

**HOUSE . . . . . No. 457**

---

**The Commonwealth of Massachusetts**

PRESENTED BY:

**Peter J. Koutoujian**

*To the Honorable Senate and House of Representatives of the Commonwealth of Massachusetts in General Court assembled:*

The undersigned legislators and/or citizens respectfully petition for the passage of the accompanying bill:

**An Act to Promote Physical Activity in Schools.**

PETITION OF:

NAME:

Peter J. Koutoujian

DISTRICT/ADDRESS:

10th Middlesex

# The Commonwealth of Massachusetts

In the Year Two Thousand and Nine

## AN ACT TO PROMOTE PHYSICAL ACTIVITY IN SCHOOLS.

*Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:*

1 SECTION 1. Section 3 of Chapter 71 of the General Laws, as appearing in the 2006 Official  
2 Edition, shall be struck out and replaced with the following section:

3 Physical education shall be taught as a required subject in all grades for all students in the public  
4 schools for the purpose of promoting the physical wellbeing of such students. No pupil shall be  
5 required to take part in physical education exercises if a licensed physician certifies in writing  
6 that in his opinion such physical education exercise would be injurious to the pupil. The  
7 department of education shall establish for all students in all grades, a minimum of 120 hours of  
8 combined physical education and physically active lunch or recess periods per year; provided, at  
9 least 90 hours shall be instructional physical education. These hours may include in-school and  
10 after-school program hours. Curriculum requirements of physical education classes should  
11 include, but are not limited to:

12 (a) Structured activities geared to individually challenge each child's physical activity level.

13 (b) Lessons and instruction on how each child can maintain a program of regular activity on  
14 their own or in group activities.

15 (c) Exposing students to the process of getting involved in local and school athletic and  
16 physical activity initiatives as well as introductory lessons to participating in these activities.

17 (d) Requiring children to choose and participate in at least one local or school program based  
18 on their interest and ability level with guidance from educators.

19 SECTION 2. Section 3 of Chapter 71 of the General Laws, as appearing in the 2006 Official  
20 Edition, is hereby amended by inserting after section 3, the following section:—

21 Section 3A: The department of education shall establish for all students in all grades, a  
22 minimum of 50 hours of nutrition and wellness programs in public schools per year to address  
23 the nutrition and lifestyle habits needed for healthy development. These hours may include in-  
24 school and after-school program hours. Curriculum requirements for in-school and after-school  
25 programs should include, but are not limited to:

26 (a) Lessons and activities geared toward nutrition education as well as the physiological  
27 component of calorie intake and output.

28 (b) Classes on proper nutrition should include in-class and at home assignments to individually  
29 design and practice a balanced meal program consistent with the appropriate calorie/energy  
30 guidelines for the student's lifestyle.

31 (c) Seminars, lectures and informative meetings should engage parents and caretakers to  
32 participate in their child's curriculum.