

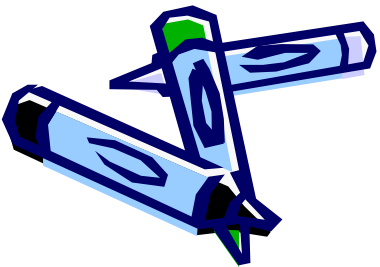
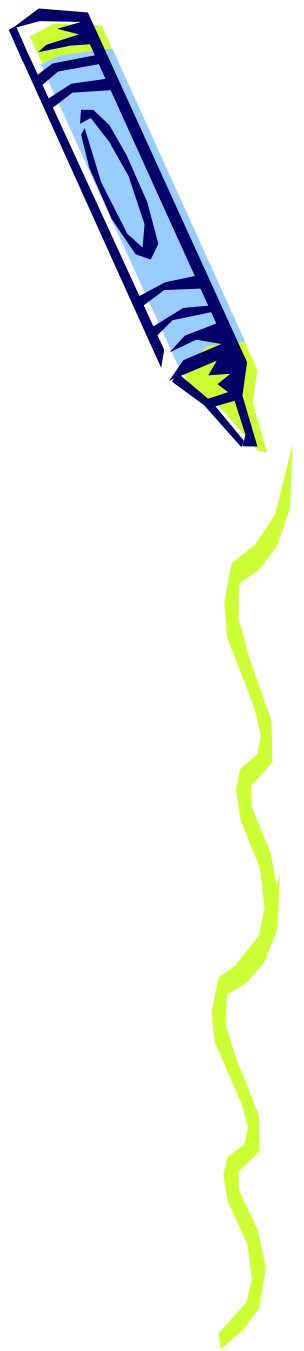
# Baltimore County Public School Experience

Sarajane Quinn

Retired Coordinator Health, Physical Education, and Fine Arts Dance



First step?





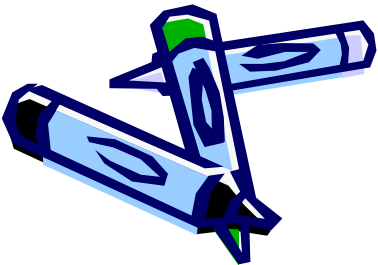
# Where to Start and Why

1994 switched from an Athletic based curriculum to a Fitness based curriculum for required 9<sup>th</sup> grade PE course

1996 reviewed fitness reporting programs & selected a fitness test program

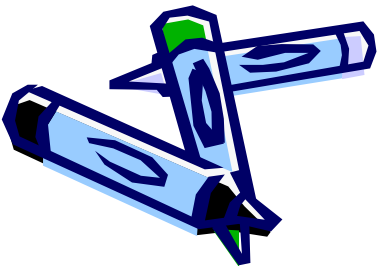
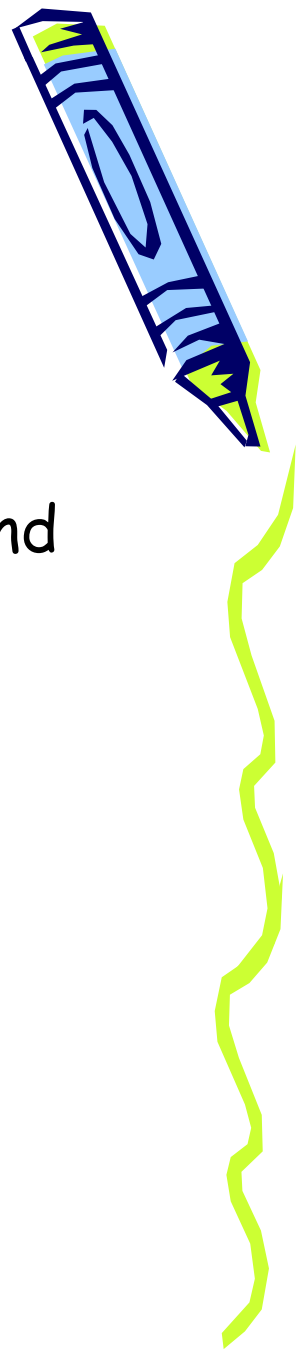
1998 required fitness reporting High Schools to Central Offices

