

# SENATE BILL REPORT

## SHB 3043

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As of February 20, 2004

**Title:** An act relating to promoting physical fitness in middle school.

**Brief Description:** Promoting physical fitness in middle school.

**Sponsors:** House Committee on Education (originally sponsored by Representatives Tom, Quall, Bailey, Lantz, McDermott, Anderson, Chase, Morrell and Kenney).

**Brief History:**

**Committee Activity:** Education: 2/24/04.

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### SENATE COMMITTEE ON EDUCATION

**Staff:** Heather Lewis-Lechner (786-7448)

**Background:** The Center for Disease Control and the U. S. Surgeon General have declared childhood obesity and the onset of Type II Diabetes to be epidemics. Within the past 20 years, the number of overweight children has more than doubled. The American Medical Association (AMA) reports that approximately 14 percent of children and 12 percent of adolescents are overweight. In children and adolescents, obesity has immediate health implications and obesity acquired during childhood or adolescence may persist into adulthood and increase the risk for some chronic diseases later in life.

The AMA has concluded that reversing these trends requires changes in individual behavior. One of the strategies for behavioral change identified by the AMA is an increase in physical activity, including school-based physical education programs.

The State Board of Education (SBE) minimum requirements for physical education instruction are 100 minutes per week per year for students in grades one through eight, and one credit per year for students in high school. Prior to the fall of 2004, high school students were required to complete two credits of physical education in order to graduate. In 2004, the two credit requirement shifted from physical education to two credits in health and fitness.

Students, by law, can receive a waiver from the physical education requirements. The grounds for a waiver differ depending on the grade level of the child. Grounds for a waiver include: physical disability, religious belief, participation in directed athletics, employment, participation in military science or tactics, or for other good cause.

**Summary of Bill:** By September 1, 2006, school districts are required to adopt a physical education and fitness curriculum for all middle school students. The curriculum must include a daily period of physical activity in which at least 20 minutes consists of aerobic activity in the student's target heart rate zone. A student may be excused on the basis of religious belief or physical disability.

In order to accommodate a rotating class schedule, or other scheduling needs, districts are granted a limited degree of flexibility in meeting these requirements so long as the total number of minutes of aerobic activity each week is not less than 20 minutes per day. Components of the curriculum must include instruction in basic movement and fine motor skills, progressive physical fitness, athletic conditioning, and nutrition and wellness. Activities should be designed to expose students to a wide variety of physical activities; teach lifetime health and fitness skills; encourage self-monitoring and goal-setting; allow students to individualize activities; emphasize individual best efforts; and foster positive social development.

School districts also are encouraged to adopt physical education and fitness programs for students at the elementary school and high school levels and to articulate instruction across the grades. The Superintendent of Public Instruction is encouraged to facilitate the sharing of best practices between districts and the dissemination of information and resources that may assist districts in developing their programs.

**Appropriation:** None.

**Fiscal Note:** Available.

**Effective Date:** Ninety days after adjournment of session in which bill is passed.