

SIXTEENTH CONGRESS OF THE REPUBLIC)
OF THE PHILIPPINES)
Third Regular Session)



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SENATE

Senate Bill No. 2873

RECEIVED BY: 

INTRODUCED BY SEN. JINGGOY EJERCITO ESTRADA

AN ACT
PROVIDING FOR THE MANDATORY INCLUSION OF ANTI-OBESITY
EDUCATION PROGRAM AND EXERCISE INCLUDING PLAY AND
TRADITIONAL FILIPINO GAMES, IN THE PRE-SCHOOL, ELEMENTARY AND
HIGH SCHOOL CURRICULA, BOTH IN PUBLIC AND PRIVATE SCHOOLS
AND EDUCATIONAL INSTITUTIONS AND FOR OTHER PURPOSES

EXPLANATORY NOTE

The National Nutrition Council NNC, in celebration of the Nutrition Month this year focuses on addressing obesity in the country with the theme "*Timbang Iwasto, Sa Tamang Nutrisyon at Ehersisyo*" (Achieve normal weight through proper nutrition and physical activity). It, in fact, recognizes that "overweight and obesity are growing problems in the Philippines and in the world and the consequences lead to disease, death and economic burden" and that "proper nutrition and physical activity are key to preventing overweight and obesity".

This is in response to the increasing number of Filipinos who are suffering from excessive weight. The 8th National Nutrition Survey (NNS) conducted by the Food and Nutrition Research Institute (FNRI) reveals that 3 out of 10 Filipino adults are obese. As of 2013, 31.1% of Filipinos are overweight compared to 16.6% in 1993.

According to the NNC, *overweight and obesity among preschool children increased from below 2% from 1989 to 1998 to 4.9% in 2013. While the figures for children 5.08 to 10 years old has decreased, the 10.08 to 19 years old age group registered an increase from 5.8% in 2003 to 8.3% in 2013.*

The Philippine Association for the Study of Overweight and Obesity (PASOO) has also done several studies related to obesity among youth. One of them is "Physical Activity of High School Students in the City of Manila" conducted in 2002 "to assess the physical activity of students in selected high schools in the city of Manila". The study concluded that, "A high percentage of the at-risk students, aged 11-18 years old, were found to be physically "inactive" (86%)" and recommended that "policies and programs be formulated that will help students to become more physically active than they presently are."

According to the Talking Points prepared by the NNC for the 2015 Nutrition Month, "*Overweight and obesity pose serious health consequences. Both are strongly associated with having non-communicable diseases including type 2 diabetes, cardiovascular diseases (heart disease and stroke), several forms of*

cancer (endometrial, breast and colon), and musculo-skeletal disorders like osteoarthritis. Maternal obesity has been linked to increased risk of congenital abnormalities. Consequently, these diseases are related to increased health care costs, and decreased productivity, premature death and substantial disability, and, economic retardation. Overweight and obese individuals tend to have reduced quality of life."

This measure seeks to promote health and wellness of Filipino students by making it mandatory to include anti-obesity education program and exercise including play and traditional Filipino games in the educational curricula.

For a healthier Filipino citizenry, the passage of this bill is earnestly sought.



JINGGOY EJERCITO ESTRADA
Senator



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*Be it enacted by the Senate and the House of Representatives of the Philippines
in Congress assembled:*

1 **SECTION 1. Short Title.** – This Act shall be known as the “*Anti-Obesity*
2 *Education Program Act of 2015*”.
3
4

5 **SEC. 2. Declaration of Policy.** – It is the policy of the State to protect and
6 promote the right to health of the people and instill health consciousness among
7 them. The State likewise recognizes the vital role of the youth in nation-building
8 and shall promote and protect their physical, moral, spiritual, intellectual, and
9 social well-being.
10

11 In view of this, physical education and sports programs are promoted and
12 encouraged, not only to foster self-discipline, teamwork, and excellence, but also
13 for the development of a healthy and alert citizenry.
14
15

