



# PhysicalGenesis Study

# 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.



# Why do it?

It is believed that the benefits of a long healthy life experienced by the senior members of the Seventh-day Adventist church, as reflected in the ongoing longevity study (Adventist Health Study II), **WILL NOT** be experienced by the school age children of the church today.



# Why do it? cont.

Sedentary lifestyles that permeate today's society do not spare even those that are young and mobile. United States children and students are more likely to be obese and less fit than at any period before. The environment, peer pressure and even school policies has created an imbalance between the fundamental needs for a healthy development of the physical, mental, emotional and spiritual life of today's students. The health beliefs of the Seventh-day Adventist church that have their foundation in creation and restoration call for a renewed emphasis on fitness and health to restore balance and overall wellness in the lives of our students, staff and teachers.



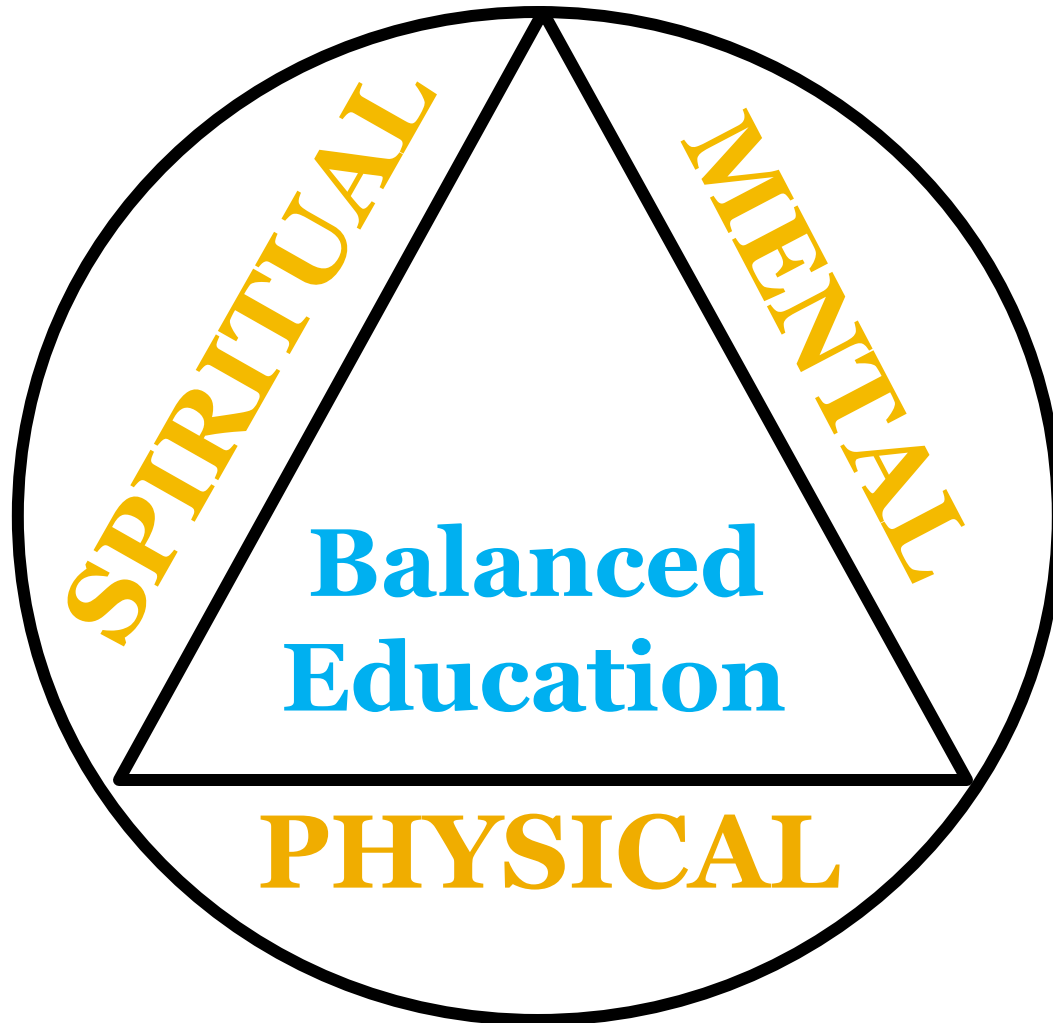


# Why do it? cont.

“True education... is the **harmonious development** of the physical, the mental, and the spiritual powers.”Ed p. 13



# What we believe



# What we are doing



# Ellen White said...



**INACTION** is the greatest  
curse that **EVER** came  
upon **youth**.

3T p. 152



# Who's tested?

Students in grades 5 through 11 in NAD Adventist schools.