2000 reported county statistics to schools

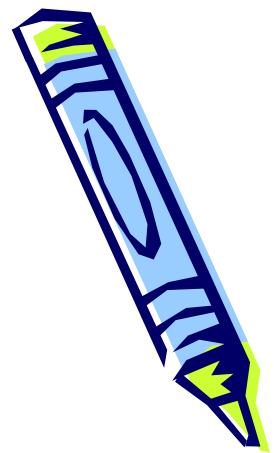


# Analyzing Fitnessgram Data

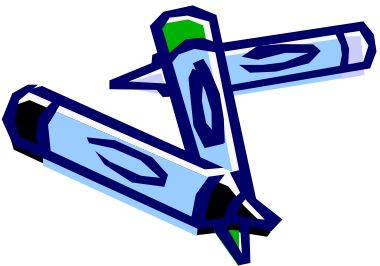
- 2002 High Schools
  - 7 tests required
    - pacer, shoulder stretch, back saver sit and reach, trunk lift, curl up, push up, % fat
- 2004 Middle Schools
  - 6 tests
- 2005 Elementary Schools
  - 6 tests



# School PE leadership ask to look at their own scores and BCPS scores

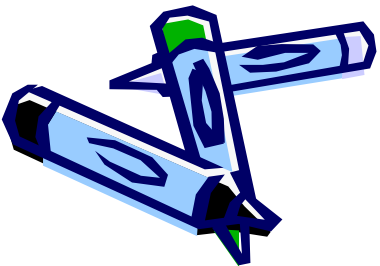
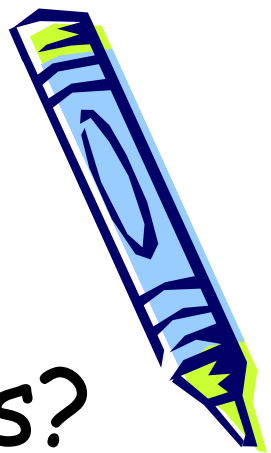


- What do you see in your school's data?
- How can you use this with teachers to improve instruction?
- How can we help all our students to self-test, set goals, be physically active, and reach the HFZ?

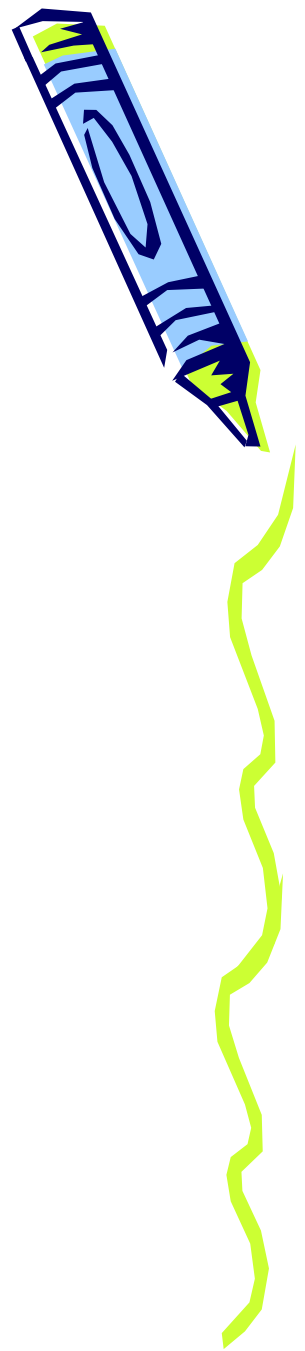


What will we use for body composition measurements?

Calipers, BMI, or % Fat?

