



Alaska Association of Student Governments

Resolution # 2

Physical Education Classes at Tri-Valley School

Submitted by: Tri-Valley School Student Council

Submitted:

Be it Resolved by the Alaska Association of Student Governments that:

1. **Whereas**, since the 2019-2020 school year, Tri-Valley School has not had a physical education (PE) course offered to high school students;
2. **Whereas**, Tri-Valley requires a PE credit in order to graduate;
3. **Whereas**, there are two alternative options to waive the PE requirement;
4. **Whereas**, the first way to obtain a PE credit is through an online course that must be approved by the school or paid for by yourself if not approved;
5. **Whereas**, the second way to obtain that PE credit is through 4 sports seasons throughout a student's 4 years of high school;
6. **Whereas**, according to the Center for Disease Control (CDC) and the Department of Health and Human Services, children and adolescents ages 6-17 years should do 60 minutes (1 hour) of moderate to vigorous physical activity daily;¹
7. **Whereas**, according to a study by the Journal of the American Osteopathic Association, people who workout in a group have a 26 percent lower stress rate compared to people who work out alone;²
8. **Whereas**, on a typical tournament week, a student athlete at Tri-Valley School will spend approximately 50 hours or more on a sports-related activity. (More than the average American work week);
9. **Whereas**, throughout the duration of the average Tri-Valley sports trip, students are responsible for any food costs outside of the meal ticket provided by a host school;
10. **Whereas**, meal tickets provided by host schools also must be paid for by the students;
11. **Whereas**, approximately 10% of Tri-Valley high school students have not participated in a school sport throughout the 2021-2022 school year;
12. **Whereas**, to play a high school sport, you must pay a sports fee to Tri-Valley of \$100 per sport;
13. **Whereas**, it is also required that any student athlete wishing to participate in a sport needs a current sports physical paper within the last 18 months;

14. Whereas, a sports physical provided by the Healy Clinic costs a fee of \$50.

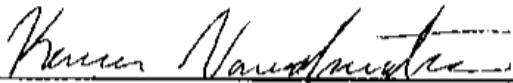
Therefore, be it resolved that the Alaska Association of Student Governments supports reinstating a P.E. class for high school students at Tri-Valley School.

Action Statement: if passed by the General Assembly of AASG, this resolution will be presented to the Denali Borough School District School Board for further course of action.

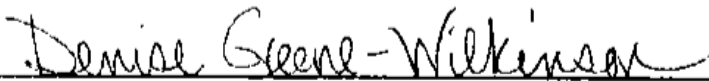
Work cited:

1. <https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>
2. https://www.upi.com/Health_News/2017/10/30/Group-exercise-more-effective-than-individual-workouts-study-says/7031509372101/#:~:text=The%20study%2C%20published%20in%20the,people%20who%20work%20out%20solo.

Passed by the 2022 Spring Conference GA hosted by Kodiak High School



AASG Vice President, Kamea VanDeventer



AASG Executive Director, Denise Greene-Wilkinson