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# 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, TO CONDUCT A STUDY AND PROVIDE RECOMMENDATIONS ON THE 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 of instructional physical education for middle  
5 school students per week for the entire school year; and  
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7           WHEREAS, a quality physical education program provides  
8 learning opportunities, appropriate instruction, meaningful and  
9 challenging content, and student program assessment; and  
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11           WHEREAS, current Hawaii physical education requirements,  
12 outlined in the Department of Education's Wellness Guidelines  
13 established pursuant to Board of Education Policy 1110-6,  
14 consist of only 45 minutes per week for grades K through 3, 55  
15 minutes per week for grades 4-5, 107 minutes per week for  
16 elementary grade 6, and no required physical education course  
17 for middle school students; and  
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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  
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24           WHEREAS, physical activity at a moderate to vigorous  
25 intensity level can yield health benefits; and  
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27           WHEREAS, obesity has been declared an epidemic in this  
28 country; and



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 and an attendant escalation in Hawaii's  
4 healthcare costs; and

5  
6 WHEREAS, physical inactivity contributes to the problem and  
7 level of obesity; and

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9 WHEREAS, according to the 2011 Youth Risk Behavior Survey,  
10 only 21 percent of high school students and 16 percent of middle  
11 school students were physically active for the recommended 60  
12 minutes or more per day; and

13  
14 WHEREAS, quality physical education programs are critical  
15 to providing and teaching the knowledge and skills needed to  
16 achieve and maintain physical fitness; and

17  
18 WHEREAS, physical education provides knowledge, attitudes,  
19 motor skills, behavioral skills, and confidence needed to adopt  
20 and maintain a physically active lifestyle and helps children  
21 meet the scientifically-recommended 60 minutes or more of  
22 physical activity per day for children and adolescents; and

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

30  
31 WHEREAS, appropriate facilities, class size, and sufficient  
32 equipment can facilitate maximum physical education learning and  
33 practice time for all students; and

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35 WHEREAS, schools are the one place that all students can  
36 participate in quality physical education and in structured and  
37 unstructured physical activity; and

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



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

5 WHEREAS, the mental, emotional, social, and physical well-  
6 being of students are essential components of comprehensive  
7 physical education for all students; and  
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9 WHEREAS, physical education should be taught by a certified  
10 physical education teacher; and  
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12 WHEREAS, Hawaii has adopted the Hawaii Content and  
13 Performance Standards III for physical education in grades K  
14 through 8, which call for quality physical education programs  
15 based on national standards; and  
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17 WHEREAS, barriers and challenges have impeded Hawaii from  
18 fully implementing the Hawaii Content and Performance Standards  
19 III for physical education in all grades K through 8; now,  
20 therefore,  
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22 BE IT RESOLVED by the House of Representatives of the  
23 Twenty-seventh Legislature of the State of Hawaii, Regular  
24 Session of 2013, the Senate concurring, that the University of  
25 Hawaii Department of Kinesiology and Rehabilitation Science, in  
26 cooperation with the Department of Education and the Department  
27 of Health, is requested to conduct a study:  
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- 29 (1) Assessing the feasibility of adopting the National  
30 Association for Sport and Physical Education physical  
31 education guidelines for elementary and middle schools  
32 in the State; and  
33  
34 (2) Providing a draft policy statement on the  
35 implementation of National Physical Education  
36 Guidelines in Hawaii's public schools; and  
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38 BE IT FURTHER RESOLVED that the study include but not be  
39 limited to:  
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- 41 (1) Personnel-to-student ratio, minutes of designated  
42 instruction per week, and related variables needed for  
43 the Department of Education to implement a quality  
44 physical education program based on state or national



1 physical education recommendations in both elementary  
2 and middle schools;

3  
4 (2) Needs for implementation, including certified or  
5 licensed instructors, equipment, assessments, and  
6 standards-based curriculum; and

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8 (3) Recommended steps needed to implement national  
9 physical education recommendations in elementary and  
10 middle schools by 2025; and

11  
12 BE IT FURTHER RESOLVED that the Department of Education  
13 assist the University of Hawaii at Manoa Department of  
14 Kinesiology and Rehabilitation Science by providing full access  
15 to ensure completion of the study; and

16  
17 BE IT FURTHER RESOLVED that the University of Hawaii  
18 Department of Kinesiology and Rehabilitation Science submit its  
19 findings and recommendations, including a draft policy statement  
20 regarding implementation of national physical education  
21 guidelines in Hawaii's public elementary and middle schools to  
22 the Legislature no later than 20 days prior to the convening of  
23 the Regular Session of 2015; and

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

