

~~requiring the State Board of Education to adopt certain regulations; providing for certain extensions; and generally relating to student health and fitness.~~

~~BY repealing and reenacting, without amendments,~~

~~Article — Education~~

~~Section 7-205(a)~~

~~Annotated Code of Maryland~~

~~(2006 Replacement Volume and 2007 Supplement)~~

~~BY repealing and reenacting, with amendments,~~

~~Article — Education~~

~~Section 7-409~~

~~Annotated Code of Maryland~~

~~(2006 Replacement Volume and 2007 Supplement)~~

Preamble

~~WHEREAS, Obesity leads to at least 300,000 deaths among adults in the United States each year due in part to physical inactivity and a poor diet; and~~

~~WHEREAS, Inadequate participation in physical activity is a significant contributor to the "epidemic of obesity" that has plagued the nation's young people during the past 2 decades; and~~

~~WHEREAS, Physical activity offers young people many health benefits, including improving aerobic endurance and muscular strength, helping to control weight, building lean muscle and reducing fat, and helping to build greater bone mass, all of which thwart the development of osteoporosis in adulthood and prevent or reduce high blood pressure; and~~

~~WHEREAS, A growing body of evidence suggests that providing students with more physical education and physical activity opportunities helps reduce the costs schools incur by reducing absenteeism, improving student health, and reducing staff time spent addressing academic performance; and~~

~~WHEREAS, A growing body of evidence also suggests that improvement in test scores and overall academic achievement can be linked to increased time in physical education; and~~

~~WHEREAS, The National PTA considers "Early Physical Education" a "Parent Priority" and urges its members to promote physical education in the schools; now, therefore,~~

~~SECTION 1. BE IT ENACTED BY THE GENERAL ASSEMBLY OF MARYLAND, That the Laws of Maryland read as follows:~~