



## National Association for Sport & Physical Education

An Association of the American Alliance for Health, Physical Education, Recreation and Dance

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### **NEW OPINION SURVEY DEMONSTRATES PERCEIVED BENEFITS OF PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

Adults believe physical education helps children:

- focus better, be more alert
- have more energy
- work well with others
- reduce stress and be healthier.

Those are among the findings of a new survey (October 2002) recently conducted by the National Association for Sport and Physical Education (NASPE).

- The majority of adults (84%) with children ages 6-17 have a positive perception about their child's physical education classes.
- Nearly three-fourths believe that physical activity and physical education will support learning in other subject areas, such as math, reading or science.

Adults feel their job performance is positively affected by being more fit because it gives them: more energy, greater mental alertness, reduces stress and allows for better time management. The majority of parents feel that participation in a sport or physical activity positively affects their child's self-esteem. A large majority of teens (85%) join adults in believing that their participation in sports or physical activity will help them stay out of trouble.

“The perceived benefits of physical education, physical activity and participation in youth sports are very compelling,” said Kim Graber, Ph.D., NASPE President and professor at the University of Illinois, Urbana/Champaign. “Schools across the country need to capitalize upon the parents and teens’ enthusiasm and use them as advocates to improve the quality of every physical education program in this country.”

The survey, which was conducted by Opinion Research Corporation International of Princeton, NJ, is based on interviews with a nationally representative sample of 1,021 adults (18 years of age and older, 50% male/50% female) and 500 teens, ages 12-17. The margin of error for the adult sample is + or – 3 percentage points; when broken into subgroups (those with children in the household) the margin of error is + or – 6 percentage points. The margin of error for the teen sample is + or – 4 percentage points. All interviewing was done from August 1-4, 2002.