

**From:** [Sen. Anna MacKinnon](#)  
**To:** [Senate Finance Committee](#)  
**Subject:** FW: sb 200 testimony  
**Date:** Saturday, April 09, 2016 2:34:43 PM

---

Kristen Pratt  
Legislative Aide  
Office of Senator Anna MacKinnon  
Alaska State Legislature  
Alaska State Capitol|Room 516  
(907) 694-8944

-----Original Message-----

From: David Nees [<mailto:davidneesak@gmail.com>]  
Sent: Saturday, April 09, 2016 11:40 AM  
To: Sen. Anna MacKinnon <[Sen.Anna.MacKinnon@akleg.gov](mailto:Sen.Anna.MacKinnon@akleg.gov)>  
Cc: Sen. Mia Costello <[Sen.Mia.Costello@akleg.gov](mailto:Sen.Mia.Costello@akleg.gov)>  
Subject: sb 200 testimony

Please include in testimony.

SB 200 on the face of it is an attempt to install the Gymnasium model of classic Greek education into Alaskan schools.

While I agree on the principal of the idea, this bill creates many problems.

ASD moved from a teacher delivered exercise program in the late seventies to a professional physical education teacher for each school in the district.

This was a 100x\$100,000 cost in labor, many of the facilities then had to be modified to allow the simultaneous teaching of PE and having space for lunch.

Inlet views \$50,000,000 renovation was driven by the need to build a separate gym as the MPR did not have enough space.

The Gymnasium model is indeed proven to be good for mind and body if it is designed and delivered by a knowledgeable individual.

This bill does not require the supervising teacher to have any training whatsoever, nor does it require them develop a lesson plan, nor have that plan reviewed by a Kinesiologist or exercise science professional.

In its current form this Bill has the potential to do more harm than good.

The individual needs of each student are different, that means a one size fits all type of approach is not going to achieve the goal.

Initial assessment of their skill levels and deficiencies needs to be done, ongoing assessment and lesson plan design needs to be individually modified. It makes no sense to use a generalist approach.

Elementary students vary widely in their motor skill development,

some are in the cognitive stage, trying to grasp the idea. (concentrating on riding the bike) some are in the associative stage, beginning to demonstrate some refined movement. (can ride the bike a little ways but still having to focus) Some are in the autonomous stage, skill has been mastered (riding bike while eating your sandwich)

each of these students only benefit from exercise that meets the stage they are at, which means the lesson plan must be tailored to each individual.

ASD dropped the generalist approach, and still has made little gains in the goal of reduction of obesity.

As a coach for 75 seasons, it was extremely to difficult adjust for all of the skill levels I would encounter.

I would have the beginner,

The journeyman and

The expert all show up at the same time.

So again, this bill has merit, but is flawed in that it lacks sufficient detail in the implementation, the assessment and the goal.

There are no measurements of flexibility, cardiovascular endurance and muscular strength, and endurance included in this bill.

The instructor is not required to have any knowledge or training in these areas.

There is a reason why personal trainers and coaches have to be licensed and insured, it prevents lawsuits.

David Nees

2542 curlew circle