

## Education Subcommittee Breakout Sessions

November 14, 2007

10:45am – 12:15pm

and

3:45pm – 4:30pm

### **Members Present**

Bill Montford, Co-Chair  
Karen Dowd  
Robert Keiser  
Shannon Miller  
Julie Ryczek

### **Members Absent**

Nancy Hogshead-Makar, Co-Chair  
Kez McCorvey

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### **Morning Breakout Session**

Bill Montford, Co-Chair, called the meeting to order at 10:45am.

Mr. Montford asked Karen Dowd to provide an overview of her report to the subcommittee. Dr. Dowd's report covered the following tasks from Executive Order 07-52: Review how Colleges of Education prepare physical education teachers to ensure training for 21<sup>st</sup> century fitness; Review training currently offered for recruiting and retaining certified physical education teachers. The report provided an overview of physical education issues in Florida, recommendations, national standards for physical education, the purpose of national standards, and national standards for beginning physical education teachers, and a list of Department of Education (DOE) certified and non-certified physical education teacher education programs.

Although there has been an increase in awareness of physical education, there has been a decline in the number of universities that are preparing physical educators. Although SB 967 was unfunded and does not require certified teachers, Dr. Dowd felt it was better to have an unfunded, imperfect mandate that can be improved. This should be taken into consideration when looking towards implementing physical education in grades 6-12.

Mr. Montford asked what reasons Dr. Dowd believed were leading to the decrease in physical education preparation programs. Dr. Dowd felt the underlying reasons may include political as well as financial issues.

Mr. Montford asked Manny Mair to introduce himself. Mr. Mair is Robert Keiser's personal trainer and told the members he feels physical educators need courses in fitness as well as education courses. Dr. Dowd informed Mr. Mair that anatomy and exercise physiology are required courses for physical education majors.

Mr. Montford invited Dot Richardson to share with the subcommittee. Dr. Richardson is the Vice Chair on the President's Council on Physical Fitness. She informed the subcommittee about the free, interactive website that is available for all Americans to use at [www.presidentschallenge.org](http://www.presidentschallenge.org) or [www.fitness.gov](http://www.fitness.gov).

Some schools use the President's Challenge to assess the fitness levels of the students. There is also an Active Lifestyle program which is available to adults. Everyone who

completes the program is eligible to receive awards. The National Challenge is set for March 20, 2008 to encourage every state to be healthy. Dr. Richardson discussed that it may be possible to use the current challenge on a website with Governor Crist as the homepage and the President's Challenge on a subsequent page. PSA's have been developed to help launch The National Challenge.

Carolyn Timmann discussed that Governor Crist wants a fitness challenge in Florida.

Dr. Dowd asked Ms. Timmann what Governor Crist's position on the proposed SB 610? Ms. Timmann replied that one of the tasks in the executive order was for the council to look at the feasibility of implementing physical education for grades 6-12 and that the Governor would review the council's recommendations.

The subcommittee reviewed each of the recommendations.

I.A. – Dr. Dowd informed the committee that AAHRPED and NASPE both have best practices. Mr. Montford discussed that funding and time in the school day must be addressed before implementing additional physical education requirements.

I.C. – Mr. Montford discussed that if the facilities were open extra hours there were additional issues such as maintenance, upkeep, and operational costs. Mr. Montford also brought up the fact that when K-12 schools use university facilities they must pay.

II. B. – Shannon Miller suggest changing “may be a component” to “should be a component.” Dr. Dowd suggested using a “valid and reliable test.” The members briefly discussed Body Mass Index (BMI) collection as well as the issue of unrealistic body image.

III. A. – Mr. Montford suggested deleting “academic” before requirements in the first paragraph. Dr. Dowd suggested that the workgroup not only consist of educators but also other professionals who would report back to the council. Mr. Montford recommended that this workgroup be created through the DOE.

