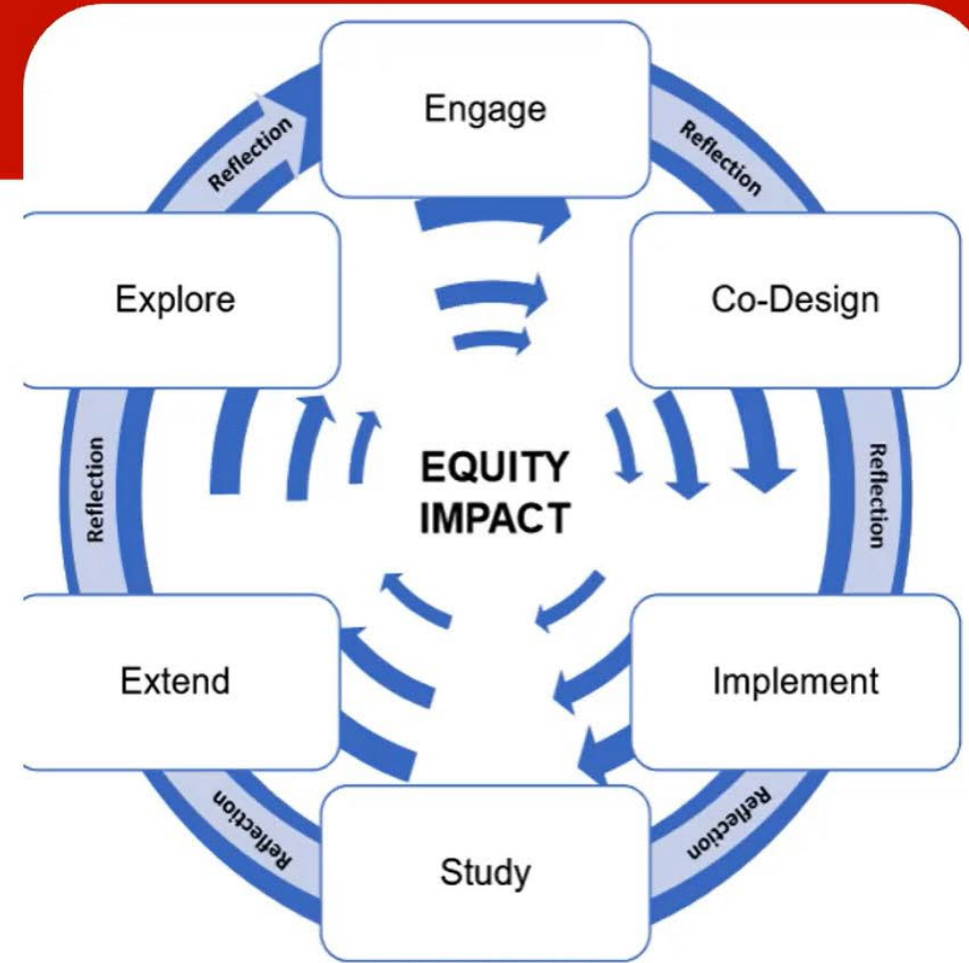


# Shift From Sports to Fitness in Physical Education

- TEA Strategic Plan 2030 (college, career, or military)
- Partnered with a non-profit Trinity Athletics
- Moved away from traditional sports curriculum
- Implemented CrossFit/Functional Fitness Curriculum at NLECHS.
- Data Collection of Student Surveys, academic performance, behavior issues



The IEL Equity Impact Framework



Steven Nguyen, Texas EPFP 2022-2023 Fellow



**EPFP**™ POLICY  
LEADERSHIP  
NETWORKING

Education Policy Fellowship Program

# Shift From Sports to Fitness in Physical Education

- I propose securing funding through the next educational house bill for functional fitness after-school programs and professional development to train physical education teachers in proper strength and conditioning and functional fitness practices.
- Implemented at a high school, students showed a 17% increase in reading and comprehension compared to the 10% improvement who chose not to participate in the functional fitness program.
- Develop and hold proper State of Texas professional development programs for Physical Education Teachers.
- Raise the teaching standards and competencies for Physical Education Teachers.
- Limit the number of Physical Education positions tied to sports coaching positions.
- Utilize a pre and post-test using the current Fitness Gram test to hold Physical Education Teachers accountable and to hold them to a high standard.