



What is it?

PhysicalGenesis is the third study that will complete the spiritual, mental and physical components of Adventist education for the North American Division.

Who's doing it?

The North American Division Office of Education in cooperation with La Sierra University.

Why do it?

The sedentary lifestyle existent in society today has manifested itself in our students, resulting in diminished health and a reduced capacity to learn. Regulatory and societal pressures to add academic requirements in schools have created an imbalance between the mental, physical, and spiritual components of students. The foundational health beliefs of the Seventh-day Adventist church call for a renewed emphasis on fitness and health to restore balance and overall wellness in the lives of our students and staff.

Who's tested?

Students in grades 5 through 11 in NAD Adventist schools.

How will it work?

Students will participate in a five element, teacher implemented, fitness test with the results being entered on computer.

When is it?

The window of time for implementation will be **March 1 through April 30, 2017.**

What is new?

Fitness testing will become part of every school's Physical Education curriculum so parent approval is not required. **(There will be no student or parent surveys)**

For full information about the study and how to participate please go to PhysicalGenesis.com.