

THE EFFECT OF BUDGET CUTS ON PHYSICAL EDUCATION

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Job Loss

Between August 2008 and August 2011 300,000 teaching jobs were lost. That's **54%** of all jobs lost in local government.



Local government education lost 113,000 jobs in 2011 alone, accounting for **40%** of job losses in government.

If the automatic spending cuts are enacted for the fiscal year 2013, education faces \$3 billion in cuts.

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How Budget Cuts Affect Education

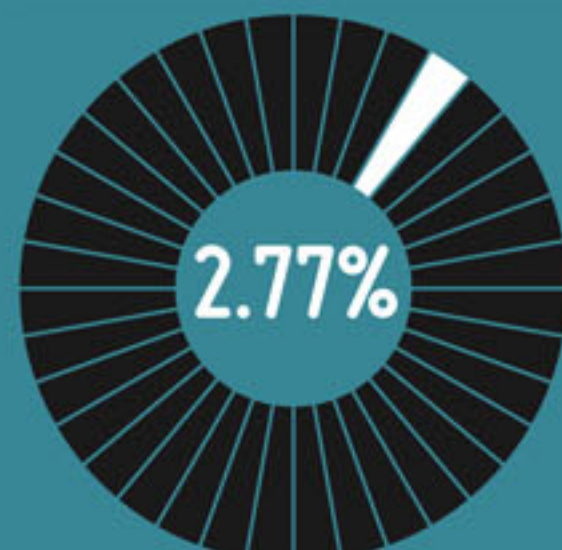


44% of schools reduced elective offerings &



70% increased class sizes

Education and job training — 2.77% of Obama's proposed budget.



Arts and physical education classes were cut, forcing other teachers to implement these activities in their routine (i.e. unqualified/ineffective teaching).

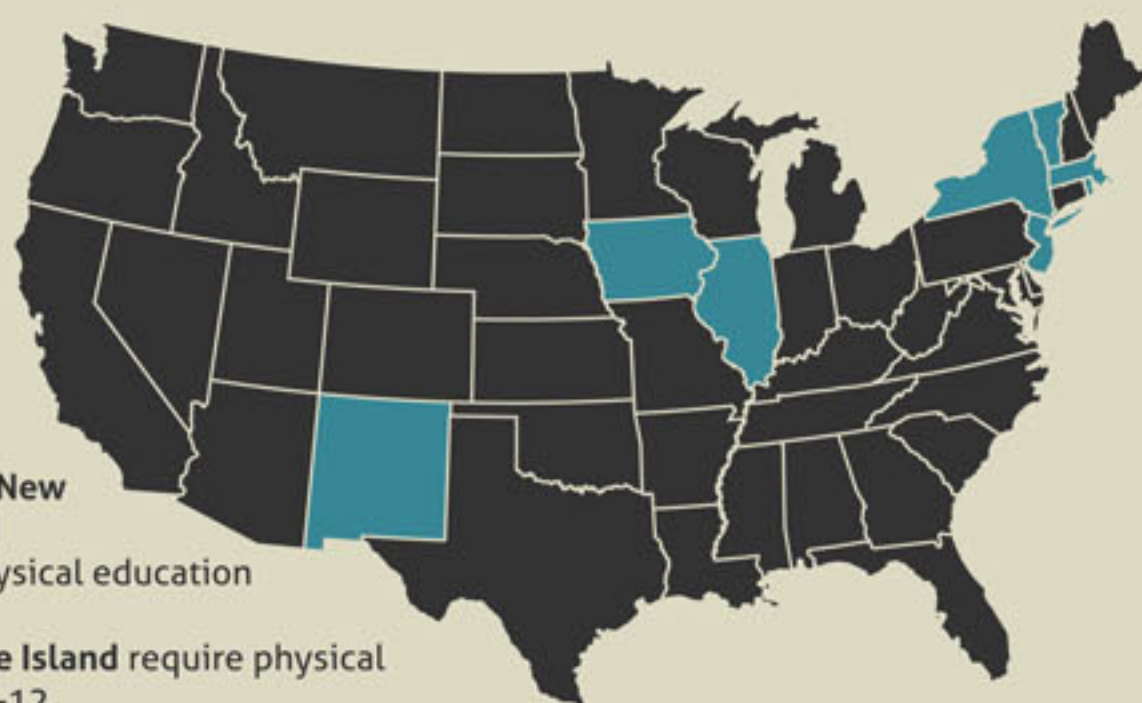
75% of California PTA members said that their children's PE or sports programs were cut or reduced dramatically.

Physical education class sizes rose to 80 students in some cases.



Without Physical Education...

State and federal government may think slashing PE programs will save money. Perhaps this is true of short-term, narrow thinking. In the long term, however, decreased physical education in school means **fewer healthy lifestyle** choices in childhood and adulthood, meaning **more sedentary lifestyles**, meaning **increased prevalence of heart disease and other weight-related health issues**, meaning **higher health care costs for America**.



Only six states in the country—**Illinois, Iowa, Massachusetts, New Mexico, New York and Vermont**—require physical education in every grade K-12. **New Jersey and Rhode Island** require physical education in grades 1-12.

According to one NASPE survey, nearly all parents (**95%**) think that regular daily physical activity helps children do better academically and should be part of a school curriculum for all students in grades K-12.



PE is cost effective; **\$147 billion** is spent yearly on obesity-related health care costs. With an upward trend in obesity, this figure can only **GROW**.

Overweight and obese children are at high risk of:

- Asthma
- Heart disease
- Low self esteem
- Diabetes
- High blood pressure
- Joint, bone, and muscle problems

Among children ages 6-11, 33% are overweight and 17% are obese.

Why PE is important



According to studies by NASPE and the Centers for Disease Control and Prevention (CDC), **attending physical education classes is directly related to better academic performance and attitude toward school**.



A 2007-08 study of more than 2.4 million Texas students found that **students who were physically fit were more likely to do well on the state's standardized tests** than students who were not physically fit.



Physical wellness is not inherent in our lifestyle anymore; it directly opposes it. Physical wellness requires teaching, just like learning a language that will be used throughout our entire lives.