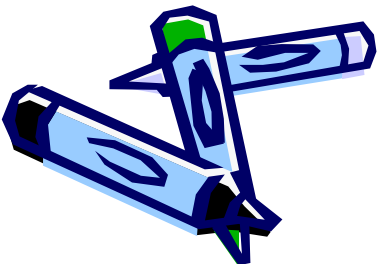
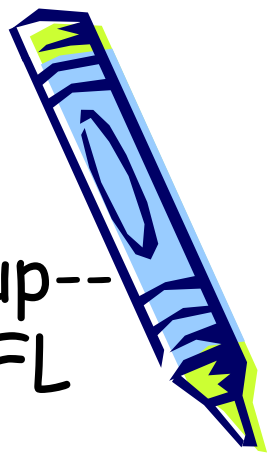


# Successes and Failures?



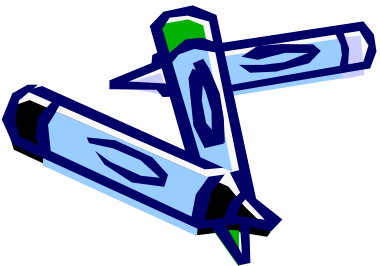
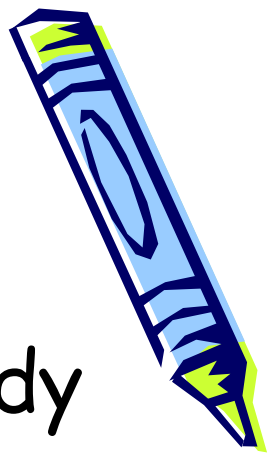
## Failures?

- worst teacher experience and the line up--  
--learned we needed to educate first FFL  
chapter on body comp had to be done  
before measurements
- worst parent experience, parent claiming  
to be a psychologist and had research to  
say it caused bulimia----ask for research  
and ask her to work with us to determine  
what really is dangerous and what we had  
to do to help our children

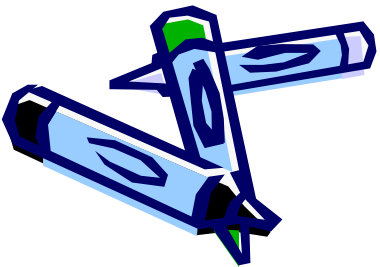
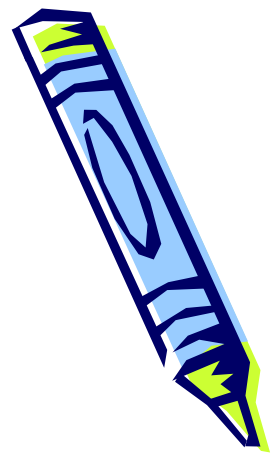


## Successes?

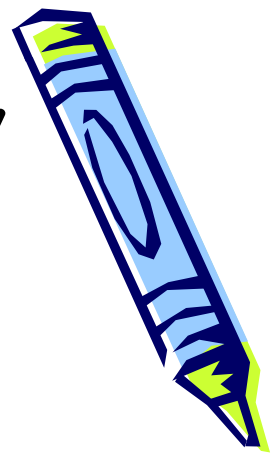
- students are learning the correct information about body fat and body composition
- students and parents have reported to teachers how much they appreciate the new curriculum
- Students and parents love the positive feedback on the reports



Second step?

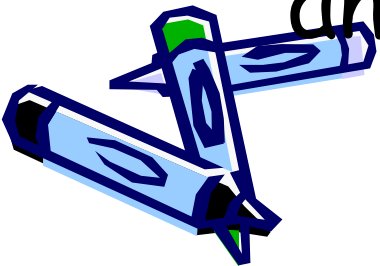


# Middle and Elementary Schools



Time to move BMI to middle and elementary schools-----

determined we needed to evaluate what our teachers knew and how they could teach and reach students.

