



April 19, 2021

Dear Academic Senate,

Thank you for the opportunity to speak on our concerns to the proposal by the curriculum committee to change and eliminate the current Option A graduation requirement, the Health and Kinesiology Local District Requirement.

Thanks to the work by the curriculum committee on their proposal to go give the students more options of classes to take, however the way that this is being done is also giving the students an option not to take a Health and Kinesiology class thus eliminating the current requirement that has been at Solano College for some 50 years.

The new proposal by the curriculum committee will essentially eliminate the current Health and Kinesiology requirement by giving the students the option to take other classes other than Health and Kinesiology. We are making a big mistake if we eliminate this requirement for our students.

If we really care about our students like we say we do and we are really here for our students and we are here to transform student lives, we will keep this requirement for our students to learn and become knowledgeable on how to take care of themselves physically and develop physically literacy.

We in Kinesiology have submitted our proposal that would not give the students the option to take other classes to fulfill this requirement. They would still have to take a class or classes and units in the Health and Kinesiology area once again keeping the requirement. We are also asking for an extension to making a decision on this change to the requirement.

Most junior colleges/community colleges currently still have this requirement where the students have to take a certain number of classes or units in the Health and Kinesiology area in order to graduate with a degree under Option A. It should also be known that this decision and these requirements are a local Solano College decision and is not mandated by any outside or state requirements.

We are the only discipline in the college that teaches students how to take care of their physical health and also can affect their mental health. A comprehensive education includes Health, Kinesiology and Physical Education as a core subject.

Our society is getting worse and worse in fitness/health and obesity. Due to this effect on our society our students are coming to Solano College worse and worse in these areas and needing more work on their health and physical well-being.

There is obviously a tremendous amount of research that physical activity which is learned through Health and Kinesiology classes is beneficial to physical health and also mental health. There is also a lot of research on the benefits and improvements physical activity/exercise has on academic performance, an increased in cognitive capacity and general performance.

Physical education, Health and Kinesiology is just as important a subject as Math, English and History, etc. All of these subjects are of equal and importance and there should not be any hierarchy.

Whatever subject in education you give the students an option to take and not make it a requirement a lot of the students will not take. This applies to all classes including for example Math and English.

When you stop making all other subjects in a comprehensive education, all the core subjects, a requirement then you can also include Health and Kinesiology a requirement. If all the other core subjects are a requirement then Health and Kinesiology should be too.

I have included a table that shows all of the local Northern California Junior Colleges/Community Colleges that still have a current Health & Kinesiology requirement for their option A. This list represents most all of the major colleges in Northern California. The table shows how many units or classes the students have to take to meet their local graduation requirement. This table also shows what they are calling the requirement because the curriculum committee is also looking to change the name of the requirement.

I would like to question why we at Solano College are going in this direction and looking to make this change to our current Health and Kinesiology local district requirement. Why are we making this change?

Thanks for your time.

Sincerely in Education,

Jeff Cardinal
Kinesiology Professor
Head Women's Soccer Coach