



## HEALTH AND PHYSICAL EDUCATION PROGRAM

### Physical Education Standards:

- The Georgia Standards for Excellence in Physical Education reflect what a physically educated student should know and be able to do at each grade level (K-12).
- Five standards, with accompanying elements, are provided for each grade level. The elements are provided to further define the knowledge, skills, and behaviors that are expected of students at the end of various grade levels. <https://www.georgiastandards.org/Georgia-Standards/Pages/Physical-Education.aspx>

### Fitness Assessment Program:

- O.C.G.A. § 20-2-777 indicates each local school system shall conduct an annual fitness assessment program.
- Each local school system shall report the individual results of the fitness assessment to the parent or guardian of each student assessed and report the aggregate results to the State Board of Education every year. <http://www.cooperinstitute.org/fitnessgram>
- *FITNESSGRAM*<sup>®</sup>, a comprehensive health-related physical fitness assessment and computerized reporting system developed by The Cooper Institute, has been identified for fitness testing and reporting.
- *FITNESSGRAM*<sup>®</sup> measures aerobic capacity, flexibility, muscular strength and endurance, & body composition.

### Health Education Standards:

- The Georgia Standards for Health Education are designed to incorporate into curricula the following six priority adolescent risk behaviors identified by the U.S. Centers for Disease Control and Prevention: Alcohol and other Drug Use, Injury and Violence (including Suicide), Tobacco Use, Poor Nutrition, Inadequate Physical Activity, and Risky Sexual Behavior.  
[https://www.georgiastandards.org/standards/GPS%20Support%20Docs/Health\\_Education\\_2-11-2010.pdf](https://www.georgiastandards.org/standards/GPS%20Support%20Docs/Health_Education_2-11-2010.pdf)

### Health & Physical Education Requirements:

- Each school containing any grade K-5 shall provide a minimum of 90 contact hours of instruction in Health & Physical Education annually.
- Each School containing any grade 6-12 shall make available instruction in health and physical education.
- High School graduation requirement is one unit of credit in health and physical education. Students shall combine one-half or one-third units of credit of Health (17.011), Personal Fitness (36.051), or Advanced Personal Fitness (36.061) to satisfy this requirement. Health and Personal Fitness (36.058) may also be made available as a full credit course.
- 160-4-2-.12 COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION PROGRAM PLAN  
<http://www.gadoe.org/External-Affairs-and-Policy/State-Board-of-Education/SBOE%20Rules/160-4-2-.12.pdf>

### Gender Equity Survey:

- The Georgia Department of Education is required by state law to annually collect school data related to gender and sports equity. Each year designees for each system complete a survey in the GaDOE portal.

## Contact Information

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