

Comprehensive School Physical Activity Program

According to the Society of Health and Physical Educators, a Comprehensive School Physical Activity Program (CSPAP) includes the following components:

1. Physical Education
2. Physical Activity During the School Day
3. Physical Activity Before and After School
4. Staff Involvement
5. Family and Community Involvement¹

Resources

- SHAPE Comprehensive School Physical Activity Program Policy Continuum
<http://www.shapeamerica.org/advocacy/resources/upload/CSPAP-Policy-Continuum-2-10-12final.pdf>
- CDC's Comprehensive School Physical Activity Programs: A Guide for Schools
http://www.cdc.gov/healthyouth/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf

References

1. Society of Health and Physical Educators. Comprehensive school physical activity programs. Reston, VA: Society for Health and Physical Educators; 2008. Available at <http://www.shapeamerica.org/advocacy/resources/upload/CSPAP-Policy-Continuum-2-10-12final.pdf>.

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