
HOUSE CONCURRENT 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
32



H.C.R. NO. 68

1 WHEREAS, these gender disparities in physical activity
 2 continue in high school, with only 26.7 percent of boys and 14.2
 3 percent of girls meeting physical activity recommendations; and
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5 WHEREAS, middle school is the ideal place to provide health
 6 education to students before they engage in unhealthy and risky
 7 behaviors; and
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9 WHEREAS, rapid physical and emotional changes make early
 10 adolescence a crucial period for young people to develop
 11 positive decision making and goal setting, to lead to healthy
 12 habits; and
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14 WHEREAS, many adolescents have opportunities and begin
 15 experimenting with sex, tobacco, alcohol, and other harmful
 16 drugs, all of which pose serious threats to their health and
 17 wellbeing; and
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19 WHEREAS, requiring health education in middle school will
 20 teach students about physical, mental, emotional, and social
 21 health and motivate students to improve and maintain their own
 22 health, prevent disease, reduce risky behavior, and advocate for
 23 the health of others; now, therefore,
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25 BE IT RESOLVED by the House of Representatives of the
 26 Twenty-ninth Legislature of the State of Hawaii, Regular Session
 27 of 2017; the Senate concurring, that the Board of Education is
 28 requested to consider requiring students in grades six, seven,
 29 and eight to take courses in physical education and health
 30 education; and
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32 BE IT FURTHER RESOLVED that certified copies of this
 33 Concurrent Resolution be transmitted to the Chairperson of the
 34 Board of Education and Superintendent of Education.
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 36
 37

OFFERED BY: _____



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