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# Physical Activity in the High School Curricula

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# Physical Education: Physical Activity in the High School Curricula

Katy Foster

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## Introduction

My research is one based on the student athletes in my classroom, who also are on the basketball team that I help coach. I am currently an assistant girls varsity basketball coach, where I have noticed a lot of the girls talking about how they stay up late doing homework, studying, or just plain out forgetting to do their homework. I remember when I was in their shoes, playing a sport and juggling schoolwork, where my grades were always jeopardized during basketball season.

With my research, I observed my students' grades while they are in season and interviewed them about the hard work they put into their sports and schoolwork. With the interview, I asked my students how much time they spend doing homework, how fatigued they are during school, how much time they spend playing their sport, and why do they think their grades slip during season.

Also, I interviewed some of the girls on my basketball team to get their opinions on their motivation on schoolwork during their season. This interview is based on research that I have done on student athletes. Some topics I have covered the importance of physical education, being a good sport, and the benefits of being a student athlete. Overall, student athletes are hard workers on and off the court.

## Methods

### Example of Student Athlete Survey Questions

What grade are you in?

What sports do you play?

How many hours a week do you approximate you play sports?

How many hours a night do you spend doing homework?

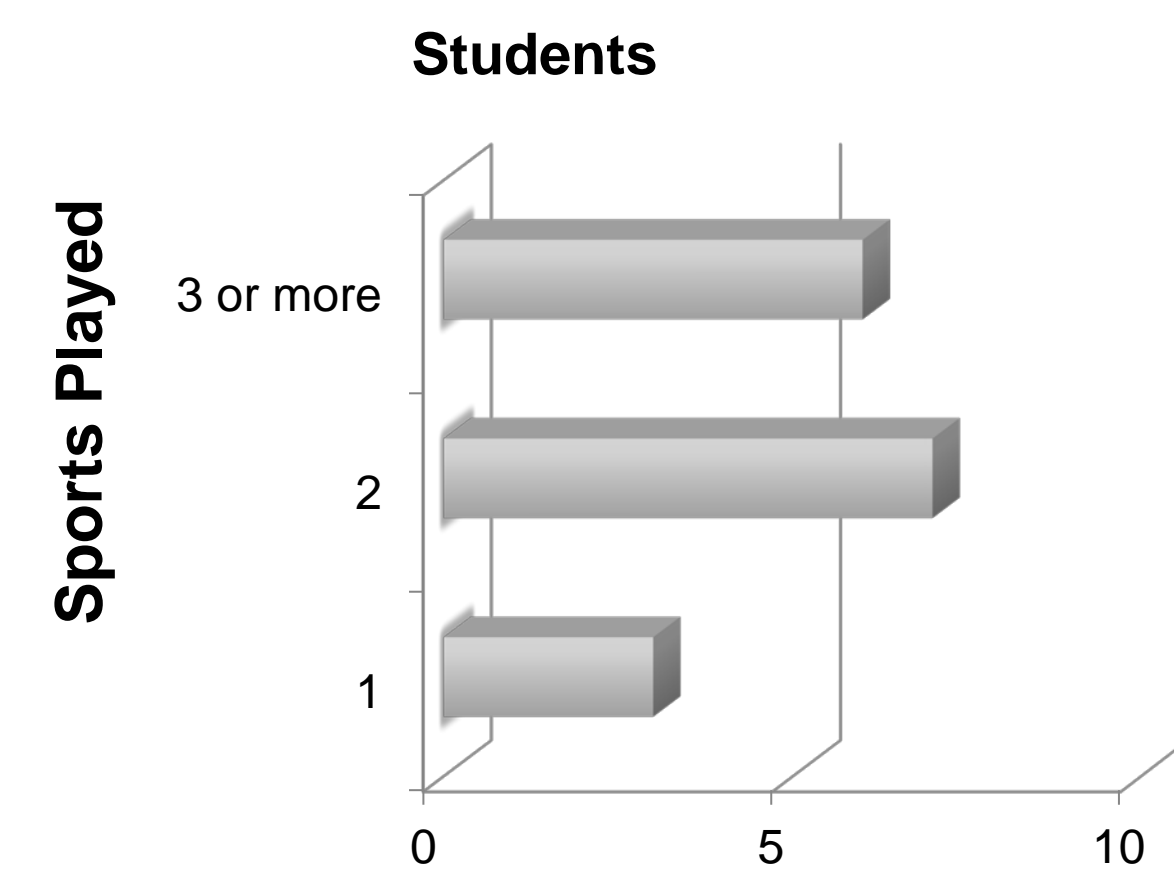
Do your grades go up/stay the same/go down when you are participating in a sport?

Are you motivated to do your homework/study after a practice/game?

