

RESOLUTION 26-15

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3 Title: Establish Physical Activity Requirements for All Public School
4 Students

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6 Introduced by: Gerald D. Natzke, DO, for the Genesee County Delegation

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8 Original Author: Gerald D. Natzke, DO

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10 Referred to: Reference Committee D

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12 House Action: **APPROVED AS AMENDED**
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15 Whereas, physical activity is known to improve health, and

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17 Whereas, physical activity in the school setting is known to enhance
18 concentration, appetite, and overall wellbeing of students, and

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20 Whereas, school requirements and budget cuts have reduced the amount of
21 physical activity for students in recent years, and

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23 Whereas, a program of physical activity for all students and all schools would
24 raise the overall fitness and health level of the school student population, and

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26 Whereas, obesity leads to at least 300,000 deaths among adults in the United
27 States each year, due in part to physical inactivity and poor diet, and

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29 Whereas, inadequate participation in physical activity is a significant
30 contributor to the epidemic of obesity that has plagued the nations young people
31 during the past few decades, and

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33 Whereas, physical activities offer young people many health benefits, including
34 improving aerobic endurance and physical strength, helping to control weight, building
35 lean muscle and reducing fat, and helping build greater bone mass, all of which thwart
36 the development of osteoporosis in adulthood and prevent or reduce high blood
37 pressure, and

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39 Whereas, a growing body of evidence suggests that providing students with
40 more physical education and physical activity opportunities helps reduce the cost
41 schools incur by reducing absenteeism, improving student health, and reducing staff
42 time spent addressing academic performance, and

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44 Whereas, a growing body of evidence also suggests that improvement in test
45 scores and overall academic achievement can be linked to increased time in physical
46 education; therefore be it

47 RESOLVED: That MSMS propose legislation similar to Virginia Senate Bill
48 823, which amends the code of the State of Virginia relating to public schools physical
49 activity requirement; and be it further

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51 RESOLVED: That MSMS develop legislation that requires that a physical
52 activity program, consisting of at least twenty minutes per day, or an average of 100
53 minutes per week, during the regular school year, for all students in grades
54 kindergarten through five; and be it further

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56 RESOLVED: That MSMS support a requirement of a physical activity program
57 for all students in grades six through twelve with a goal of at least 150 minutes per
58 week, on average, during the regular school year; and be it further

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60 RESOLVED: That MSMS advocate that physical activity programs for all
61 public school students may include any combination of physical education classes,
62 athletic extra-curricular activities, recess, or other programs and physical activities
63 deemed appropriate by the local school Board.

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66 WAYS AND MEANS COMMITTEE FISCAL NOTE: None