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Testimony for SCR 32

The American Heart Association offers no position on SCR 32, but seeks to clarify that the intent of the resolution is not to provide physical education credits for participation in extracurricular sports.

Together with other healthy lifestyle choices, such as better nutrition, the American Heart Association strongly advocates for daily, quality physical education in our nation's schools both as an important part of a student's education program and as a way to improve life-long health and well-being, that reduces their risk of developing CVD and other life-threatening diseases.

However, between 1991 and 2003, enrollment of high school students in daily PE classes fell from 41.6% to 28.4%.⁵ Yet, 81% of adults believe daily PE should be mandatory in schools.

PE programs can help combat childhood obesity, especially in young adolescent overweight girls. Studies of school-aged children have shown that just an extra hour of exercise a week lessened obesity. Benefits extend beyond health improvements. Several studies have shown a link between increased physical fitness and academic performance.

It is recommended that children engage in at least 60 minutes of physical activity each day. It is reasonable that they should get at least 30 minutes of that time in school. The national recommendation for PE frequency is 150 minutes/week in elementary school and 225 minutes per week in middle and high school. However, PE continues to be at high risk of being cut or curtailed in the current "No Child Left Behind" climate. The quality of the PE program is also critical. A high-quality PE program enhances the physical, mental, and social/emotional development of every child and helps them understand, improve, and maintain physical well-being.

Classes and activities that provide physical activity (e.g., marching band, ROTC, cheerleading, school and community sports) have important but distinctly different goals than physical education. Any opportunity for students to participate in sustained periods of meaningful physical activity can be valuable for their health and fitness, but these activities do not provide the content of a comprehensive, standards-based physical education program and thus should not be allowed to fulfill a physical education requirement.

The AHA strongly opposes the substitution of other credited courses or activities in lieu of PE classes.

Respectfully submitted,

Donald B. Weisman
Hawaii Communications and Marketing/Government Affairs Director

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For information on the AHA's educational or research programs, contact your nearest AHA office, or visit our web site at www.americanheart.org or e-mail us at hawaii@heart.org

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*"Building healthier lives,
free of cardiovascular
diseases and stroke."*

March 23, 2008

TO: Senate Education Committee
testimony@capitol.hawaii.gov

FR: Jeanne Chang (changj648@hawaii.rr.com)
Former Student Activities Coordinator, Kaimuki High School
Former Athletic Director/Physical Education Teacher, St. Andrew's Priory School

RE: Written Testimony Concerning SCR #32
Legislative Hearing on Monday, March 24, 2008, 1:15 pm, Room 225

Senate Concurrent Resolution #32: Requesting that the D.O.E. allow credits for current participation in extracurricular sports for all high school students to encourage physical fitness and mental well-being and support a reduction in obesity amongst high school students.

This testimony is being written in opposition to SCR #32. I would like to repeat my opposition to the idea of giving credit for participation in extracurricular sports as stated in my testimony in regards to SB #2697 (hearing was held on February 11th).

"I am opposed to this proposal (to give specialized credit for participation in after-school athletic activity and other co-curricular activities) at this time because such activities do not adequately address the Hawaii Content Standards of Physical Education.

Unless a formal curriculum for such activities are established to specifically insure that the Hawaii Content Standards of Physical Education are properly implemented and a program to insure that the staff consisting of certified or licensed personnel are in place, physical education credit should not be substituted by co-curricular activities."

While I am appreciative of the fact that the legislators are concerned about physical fitness and reducing obesity amongst high school students, I think further study and research in regards to the ramification of passing such a resolution is needed before considering the passing of such a resolution. Besides my concerns listed above about fulfilling the Hawaii Content Standards and having certified personnel teaching the activity for credit, the committee needs to address the affect of such a bill on the elective program in all high schools in the Department of Education. Students who participate in sports are presently taking elective courses. If participation in athletics is allowed to be substituted for elective credits, it could seriously impact the elective program by having less students choosing to take such classes as band, foreign languages, food service, graphics, business, etc. As it is now, some of the elective programs are already experiencing enrollment problems because students are deciding not to take elective classes once their credit requirements have been met. Several years ago, the French language program at Kaimuki High School was dropped from a lack of sufficient students. It is quite possible that more elective courses which are presently being taught by certified teachers, may have to be dropped if students are allowed to use athletic participation as a source of credit.

It agree that we need to address the physical fitness and obesity problems, but let us not ignore the effects it will have on other parts of the over-all school program. I urge the education committee to defeat this resolution at this time.

TESTIMONY for SCR 32 (Revised)

TO: Senate Education Committee
FROM: Hawaii Association for Health, Physical Education, Recreation and Dance (HAHPERD)
RE: SCR 32 Resolution
DATE: March 24, 2008, 1:15pm, Room 225

POSITION: HAHPERD is opposed to the Department of Education and the Board of Education allowing credit toward graduation for students participating in athletics.

