

MAR 10 2017

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# SENATE RESOLUTION

REQUESTING THE BOARD OF EDUCATION TO CONSIDER REQUIRING STUDENTS  
IN GRADES SIX, SEVEN, AND EIGHT TO TAKE COURSES IN PHYSICAL  
EDUCATION AND HEALTH EDUCATION.

1           WHEREAS, physical education programs are critical to  
2 providing students with the skills necessary to achieve and  
3 maintain life-long physical fitness; and  
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5           WHEREAS, 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; and  
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9           WHEREAS, research suggests that schools that provide time  
10 for high-quality physical education generate a positive effect  
11 on academic achievement, even when physical education is part of  
12 the regular school day; and  
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14           WHEREAS, some of the benefits of physical education include  
15 increased concentration; improved scores in mathematics,  
16 reading, and writing; and a reduction in disruptive behaviors;  
17 and  
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19           WHEREAS, the national physical education standards  
20 recommend two hundred twenty-five minutes per week of high-  
21 quality physical education for intermediate or middle school  
22 students; and  
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24           WHEREAS, currently, Hawaii does not require physical  
25 education or health education in intermediate or middle school;  
26 and  
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28           WHEREAS, according to the 2015 Hawaii youth risk behavioral  
29 survey, physical activity among students drops drastically  
30 during middle school, with only 34.9 percent of boys and 20.1  
31 percent of girls meeting physical activity recommendations; and  
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33           WHEREAS, these gender disparities in physical activity  
34 continue in high school, with only 26.7 percent of boys and 14.2  
35 percent of girls meeting physical activity recommendations; and



1  
 2 WHEREAS, middle school is the ideal place to provide health  
 3 education to students before they engage in unhealthy and risky  
 4 behaviors; and

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 6 WHEREAS, rapid physical and emotional changes make early  
 7 adolescence a crucial period for young people to develop  
 8 positive decision making and goal setting, to lead to healthy  
 9 habits; and

10  
 11 WHEREAS, many adolescents have opportunities and begin  
 12 experimenting with sex, tobacco, alcohol, and other harmful  
 13 drugs, all of which pose serious threats to their health and  
 14 wellbeing; and

15  
 16 WHEREAS, requiring health education in middle school will  
 17 teach students about physical, mental, emotional, and social  
 18 health and motivate students to improve and maintain their own  
 19 health, prevent disease, reduce risky behavior, and advocate for  
 20 the health of others; now, therefore,

21  
 22 BE IT RESOLVED by the Senate of the Twenty-ninth  
 23 Legislature of the State of Hawaii, Regular Session of 2017,  
 24 that the Board of Education is requested to consider requiring  
 25 students in grades six, seven, and eight to take courses in  
 26 physical education and health education; and

27  
 28 BE IT FURTHER RESOLVED that certified copies of this  
 29 Resolution be transmitted to the Chairperson of the Board of  
 30 Education and Superintendent of Education.

31  
 32  
 33

OFFERED BY: Michelle D. Iudani

Will Egan

Elavice

Hal Nook

Ernie R. Brown

Randy de Bak

Michelle D. Iudani

Will Egan

Elavice

Hal Nook

Ernie R. Brown

Randy de Bak

# S.R. NO. 58

*Clarence G. ...*  
*James ...*