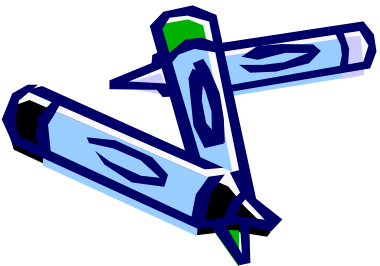
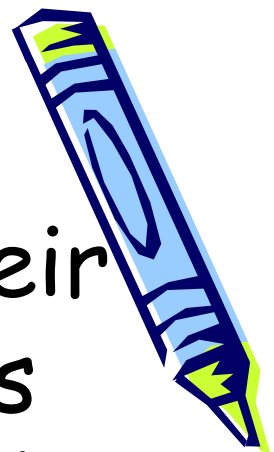


Middle school-----

allowed teachers' to determine their communities needs/understandings and their ability to teach and reach

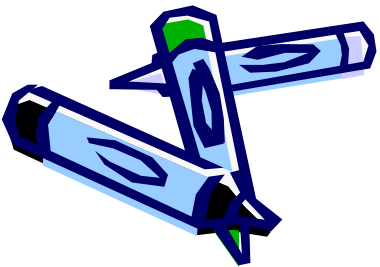
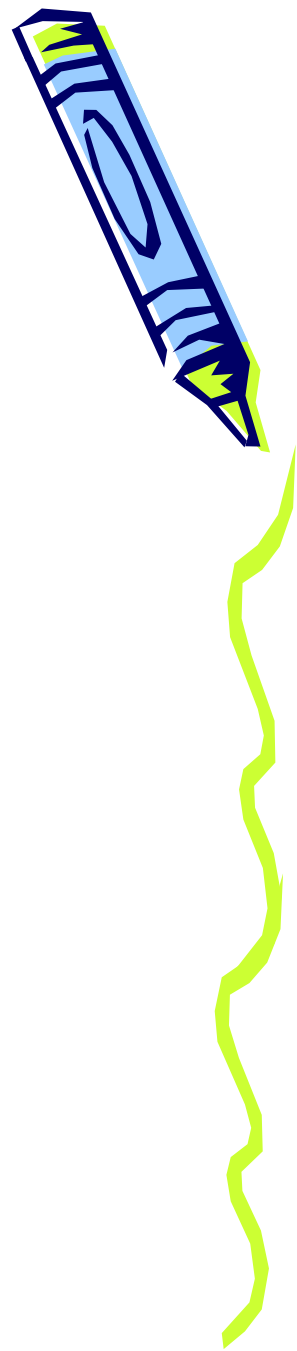
Elementary school-----

not enough research or information to do this at the elementary school levels

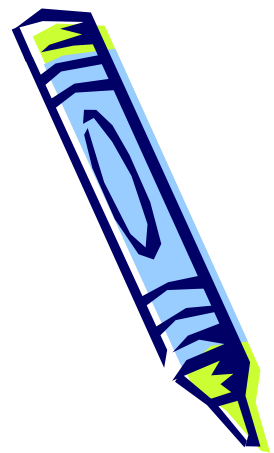


Third step?

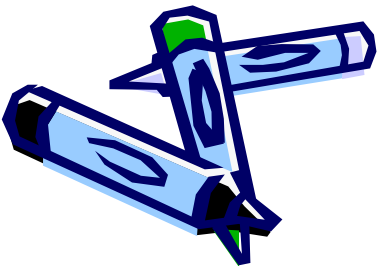
Where are we  
NOW?