16 **SEC. 3. Definition of Terms.** – The following terms when used in this Act shall
17 mean:
18

- 19 (a) “Child” – a human between the stages of birth and puberty and below
20 eighteen (18) years of age;
21
22 (b) “Department” – the Department of Education (DepEd);
23
24 (c) “Institution” – school or learning/educational facility whether public or
25 private;
26
27 (d) “Secretary” – the Secretary of the Department of Education;
28
29 (e) “Special Physical Education” – specially designed instruction, at no cost to
30 the parents, to meet the unique needs of a child with a disability; and,

1
2 (f) "Student" – minor duly enrolled in a learning/education institution.
3
4

5 **SEC. 4. *Exercise and Physical Activities / Programs.*** – Exercise and physical
6 activities / programs shall include, but are not limited to:
7

8 (a) Fitness education and assessment to help students understand, improve,
9 and maintain their physical well-being;
10

11 (b) Instruction in a variety of motor skills and physical activities designed to
12 enhance the physical, mental, social and emotional development of every
13 student;
14

15 (c) Development of, and instruction in, cognitive concepts about motor skill
16 and physical fitness that support a lifelong healthy lifestyle;
17

18 (d) Opportunities to develop positive and social cooperative skills through
19 physical activity participation;
20

21 (e) Instruction in healthy eating habits and good nutrition;
22

23 (f) Opportunities for social development [or teachers of physical education to
24 stay abreast of the latest research, issues, and trends in the field of
25 physical education.
26

27
28 **SEC. 5. *Department of Education as Implementing Agency.*** – The Department
29 of Education (DepEd) shall be the lead agency to provide rules and regulations in
30 relation to this Act and ensure the implementation of the same. The physical
31 education and sports in pre-school institutions, grade school and high school are
32 an integral part of the educational process and will be carried out by programs of
33 the Department, in coordination with the appropriate agencies, consisting of
34 groups from the government and non-government organizations.
35

36
37 **SEC. 6. *Physical Education Requirements.*** – The following shall be the
38 requirements for Physical Education programs with respect to each educational
39 level:
40

41 (a) Pre-School and Kindergarten – The program shall be designed to help
42 children to work and play with others, to express themselves, to learn to
43 use and manage their bodies, and to extend their interests and
44 understanding of the world around them. It shall also protect and increase
45 the physical well-being of the students with attention given to experiences
46 relating to the development of life skills and human growth and
47 development.
48

49 (b) Elementary – Physical Education instruction shall include movement
50 experiences and body mechanics, fitness and rhythmic activities,
51 increased cardiovascular endurance, muscular strength, and sports and
52 games.
53

54 (c) High School – Physical Education shall include activities that increase
55 cardiovascular endurance, muscle strength and flexibility, and sports and
56 games.
57

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2 **SEC. 7. Hours of Physical Activity.** – Hours of mandatory physical activity shall
3 be implemented in the following manner:

4
5 (a) For Pre-School, Kindergarten and Elementary students – Two hundred
6 (200) minutes each ten (10) days;

7
8 (b) For High School students – Four hundred (400) minutes each ten (10)
9 days or one Hundred Fifty (150) hours of physical activity weekly with the
10 equivalent of thirty (30) minutes of physical activity daily.

11
12
13 **SEC. 8. Extracurricular Sports Activities.** – The schools and educational
14 institutions shall provide programs for continuation of sport classes after
15 completion of mandatory physical education.

16
17 The extracurricular sports activities of the students are voluntary and shall be
18 organized through the sports department as supervised by the designated
19 department head as appointed by the school principal or director, and shall be
20 conducted by professionally trained teachers and coaches.

21
22 The extracurricular training and competition activities of the students is voluntary
23 and shall be organized by the school sport clubs, school sports departments and
24 teams.

