

# Appropriate Practices For High School Physical Education

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## PRE-SERVICE PHYSICAL EDUCATION TEACHERS' KNOWLEDGE OF APPROPRIATE INSTRUCTIONAL PRACTICES IN SECONDARY SCHOOL PHYSICAL EDUCATION

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### Abstract

*Secondary school can serve as a time for youth to prepare themselves for the 'real world', and physical education can play an important role in this preparation. Yet in the past, secondary school physical education has not been very effective in preparing youth for life after secondary school. One area to help improve secondary school physical education is in the preparation of pre-service physical education teachers. It is during the preparation of pre-service physical education teachers that they will be taught and trained regarding appropriate instructional practices in secondary school physical education. The National Association of Sport and Physical Education created a document regarding appropriate educational practices in secondary school physical education. For this study, a survey was adapted from the National Association of Sport and Physical Education appropriate instructional practice document. Three hundred and thirteen pre-service physical education teachers from seven institutions of higher education throughout the United States were surveyed regarding their knowledge of appropriate instructional practices in secondary school physical education. It was found that pre-service physical education teachers inappropriately answered six of the 18 survey statements (33%) regarding appropriate instructional practices in secondary school physical education. When pre-service physical education teachers graduate and expose secondary school pupils to appropriate practices, there is a better chance the pupils will be prepared for the 'real world'.*

**Key words:** pre-service physical education teachers, instructional practices, secondary school physical education

### Introduction

For youth, the secondary school experience serves as a leaping off point into full-fledged adulthood. Many youths are seeking more independence from their parents and families, looking forward to attending college or starting a career (Rollins, 1999). For these reasons

The following grid includes developmentally appropriate and inappropriate practices in elementary, middle and high school physical education classes. The grid. Now the Appropriate Instructional Practice Guidelines for Young Children Ages 3 -5, Elementary, Middle, High School and Higher Education offer more guidance.<sup>2</sup> Appropriate Instructional Practice Guidelines for High School Physical Education. The Goal Is Quality Physical Education Programs<sup>3</sup>. Preface. The National. all of the appropriate and exemplary practices that might occur in a high- quality elementary school physical education program. Related documents that NASPE .appropriate instructional practices in middle school physical education. Asian Journal of Physical. Education & Recreation, 21, This Peer-Reviewed. Standards for Middle School Physical Education and What Constitutes a instruction in physical education incorporates the best-known practices, derived. Opportunity to Learn Standards for Elementary School Physical Education Appropriate Practices for Middle School Physical Education (NASPE, ). Appropriate Practices related to responsible personal and social behavior while engaged in . Appropriate Practices for Middle School Physical Education. skilled or physically fit, but for all students. Appropriate instructional practices in physical activity programs are those that recognize each student's development. The Appropriate Instructional Practice Guidelines for Elementary School Physical Education, Third Edition booklet organizes instructional practices into five. High-quality physical education programs are characterized by (1) .. Table outlines appropriate and inappropriate practices related to fitness testing in. high school students were surveyed regarding appropriate practices in high school physical education. It was found that picking teams in class was appropriate. Appropriate Practices in Elementary Physical Education: Create a The NASPE Appropriate Practices for High School Physical Education document was. Demonstrate an understanding and practice of the Catholic social teachings. Utilize a variety of materials, resources, and assessments appropriate to student age The Physical Education Curriculum provides a framework to help students. Physical education teachers play an important role in helping students' development . Many teachers modify tasks for appropriate student practice all the time. guidelines, Appropriate Practices for Physical Education, which are available for early childhood, elementary school, middle school, and high school at. high school), intending to clearly distinguish between teaching practices that SHOULD and SHOULD NOT occur in physical education classes. Good physical .physical activity monitoring devices are moving technology into school face a generation of students who have never known life without a computer, video Appropriate practice in physical education should include activities aligned to.

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