



***Taking High School Physical Education Outdoors:
A University Initiative to Promote Physical Activity
In Ogden Youth***

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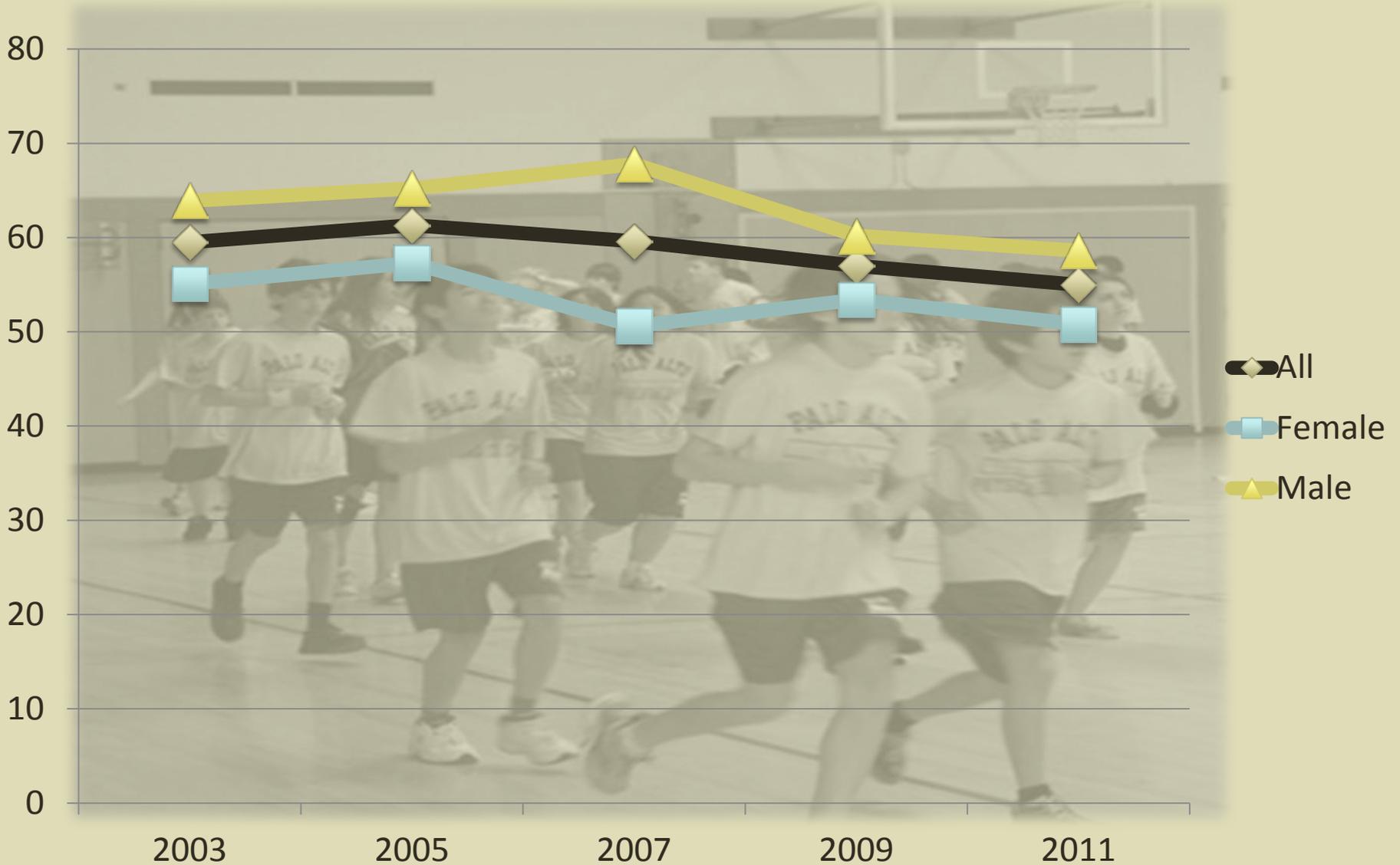
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WEBER STATE
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Participation in PE is Declining (CDC, 2011)

Percentage of Utah high school students attending PE class



Why traditional physical education doesn't always cut it...

- 1 in 3 youth have a negative experience in physical education (Cardinal, Yan, & Cardinal, 2013).
- Many youth report not enjoying running or fitness activities typical of PE curriculum (Rikard, 2006)
- Dissatisfaction with P.E. classes (Sallis & Owen, 1999)
- Social physique anxiety (Cox et al., 2011)
- Discomfort tied to gym clothes, showering, hygiene, etc. (Couturier, Chepko, & Coughlin, 2007)
- Bored with traditional P.E. curriculum (Rikard, 2006)
- Lack of challenge in activities (Rikard, 2006)
- P.E. is too competitive (Bernstein et al., 2011)
- Not feeling athletic enough to participate (Ennis, 1996)

Leveraging a High School-University Partnership

- WSU students will develop and implement outdoor recreation PE curriculum.
- Secured grant funding to purchase outdoor equipment
- Use high school and university facilities, and trails in the area
- Introduce 120 high school students to outdoor adventure activities (e.g., hiking, cycling, rock climbing, snow sports, watersports).
- Collect data to determine curriculum effectiveness



Anticipated Outcomes

High School Students

- Increased motivation to participate in PE
- Decrease in absenteeism
- Personal growth
- Students feel challenged
- Introduced to lifelong activities



University Students

- Gain valuable hands-on experience
- Learn outdoor activities
- Learn how to integrate outdoor activities into physical education curriculum

References

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