

Addressing the Obesity Problem: The Effectiveness of, and Ideal Structure of Physical Education
and Physical Activity Programs

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The performance of students within American schools is continuously being undermined by obesity. Obesity is a major problem that is directly associated with reduced educational outcomes (Anderson, & Good, 2016). As pointed out by Carey, Singh, Brown, and Wilkinson (2015), increased weight status in children is strongly correlated with poorer educational outcomes. The rates of obesity in the United States are at record levels, thereby necessitating the need for educators to not only understand how body mass impacts on the education attainment and achievement of students but also be able to implement effective measures to counter the issue (Branigan, 2017).

Ensuring high student attainment levels and enhanced performances is one of the major goals for schools and educators. Given the impact of obesity on educational outcomes, it is important that schools and educators find proper and appropriate ways to address the obesity issue. Physical education is an important and ideal vehicle for the promotion of physical activity within schools as it is available to all children and provides teachers with the opportunity to integrate it into the overall curriculum and education process (Telford et al, 2012). The increasing incidences of obesity in the United States has necessitated the development of physical activity-based programs.

However, despite many schools moving to adopt and incorporate appropriate physical education programs within the curriculum, the real impact of such programs on the rates of obesity among students as well as on the academic achievement of students in high school is still not well understood. Also, there is a lack of comprehension on what an ideal physical education and activity program should entail. Therefore, the purpose of the current study is to examine the

effectiveness of physical education programs and determine the ideal structure of a physical education program targeted at reducing the rates of obesity.

A qualitative case study will be conducted on Junior schools within the National Association of Intercollegiate Athletics to examine the effectiveness of the physical activity programs currently in place and determine the ideal structure of physical activity programs targeted at reducing the rates of obesity among students. Questionnaires will be utilized to collect data from teachers who will participate in the study. The research participants will include 10 physical education teachers and 10 head coaches from the selected schools. The researcher will also take necessary steps prior to conducting the study to ensure that the study will conform to the highest possible ethical standards including confidentiality, informed consent, and privacy. No personally identifiable information will be used in any of the surveys or questionnaires and the purpose of the research will be clearly explained to all participants prior to their participation in the study.

References

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