
A BILL FOR AN ACT

RELATING TO EDUCATION.

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF HAWAII:

1 SECTION 1. Currently, Hawaii does not require physical
2 education or health education in intermediate or middle school.
3 Physical education programs are critical to providing students
4 with the skills necessary to achieve and maintain life-long
5 physical fitness. In 2013, the Institute of Medicine identified
6 daily school physical education for all students as a strategy
7 to prevent obesity across the nation. Research suggests that
8 schools that provide time for high-quality physical education
9 generate a positive effect on academic achievement, even when
10 physical education is part of the regular school day. Some of
11 the benefits include increased concentration; improved scores in
12 mathematics, reading, and writing; and a reduction in disruptive
13 behaviors.

14 The National Physical Education Standards recommend 225
15 minutes per week of high-quality physical education for
16 intermediate or middle school students. According to the Hawaii
17 youth risk behavioral survey, physical activity among students



1 drops drastically during middle school, with only 40.8 per cent
2 of boys and 23.4 per cent of girls meeting physical-activity
3 recommendations. These gender disparities in physical activity
4 continue in high school, with only 30.6 per cent of boys and
5 13.6 per cent of girls meeting physical-activity
6 recommendations. Furthermore, physical education in middle
7 school will provide students with the knowledge, attitudes,
8 motor skills, behavioral skills, and confidence necessary to
9 adopt and maintain a physically active lifestyle throughout
10 their lives.

11 In addition, middle school is the ideal place to provide
12 health education to students before they engage in unhealthy and
13 risky behaviors. Rapid physical and emotional changes make
14 early adolescence a crucial period for young people to develop
15 healthy habits. Many adolescents begin experimenting with sex,
16 tobacco, alcohol, and other harmful drugs, all of which pose
17 serious threats to their personal health and well-being.
18 Requiring health education in middle school will teach students
19 about physical, mental, emotional, and social health and
20 motivate students to improve and maintain their own health,
21 prevent disease, and reduce risky behaviors.



1 SECTION 2. Chapter 302A, Hawaii Revised Statutes, is
2 amended by adding a new section to be appropriately designated
3 and to read as follows:

4 "§302A- Physical and health education requirements. All
5 students in grades six, seven, and eight shall be required to
6 take courses in physical education and health education."

7 SECTION 3. New statutory material is underscored.

8 SECTION 4. This Act shall take effect upon its approval.

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INTRODUCED BY: Allen A. Kuehli

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JAN 29 2015



H.B. NO. 1436

Report Title:

Physical Education and Health Education

Description:

Requires all public school students to take courses in physical education and health education in grades six, seven, and eight.

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