H.B. NO. 3121

A BILL FOR AN ACT

RELATING TO PHYSICAL EDUCATION.

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

SECTION 1. The prevalence of obesity is at an all-time high among children and adolescents, which can lead to the development of life-long heart disease and diabetes, among other ailments. Physical activity has also been known to have a beneficial effect on the mental health of young people.

Many health advocates believe that adults acquire and establish patterns of health-related behaviors during childhood and adolescence. Thus, children who are encouraged to engage in regular physical activity in their youth are more likely to continue a pattern of physical activity in adulthood that can contribute to better overall physical health during their lifetime.

The purpose of this Act is to help combat the growing problem of childhood obesity, and to promote long-term physical activity among Hawaii's public school students.

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

1 "**§302A- Physical education requirements; elementary and**
2 **middle and high schools.** Beginning with the 2009-2010 school
3 year, the course of study in all public elementary, middle, and
4 high schools shall include instruction in physical education,
5 with an emphasis on physical activities that are conducive to
6 the health and vigor of the body and mind, as follows:
7 (1) Forty-five minutes every school day for grades
8 kindergarten through five; and
9 (2) Sixty minutes every school day for grades six through
10 twelve;
11 provided that the physical education requirements shall not
12 include recesses, lunch periods, and extramural, or extra-
13 curricular activities. Physical education shall include
14 physical activity, nutrition education, and preventative health
15 education. The department of education is encouraged to meet
16 the National Association for Sport and Physical Education
17 content standards in developing and implementing a physical
18 education program as defined in this section."
19 SECTION 3. New statutory material is underscored.

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2 SECTION 4. This Act shall take effect on July 1, 2008, and

3 shall apply to all public schools beginning with the 2009-2010

4 academic school year.

5

6 INTRODUCED BY: Calvin K. Ay

7 BY REQUEST

JAN 22 2008

H.B. NO. 3121

Report Title:
Physical education; public schools.

Description:
Requires physical education as a mandatory component of the public school education curriculum.

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JUSTIFICATION SHEET

DEPARTMENT: Office of the Governor

TITLE: A BILL FOR AN ACT RELATING TO PHYSICAL EDUCATION.

PURPOSE: To address the increasing problem of child obesity in Hawaii and promote long-term physical education and activity among Hawaii's public school students.

MEANS: Add a new section to chapter 302A, Hawaii Revised Statutes.

JUSTIFICATION: Almost one-third of children and teens in Hawaii are overweight or obese, and over half of our children and teens do not exercise regularly. Inactive children, when compared with active children, weigh more, have higher blood pressure and lower levels of heart-protective high-density lipoproteins (HDL cholesterol). Physical activity for children can prevent or delay these health problems and others including hypertension, type 2 diabetes, and cardiovascular disease.

Impact on the public: Physical activity for children will create lifelong healthy lifestyle habits.

Impact on the department and other agencies: The Department of Education will implement regular physical education as a requirement of public school education.

GENERAL FUND: None.

OTHER FUNDS: None.

PPBS PROGRAM DESIGNATION: None.

OTHER AFFECTED AGENCIES: None.

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EFFECTIVE DATE: July 1, 2008.