SHAPE America - Society of Health and Physical Educators is committed to ensuring all children have the opportunity to lead healthy, physically active lives. As the nation’s largest membership organization of health and physical education professionals, SHAPE America works with its 50 state affiliates and national partners to support initiatives such as the Presidential Youth Fitness Program, Let’s Move! Active Schools and the Jump Rope For Heart/Hoops For Heart programs. Since its founding in 1885, the organization has defined excellence in physical education, and our resources provide the leadership, professional development and advocacy that support health and physical educators at every level - from preschool to university graduate programs. For more information, visit www.shapeamerica.org.

Students Report the Following Benefits of Participating in Physical Education Class:

- 80% of students believe that physical education class is important to their overall school experience.
- 33% Very important
- 47% Somewhat important
- 15% Not too important
- 6% Not at all important

Lifelong Skills Learned in Physical Education Class
- 56% Maintaining a physically active lifestyle
- 54% Setting and maintaining fitness levels

More than half of students have learned skills in physical education class that they can use to maintain physically healthy lifestyles.

Findings from myCollegeOptions®/SHAPE America research study (2015): National sample includes 79,498 high school students.