25
26
27 **SEC. 9. The Sports Director, Sports Department Faculty and their Qualifications.**
28 – A Sports Director shall be appointed by the school or educational institution's
29 principal or director. The Sports Director shall possess the skills, knowledge,
30 understanding and competence necessary to effectively and safely plan, deliver
31 and evaluate a programme of activities to a class or group of young people in
32 methods approved through regular and accepted good practice. His faculty shall
33 be composed of qualified individuals having the experience and training, and
34 likewise assessed, accredited and certified to a level at which planning and
35 delivery of activities being undertaken may reasonably be expected to have
36 successful outcomes.

37
38 Some aspects of physical education have a high level of risk and required
39 awareness and a higher duty of care is expected and should be exercised by the
40 physical education teachers. The standard of care required of a teacher has
41 been as that of a reasonably prudent parent, judged not in the context of the
42 home but that of a school.

43
44 The teacher or coach should be appropriately qualified to teach or instruct the
45 activity involved and provide appropriate supervision. Teachers with a specialist
46 physical education qualification are regarded as being suitably qualified to teach
47 the majority of activities in schools.

48
49 All teachers of physical education shall be adequately prepared and shall
50 regularly participate in professional development activities to effectively deliver
51 the physical education program.

52
53
54 **SEC. 10. Sports Infrastructure.** – The schools and educational institutions shall
55 create, maintain and develop necessary and suitable sport facilities and
56 equipment for practicing and engaging in physical activities and sports and shall

1 provide conditions for their adequate use within the frames of the curriculum and
2 other extracurricular activities of physical education and sports.
3
4

5 **SEC. 11. *Physical Education Exemptions.*** – Students who are already engaged
6 in extracurricular physical activities sanctioned by the school or institution are
7 exempted from participating in the required hours of physical activity under this
8 Act, provided that they obtain authorization / documentation from the instructors
9 or coaches of their respective extracurricular activities and as approved by the
10 school principal/director.
11

12 Students who do not fall under the criteria set in the preceding paragraph must
13 take at least one (1) remedial course, as provided by the Sports Director of the
14 school or institution.
15
16

17 **SEC. 12. *Special Physical Education.*** – Children with specific disabilities or
18 developmental delay shall also participate in Special Physical Education. This
19 specially designed physical education program shall be outlined in the child's
20 Individual Education Program (IEP).
21

22 Special physical education will develop:

- 23 (a) Physical and motor fitness;
- 24 (b) Fundamental motor skills and patterns;
- 25 (c) Skills in aquatics and dance;
- 26 (d) Individual and group games; and,
- 27 (e) Sports.
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35 **SEC. 13. *Physical Education Program Assessment.*** – All schools and
36 educational institutions under the jurisdiction of the Department shall administer a
37 Physical Education Program Assessment as approved by the Secretary.
38 Assessment of students in pre-school, kindergarten, elementary and high school
39 must be used to assess the effectiveness of the school or institution's physical
40 education program and its adherence to the rules, regulations and standards
41 issued by the Department. The Department shall develop a procedure of
42 calculating a school or institution's physical education program effectiveness
43 score. This score shall be submitted to the Department through the Secretary,
44 and the same to be published in a newspaper of general circulation.
45

46 Physical education teachers who receive an unsatisfactory score pursuant to the
47 immediately preceding paragraph, will be provided with professional
48 development activities designed to assist the school or institution in improving its
49 programs' effectiveness.
50
51

52 **SEC. 14. *Separability Clause.*** – If any provision of this Act shall at any time be
53 found to be unconstitutional or invalid, the remainder thereof not affected by such
54 declaration shall remain in full force and effect.
55
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1 **SEC. 15. *Repealing Clause.*** – All laws, decrees, rules or regulations inconsistent
2 with the provisions of this Act are hereby repealed or modified accordingly.

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5 **SEC. 16. *Effectivity Clause.*** – This Act shall take effect after fifteen (15) days
6 following its complete publication in two (2) newspapers of general circulation.

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12 *Approved,*