

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

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, Ocegüera, Ohrenschaß, Parnell, Pierce, Segerblom, Settelmeyer, Smith, Spiegel, Stewart and Woodbury

FILE NUMBER.....

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.

WHEREAS, Over the past 30 years, the prevalence of overweight children and youth has risen dramatically and obese youth are more likely to become obese adults with an impact on their physical and emotional well-being as well as increased health care costs; and

WHEREAS, Children and youth who lack physical activity in earlier years experience less alertness and decreased productivity in the classroom, are inhibited in their social and emotional development and have an increased likelihood of continued lack of physical activity as an adult; and

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

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

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

WHEREAS, Studies have linked increased physical fitness in the schools with improvements in academic performance, including increased concentration and motivation to learn, higher test scores



and reduced disruptive behaviors in the classroom; now, therefore, be it

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

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

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

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

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

