

114TH CONGRESS
1ST SESSION

S. 418

To support and encourage the health and well-being of elementary school and secondary school students by enhancing school physical education and health education.

IN THE SENATE OF THE UNITED STATES

FEBRUARY 9, 2015

Mr. UDALL introduced the following bill; which was read twice and referred to the Committee on Health, Education, Labor, and Pensions

A BILL

To support and encourage the health and well-being of elementary school and secondary school students by enhancing school physical education and health education.

1 *Be it enacted by the Senate and House of Representa-*
2 *tives of the United States of America in Congress assembled,*

3 **SECTION 1. SHORT TITLE.**

4 This Act may be cited as the “Promoting Health as
5 Youth Skills in Classrooms and Life Act”.

6 **SEC. 2. FINDINGS.**

7 Congress finds the following:

8 (1) Childhood obesity has reached epidemic pro-
9 portions in the United States.

1 (2) Researchers estimate that the medical costs
2 of the obesity epidemic in the United States may
3 total \$270,000,000,000 annually.

4 (3) More than one-third of children and adoles-
5 cents are estimated to be overweight or obese.

6 (4) Of all United States deaths from major
7 chronic disease, 23 percent are linked to sedentary
8 lifestyles that now begin at childhood.

9 (5) Overweight adolescents have a 70- to 80-
10 percent chance of becoming overweight adults, in-
11 creasing their risk for chronic disease, disability, and
12 death.

13 (6) Studies show that children born today, for
14 the first time in 2 centuries, have a shorter life ex-
15 pectancy than their parents.

16 (7) According to the Centers for Disease Con-
17 trol and Prevention, in 2006—

18 (A) 1 in 5 students in grades 9–12 seri-
19 ously considers suicide;

20 (B) 1 in 3 12th graders, 1 in 4 10th grad-
21 ers, and 1 in 10 8th graders binge drink; and

22 (C) 1 in 10 children suffer mental illness
23 causing some level of impairment.

24 (8) Studies show that—

1 (A) students who receive social-psycho-
2 logical support and prevention have improved
3 academic achievement;

4 (B) instruction in personal and social skills
5 improves decisionmaking and reduces risky
6 health behaviors; and

7 (C) comprehensive programs linking rig-
8 orous instruction with health, education, social
9 services, and health services in schools can re-
10 duce absenteeism.

11 (9) The Centers for Disease Control and Pre-
12 vention recommends that students receive a min-
13 imum of 50 hours of health education per year in
14 order to ensure health literacy.

15 (10) According to the Centers for Disease Con-
16 trol and Prevention, only 6.4 percent of elementary
17 schools, 20.6 percent of middle schools, and 35.8
18 percent of high schools require health instruction in
19 all 14 recommended health topics and only 3.8 per-
20 cent of elementary schools, 7.8 percent of middle
21 schools, and 2.1 percent of high schools provide daily
22 physical education or its equivalent.

23 (11) The Institute of Medicine in 2004 reported
24 that enhanced school health education programs are
25 essential to developing a health literate society in the

1 United States as the Nation faces increasing health
2 care challenges. In 2013, the Institute of Medicine
3 recommended elevating physical education to a “core
4 subject” in an effort to combat childhood obesity.

5 (12) According to the Centers for Disease Con-
6 trol and Prevention, studies suggest that physical
7 activity can impact cognitive skills and attitudes,
8 and important components of improved academic
9 performance, including enhanced concentration and
10 attention as well as improved classroom behavior.

11 (13) The White House Task Force on Child-
12 hood Obesity Report recommends increasing the
13 quality and frequency of sequential, age, and devel-
14 opmentally appropriate physical education for all
15 students, taught by certified physical education
16 teachers.

17 (14) The Society of Health and Physical Edu-
18 cators recommends that elementary school students
19 receive 150 minutes per week of physical education
20 and that middle school and high school students re-
21 ceive 225 minutes per week of physical education.

