

Dear Parent/Guardian,

Texas law requires that the FITNESSGRAM physical fitness assessment be administered to all students in grades 3-12 who are enrolled in Physical Education or a physical education credit course during each school year. FITNESSGRAM measures a student's health-related fitness such as aerobic capacity, muscular strength and endurance and flexibility. Your child's body composition will also be measured to determine if your child's body weight is healthy. BISD uses the body composition criteria set by the Center of Disease Control (CDC), which doctors use to determine if your child is healthy based on their height, weight, gender, and age. Some students may be provided accommodations, modifications or be excluded from all or some of the assessments based on their physical restrictions. A campus must have a copy of the restriction completed by a licensed physician, to be excluded from any or some physical activities during physical education. Please contact your child's Physical Educator for more information.

- On your child's assessment day, he/she should wear athletic shorts, a t-shirt, socks and tennis shoes.

Your child has been taught the following FITNESSGRAM assessments:

- **Aerobic Capacity** (PACER) is a 20 meter shuttle run. HFZ will be determined based on the student's BMI plus the number of completed PACER laps. (VO2 Max is the maximum volume of oxygen one can consume per minute of work)
- **Push-ups** (measures upper body muscular strength/endurance)
- **Curl-ups** (measures abdominal muscular strength/endurance)
- **Back Saver Sit and Reach** (measures flexibility)
- **Trunk Lift** (measures trunk extensor strength and flexibility)

- **Body Mass Index** (measures appropriateness of weight relative to height)

The following percentiles will be used to identify your child's **Body Mass Index (BMI)**:

- Underweight is less than the 5th percentile,
- Healthy weight is 5th percentile to less than the 85th percentile,
- Overweight is 85th percentile to less than the 95th percentile,
- Obese is equal to or greater than the 95th percentile.

Age	Aerobic Capacity - PACER (VO2 Max)		Curl-Ups completed		Push-Ups completed		Sit & Reach Inches		Trunk Lift Inches	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
9	na	na	> 9	> 9	> 6	> 6	8	9	6 – 12	6 – 12
10	> 40.2	> 40.2	> 12	> 12	> 7	> 7	8	9	9 – 12	9 – 12
11	> 40.2	> 40.2	> 15	> 15	> 8	> 7	8	10	9 – 12	9 – 12
12	> 40.3	> 40.1	> 18	> 18	> 10	> 7	8	10	9 – 12	9 – 12
13	> 41.1	> 39.7	> 21	> 18	> 12	> 7	8	10	9 – 12	9 – 12
14	> 42.5	> 39.4	> 24	> 18	> 14	> 7	8	10	9 – 12	9 – 12
15	> 43.6	> 39.1	> 24	> 18	> 16	> 7	8	12	9 – 12	9 – 12
16	> 44.1	> 38.9	> 24	> 18	> 18	> 7	8	12	9 – 12	9 – 12
17	> 44.2	> 38.8	> 24	> 18	> 18	> 7	8	12	9 – 12	9 – 12
17+	> 44.3	> 38.6	> 24	> 18	> 18	> 7	8	12	9 – 12	9 – 12

> means greater than or equal to the given number **FITNESSGRAM Standards, 2010**

## **Frequently Asked Questions about FITNESSGRAM**

### **1. Why should the FITNESSGRAM assessments be shared with students and parents?**

The FITNESSGRAM physical fitness assessment is not based on athletic ability, but on good health. No matter what career path a student picks, he/she will live a happier, more productive life if he/she is healthy—and physically fit. FITNESSGRAM provides accurate and reliable information about your child's physical condition and how it can be maintained or improved.

### **2. Can a student “fail” the FITNESSGRAM test?**

No. FITNESSGRAM is a tool to help determine a student's fitness needs and guides him/her in planning a personalized physical activity program. The test will not affect your child's grade in any way.

### **3. Will the FITNESSGRAM scores be posted or be made public?**

No. FITNESSGRAM information is private. Your child will use this information to set individual goals. You may request your child's FITNESSGRAM results at the end of each semester.

### **4. Will FITNESSGRAM results be compared to other students?**

No. FITNESSGRAM uses Healthy Fitness Zones (HFZ) is to determine the student's overall physical fitness. HFZs are not based on class averages or any other peer comparisons. The standards are set specifically for boys and girls of different ages using the best available research. If a student's score falls within the HFZ, it means he/she has achieved the recommended level of fitness for his/her age. If the score falls below the HFZ, the student should engage in activities that will help improve his/her fitness levels.

### **5. What are the "Healthy Fitness Zones" and how are they determined?**

FITNESSGRAM's Healthy Fitness Zones (HFZs) are research-based standards for aerobic capacity; body composition; and muscular strength, endurance, and flexibility. These standards indicate levels of fitness necessary for good health. They have been developed and refined over more than 25 years by the FITNESSGRAM Advisory Board. A score in the HFZ represents the level of fitness thought to provide some protection from the potential health risks that result from a lack of fitness in this measure. The beginning of the HFZ represents a minimum level of fitness necessary to have acceptable health. These standards reflect reasonable levels of fitness that can be attained by most children that participate regularly in various types of physical activity. Because of this, we recommend that all students should strive to achieve a score that places them inside the HFZ. It is not uncommon for children to achieve the HFZ for some dimensions of fitness and not for others. Most children usually have areas that they excel in more than others. Healthy Fitness Zones differ based upon gender and age.

### **6. Why use the "Healthy Fitness Zones"? Why not just compare kids to the national--or class--average?**

The use of health-related criteria helps to minimize comparisons between children and emphasizes personal fitness for health rather than goals based solely on performance. Since only modest amounts of exercise are needed for obtaining health benefits, most students who participate in physical activity almost every day will increase the likelihood of achieving scores in the Healthy Fitness Zone.