

Governor's Council on Physical Fitness
Education Subcommittee Meeting
Wednesday, September 26, 2007
12pm-4pm

Committee Members Present

Bill Montford, Co-chair
Nancy Hogshead-Makar, Co-Chair
Karen Dowd
Kez McCorvey
Shannon Miller
Julie Ryczek

Council Members Absent

Robert Keiser

Others Present

Belinda Keiser

Mr. Montford called the meeting to order at 12:12 PM.

Introductions

Mr. Montford asked for introductions from the public and the members.

- Bill Montford – CEO Florida Association of District School Superintendents
- Steve Jacoby – Chief Publishing and Program Officer for the Paxen Group
- Todd Harrison – Executive Vice President of the Paxen Group
- Carol Vickers – Program Administrator of the Coordinated School Health Program at the Florida Department of Health (DOH)
- Dr. Antoinette Meeks – Florida Department of Education Coordinated School Health Program, Certified Health and Physical Education Teacher
- Rachel Duerr – Education Subcommittee Coordinator
- Kim Berfield – Deputy Secretary at DOH for Legislative Affairs
- Jennie Hefelfinger – Executive Director of the Governor's Council on Physical Fitness and Chief, Bureau of Chronic Disease Prevention and Health Promotion
- Julie Ryczek – Educator, Pinellas County

Mr. Montford acknowledged that Ms. Hogshead-Makar, Mr. McCorvey, and Ms. Miller would be late. Mr. Keiser's mother would also be attending to take notes.

Deliberation of Tasks

Ms. Duerr discussed the resources that DOH has available for the Council members.

Ms. Hefelfinger informed the members that the DOH needs the recommendations of the council by November 1. They will be able to have an opportunity for final revisions at the November meeting. This will allow for time for last minute edits to be completed by the December 1 deadline.

Task A: Lead Person – Ms. Ryczek

- The Department of Education (DOE) will create a survey to be disseminated electronically to a sample of physical education coordinators and teachers across

the state. The survey will address implementation of Bill 967, district policy, procedures, and accountability. Based on the results of the survey recommendations will be developed.

- There was discussion on the definition of physical education as well as the intent of Bill 967.
- The wording of Objective A was revised to read “Review plan for providing 150 mandated minutes of physical education to K-5 graders statewide and evaluate implementation.”

Objective I: Lead Person - Mr. Montford

- Mr. Montford will be surveying the superintendents about the districts’ ability to maintain a physical fitness advisory panel to make recommendations.
- Ms. Vickers informed the council that every school has a wellness team that developed the wellness policy. The wellness team may be the school health advisory committee (SHAC) in some cases. It may be possible for the fitness advisory panel to fall under one of these committees.
- The members discussed the importance of responsibility if a physical fitness test was recommended. They also wanted to know what fitness tests (Fitness Gram or President’s Challenge) are being used in schools and if there is accountability for the results.
- Mr. Montford will be sending a survey on Objective I to the superintendents because he has a relationship with them. DOE will be sending a survey on a combination of the objectives to the coordinators because they have a relationship with them.

Objective E: Lead person- Robert Keiser

- Ms. Keiser (Robert Keiser’s mother) read the report written by Mr. Keiser about the link between physical fitness and academics. The report included research in the area as well as Mr. Keiser’s personal experience.
- Dr. Dowd addressed that physical fitness is a part of physical education. Physical fitness is very important in academic achievement. However, it is equally important to understand that the non-physical fitness portions of physical education have linkages to math, language, science, and arts. The members again discussed the intent of Bill 967. The members felt the intent of the law was for the children to be physical active while learning not learning while sitting in a classroom.
- Ms. Berfield let the subcommittee know that they have the ability to revise the statute. She gave them examples of making a recommendation of the definition of physical education and or physical fitness, how they interact, or clarifying the intent of the legislation.
- Mr. Montford asked who checks off the districts meeting the requirements of Bill 967 and the DOE was unable to provide the answer.

