



# UNIVERSITY OF HAWAI‘I SYSTEM

## Legislative Testimony

---

Written Testimony Presented Before the  
House Committee on Health  
March 1, 2013 at 9:00am

by  
Donald B. Young  
Dean  
College of Education  
University of Hawai‘i at Mānoa

HCR24 – 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.

Chair Belatti, Vice Chair Morikawa and members of the Committee.

My name is Donald Young. I am currently Dean of the College of Education at the University of Hawai‘i at Mānoa. The College of Education, and especially the Physical Education Teacher Education faculty support the intent and purpose of this resolution because physical education and physical activity are related to health and wellness, academic achievement, attendance, and student behavior. It is essential information from which planning can occur to provide public schools with quality Physical Education programs as well as potential employment placements for our graduates. With the feasibility study that is being proposed, we are interested in studying the information and working collaboratively to implement data and best-practice-based recommendations. However, in light of the proposed feasibility study, it would be helpful to know the current state of Physical Education in our public elementary and middle schools. We do not know what data currently exist, have been collected, or are available to help give us a baseline from which to start addressing the scope of the items being proposed in the resolution.

We would like to propose a step prior to the feasibility study to implement National Physical Education guidelines in Hawai‘i’s public schools. Prior to examining the feasibility of Physical Education in all elementary and middle schools, we would first like to gain a sense of what the current state of Physical Education is in Hawai‘i by reviewing all available data related to the following:

1. Personnel assignments in terms of who teaches Physical Education in all public elementary schools and middle schools and how many per school (e.g., if middle school, how many lines for Physical Education in a department; for an elementary school, number of teachers teaching Physical Education) and if they are full or part-time, and the ratio of Physical Education teacher(s) to students.

2. How many minutes per week is Physical Education currently scheduled and how frequently is it offered (e.g., once per week, once every six days, daily, etc) at elementary and middle schools.
3. Of teachers assigned to teach Physical Education, how many are certified/licensed in Physical Education (i.e., elementary, secondary, K-12), Elementary Education, Secondary Education, etc?

Depending on data available related to the proposed questions above and the need to potentially collect data for the above-mentioned information, this portion could be completed in the available time frame. Once a baseline is established, the feasibility study items in the resolution could be addressed. The feasibility study would require additional time. Access to Department of Education data and reports in a timely manner will be necessary in all phases of this project. Given current faculty workloads, the baseline portion will require faculty release time and a graduate assistant to help with the collection, organization, and review/report of available data. The feasibility portion would also require faculty release time and a graduate assistant to assist in the collection, organization, and review/report of available data, but also potentially in the development/identification of instruments to collect and analyze data as needed. Without funding attached to the resolution, these costs will have to come from existing College of Education resources, which are already strained to provide necessary program support.

Thank you for the opportunity to submit testimony.



## HAWAII PACIFIC HEALTH

55 Merchant Street  
Honolulu, Hawai'i 96813-4333

Kapi'olani • Pali Momi • Straub • Wilcox

808-535-7401  
www.hawaiipacifichealth.org

**Friday, March 1, 2013 – 9:00 am**  
**Conference Room 329**

### The House Committee on Health

To: Representative Della Au Belatti, Chair  
Representative Dee Morikawa, Vice Chair

From: Virginia Pressler, MD, MBA

**Re: HCR 24 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.**

### **Testimony in Strong Support**

---

My name is Virginia Pressler, MD, MBA, Executive Vice President and Chief Strategic Officer for Hawaii Pacific Health (HPH). HPH is a nonprofit health care system and the state's largest health care provider anchored by its four nonprofit hospitals: Kapi'olani Medical Center for Women & Children, Pali Momi Medical Center, Straub Clinic & Hospital and Wilcox Memorial Hospital on Kauai. HPH is committed to providing the highest quality medical care and service to the people of Hawai'i and the Pacific Region through its four affiliated hospitals, 49 outpatient clinics and service sites, more than 5,400 employees and 1,300 physicians on staff,

I am writing in strong support of HCR 24, which requests a study be conducted in partnership with the University of Hawaii's Department of Kinesiology and Rehabilitation Science (KRS), the Department of Education (DOE) and the Department of Health (DOH) to identify barriers and steps toward increasing physical education requirements.

Research shows that healthy children learn more effectively and achieve more academically. Unfortunately, many schools are cutting back on traditional physical education programs because to budgetary concerns and competing academic demands. School physical education programs offer the best opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and enable the development of lifelong activity. Current Hawaii physical education requirements outlined in the DOE's wellness guidelines consist of only 45 minutes per week for grades K through 3, 55 minutes per week for grades 4-5, 107 minutes per week for elementary grade 6, and no required physical education course for middle school children. National guidelines for physical education recommend that schools provide 150 minutes of instructional physical education for elementary school children and 225 minutes for middle school students per week for the entire school year.

This resolution provides a means through which information can be collected so that physical education in Hawaii's public schools can be increased, thereby decreasing the incidences of obesity in our children.

Thank you for the opportunity to provide testimony on this matter.



**morikawa2 - Shaun**

---

**From:** mailinglist@capitol.hawaii.gov  
**Sent:** Saturday, February 23, 2013 4:43 PM  
**To:** HLTtestimony  
**Cc:** tabraham08@gmail.com  
**Subject:** \*Submitted testimony for HCR24 on Mar 1, 2013 09:00AM\*

**HCR24**

Submitted on: 2/23/2013

Testimony for HLT on Mar 1, 2013 09:00AM in Conference Room 329

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Troy Abraham	Individual	Support	No

Comments:

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

Do not reply to this email. This inbox is not monitored. For assistance please email [webmaster@capitol.hawaii.gov](mailto:webmaster@capitol.hawaii.gov)

**morikawa2 - Shaun**

---

**From:** mailinglist@capitol.hawaii.gov  
**Sent:** Thursday, February 21, 2013 12:28 PM  
**To:** HLTtestimony  
**Cc:** mendezj@hawaii.edu  
**Subject:** \*Submitted testimony for HCR24 on Mar 1, 2013 09:00AM\*

**HCR24**

Submitted on: 2/21/2013

Testimony for HLT on Mar 1, 2013 09:00AM in Conference Room 329

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Javier Mendez-Alvarez	Individual	Support	No

Comments:

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

Do not reply to this email. This inbox is not monitored. For assistance please email [webmaster@capitol.hawaii.gov](mailto:webmaster@capitol.hawaii.gov)