

JAN 19 2007

A BILL FOR AN ACT

RELATING TO EDUCATION.

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF HAWAII:

1 SECTION 1. (a) The legislature finds the prevalence of
2 obesity is at an all-time high among children and adolescents,
3 which can lead to the development of life-long heart disease and
4 diabetes, among other ailments. The legislature further finds
5 that physical activity has also been known to have a beneficial
6 effect on the mental health of young people.

7 Many health advocates believe that adults acquire and
8 establish patterns of health-related behaviors during childhood
9 and adolescence. Thus, children who are encouraged to engage in
10 regular physical activity in their youth are more likely to
11 continue a pattern of physical activity in adulthood that can
12 contribute to better overall physical health during their
13 lifetime.

14 A recent study released by the California department of
15 education revealed a direct relationship between academic
16 achievement and physical fitness in California's public school
17 students. According to the study:



1 (1) Higher achievement was associated with higher levels
2 of fitness for each grade level measured (fifth,
3 seventh, and ninth);

4 (2) The relationship between academic achievement and
5 fitness was greater in mathematics than in reading,
6 particularly at higher fitness levels;

7 (3) Students who met minimum fitness levels in three or
8 more physical fitness areas showed the greatest gains
9 in academic achievement at all three grade levels
10 measured; and

11 (4) Females demonstrated higher achievement than males,
12 particularly at higher fitness levels.

13 (b) The purpose of this Act is to combat the growing
14 problem of childhood obesity and promote greater physical health
15 among Hawaii's children and adolescents by requiring all public
16 elementary and middle schools to provide physical education
17 instruction as follows:

18 (1) One hundred minutes every ten school days for grades
19 kindergarten through second;

20 (2) One hundred twenty minutes every ten schools days for
21 grades three through five; and



1 (3) Two hundred twenty five minutes per course, per week
2 for middle schools;
3 provided that beginning with the 2008-2009 school year, at least
4 forty per cent of all elementary schools, grades kindergarten
5 through six, shall employ a physical education teacher who is
6 licensed by the Hawaii teacher standards board.

7 This Act also makes an appropriation to support the
8 additional resources that schools may require to implement the
9 curriculum changes described in this Act.

10 SECTION 2. Chapter 302A, Hawaii Revised Statutes, is
11 amended by adding a new section to be appropriately designated
12 and to read as follows:

13 "§302A- Physical education requirements; elementary and
14 middle schools. Beginning with the 2008-2009 school year, the
15 course of study in all public elementary and middle schools
16 shall include instruction in physical education, with an
17 emphasis on physical activities that are conducive to the health
18 and vigor of the body and mind, as follows:

19 (1) One hundred minutes every ten school days for grades
20 kindergarten through second;

21 (2) One hundred twenty minutes every ten schools days for
22 grades three through five; and



1 (3) Two hundred twenty five minutes per course, per week
 2 for all middle school students;
 3 provided that the physical education instructional minutes
 4 required shall be exclusive of recesses and lunch periods;
 5 provided further that beginning with the 2008-2009 school year,
 6 at least forty per cent of all elementary schools grades
 7 kindergarten through six shall employ a physical education
 8 teacher who is licensed by the Hawaii teacher standards board."

9 SECTION 3. There is appropriated out of the general
 10 revenues of the State of Hawaii the sum of \$, or so
 11 much thereof as may be necessary for fiscal year 2007-2008, and
 12 the same sum, or so much thereof as may be necessary for fiscal
 13 year 2008-2009, to carry out the purposes of this Act.

14 The sums appropriated shall be expended by the department
 15 of education for the purposes of this Act.

16 SECTION 4. New statutory material is underscored.

17 SECTION 5. This Act shall take effect on July 1, 2007, and
 18 shall apply to all public schools beginning with the 2008-2009
 19 academic school year.

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INTRODUCED BY: *Shianne Chun Oakland*

Report Title:

Physical Education; Curriculum; Elementary and Middle Schools

Description:

Requires the course of study for all public elementary and middle schools to include a specified number of minutes of physical education instruction within a designated time period, beginning with the 2008-2009 school year. Makes an appropriation to support the curriculum changes.