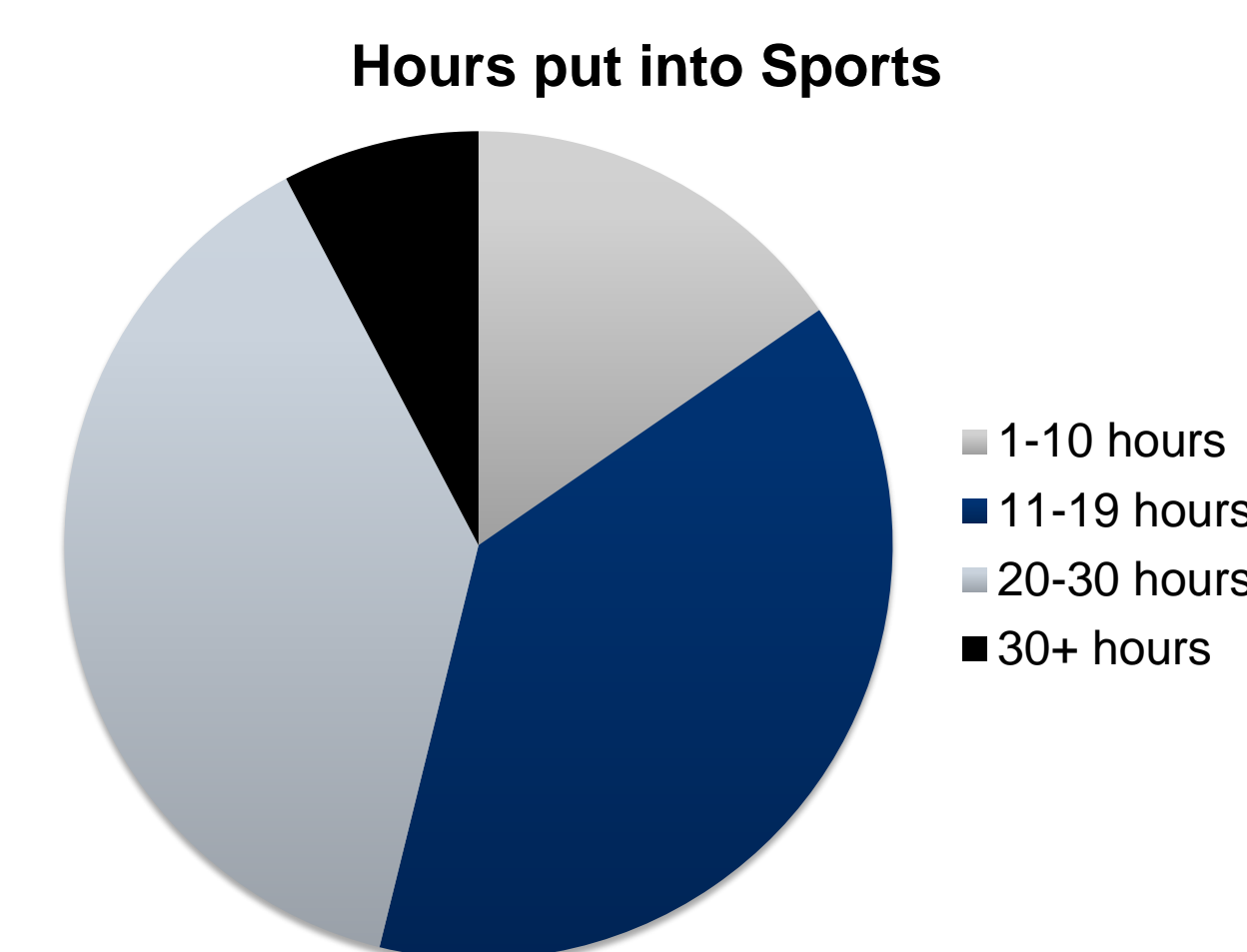
Do you do any extra work/study groups to maintain good grades during your participation in a sport?

What do you think is more important: playing well in your sport, or getting good grades in school?

