

HOUSE RESOLUTION NO. 16

BY MASCHER

A Resolution requesting the establishment of a legislative interim study committee to review the physical education requirements for students under the state's educational standards.

WHEREAS, research indicates that students with higher levels of physical fitness show greater academic achievement than those who are less physically active; and

WHEREAS, obesity has more than doubled in adults in the past 20 years and tripled among children, and a study published in the Journal of the American Medical Association connects the rise of childhood obesity with an increase in high blood pressure among America's children and adolescents; and

WHEREAS, the recommendations of researchers to halt this trend toward obesity include increased physical activity, daily physical education, and the overcoming of obstacles to walking to school; and

WHEREAS, today's less physically active lifestyles and poor nutrition give physical education a primary role in improving a student's present and future health; and

WHEREAS, Iowa's physical education requirements under the educational standards have been fundamentally unchanged, except to provide for more exemptions, for more than a quarter of a century; NOW

THEREFORE,

BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES,

HR 16

1 That the Legislative Council is requested to establish  
2 an interim study committee, which shall be assisted by  
3 the Iowa Department of Education and the Iowa  
4 Department of Public Health with information and  
5 support, to review Iowa's physical education standards  
6 and requirements, practitioner preparation programs  
7 for physical education instructors, and the licensure  
8 standards for physical education practitioners; to  
9 consider the benefits and disadvantages of  
10 establishing a statewide physical education  
11 curriculum; to investigate current literature and  
12 recommendations for best practices in physical  
13 education instruction; and to submit its findings and  
14 recommendations in a report to the General Assembly.

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