

The Student Senate

Texas A&M University

S.R. 72-09

Texas A&M University
The Student Senate
72nd Session
Support of KINES 199 Classes Resolution

"A resolution to promote physical activity and education at Texas A&M University"

Action Taken:

PASSED

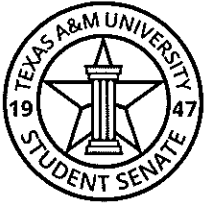
Certified By:

Eric Mendoza
Speaker of the Senate

Date Passed: _____

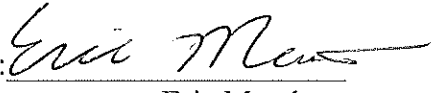
Introduced By: Regan McGuill, Student Services Chair, College of Agriculture and Life Sciences Caucus

Sponsored By: Julia Garcia, Off-Campus Caucus
Reed McGuill, Education and Human Development Caucus
Hannah Spurr, Constituency Affairs Chair, Liberal Arts Caucus
John Ryan Rodriguez, Legislative Affairs Chair
Suyash Gupta, Executive Director of Operations, Off-Campus Caucus
Patric Morgan, College of Education and Human Development
Shalia Ramirez, College of Science
Clarisa Rodriguez, Diversity and Inclusion Chair
Mikey Jaillet, Student Body President
Erica Pauls, Off-Campus Caucus
Brock Murphy, Off-Campus Caucus
Claire Rowan, Health Science Center
Lindsey Uhlik, Off Campus Caucus



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Senate Resolution S.R. 72-09 – Page 2 of 3 Further Certified By: 
Eric Mendoza
Speaker of the Senate

Whereas(1): Texas A&M Learning outcomes include Master the depth of knowledge required for a degree, demonstrate critical thinking, communicate effectively, practice personal and social responsibility, demonstrate social, cultural, and global competence, prepare to engage in lifelong learning, and work collaboratively¹; and,

Whereas(2): Physical activity has many benefits that can help all students at Texas A&M University work to accomplish the learning outcomes set forth by university leadership; and,

Whereas(3): Physical activity has been proven as an effective antidepressant², it can also improve learning, memory, and emotional regulation³; and,

Whereas(4): Physical activity as little as three times a week increases energy levels, improves creativity, decreases stress, and allows for more opportunities to increase social interactions⁴; and,

Whereas(5): Texas A&M University offers over six hundred KINES 199 classes⁵ that through participation can provide all of the benefits listed above.

Therefore

Let it be

Resolved(1): The Texas A&M Student Senate encourages all students to take at least one KINES 199 class throughout their time at Texas A&M; and,

Let it be

Further

Resolved(2): The Texas A&M Student Senate supports and promotes physical activity as it relates to overall health; and,

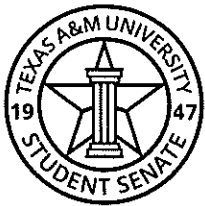
¹ <https://catalog.tamu.edu/undergraduate/general-information/student-learning-outcomes/>

² <https://www.apa.org/research/action/fit>

³ <https://www.psychologytoday.com/us/blog/what-works-and-why/201803/how-your-mental-health-reaps-the-benefits-exercise>

⁴ <https://www.mhanational.org/boost-your-school-performance-taking-care-you>

⁵ <https://catalog.tamu.edu/undergraduate/course-descriptions/kine/>



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Senate Resolution S.R. 72-09 – Page 3 of 3 Further Certified By:

Eric Mendoza

Eric Mendoza
Speaker of the Senate

Let it be

Further

Resolved(3): Physical activity throughout the week can give students the ability to accomplish the learning outcomes as set forth by Texas A&M University; and,

Let it be

Further

Resolved(4): A copy of this resolution be sent to:
President Michael Young, Texas A&M University
Dr. Pugh, Texas A&M University
Frank Thomas, Physical Education Activity Program
Kristin Slagel, Physical Education Activity Program
The Battalion