

HOUSE JOINT RESOLUTION NO. 17
INTRODUCED BY D. MCALPIN

A JOINT RESOLUTION OF THE SENATE AND THE HOUSE OF REPRESENTATIVES OF THE STATE OF MONTANA ENCOURAGING THE BOARD OF PUBLIC EDUCATION TO REQUIRE ~~4 YEARS OF PHYSICAL EDUCATION~~ CONSIDER THE BENEFITS OF INCREASING HEALTH ENHANCEMENT IN HIGH SCHOOLS AND ENCOURAGING HIGH SCHOOLS TO PROVIDE STUDENTS WITH MORE OPPORTUNITIES FOR PHYSICAL ACTIVITY.

WHEREAS, obesity in children is a national epidemic and can lead to chronic diseases, such as heart disease, stroke, and diabetes; and

WHEREAS, poor dietary habits and inactivity contribute to the increase of obesity in youth; and

WHEREAS, today's youth are considered the most inactive generation in history, caused in part by reductions in school physical education programs and lack of adequate community recreational facilities; and

WHEREAS, nearly half of all high school students are not even enrolled in a physical education class, and only 29% attend daily physical education classes AND ONLY 23.2% OF GRADES 7 AND 8 STUDENTS ATTEND DAILY PHYSICAL EDUCATION CLASSES; and

WHEREAS, 18% of Montana high school students are overweight or at risk of becoming overweight; and

WHEREAS, Montana high school AND JUNIOR HIGH students are required to take only two half-year classes of health enhancement, including physical education; and

WHEREAS, HEALTH ENHANCEMENT IS PART OF THE MONTANA ACCREDITATION STANDARDS AND AS SUCH A COMPONENT OF THE BASIS UPON WHICH A QUALITY EDUCATION IS BUILT; AND

WHEREAS, participation in physical activity and sports can promote social well-being, as well as physical and mental health, among young people.

NOW, THEREFORE, BE IT RESOLVED BY THE SENATE AND THE HOUSE OF REPRESENTATIVES OF THE STATE OF MONTANA:

That the Montana Legislature encourage the Board of Public Education to ~~require 4 years of physical education~~ CONSIDER ADDITIONAL HEALTH ENHANCEMENT for all high school students.

BE IT FURTHER RESOLVED, that the Montana Legislature encourage local high schools to provide

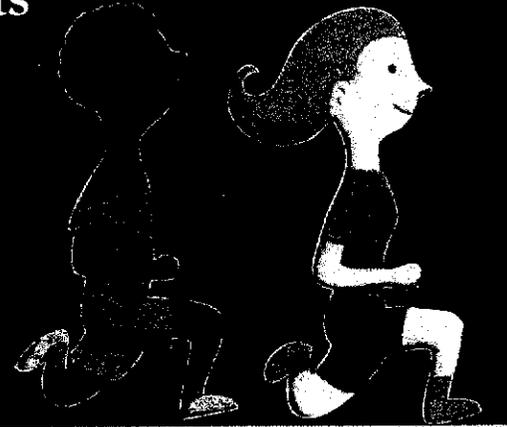
greater opportunities for students to participate in physical activities and sports programs, including intramural programs.

BE IT FURTHER RESOLVED, that the Secretary of State send a copy of this resolution to the Board of Public Education and to the Superintendent of Public Instruction for distribution to every high school DISTRICT in Montana.

- END -

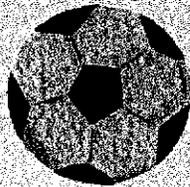
Approximately
5.3 million

children and adolescents
between the
ages of
6 and 17
are overweight
or obese.



BOTTOM LINE:

Research shows that
interest and demand for quality daily physical
education programs in schools are growing.
School districts in the country are increasingly



advocates to
improve the quality of physical
education programs.

This brochure is made available by an unrestricted research grant from
the **National Soft Drink Association**.

*Public Attitudes toward Physical Education: Are Schools Providing what
the Public Wants?* A Survey conducted by Opinion Research
Corporation International of Princeton, NJ for the National Association
for Sport and Physical Education (NASPE). February 3-6, 2000.

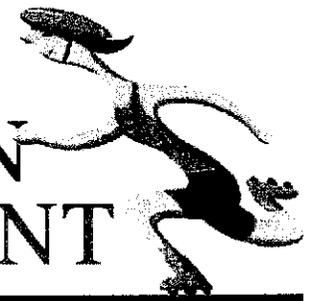
Adults/Teens Attitudes toward Physical Activity and Physical Education.
A Survey conducted by Opinion Research Corporation International of
Princeton, NJ for the National Association for Sport and Physical
Education, August 1-4, 2002.

Parents Views' of Children's Health and Fitness. A Survey
conducted by Opinion Research Corporation International of Princeton,
NJ for the National Association for Sport and Physical Education.
(NASPE), April 3-7, 2003.



NASPE is an association of the American Alliance for Health,
Physical Education, Recreation and Dance (AAHPERD).

EXHIBIT 7
DATE 2-14-05
HB HJ17



**PHYSICAL EDUCATION
IS CRITICALLY IMPORTANT**

CONFIRMS NEW PARENTS OPINION SURVEY

