permission of the principal if the student participates in the program for an amount of time at least equal to the required instructional minutes necessary to obtain credit and if the program is aligned to the state physical education content standards and GLEs, as verified by the school principal.<sup>128</sup>

**Exemptions/Waivers:** The state does not permit schools or school districts to apply for a waiver or exemption from state physical education requirements. Students may apply for an exemption from required physical education for medical reasons.<sup>129</sup>

**Physical Activity:** The state does not require elementary schools to have daily recess, but requires public schools that include any grades K-8 to provide at least 30 minutes per day of quality moderate to vigorous physical activity for students,<sup>130</sup> suitably adapted as needed for students with conditions that preclude participation in regular physical activity. The state also encourages, but does not require, any student not enrolled in a physical education course at a public secondary school to participate in at least 30 minutes/day of moderate to vigorous physical activity.<sup>131</sup>

Classroom physical activity breaks are not required. The state prohibits the use of withholding physical activity, including recess, as punishment for disciplinary reasons, as well as using physical activity as punishment for inappropriate behavior.

**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. It does not monitor the implementation of local school wellness policies.

**State Standards:** The state has adopted standards for physical education, with which all school districts must comply.<sup>132</sup> [The state standards](#) were last revised in 2009.

**Areas addressed in the state standards include:**

**National Standard 1:** Competency in a variety of motor skills and movement patterns

**National Standard 2:** Knowledge of concepts, principles, strategies and tactics related to movement and performance

**National Standard 3:** Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

**National Standard 4:** Responsible personal and social behavior that respects self and others

**National Standard 5:** Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

**State Curriculum:** The state does not require schools or school districts to use a specific curriculum, but requires grades 1-8 to provide instruction aligned to state-approved standards.<sup>133</sup> It has not promoted 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 maximum class size for physical education is 40. The system-wide, student classroom teacher ratio in grades K-3 is a maximum of 20 students to one classroom teacher but allows for an exemption for physical education classes.<sup>134</sup>

**Grade Point Average (GPA):** The state requires physical education grades to be included in a student's overall GPA.

**Online Physical Education Courses:** The state does not allow students to earn required physical education credits through online physical education courses.

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

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

**Body Mass Index (BMI):** The state does not require schools to collect student 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. It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis I and II) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are 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, and professional development has 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:** N/A

**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:**

Michael Comeaux, MS, MHSA  
Healthy Communities Section Leader  
1201 North 3rd Street  
Baton Rouge, LA 70802  
225-342-3500  
Michael.Comeaux@la.gov

127 La. Admin. Code tit. 28, § 2357 (2015). Physical Education.

128 La. Admin. Code tit. 28, § 2357 (2015).

129 La. Admin. Code tit. 28, § 2357 (2015). Physical Education

130 La. Stat. Ann. § 17:17.1 (2015). Required physical activity in schools; La. Admin. Code tit. 28, § 2313 (2015).

131 La. Stat. Ann. § 17:17.1 (2015). Required physical activity in schools; La. Admin. Code tit. 28, § 2357 (2015). Physical Education.

132 La. Stat. Ann. § 17:17.4 (2015); La. Admin. Code tit. 28, § 101 (2015); La. Admin. Code tit. 28, § 107 (2015).

133 La. Admin. Code tit. 28, § 2313 (2015).

134 La. Admin. Code tit. 28, § 913 (2015).