Ghosts of Physical Education Past Influencing The Daily Grind?
Shannon Colleen Mulhearn

Introduction
An aim of quality physical education programs is to teach children and adolescents skills for engagement in lifetime physical activity (NASPE, 2004). Physical activity is listed as a preventative measure to decrease risk of cardiovascular disease, cancer, and diabetes (WHO, 2018). For adults, the workplace is a potential place to accumulate daily physical activity. There is little research regarding physical education experiences influencing occupational choices.

Survey Instrument
General Demographics for age, race, gender, job type – 7 questions
Stanford seven-day physical activity recall questions to establish current physical activity level during leisure time – 5 questions
Beliefs of health and fitness importance and enjoyment – 2 questions; 1 with 4 sub-questions (5-point scale)
High school physical education questions – 3 questions
Dimensions of perceptions (from Kimball et al., 2009) – 1 question with 11 sub-categories (5-point scale)
Graduation details (within U.S., which state) – 2 questions

Method
Survey & Participants
• 20-question electronic survey
• QR code provided to employers and employees at physically demanding jobs.
• Targeted recruitment with snow-ball potential
• Survey will be left open for 2-months to allow for maximum responses.

Research Question | Data | Analysis Plan
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RQ1 | What opinions of high school physical education do those in physically demanding occupations have? | Likert-scale ratings; 11 questions | Descriptive Statistics & Associations
| Investigated through Kendall tau-b
RQ2 | Do those in physically demanding occupations engage in adequate leisure-time physical activity outside of the workplace | Stanford 7-Day PA Recall | Pearson’s r & ANOVA
RQ3 | Which physically demanding occupation attracts employees who are physically active? | Stanford 7-Day PA Recall & Job-specific questions | Pearson’s r & ANOVA

Implications
• Physical education impact related to accumulation of daily PA and Occupational choices as adults.
• Reflection of current attitudes associated with past physical education experiences. What are physical education programs doing well and where are there opportunities for improvement?
• Recruitment and Human Resources decisions; ex: types of incentives and benefits that are activity related
• Public health goals – targeted interventions by occupation → decreased disease risk and meeting HP2020 Goals and Objectives

Human Movement Framework

Scan QR code for summary and references →