

SENATE CONCURRENT RESOLUTION NO. 12—SENATORS WIENER;
AMODEI, BREEDEN, CARE, CARLTON, CEGAVSKE, COFFIN,
COPENING, HARDY, HORSFORD, LEE, MATHEWS,
MCGINNESS, NOLAN, PARKS, RAGGIO, RHOADS,
SCHNEIDER, TOWNSEND, WASHINGTON AND WOODHOUSE

MARCH 2, 2009

JOINT SPONSORS: ASSEMBLYMEN DENIS; AIZLEY, ANDERSON,
ARBERRY, ATKINSON, BOBZIEN, BUCKLEY, CARPENTER,
CHRISTENSEN, CLABORN, COBB, CONKLIN, DONDERO
LOOP, GANSERT, GOEDHART, GOICOECHEA, GRADY,
GUSTAVSON, HAMBRICK, HARDY, HOGAN, HORNE,
KIHUEN, KIRKPATRICK, KOIVISTO, LESLIE, MANENDO,
MASTROLUCA, MCARTHUR, MCCLAIN, MORTENSON,
MUNFORD, OCEGUERA, OHRENSCHALL, PARNELL, PIERCE,
SEGERBLOM, SETTELMAYER, SMITH, SPIEGEL, STEWART
AND WOODBURY

Read and Adopted

SUMMARY—Urges the promotion of physical fitness in the
schools. (BDR R-697)

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EXPLANATION – Matter in ***bolded italics*** is new; matter between brackets ***omitted material*** is material to be omitted.

SENATE CONCURRENT RESOLUTION—Urging the promotion
of physical fitness in the schools and urging the
Department of Education to employ or consult with a
physical education coordinator.

- 1 WHEREAS, Over the past 30 years, the prevalence of overweight
- 2 children and youth has risen dramatically and obese youth are more
- 3 likely to become obese adults with an impact on their physical and
- 4 emotional well-being as well as increased health care costs; and
- 5 WHEREAS, Children and youth who lack physical activity in
- 6 earlier years experience less alertness and decreased productivity in
- 7 the classroom, are inhibited in their social and emotional



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1 development and have an increased likelihood of continued lack of
2 physical activity as an adult; and

3 WHEREAS, Health is not just the absence of disease but is a
4 complete physical, mental and social state of well-being that
5 includes several components such as physical activity and physical
6 education as well as healthy eating habits; and

7 WHEREAS, Regular physical activity is associated with a
8 healthier, longer life and a lower risk of cardiovascular disease, high
9 blood pressure, diabetes, obesity and some cancers; and

10 WHEREAS, Healthy children are healthy learners and staying fit
11 in youth helps to maximize each child's education as well as
12 maximize a lifetime health potential; and

13 WHEREAS, Studies have linked increased physical fitness in the
14 schools with improvements in academic performance, including
15 increased concentration and motivation to learn, higher test scores
16 and reduced disruptive behaviors in the classroom; now, therefore,
17 be it

18 RESOLVED BY THE SENATE OF THE STATE OF NEVADA, THE
19 ASSEMBLY CONCURRING, That the members of the 75th Session of
20 the Nevada Legislature hereby urge the school districts to promote
21 physical fitness in the schools to reduce obesity and to encourage
22 healthy lifestyle choices by expanding high-quality programs of
23 physical education during each school day; and be it further

24 RESOLVED, That the Department of Education is hereby urged,
25 to the extent money is available, to employ or consult with a
26 physical education coordinator to:

27 1. Provide guidance and technical assistance to the school
28 districts as they implement the physical education standards adopted
29 by the State Board of Education; and

30 2. Provide assistance and professional development
31 opportunities to physical education teachers in the planning,
32 development, implementation and evaluation of high-quality,
33 evidence-based physical education programs; and be it further

34 RESOLVED, That the Secretary of the Senate prepare and
35 transmit a copy of this resolution to the Superintendent of Public
36 Instruction, each county school superintendent for distribution to the
37 schools within the school district, Nevada Parent Teacher
38 Association for distribution to its members, Director of the
39 Advocacy and State Health Alliances with the American Heart
40 Association and the President of the Nevada Association for Health,
41 Physical Education, Recreation and Dance.