22 (15) The American school system is already sit-
23 uated to reach 50,000,000 children and youth to
24 provide the health and physical education they need
25 and a place for them to engage in these behaviors,

1 such as nutritious eating and participating in phys-
2 ical activity.

3 (16) Military readiness is vulnerable, as almost
4 30 percent of 17–24 year olds are too overweight to
5 serve in the U.S. military.

6 (17) Physical education and health education
7 are critical to combating these harmful trends and
8 are key components to educating the whole child.

9 **SEC. 3. HEALTH EDUCATION AND PHYSICAL EDUCATION.**

10 (a) DEFINITIONS.—Section 9101(11) of the Elemen-
11 tary and Secondary Education Act of 1965 (20 U.S.C.
12 7801(11)) is amended by striking “and geography” and
13 inserting “geography, physical education, and health edu-
14 cation”.

15 (b) ASSESSMENTS.—Section 1111(b)(3) of the Ele-
16 mentary and Secondary Education Act of 1965 (20 U.S.C.
17 6311(b)(3)) is amended by adding at the end the fol-
18 lowing:

19 “(E) ASSESSMENTS FOR HEALTH EDU-
20 CATION AND PHYSICAL EDUCATION.—Notwith-
21 standing any other provision of this Act, each
22 State shall determine the most feasible measure
23 for assessing students in health education and
24 physical education, including the use of adapt-
25 ive assessments, to measure student knowledge

1 and performance according to State standards
2 and benchmarks.”.

3 **SEC. 4. CAROL M. WHITE PHYSICAL EDUCATION PROGRAM.**

4 (a) IN GENERAL.—The Carol M. White Physical
5 Education Program (20 U.S.C. 7261 et seq.) is amend-
6 ed—

7 (1) by striking section 5503 and inserting the
8 following:

9 **“SEC. 5503. PROGRAM AUTHORIZED.**

10 “(a) AUTHORIZATION.—The Secretary is authorized
11 to award grants to local educational agencies and commu-
12 nity-based organizations to pay the Federal share of the
13 costs of initiating, expanding, and improving physical edu-
14 cation programs for kindergarten through 12th-grade stu-
15 dents by—

16 “(1) providing materials, equipment, and sup-
17 port to enable students to participate actively in
18 physical education activities; and

19 “(2) providing funds for staff and teacher
20 training and education.

21 “(b) PROGRAM ELEMENTS.—A physical education
22 program funded under this subpart may provide for 1 or
23 more of the following:

1 “(1) Fitness education and assessment to help
2 students understand, improve, or maintain their
3 physical well-being.

4 “(2) Instruction in a variety of motor skills and
5 physical activities designed to enhance the physical,
6 mental, and social or emotional development of every
7 student.

8 “(3) Development of, and instruction in, cog-
9 nitive concepts about motor skill and physical fitness
10 that support a lifelong healthy lifestyle.

11 “(4) Opportunities to develop positive social
12 and cooperative skills through physical activity par-
13 ticipation.

14 “(5) Instruction in healthy eating habits and
15 good nutrition.

16 “(6) Opportunities for professional development
17 for teachers of physical education to stay abreast of
18 the latest research, issues, and trends in the field of
19 physical education.

20 “(c) SPECIAL RULE.—For the purpose of this sub-
21 part, extracurricular activities, such as team sports and
22 Reserve Officers’ Training Corps (ROTC) program activi-
23 ties, shall not be considered as part of the curriculum of
24 a physical education program assisted under this sub-
25 part.”; and

1 (2) by adding at the end the following:

2 **“SEC. 5508. AUTHORIZATION OF APPROPRIATIONS.**

3 “There are authorized to be appropriated to carry out
4 this subpart such sums as may be necessary for fiscal year
5 2016 and each of the 4 succeeding fiscal years.”.

6 (b) TABLE OF CONTENTS.—The table of contents in
7 section 2 of the Elementary and Secondary Education Act
8 of 1965 is amended by inserting after the item relating
9 to section 5507 the following:

“Sec. 5508. Authorization of appropriations.”.

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