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# A BILL FOR AN ACT

RELATING TO EDUCATION.

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

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

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

14           A recent study released by the California department of  
15 education revealed a direct relationship between academic  
16 achievement and physical fitness of California's public school  
17 students. According to the study:



1 (1) Higher achievement was associated with higher levels  
2 of fitness for each grade level measured (fifth,  
3 seventh, and ninth);

4 (2) The relationship between academic achievement and  
5 fitness was greater in mathematics than in reading,  
6 particularly at higher fitness levels;

7 (3) Students who met minimum fitness levels in three or  
8 more physical fitness areas showed the greatest gains  
9 in academic achievement at all three grade levels  
10 measured; and

11 (4) Females demonstrated higher achievement than males,  
12 particularly at higher fitness levels.

13 The purpose of this Act is to combat the growing problem of  
14 childhood obesity and promote greater physical health among  
15 Hawaii's children and adolescents by requiring all public  
16 elementary and middle schools to include physical education  
17 instruction for not less than two hundred minutes every ten  
18 school days. This Act also makes an appropriation to support  
19 the additional resources that schools may require to implement  
20 the curriculum changes described in this Act.



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 education requirements; elementary and  
5 middle schools. Beginning with the 2008-2009 school year, the  
6 course of study in all public elementary and middle schools  
7 shall include instruction in physical education, with an  
8 emphasis on physical activities that are conducive to the health  
9 and vigor of the body and mind. All elementary and middle  
10 school students shall participate in not less than two hundred  
11 minutes of physical education every ten school days, exclusive  
12 of recesses and lunch periods."

13 SECTION 3. There is appropriated out of the general  
14 revenues of the State of Hawaii the sum of \$ , or so  
15 much thereof as may be necessary for fiscal year 2007-2008, and  
16 the same sum, or so much thereof as may be necessary for fiscal  
17 year 2008-2009, to carry out the purposes of this Act.

18 The sums appropriated shall be expended by the department  
19 of education for the purposes of this Act.

20 SECTION 4. New statutory material is underscored.



1 SECTION 5. This Act shall take effect on July 1, 2007, and  
2 shall apply to all public schools beginning with the 2008-2009  
3 academic school year.  
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**Report Title:**

Physical Education; Curriculum; Elementary and Middle Schools

**Description:**

Requires the course of study for all public elementary and middle schools to include instruction in physical education for not less than 200 minutes every 10 school days beginning with the 2008-2009 school year. Makes an appropriation to support the curriculum changes.

