



FROM: Melissa Horn, Government Relations Director - American Heart Association  
TO: Assembly and Senate Education Committee Members  
DATE: May 16, 2011  
RE: Oppose Substitutions/Waivers for Physical Education Credits –  
LRB 2066/Senate Bill 95

On behalf of the American Heart Association, I am writing to express our opposition to a provision in LRB 2066/Senate Bill 95, which would allow Wisconsin high school students to waive out of physical education courses for participation in extracurricular, seasonal sports activities.

While participation in sports can be an important part of high school for some athletes, sports programs have distinctly different goals than physical education. Today's physical education programs focus on all aspects of a healthy lifestyle and fitness for their lifetime. They set a baseline of knowledge on the importance of physical activity, well beyond the years when they can continue as sports athletes. Further, while participation in extracurricular sports programs are for the most elite athletes, physical education programs are for ALL students, regardless of ability level.

Committee members may also be interested to know that the research is continuing to show that effective physical education programs actually improve academic performance, which is also a high priority for schools, parents and lawmakers.

We urge committee members to oppose this provision and remove it from LRB 2066/Senate Bill 95, as well as any efforts to allow waivers from physical education courses.

Thank you for your consideration of this important health issue. For more information, please contact Melissa Horn, Government Relations Director at [Melissa.Horn@heart.org](mailto:Melissa.Horn@heart.org) / (314)952-4742.