



# CDC Healthy Schools Stories of Achievement

## Healthy Students, Ready to Learn

# TENNESSEE

Using *virtual training* to reach a broader audience to improve *physical activity and health* in **1,881 public schools**

There is a strong demand for physical activity (PA) professional development (PD) in Tennessee, where elementary school students are required to get at least 130 minutes of PA and middle and high school students at least 90 minutes of PA at school every week. Before the COVID-19 pandemic, the Tennessee Department of Education (TDOE) offered this PD for free and in person annually. In 2020, it changed to a virtual environment that continued in the 2021–2022 school year.

### Impact

In 2021, using a universally accessible platform, **TDOE designed a 5-day live, virtual event attended by 277 teachers, lead educators, principals, administrators, and support staff, who received a total of 2,727 PD hours and had a 96% agree/strongly agree evaluation rating.** The event consisted of **5 skills-based trainings and 24 webinars** to connect participants with resources and instructional strategies for creating and supporting a physically active school culture and learning environment. **All participants reported improved skills to implement school health strategies because of the PD.**

### Tennessee physical activity requirements



**elementary school students**  
**130 minutes per week**



**middle and high school students**  
**90 minutes per week**

**277**  
people

**2,727**  
professional  
development  
hours

**5**  
skills-based  
trainings

**24**  
webinars

“I have taken the items in this webinar and have used them to immediately impact my PE program, from activities to ideas, to even their buildup. WELNET was just introduced to our county, so having some knowledge of this from the summer really helped me!”

– Training Participant



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TDOE also has **24 new, on-demand physical activity/education modules** that are available online for anyone in the state. Thus far, **1,345 recorded webinar modules have been completed for on-demand physical activity/education PD credit**. That number will certainly increase as more educators learn of the availability of these modules.

From this experience, TDOE identified new target audiences that could benefit from the webinar modules, including health educators, lifetime wellness teachers, school administrators, and classroom teachers.

Communication efforts will ensure that these audiences know the modules are for more than just physical education teachers. TDOE conducted a follow-up survey on the skills-based trainings to assess trainee's readiness to implement what was learned. One respondent wrote, "Just making a conscious effort to focus more on my students' lives besides just when they are at school and realizing the school's setting may be their only safe or happy place. It really makes me think twice about how I interact, teach, and motivate students."

"My favorite sessions were the brain breaks and the walking classroom. I've already written a grant to see if we can get that funded! Thanks for everything!"

- **Training Participant**