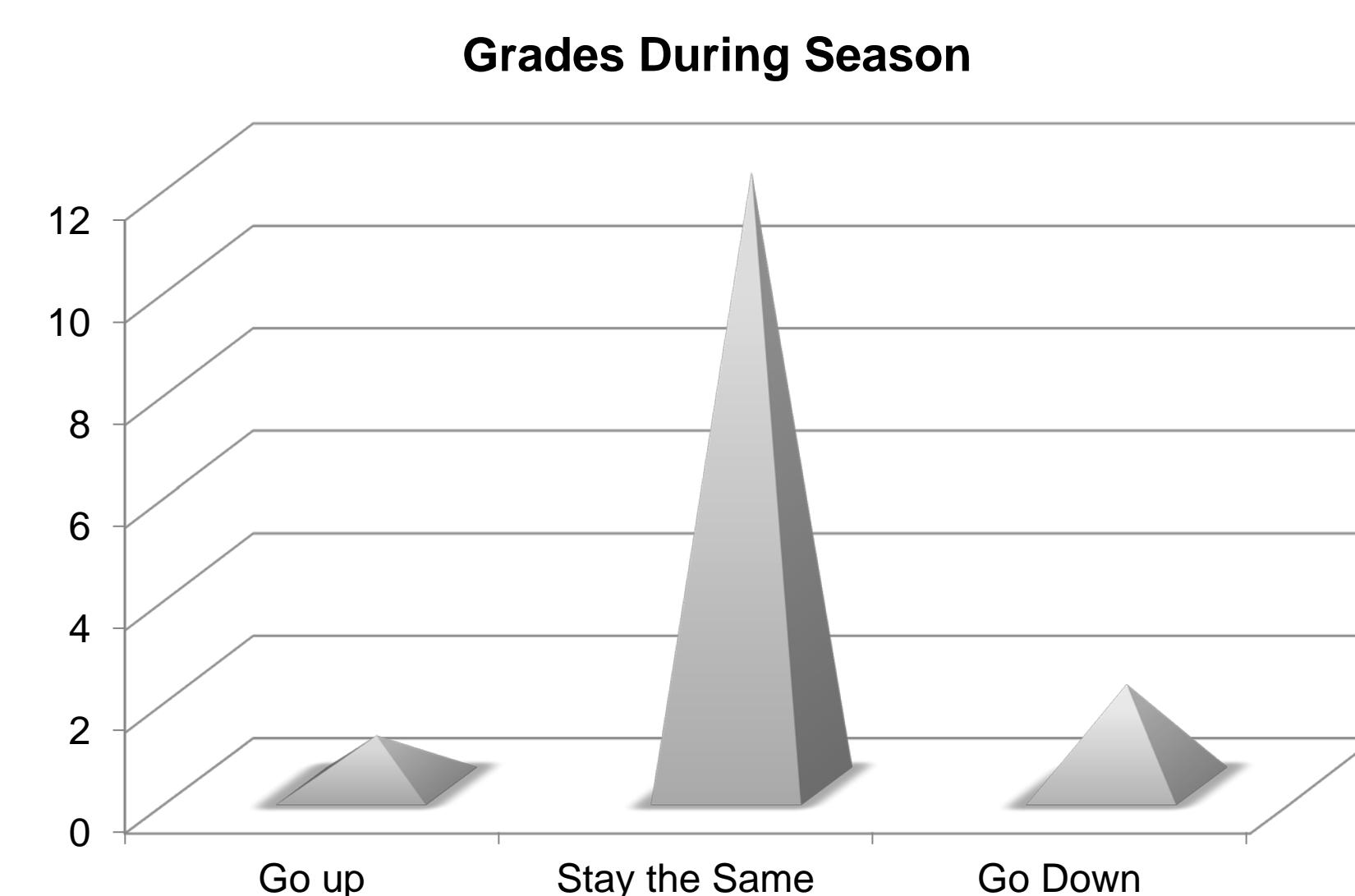
## Data



Most of the students I interviewed were Freshmen and Sophomores. A great deal of them played more than one sport during the school year. I was also shocked to see that many students played more than three sports or even played two sports at a time.



The graphs above and below show how many hours student athletes put into physical activity each week and the performance they put into their grades during their sports season.



## Results



As I interviewed fifteen student athletes, I found it very surprising to realize how many sports they play and how dedicated they are to their schoolwork. One result that I thought was most important was that the student athletes said they try and get as much help from teachers as they can during season so they don't fall behind in their grades.

Another result with my questionnaire was that most of my student athletes had very good grades (A's and B's) and maintained these grades during their sport seasons. Having these student athletes in my classroom, I know they are a great group of kids that are willing to work hard on and off the gym floor.

## Conclusion

### Grades come FIRST! Be a GOOD sport! Be HEALTHY!

Seeing how important physical activity is these days, I see that being a student athlete can only be a great benefit to anyone. Physical activity can help your health, learn life skills, and build towards personal goals.

Student athletes have to face many obstacles when playing sports that include putting a lot of extra time and effort to earn better skills in their sport and to earn better grades in their schoolwork. Coaches and student athletes need to always know that grades come first and how the importance of getting a good education is the most beneficial for any student athlete.

## Student Athlete Quotes

- When asking my students what is more important, "Getting good grades or playing well in a sport?" their responses were:

"Getting good grades because that's the main thing you have if you happen to get hurt in sports can't play it ever again."

- When asking my students about if they get any pressures from playing a sport and maintaining good grades, one replied:

"Yes I receive a lot of pressure because you have to give everything your all!"

- When asking my students if they are motivated to do their homework/study after a practice or game, one response was:

"No, because I want to rest I usually just work with others to get help in the morning or during study hall."



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