IV. – The members agreed that a separate recommendation should address higher education physical education preparation programs as well as recruiting certified physical education teachers. This will be recommendation V. The members also discussed the class size reduction bill, physical education classes, and facilities.

Mr. Montford thanked everyone and adjourned the meeting at 12:15pm.

### **Afternoon Breakout Session**

Mr. Montford called the meeting to order at 3:45pm.

Dr. Richardson and Ana Viamonte Ros discussed extending the school day to have a study hall, physical education, and an elective. Dr. Viamonte Ros discussed funding for mandates. Mr. Montford felt someone other than the school system should run the program being discussed.

Mr. Montford asked all of the subcommittee members to read through the recommendations of the Health and Nutrition and Active Lifestyles committees.

The members brought up questions and comments on the other recommendations to address at the meeting Thursday.

#### Introduction

- Introduction - Dr. Dowd recommended eliminating the word “our” before parents in the introduction.

#### Active Lifestyles

- I.A. - Ms. Ryczek thought it was great that February would be “Healthy Floridians Month” because there are so many other events going on. This could serve as a launch pad for the March campaign Dot Richardson was discussing.
- I.D. – Ms. Ryczek felt the website was wonderful and should be continually updated.
- I.E. – Mr. Montford suggested replacing “expedited” with “given special consideration.”
- I. G – Mr. Montford suggested adding language to address liability, wear and tear, and operational and maintenance costs. Also, clarification may be needed about what is classified as a publicly owned facility. For example: Would this recommendation include university facilities? Ms. Ryczek felt a distinction needed to be made regarding who would be supervising, maintaining, fingerprinting, and running background checks.

#### Health and Nutrition

- I. - Mr. Montford emphasized that parents also have a responsibility. Students are only in school 180 days per year and only receive two meals per day at school.
- I. - Mr. Keiser wanted to know if the Institute of Medicine Standards took into account athletes.
- I. - Mr. Montford questioned if the standards would cover all foods and wanted to know why it has not been done. Also, is this for K-12?
- I. - Ms. Ryczek wanted to know who would enforce the standards and if there was accountability.
- I. - Ms. Miller discussed that the school she visited had a contract with Aramark and the school did not have control over the choices. The school had so many choices for desserts. Ms. Ryczek discussed how the a la carte items are more profitable. Mr. Keiser told the members the school he visited had eliminated all desserts. Ms. Miller questioned how a school would do that if they had Aramark.
- I. - The members discussed vending machines; restricting sales, replacing unhealthy choices with healthy items, and revenue. Dr. Dowd said studies have shown that generally revenue does not decline when healthy options are introduced because the kids will spend their money.
- I. - The subcommittee members discussed the culture of the lunchroom, educating the children, and changing the mindset of the parents.

- III. B. – Dr. Dowd discussed that most companies are moving away from in house fitness centers and are providing funding to employees to use facilities in the community. This helps with community public relations and partnerships. Dr. Dowd suggested 10% pre tax credit for a program in the community.
- Ms. Ryczek brought up the federal tax law HR 245 Personal Health Investment Today for individual tax credit and wanted to know how the council could support this.
- Mr. Montford asked Dr. Greenberg how she was able to run her physical education program with no cost to the district. She is a grant writer and received \$8 million in federal and local foundation grants.

The subcommittee members felt they needed to give the other recommendations the benefit of the doubt. The other members spent hours working on them and they should be treated with respect because everyone is working towards the same goal.

Mr. Montford felt that the recommendations do not touch outside the educational system and they need to reach out to other agencies. The list from the Centers for Disease Control and Prevention (CDC) included many other areas.

Dr. Dowd does not want the council to legislate too many items that will lead to micro management.

Mr. Montford informed the members that it would cost \$39 million just to cover the cost for middle school teachers if the school day was extended one hour per day and they were paid the hourly rate.

Ms. Duerr revised the logistics for the Thursday, November 15<sup>th</sup> meeting.

Submitted By: Rachel Duerr

Approved By: Bill Montford