First of all, the majority of athletic coaches in Hawaii are not certified. Allowing graduation credit for athletics is a double standard and opens the door for anyone "off the streets" to coach and allow athletes to receive graduation credit for a non-credited course.

Second, allowing graduation credit for athletics will devalue the elective program, as students will elect to take athletics over liberal arts courses for a well rounded education.

Third, athletics does not meet all of the Four Hawaii Content Standards. Standard One refers to participating in a wide variety of physical activities. Athletics does not offer a wide variety of physical activity. Athletics is limited to only the traditional sports and does not provide opportunity to a wide range of leisure and innovative lifetime activities.

Standard Two of the Hawaii Content Standards for Physical Education includes the learning of concepts and their application to motor skills and promotion of an active lifestyle for health and wellness. Coaches are only concerned about winning in their sport, and not about increasing the knowledge base of general health and wellness, or the five components of health-related fitness or lifestyle health and fitness components.

Fourth, since Hawaii is a standard-based state, will the DOE and BOE hold coaches, the majority of whom are not certified and are not familiar with writing a lesson plan based on standards, accountable for meeting all criteria. Please note that "watering down" the standards by allowing an activity that is "generally in accordance with the standards established by the DOE for physical education" is a double standard, very much substandard, and a very, very poor example of quality education. Are we teaching our students to not strive for excellence and to be accepting of a mediocre program we call education in Hawaii.

In conclusion, HAHPERD urges the senate education committee to rethink what quality education is, and not pass Resolution SCR 32.

Respectfully Submitted,

Donna Chun, HAHPERD President

Date of Hearing: March 24, 2008

Committee: Senate Education

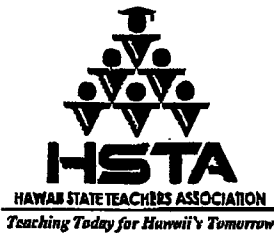
Department: Education

Person Testifying: Patricia Hamamoto, Superintendent

Title: S.C.R. No. 32, Requesting that the Department of Education Allow Credits for Current Participation in Extracurricular Sports for All High School Students to Encourage Physical Fitness and Mental Well-Being and Support a Reduction in Obesity Amongst High School Students

Purpose: Requesting that the Department of Education allow credits for current participation in extracurricular sports for all high school students to encourage physical fitness and mental well-being and support a reduction in obesity amongst high school students.

Department's Position: The Department of Education (Department) does not support S.C.R. No. 32. Co-curricular activities and athletic teams are not all led by certified educators and do not focus on or assess the Hawaii Content and Performance Standards required for graduation. Co-curricular activities and athletic teams concentrate on strategies and tactics specific to one game or an activity, rather than the development of movement skills and concepts essential to the components of health-related fitness and the promotion of a physically active lifestyle.



LATE

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**TESTIMONY BEFORE THE SENATE COMMITTEE ON
EDUCATION**

**RE: SCR 32 – REQUESTING THAT THE DEPARTMENT OF EDUCATION
ALLOW CREDITS FOR CURRENT PARTICIPATION IN
EXTRACURRICULAR SPORTS FOR ALL HIGH SCHOOL STUDENTS TO
ENCOURAGE PHYSICAL FITNESS AND MENTAL WELL-BEING AND
SUPPORT A REDUCTION IN OBESITY AMONGST HIGH SCHOOL
STUDENTS.**

March 24, 2008

**ROGER TAKABAYASHI, PRESIDENT
HAWAII STATE TEACHERS ASSOCIATION**

Chair Sakamoto and Members of the Committee:

**The Hawaii State Teachers Association opposes SCR 32, which requests the
Department of Education to allow credits for current participation in extracurricular
sports for all high school students.**

**Although this resolution does not state the kind of credit a student will receive for
participation in extracurricular sports, it could eventually lead to fulfilling Physical
Education (P.E.) credits. The Association believes that credits should be given based
on established P.E. curriculum standards and has concerns regarding how the credits
would be applied. What kind of P.E. standards could a student fulfill by participating
in extracurricular sports? Who will be assessing the students on how they are fulfilling
standards? Would it be the coach, who may not be a certified teacher or a teacher who
has knowledge of P.E. standards? Until the aforementioned concerns and questions
are resolved the Association must oppose this resolution.**

We urge the committee to hold this concurrent resolution.

Thank you for the opportunity to testify.

LATE

To: Senate Education Committee

Re: SCR 32

Date: March 24, 2008, 1:15pm,
Room 225

My name is Lynn Tagami and I teach 4th to 6th grade Physical education at Kamehameha Elementary School. I have been teaching physical education for over 20 years and coaching gymnastics for over 25 years. I am opposed to the bill SCR 32 that would give graduation credit for athletics. Most athletic coaches are not certified which is allowing anyone off the street to give high school credit to students. It could open the door to the giving of high school credit to any activity. It will also devalue the intrinsic value of being involved in athletics. In general, athletics is a performance based type of fitness not the health related fitness that is focused in a physical education class. It has a different value in the lifetime fitness we are hoping to have students learn in school.