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HOUSE JOINT RESOLUTION NO. 692

Offered January 21, 1999

Requesting the Board of Education to study the efficacy of allowing high school students to substitute participation in competitive sports for one-half of the physical education requirements.

Patrons—Grayson and Hamilton

Referred to Committee on Education

WHEREAS, people who are active and participate in planned physical activities are less prone to chronic disorders and diseases, depression, and other disabling conditions; and

WHEREAS, regular physical activity reduces the risk of developing or dying from many of the leading causes of illness and death; and

WHEREAS, much attention has been given to the seriousness of physical inactivity among Americans, particularly our youth; and

WHEREAS, it is estimated that almost half of youth between the ages of twelve and twenty-one do not engage in vigorous physical activity on a regular basis; and

WHEREAS, many of Virginia's high school students participate in extracurricular activities, intramural and competitive sports during their high school career; and

WHEREAS, continued participation on a team requires commitment to follow the coach's mandate of regular periods for exercise, strenuous training, and endless practice; and

WHEREAS, due to more rigorous academic standards required of all students, many student athletes are faced with completing the physical education requirement in spite of a regular diet of grueling exercise, strenuous training, and endless physical exertion during practice; and

WHEREAS, given compacted school days, increased units for graduation, and a limited amount of time to complete course requirements for graduation, allowing such students to substitute participation in competitive sports programs for up to one-half of their physical education requirements should be considered to provide the rest, space, and study time that they require to be successful in school; now, therefore, be it

RESOLVED by the House of Delegates, the Senate concurring, That the Board of Education study the efficacy of allowing high school students to substitute participation in competitive sports for one-half of the physical education requirements. In conducting the study, the Board shall (i) review the high school course requirements, pursuant to the Standards of Accreditation, vis-à-vis the length of the average school day in Virginia; (ii) receive public comment from students, their parents, coaches, and teachers regarding this problem; (iii) review and compare the Standards of Learning for Physical Education with the physical requirements of athletic training for sports competition and determine whether substitution may be appropriate; (iv) determine and consider other alternatives which may ease the burden of student athletes; and (v) provide guidance to students, their parents, and the education community regarding how such issues should be addressed.

All agencies of the Commonwealth shall provide assistance to the Board of Education, upon request.

The Board of Education shall complete its work in time to submit its findings and recommendations to the Governor and the 2000 Session of the General Assembly as provided in the procedures of the Division of Legislative Automated Systems for the processing of legislative documents.

INTRODUCED

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