

February 11, 2008

Senate Bill (SB) Number: 3043

Title: Physical Education; Public Schools

Good afternoon, Senators. My name is Rowena Salanga and I am a sophomore at Waipahu High School. I am testifying on SB No. 3043, Physical Education. I am strongly opposed to this bill for the following reasons: 1) During your elementary and intermediate years, as well as your first year in high school, we have already been taking P.E. as a class. The remaining three years of high school, should focus more on school and applying for colleges 2) Many students are involved in extra curricular activities in and outside of school, such as school sports, outside leagues, dance groups, etc. Many students are already practicing the physical and healthy lifestyle. 3) Physical activity is not the only way from preventing children and adolescents from obesity. 4) Students will have more incentive to exercise if they were doing something they enjoy rather than being forced.

If this bill were to be put into practice, it would affect me because sixty minutes of physical activity will strain my energy causing me to become lazier, more stressed and more vulnerable to distractions in class therefore, interfering with my studies. I am also practicing the physical and healthy lifestyle as a tennis player for my school as well as an outside league and a participant in a YMCA program. Adding another sixty minutes of P.E. would be over doing it for my body. With all the classes and extra curricular activities, I do not know if I can juggle all of it at once. I speak for many students out there, who already have a lot on their plate and do not need to pile it up any higher.

Good afternoon Senators. My name is Xavier Agustin and I am attending Waipahu High School as a sophomore. I am testifying on SB number 3043, which is related to Physical Education. I strongly support this bill for the following reasons.

Since Obesity is becoming an epidemic for the children of the State of Hawaii, I feel the need to increase or to uphold our physical education classes, which will help prevent the development of life-long heart disease and diabetes. P.E can also help decrease the number of obese children and P.E has also been known to have a positive effect on the mental health of young people.

If the purpose of this act is to help the growing problems of childhood obesity, then increasing the time spent on P.E is an excellent choice. By educating students on the importance of everyday physical activity and nutritional gains, students along with their family will fulfill their understanding of the importance of a healthy environment. In closing, my self experience in the Physical Education Program has taught me the enjoyment of being active and healthy.