# Who's doing it?



The North American Division Office of Education and La Sierra University.



# **NAD Health Education Committee conceptualized, raised funds for and are coordinating the study**

- Jim Ingersoll, Southern Union Associate Director for Secondary Education, co-chair
- Keith Waters, North Pacific Union Director for Secondary Education, co-chair
- Matthew Lee, Physical Education teacher, PUC Preparatory School
- Tamara Ritterskamp, Physical Education teacher, Forest Lake Academy
- Dr. Rob Thomas, La Sierra University Chair of Health and Exercise Science Department
- Chadd Watkins, Principal, Highland Academy
- Doug Zimmerman, Vice Principal and Physical, Education teacher, Escondido Academy



# How will it work?

Teachers will administer a five-element fitness test to each student and enter the results online on WELNET





# What are the five elements that will be measured?

1. Curl ups
2. Push ups
3. Shoulder stretch
4. Trunk lift
5. PACER or 1 mile run

**NOTE:** These five elements are taken from the President's Youth Fitness Program.



# When should it be administered?

The window of time for implementation is March 1 through April 30 each year.



# Anticipated PhysicalGenesis Outcomes

Dr. Robert Thomas  
La Sierra University



# Body-Mind-Spirit “Triad” of Research studies

1. ValueGenesis studies 1990, 2000, 2010
2. CognitiveGenesis 2008-2012
3. PhysicalGenesis 2015 and ongoing



Intended outcomes of the PhysicalGenesis study will be to determine student fitness levels.



# Why are these outcomes important?

To get new and relevant data on fitness levels since there has not been a national study assessing **fitness levels** of students since **1987**

AAHPERD. (1987). The National Children and Youth Fitness Study II. *Journal of Physical Education, Recreation & Dance*, 58(9), 49-96



# Two Research Questions

1. What are the **Fitness Levels** of students within the Seventh-day Adventist K-12 school system within the North American Division?
2. What possible **relationships** and potential **differences** exist between various demographics and fitness levels of students?



# Projected Outcomes

- Determine how our students compare **regionally and nationally**.
- Preliminary data suggests that children in Adventist schools may have fitness levels and obesity rates similar to their public school peers.
- Share with the Seventh-day Adventist Church the **fitness levels** of our students.





# Then...



# An additional benefit would be the study of the relationship between **fitness and academic performance.**

PhysicalGenesis outcomes can be studied in relationship to their impact on the **academic performance** of students who were and are involved in the CognitiveGenesis study.

**NOTE:** The relationship between fitness and academic performance is a study that has not been done on a national scale before.



# If student fitness deficits emerge...

Adventist schools will have the **CREATION Health™ School Engagement** initiative available that is designed to help students, teachers, and school communities make the needed behavior changes that result in better health and academic performance for students.



**The ultimate outcome is to improve student health and restore balance to the Adventist school system.**

Since the mind and the soul find expression through the body, **BOTH** mental and spiritual vigor are in great degree dependent upon physical strength and activity; **WHATEVER** promotes physical health, promotes the development of a **strong mind** and a **well-balanced character**. Ed p. 195

Dear friend, I pray that you may enjoy good **health** and that all may go well with you, even as **your soul** is getting along well.”

3 John 1:2



# All schools...

are being asked to participate in this important study that will:

- Provide understanding about the **health** of students attending Adventist schools in grades 5-11
- Identify what is needed to **improve their health**, and
- Enable students the opportunity to experience the **quality and longevity of life** of their ancestors.