Mr. Montford recessed the meeting at 1:57

Meeting was called back to order in the Duval B Ballroom at 2:15pm

Welcome and Introductions

Ms. Hefelfinger welcomed everyone and informed the council that minutes were being taken. She announced that there were members of the public in the audience and that technical assistance available. Ms. Hefelfinger introduced Belinda Keiser, Mr. Keiser's mother, would be representing him in a non-official capacity. Technical assistance was available from:

- Kim Berfield – Deputy Secretary at the DOH who is over legislation and communication
- Ms. Hefelfinger – assistance with health promotion, chronic disease, obesity policies, and state level initiatives
- Ali Jaglowksi – knowledgeable in physical activity, active living, smart growth
- Carol Vickers – Program Administrator of the Coordinated School Health Program at the Florida Department of Health (DOH)
- Dr. Antoinette Meeks – Coordinated School Health Program (DOE)

State Plan of Action

Ms. Hefelfinger discussed with the council the state plan of action and the documents that were created to assist the members.

- The state plan of action timeline provides an overview of activities that need to be completed, responsibilities, begin/end dates, and activity status.
- A list of suggested components of the state plan was shared. Members were asked to share ideas and suggestions for the components.
- The council was provided with a state plan of action template followed by an example. Ms. Hefelfinger walked the council through an example to help them understand the components. She reminded the council to think of the plan as a strategic five year plan.
- Ms. Hefelfinger informed the council that their final input is needed by November 1, and they will proof the compiled document at the November meeting to be ready by December 1.

Drafting Implementation Recommendations

Objective E: Lead Person – Mr. Keiser

- Belinda Keiser recommended motivating kids by creating a video emphasizing the link between physical education and academic achievement to be shown in the schools. She suggested using an athlete such as Shaq or Shannon Miller.
- The members discussed the lack of accountability for the fitness levels of students.

Objectives D and F: Lead Person- Mr. McCorvey

- The members discussed usage of facilities, cooperative agreements, and how partnerships can play a role for these objectives. They will investigate school wellness facilities that currently exist to help develop a model for the future.
- Using grant money was also discussed: PEP Grants and the Robert Wood Johnson Foundation.
- Part of the survey being created by DOE will also investigate the barriers to providing daily physical education. Mr. Montford requested a letter from the Governor to accompany the survey.

Objective G and I: Lead Person - Dr. Dowd

- Dr. Dowd sent out a questionnaire to colleges and universities in the state that offer physical education certification programs. She has received four responses and is still waiting for eight more. She has found that the number of certification programs is diminishing each year. One reason the programs are being dropped is they are expensive due to the lab and field space that they require.
- Dr. Dowd discussed the positive advancements in physical education curriculum over the last 30 years. The curriculum is more science-based with physical educators taking courses in anatomy, kinesiology, exercise physiology, and motor learning. Most programs offer internships or pre-internships for hands-on learning.
- Dr. Dowd discussed that funding is always an issue and teacher retention is challenging if programs are being cut.
- Alternative or accelerated certification programs were discussed. Dr. Meeks informed the council that it is possible to become a certified physical education teacher without a physical education degree.

Objective B: Lead Person - Ms. Hogshead-Makar

- Ms. Hogshead-Makar discussed having some questions in the survey from Objective B. She also emphasized looking at not only physical education but also the sports program. Illinois has mandatory physical education for K-12. The council needs to find out how they are doing it and if they are satisfied.
- With regards to barriers to participation, Ms. Hogshead-Makar discussed health issues such as asthma and gender equity issues. She suggested looking at how Florida is doing with gender equity compared to other states. Men's growth in sports is exceeding women's growth. Ms. Hogshead-Makar mentioned the NCAA has a list of emerging sports for women.
- Dr. Meeks informed the council that requirements for physical education for middle school and high school vary per district. There is no state mandate for middle school. High school requires one credit for graduation but students may waive this requirement.
- There was a discussion that a change to the requirements would have to be legislative. Mr. Montford reminded the group that if a recommendation is to add something, there also needs to be a recommendation on what to remove from the school day. The group could also recommend extending the school day.

Mr. Montford adjourned the meeting at 4:20pm.

Submitted By: Rachel Duerr

Approved By: Bill Montford