

"Educational Athletes"

Early Childhood Teachers' Physical Well-Being (N=262)

(Randall, Kwon, Ford, Ellis, Kile, Jeon, Malek, & Salvatore, 2019)



75% Overweight or obese



66% Ergonomic pain (e.g., 52% back, 28% neck)



55% Headache



54% Below-average cardiorespiratory fitness



23% Work-related injuries

- Ergonomic analysis (n=40) using the Rapid Entire Body Assessment tool reveals that most of the teachers' activities place them at medium to high risks for musculoskeletal injuries
- The two most frequently observed activities: Stooping and standing while holding (usually a child)



What They Need:



- Education in cardiovascular exercise and nutrition (e.g., burn more calories than you consume and make healthy food choices)
- Education and coaching in stress management
- Education in good postural alignment and proper lifting techniques ("body mechanics")
- Conditioning programs of exercise and activities to enhance strength, flexibility, balance, and endurance
- 150 minutes of moderate intensity exercise five days per week
- Teachers need a consistent break in a space where they can rest before rejoining the "sport" of teaching

Resources: American College of Sports Medicine (2018). *ACSM's Guidelines for Exercise Testing and Prescription* (8th ed.). Lippincott Williams & Wilkins: Maryland

Hignett, S., & McAtamney, L. (2000). Rapid Entire Body Assessment (REBA). *Applied Ergonomics*, 31(2), 201-205.



Happy Teacher Project
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