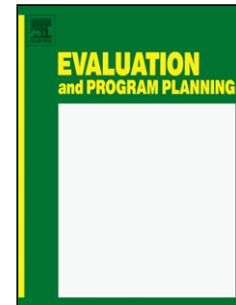


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Case Study of a Health Optimizing Physical Education-based Comprehensive School Physical Activity Program

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Physical education (PE) is considered essential for helping children to develop the knowledge, skills, and dispositions they need to build a physically active life (Sallis, Mckenzie, Beets, Beighle, Erwin, et al., 2012). However, recent reductions in PE (Sallis et al., 2012), coupled with objective data showing that over half of America's youth fail to meet the recommended 60 minutes a day of moderate-to-vigorous physical activity (PA; Troiano, Berrigan, Dodd, Masse, Tilert, et al., 2008) have made it vital from a public health perspective to supplement PE with additional PA opportunities that help children increase

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