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## A BILL FOR AN ACT

MAKING AN APPROPRIATION TO SUPPORT PHYSICAL ACTIVITY CURRICULUM  
ENHANCEMENT IN PUBLIC SCHOOLS.

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

1           SECTION 1. According to the United States Centers for  
2 Disease Control and Prevention, schools and communities should  
3 promote physical activity among children and adolescents in an  
4 effort to counterbalance the genetic and behavioral risk factors  
5 young people are exposed to, which make them susceptible to  
6 higher rates of adult sickness and mortality. For example, the  
7 prevalence of obesity is at an all-time high among children and  
8 adolescents, which can lead to the development of life-long  
9 heart disease and diabetes, among other ailments. Physical  
10 activity has also been known to have a beneficial effect on the  
11 mental health of young people.

12           Many health advocates believe that adults acquire and  
13 establish patterns of health-related behaviors during childhood  
14 and adolescence. Thus, children who are encouraged to engage in  
15 regular physical activity in their youth are more likely to  
16 continue a pattern of physical activity in adulthood that can



1 contribute to better overall physical health during their  
2 lifetime.

3 A recent study released by the California Department of  
4 Education revealed a direct relationship between academic  
5 achievement and physical fitness of California's public school  
6 students. According to the study:

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

10 (2) The relationship between academic achievement and  
11 fitness was greater in mathematics than in reading,  
12 particularly at higher fitness levels;

13 (3) Students who met minimum fitness levels in three or  
14 more physical fitness areas showed the greatest gains  
15 in academic achievement at all three grade levels  
16 measured; and

17 (4) Females demonstrated higher achievement than males,  
18 particularly at higher fitness levels.

19 In response to this study, the California Superintendent of  
20 Public Instruction Delaine Eastin issued the statement: "This  
21 statewide study provides compelling evidence that the physical  
22 well-being of students has a direct impact on their ability to



1 achieve academically. We now have the proof we've been looking  
2 for--students achieve best when they are physically fit."

3 The purpose of this Act is to reduce the prevalence of  
4 obesity and to promote greater physical health among children  
5 and adolescents in Hawaii by requiring all elementary and middle  
6 schools to include physical education instruction for not less  
7 than two hundred minutes every ten school days. This Act also  
8 makes an appropriation to support the additional resources that  
9 schools may require to implement the curriculum changes  
10 described in this Act.

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

14 **"§302A- Physical education requirements; elementary and**  
15 **middle schools.** (a) The course of study in all elementary and  
16 middle schools shall include instruction in physical education,  
17 with an emphasis on physical activities that are conducive to  
18 the health and vigor of the body and mind, for not less than two  
19 hundred minutes every ten school days, exclusive of recesses and  
20 lunch periods.

21 (b) The department may grant temporary exemption to a  
22 student from courses in physical education if the student is:



1        (1) Ill or injured, and a modified program to meet the  
2        needs of the student cannot be provided;

3        (2) Playing on a school athletic team; provided the  
4        exemption shall last only for the period of the  
5        particular sport's season; or

6        (3) Enrolled for one-half, or less, of the work normally  
7        required of full-time students."

8        SECTION 3. New statutory material is underscored.

9        SECTION 4. 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 2006-2007, to  
12 carry out the purposes of this Act.

13        SECTION 5. The sum appropriated shall be expended by the  
14 department of education.

15        SECTION 6. This Act shall take effect upon its approval  
16 and shall apply to schools beginning January 1, 2007.

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**Report Title:**

Physical Education; Curriculum; Elementary and Middle Schools

**Description:**

Requires the course of study for all elementary and middle schools include instruction in physical education for not less than 200 minutes every 10 school days; makes an appropriation to support the curriculum changes.