# BCPS



- BCPS Obesity tri fold
- BCPS Obesity PowerPoint
- BCPS BMI tri fold
- Teaching teachers and community



## Links



-[www.bcps.org/offices/physed/](http://www.bcps.org/offices/physed/)  
-[www.bcps.org/offices/physed/curriculumadapted\\_physed.html](http://www.bcps.org/offices/physed/curriculumadapted_physed.html)  
-[www.mahperd.org](http://www.mahperd.org)  
-[www.aahperd.org](http://www.aahperd.org)  
-[www.cdc.gov/nccdphp/dnpa/physical](http://www.cdc.gov/nccdphp/dnpa/physical)  
-[www.PE4life.com](http://www.PE4life.com)  
-[www.cdc.gov/nccdphp/dnpa/obesity/trend/maps/1](http://www.cdc.gov/nccdphp/dnpa/obesity/trend/maps/1)  
-[www.obesity.org](http://www.obesity.org)  
-[www.niddk.nih.gov/health/nutrit/pubs/unders.htm](http://www.niddk.nih.gov/health/nutrit/pubs/unders.htm)  
-[www.acsmn.org](http://www.acsmn.org)  
-[www.presidentschallenge.com](http://www.presidentschallenge.com)  
-[exercise.about.com/](http://exercise.about.com/)  
-[www.rwjf.org](http://www.rwjf.org)

## Community Resources

Contact local health departments or other community agencies, recreation councils, family physicians for additional information.



## Office of Physical Education

Sarajane Quinn, Coordinator, [squinn@bcps.org](mailto:squinn@bcps.org)  
Sally Nazalrod, Supervisor, [snazalrod@bcps.org](mailto:snazalrod@bcps.org)  
Mike Mason, Resource Teacher, [mmason2@bcps.org](mailto:mmason2@bcps.org)  
Linda Webbert, Adapted Physical Education Consultant, [lwebbert@bcps.org](mailto:lwebbert@bcps.org)

Phone: 410-887-4014  
Fax: 410-887-4038

Website: <http://www.bcps.org/offices/physed/>

## Physical Education in Baltimore County Public Schools

Physical education is an important and unique part of the daily instructional program. P.E. contributes to the overall educational goals and to the development and maintenance of fitness. Physical activity is the method by which learning takes place.

The purpose of the physical education program is to contribute to each student's growth and development in the physical, cognitive, and social domains through a movement-based curriculum.

The Baltimore County Public Schools Office of Physical Education is committed to implementing programs to educate children about the importance of a healthy lifestyle. They are dedicated to improving the health and well-being of the next generation.

**Elementary physical education** in BCPS focuses on fundamental movement. Students participate in adventure, rhythms and dance, tumbling and gymnastics, manipulatives (hoops, wands, jump ropes, beanbags), individual, partner, and team games.

The **middle school** program emphasizes skill development in adventure, rhythms and dance, tumbling and gymnastics, and individual, team, and recreational sports. Intramurals are provided for students to enhance their skills and game play.

The required course at the **high school** level is Fitness Foundations/Fitness Mastery, a comprehensive fitness based curriculum that provides participation and knowledge to enhance and maintain a healthy level of fitness. Students are encouraged to take electives based on their interests.

Students at all levels are given the opportunity to use pedometers, heart rate monitors and other forms of technology to enhance their learning and understand how exercise affects their bodies and helps maintain lifelong health.

### "Mens Sana in Corpore Sano" "A Sound Mind in a Sound Body"

Quality instruction in education involves the whole child by providing psychomotor, cognitive, and affective benefits.

## The Challenge of Obesity

## Office of Physical Education

## Baltimore County Public Schools

*"Exercise and recreation are as necessary as reading. I will rather say more necessary because health is worth more than learning."*

-Thomas Jefferson 6/11/1790

It is **important** to remember that BMI is a tool. BMI can fall short in accurately categorizing athletes, other muscular people, and the elderly, so a doctor or healthcare professional should make the final determination as to the status of your child.

