

# Disruptive Behavior in a Physical Education Setting Essay

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## Introduction

In an educational setting disruptive behavior can have a negative effect on students, teachers, and other school faculty members. There have been many studies regarding how children behave in a school setting and how positive changes can be made (Sulzer-Azaroff et al. 1988). A study completed by White and Bailey (1990) addressed how to reduce disruptive [behavior](#) of students in a physical [education](#) setting. The study used a modified time-out procedure called sit and watch. When the procedure was implemented in two physical education classes, one alternative classroom and one regular classroom, there was a decrease in disruptive behavior. Along with the procedure, there was also a behavioral checklist, for the alternative classroom, and back-up procedures for the regular classroom.

Although the procedure showed that sit and watch was an effective procedure, there may be other reasons for the change. The study by White and Bailey (1990) also discussed that because there were other procedures implemented, besides sit and watch, the procedure alone could not account for the decrease in disruptive behavior and suggested

that other studies would need to be performed to verify the results. The back-up procedure in the White and Bailey study (1990) consisted of the students losing either their computer time or losing their free play period for that day or more. Unfortunately, when the study was being performed the teacher decided to use these other procedures, which made it difficult for the authors of the study to clearly state that sit and watch is effective when it is not combined with other procedures.

In the current study, instead of using sit and watch to decrease disruptive behavior in a physical educatio...

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...e Journal of Applied Behavior Analysis. Society for the Experimental Analysis of Behavior.

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