
HOUSE CONCURRENT RESOLUTION

REQUESTING THE UNIVERSITY OF HAWAII DEPARTMENT OF KINESIOLOGY
AND REHABILITATION SCIENCE, IN COOPERATION WITH THE
DEPARTMENT OF EDUCATION AND THE DEPARTMENT OF HEALTH,
CONDUCT A STUDY AND PROVIDE RECOMMENDATIONS ON
IMPLEMENTATION OF NATIONAL PHYSICAL EDUCATION GUIDELINES IN
HAWAII'S PUBLIC SCHOOLS.

1 WHEREAS, the National Association for Sport and Physical
2 Education recommends that schools provide 150 minutes of
3 instructional physical education for elementary school children,
4 and 225 minutes for middle school students per week for the
5 entire school year; and

6
7 WHEREAS, a quality physical education program provides
8 learning opportunities, appropriate instruction, meaningful and
9 challenging content and student program assessment; and

10
11 WHEREAS, current Hawaii physical education requirements,
12 outlined in the Department of Education Wellness Guidelines
13 established by the Board of Education Policy 1110-6, consist of
14 only 45 minutes per week for grades K through 3, 55 minutes per
15 week for grades 4-5, 107 minutes per week for elementary grade
16 6, and no required physical education course for middle school
17 children; and

18
19 WHEREAS, physical education is the environment in which
20 students learn, practice and receive assessment on
21 developmentally appropriate motor skills, social skills and
22 knowledge; and

23
24 WHEREAS, physical activity at a moderate to vigorous
25 intensity level can yield health benefits; and

26
27 WHEREAS, obesity has been declared an epidemic in this
28 country; and

29

1 WHEREAS, the onset of obesity in Hawaii's school-age
2 students entails a host of serious but largely avoidable health
3 problems in adulthood, with an attendant escalation in Hawaii's
4 health care costs; and

5

6 WHEREAS, physical inactivity contributes to the problem and
7 level of obesity; and

8

9 WHEREAS, according to the 2011 Youth Risk Behavior Survey
10 only twenty-one percent of high school students and sixteen
11 percent of middle school students were physically active for the
12 recommended sixty minutes or more of physical activity per day;
13 and

14

15 WHEREAS, quality physical education programs are critical
16 to providing and teaching knowledge and skills needed to achieve
17 and maintain physical fitness; and

18

19 WHEREAS, research indicates that schools that provide time
20 for quality physical education generate a positive effect on
21 academic achievement even when provided as part of the regular
22 school day; including increased concentration; improved
23 mathematics, reading, and writing scores; and a reduction in
24 disruptive behaviors; and

25

26 WHEREAS, appropriate facilities, class size and sufficient
27 equipment can facilitate maximum learning and practice time for
28 all students; and

29

30 WHEREAS, physical education provides knowledge, attitudes,
31 motor skills, behavioral skills, and confidence needed to adopt
32 and maintain a physically active lifestyle; and

33

34 WHEREAS, physical education provides helps children meet
35 the scientifically recommended 60 minutes or more of physical
36 activity per day for children and adolescents; and

37

38 WHEREAS, additional opportunities for all students to be
39 physically active, such as recess, physical activity clubs,
40 interscholastic sports, band and community youth sports, are
41 important to achieving the recommended 60 minutes or more of
42 physical activity a day, but these activities should not
43 supplant assessment and standards-based, quality physical
44 education instruction; and

1
2 WHEREAS, the school grounds, physical plant, athletic and
3 playground structures must be maintained to ensure a safe and
4 healthy environment for physical activity; and

5
6 WHEREAS, the mental, emotional, social and physical well-
7 being of students are essential components of comprehensive
8 physical education for all students; and

9
10 WHEREAS, physical education should be taught by a certified
11 physical education teacher; and

12
13 WHEREAS, schools are the one place that all students can
14 participate in quality physical education and in structured and
15 unstructured physical activity; and

16
17 WHEREAS, Hawaii has adopted the Hawaii Content and
18 Performance Standards III for physical education in grades K
19 through 8, which call for quality physical education programs
20 based on national standards; and

21
22 WHEREAS, barriers and challenges have impeded the state of
23 Hawaii from fully implementing the Hawaii Content and
24 Performance Standards III for physical education in all grades K
25 through 8; now, therefore,

26
27 BE IT RESOLVED that the University of Hawaii Department of
28 Kinesiology and Rehabilitation Science is requested in
29 cooperation with the department of education, and the department
30 of health, to conduct a study assessing the feasibility of
31 adoption of the National Association for Sport and Education
32 physical education guidelines for elementary and middle school;
33 and

34
35 BE IT FURTHER RESOLVED that the study includes, but not be
36 limited to:

- 37
38 (1) Personnel to student ratio, minutes of designated
39 instruction per week, and related variables needed for
40 department of education to implement a quality
41 physical education program based on state and/or
42 national physical education recommendations in both
43 elementary and middle school; and

- 1 (2) Needs for implementation, including certified or
- 2 licensed instructors, equipment, assessments, and
- 3 standards-based curriculum; and
- 4 (3) Recommended steps needed to implement national
- 5 physical education recommendations in elementary and
- 6 middle schools by 2025; and

7

8 BE IT FURTHER RESOLVED that the Department of Education
 9 shall assist the University of Hawaii at Manoa Department of
 10 Kinesiology and Rehabilitation Science by providing full access
 11 to ensure completion of the study;

12

13 BE IT FURTHER RESOLVED that a draft policy statement
 14 regarding the implementation of national physical education
 15 guidelines in Hawaii's public elementary and middle schools be
 16 included in any reports submitted to the legislature; and

17


18 BE IT FURTHER RESOLVED that the University of Hawaii
 19 Department of Kinesiology and Rehabilitation Science shall
 20 submit its findings and recommendations to the legislature no
 21 later than twenty days prior to the convening of the Regular
 22 Session of 2015; and

23

24 BE IT FURTHER RESOLVED that certified copies of this
 25 Concurrent Resolution be transmitted to the Director of Health,
 26 the Superintendent of Education, and the Dean and Director of
 27 the University of Hawaii College of Education and Chair of the
 28 Department of Kinesiology and Rehabilitation Science.

29

30

31 OFFERED BY 

32 BY REQUEST

JAN 22 2013

HCR 24

JUSTIFICATION SHEET

DEPARTMENT: Health

TITLE: REQUESTING THE UNIVERSITY OF HAWAII DEPARTMENT OF KINESIOLOGY AND REHABILITATION SCIENCE, IN COOPERATION WITH THE DEPARTMENTS OF EDUCATION AND DEPARTMENT OF HEALTH, CONDUCT A STUDY AND PROVIDE RECOMMENDATIONS ON IMPLEMENTATION OF NATIONAL PHYSICAL EDUCATION GUIDELINES IN HAWAII'S PUBLIC SCHOOLS.

PURPOSE: This concurrent resolution is based on a recommendation from the Childhood Obesity Prevention Task Force.

MEANS: Adoption of the proposed concurrent resolution.

JUSTIFICATION: Physical activity is a known strategy to prevent childhood obesity. The diminishing emphasis on physical education in Hawaii schools is a barrier to childhood wellness and a lost opportunity to form healthy habits in young children.

Impact on the public: Improved awareness of the benefits of more physical education classes in public school curricula.

Impact on the department and other agencies: Task force participation.

OTHER FUNDS: None.

PPBS PROGRAM DESIGNATION: HTH 495.

OTHER AFFECTED AGENCIES: Department of Education, University of Hawaii.

EFFECTIVE DATE: Upon approval.