### Links

- [www.bcps.org/offices/physed/](http://www.bcps.org/offices/physed/)  
County website, parent information, links of interest
- [www.bcps.org/offices/physed/curriculum/adapted\\_physed.html](http://www.bcps.org/offices/physed/curriculum/adapted_physed.html)  
County website, philosophy, goals and objectives for adapted P.E.
- [www.aahperd.org](http://www.aahperd.org)  
Resources, consumer health news
- [www.aahperd.org/naspe/](http://www.aahperd.org/naspe/)  
Media and advocacy, publications
- [www.cdc.gov/growthcharts/](http://www.cdc.gov/growthcharts/)  
Research, data, and tools to calculate BMI
- [www.mayoclinic.com](http://www.mayoclinic.com)  
BMI calculator, obesity information
- [www.cdc.gov/nccdphp/dnpa/physical](http://www.cdc.gov/nccdphp/dnpa/physical)  
Physical Activity for Everyone
- [www.PE4life.com](http://www.PE4life.com)  
News, articles, resources
- [www.obesity.org](http://www.obesity.org)  
Facts, consumer alert, community action, statistics
- [www.acsmn.org](http://www.acsmn.org)  
Health and Fitness information
- [www.presidentschallenge.org](http://www.presidentschallenge.org)  
Get Fit information for kids, teens, adults
- [www.fitness.gov](http://www.fitness.gov)  
President's Challenge program, publications, resources



### Office of Physical Education

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BMI  
Body Mass Index

Office of  
Physical Education

Baltimore County  
Public Schools



### Facts:

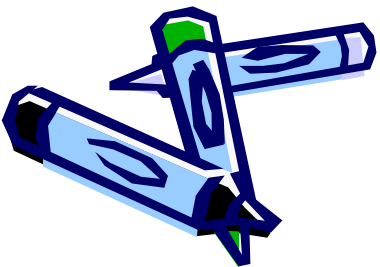
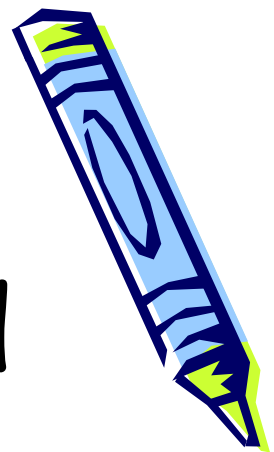
- Nine Million Children over the age of six are obese.\*
- Another 15 percent are borderline and at risk of being overweight.\*

\* Source: Childhood Obesity: Health in the Balance, 2004, The National Center for Health Statistics

# BCPS and Maryland

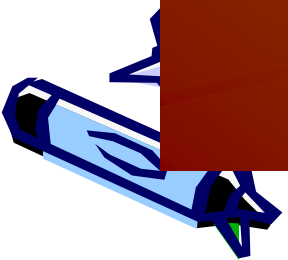
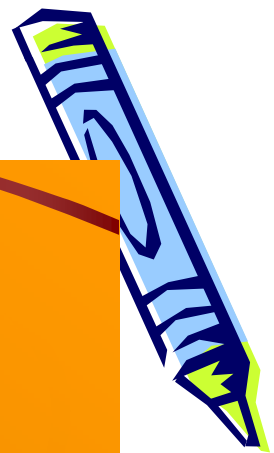
BCPS is working with MD MSDE  
and other counties/districts to  
create educational tools for  
education/information

Body Composition PowerPoint  
Weight Bias PowerPoint



# Body Composition

An Overview of this  
Health Related Component  
Of Fitness



BC facts

What about our Children  
Health Risks

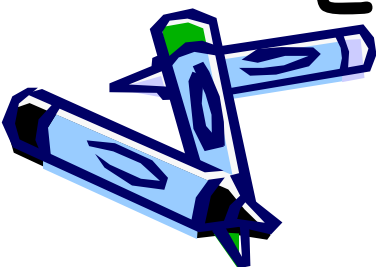
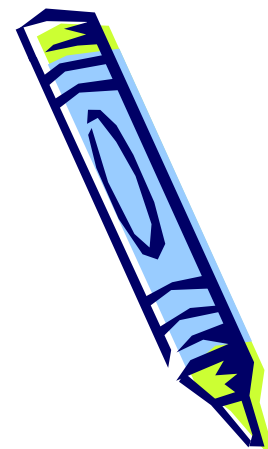
Definitions

