

Q89: During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

In 2005, most students reported exercising or playing sports for more than 20 minutes during an average physical education (PE) class.

- 81 percent of students who are enrolled in a PE class reported exercising or playing sports more than 20 minutes during an average PE class.
- There were no significant differences in exercising or playing sports more than 20 minutes during an average PE class by gender, grade level or race.

There were no significant differences in exercising or playing sports more than 20 minutes during an average PE class between 1999 and 2005.

Percentages for students in the 11th and 12th grades were not reported due to small sample sizes. Many students in these grades do not take PE class.

