

Dear President, LaNae and Senators,

Thank you for the opportunity to discuss potential changes to the Option A Health and Physical Education requirement. We appreciate the various committee's looking at options for our students. We believe choices are good for our student's while maintaining the Health and Physical requirement already in place and keeping the title of Health and Physical Education requirement, with the addition of lifelong learning.

There was a new proposal given at the task force committee meeting this last Friday April 16th afternoon that the Kinesiology faculty have not seen, and many new courses were added at the last minute to original proposal that was shared with faculty in a division meeting on March 26th. We are requesting an extension for moving forward on this critical decision until further discussions can happen as this could impact our division.

We are requesting a process for courses that were chosen in the new proposal to be considered lifelong learning. Who gets to choose those courses? There is no comparison that an activity class is the same as sitting down at a desk or computer. Kinesthetic learning in all forms is an important part of the psychomotor domain in learning and helps a student develop physical literacy.

Here are some talking points as our division is committed and understands the health implications of not doing physical activity and the need in educating our students in implementing a healthy lifestyle.

- 1) The timing of COVID is not good for changes to the current PE/Health Option A requirement.
- 2) Students do not have financial resources to gyms, studios, or recreations centers.
- 3) So many of us regularly witness through our classes many chronic health issues with our students such as depression, anxiety, high blood pressure, weight issues, poor nutrition, hypertension, etc.
- 4) The pandemic has brought to the forefront health disparities in people of color and low socioeconomic status. Our students benefit from the professional guidance of our Kinesiology faculty.
- 5) The increase in technology usage, social media and gaming has brought a sedentary behavior and an increase in obesity, type II diabetes, high blood pressure and many health issues. Technology is valuable but becomes much less valuable without the balance of physical education.
- 6) Students do learn the value of life development skills in all physical education activity classes, as students must interact with each other in small and large groups during our classes.
- 7) In physical education classes students learn how to lead, follow, interact, and work in groups for common goals. Even corporations utilize team building, encourage physical activity to balance out the stressors of work and life and now health concerns.
- 8) The life development skills that students learn in our classes are too numerous to count.
- 9) The skills learned in our classes will transfer to the working environment. This is evident by seeing the interaction of students the first week of class in comparison to the last week. There is incredible growth in these skills.
- 10) Kinesiology, HED and Dance classes serves the DSP program with student enrollment in our courses.
- 11) Physical activity, dance, exercise, and fitness-based activity significantly increases cognition, improves learning, increases test scores, increases GPA, and improves academic performance.
- 12) Fitness based physical activity classes; mainly cardiovascular training generates new brain cells.
- 13) Our physical activity education classes provide students an opportunity to learn to be self-motivated, disciplined and focused on their everyday lives.
- 14) Many of our students that come to Solano, do not experience a well-rounded program from their K-12 education in physical activity, dance, health, and sports.–
- 15) Students perform better in their academics by taking physical education activity classes.

16) Physical activity is an effective stress coping mechanism that has been shown to have other countless positive effects on personal health such as:

- Improves memory and cognitive function
- readies the brain for learning
- reduces risk of disease
- improves mental health (naturally releases endorphins)
- healthy lifetime habits with a focus on preventative health behaviors

Our courses focus on health, wellness and teaches students important life skills and strategies such as positive mindset, stress management, goal setting, disease prevention, identifying and avoiding or changing negative health/wellness behaviors.

Perhaps the college could add an additional requirement of Lifelong learning skills, but not replace or eliminate the requirement or substitute health, wellness, and physical education activity classes. Perhaps incorporate into another area such as business or cross-cultural studies since they cannot provide another area due to unit value.

| RESOURCES | |
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| An article from Health Wise. Health wise provides health information to top health plans, health systems, hospitals, and consumer health portals such as Kaiser Permanente. This article provides evidence based easy to understand information on the importance of health education | <ul style="list-style-type: none"> ▪ Healthy Aging Kaiser Permanente ▪ https://healthy.kaiserpermanente.org/health-wellness/health-encyclopedia/he.healthy-aging.tn9719?kpSearch=healthy%20aging#tn9723 |
| Here is a link to the National Dance Education Association that covers the importance of dance education in K-12 and Higher Education. This website also provides much research in dance education, health on the brain and body. | <ul style="list-style-type: none"> ▪ About Dance Education - National Dance Education Organization (ndeo.org) |
| Here are two videos regarding Physical Education and Kinesiology activity classes. | <ul style="list-style-type: none"> ▪ Why is physical education a student’s most important subject? William Simon, Jr. TEDxUCLA <ul style="list-style-type: none"> ○ https://youtu.be/azuBmRnRYpo ▪ Introduction to Kinesiology and activity classes. <ul style="list-style-type: none"> ○ http://video.pbs.org/video/1785416952 |

Thank you for your time.

Sincerely,

Ginger Cain

Professor Kinesiology, Dance and Health Education

Solano Community College