Methods of Measuring

Exercise and Diet

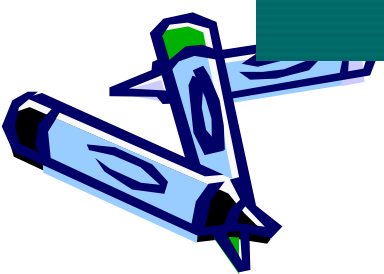
Connection of BC to VSC

Education is the Key

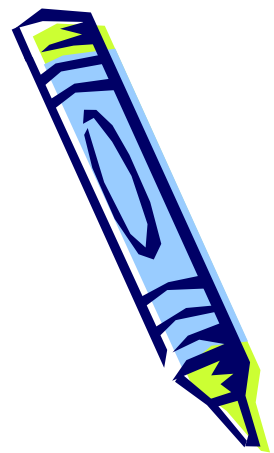


# Weight Bias

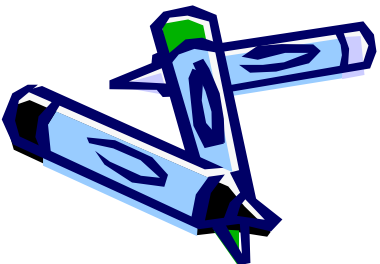
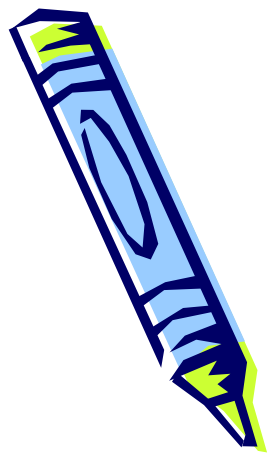
Working with the Overweight or  
Obese Student



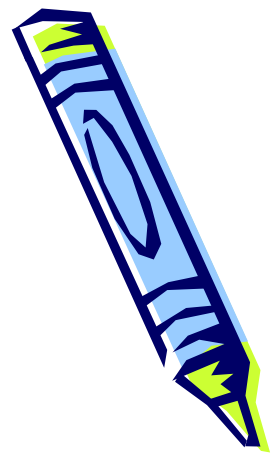
What is WB  
How is it Measured  
Stigma of Obesity  
Theories and Perceptions  
Negative Effects  
Effects on PE and HE  
What to do about WB  
as individuals and school  
Staff Development Suggestions



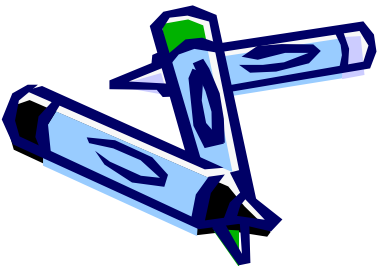
What's next?



# Sharing and Education

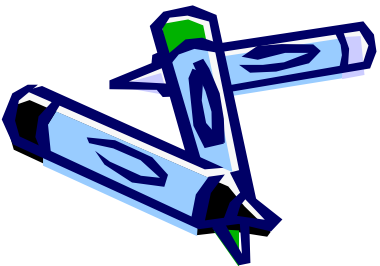
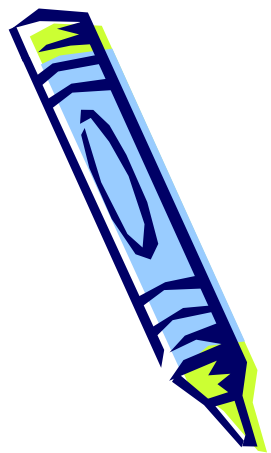


Counties/districts are sharing  
experiences information with each  
other and MSDE



# Research and Understanding

Collecting all the research we can to insure the information we give to our teachers and communities will help them to help our children.



As late as  
Monday October 15, 2007

MSDE Physical Education Specialist  
pulled together

- +MSDE
- + MD for Health and Hygiene
- + MD Physical Activity
- + U of MD

