All students enrolled in a DCPS Physical Education course in grades 3-12 will complete FitnessGram Physical Fitness Testing.

The Road to My Healthy Zone

FitnessGram®: The Cooper Institute developed FitnessGram®, the first “student fitness report card,” in an effort to improve school physical education programs and bring awareness to children’s health. It is a health-related youth fitness assessment that utilizes evidence-based standards to measure the level of fitness needed for good overall health. Just as students should know their academic progress in the classroom, students should know their fitness levels and understand the relationship between fitness and health.

Beyond Assessment - Driving Healthy Decisions through Quality Data

We can’t manage what we don’t measure, and we know that fitness levels decline as students get older. FitnessGram® provides students, teachers, parents, and administrators the standards and awareness of fitness levels needed for good health. This information is critical to making positive, healthy changes.

The data available from FitnessGram® can:

- Track trends and changes in fitness levels over time
- Examine associations between fitness and academic achievement and attendance
- Enhance the effectiveness of physical education programs
- Help create healthy school environments focused on prevention
- Foster communication between parents, teachers, and students
- Identify areas of need for program funding

Health-Related Fitness Components

Aerobic Capacity

Aerobic capacity is evaluated using estimates of VO2max (also known as maximal oxygen uptake). VO2max reflects the maximum rate that the respiratory, cardiovascular, and muscular systems can take in, transport, and use oxygen during exercise. Good aerobic capacity (cardiorespiratory fitness) has been shown to reduce the risk of high blood pressure, coronary heart disease, obesity, diabetes, the metabolic syndrome, and some forms of cancer.

Body Composition

Body composition describes what part of total body weight is fat, and what part is fat free. Fat-free body weight includes bones and muscles. FitnessGram® believes it is important to educate youth and parents about appropriate levels of body composition. Some body fat is needed for overall good health, but too much can lead to health problems, including high blood pressure, high cholesterol, type 2 diabetes and heart disease. Overweight youth are at a higher risk for becoming overweight adults. Therefore, by maintaining a healthy weight a child can potentially reduce their future risk of health problems.

Muscular Strength

Test components for the musculoskeletal system are broken down into three primary areas: muscular strength, muscular endurance and flexibility. FitnessGram® tests these three areas to assess the functional health status of the musculoskeletal system.

Muscular strength is the maximal force your muscles can exert in a single effort.

Muscular endurance is the ability to sustain, or repeat muscular activity, over time.

Flexibility describes the range of motion of muscles at the joint.

FitnessGram® recommends tests of the upper body and the abdominal/trunk areas to assess musculoskeletal fitness because of their relationship to activities of daily living, good posture, and back health. Musculoskeletal fitness helps an individual perform daily activities more easily, reduces the risk of injury, and improves abdominal and back health. Most important, helping children and youth be aware of the status of their muscular strength, endurance and flexibility can carry forward into adulthood, preventing health concerns and improving quality of life.

Individual Student Fitness Level Reports

FitnessGram® classifies fitness levels using discrete zones to allow for more personalized feedback through the Student Fitness Reports. The two primary zones are the Healthy Fitness Zone® and the Needs Improvement Zone; however, for aerobic capacity and body composition two distinct Needs Improvement and Needs Improvement-Health Risk Zones are used to make further distinctions in fitness. The use of three zones makes it possible to provide more effective prescriptive messages to youth since the zones are based on clear differences in potential health risks.

Healthy Fitness Zone (HFZ)

The goal in FitnessGram® is for children to achieve the Healthy Fitness Zone® on as many assessments as possible. Because only modest amounts of activity are needed to obtain health benefits, most students who perform regular physical activity will be able to achieve a score that will place them within or above the HFZ® on most FG® test items. If children are in the HFZ® they are considered to have sufficient fitness for good health.

Needs Improvement

Indicates that if the student continues to track at this level there is the potential for future health risks. However, this potential is possible, not probable. Increased activity as well as eating a healthy, controlled diet could delay or reverse this potential risk. Children in the Needs Improvement Zone receive messaging on their FitnessGram® reports explaining how they should strive to move into the Healthy Fitness Zone®.

Needs Improvement-Health Risk

Indicates that if the student continues to track at this level there is a clear potential for future health problems (a more probable risk). The need for increased activity and eating a healthy diet is more urgent for students in this category than those in the Needs Improvement Zone. Children in the Needs Improvement-Health Risk Zone receive messages warning them of probable risk if they continue tracking at this level.
# Testing Protocols

**Who**
All teachers who are coded to teach a Gen. Ed. Physical Education course are required to conduct FitnessGram Fitness Testing to all students enrolled in the course. Contact H/PE office if you are unsure if your class is included.

### Elementary Classes
- **Pre-Test Data Due:** September 29, 2017
- **Post-Test Data Due:** May 25, 2018

### Middle School Classes
- **1st Semester:**
  - Pre-Test Data Due: September 15, 2017
  - Post-Test Data Due: December 15, 2017
- **2nd Semester:**
  - Pre-Test Data Due: February 1, 2018
  - Post-Test Data Due: May 25, 2018

### High School Classes
- **1st Semester:**
  - Pre-Test Data Due: September 15, 2017
  - Post-Test Data Due: December 15, 2017
- **2nd Semester:**
  - Pre-Test Data Due: February 1, 2018
  - Post-Test Data Due: May 25, 2018

### Year-Long Courses
- Pre-Test Data Due: September 15, 2017
- Post-Test Data Due: December 15, 2017

## Pre-Test Requirements

### Aerobic Capacity
Choose one from this component
- PACER (preferred)
- One-Mile Run

### Body Composition
Both required
- Body Mass Index (BMI)
- Weight
- Height

## Post-Test Requirements

### Aerobic Capacity
Choose one from this component
- PACER (preferred)
- One-Mile Run

### Body Composition
Both required
- Body Mass Index (BMI)
- Weight
- Height

### Upper Body Strength & Endurance
Choose one from this component
- 90 Degree Push-Up to Cadence
- Modified Pull-Up (requires special equipment)
- Flexed Arm Hang

### Abdominal Strength & Endurance
Required
- Curl-Up to Cadence

### Trunk Extensor Strength & Endurance
Required
- Trunk Lift

### Flexibility
- Back-Saver Sit and Reach (left and right legs)
- Shoulder Stretch (left and right arms)

---

**Questions?**
Contact Frannie Kendall-Johnson 390.2518 or Edgar Pabon 390.2557
Overview
Provides individual student’s fitness test scores, the relationship of the scores to the Healthy Fitness Zone, and information on how to improve or maintain current fitness levels.

When to Use
Educate youth about their health-related fitness including Healthy Fitness Zone Achievement. View individual fitness scores. Print or email reports to share with youth and parents.

FitnessGram Student Report

Student, Test (ID: 9876543210)

Grade: 8 (Age: 14)
Teacher: Kendall, Frannie
School: Westview K-8
District: DUVAL CO PUBLIC SCHOOL DIST
Report Date: 6/22/2017

Current
Test Date: 6/30/2017
Height: 5'8.00"
Weight: 157 lbs

Aerobic Capacity

Your aerobic capacity is in the Healthy Fitness Zone. To maintain fitness, participate in moderate or vigorous physical activities for at least 60 minutes each day. Body Mass Index (BMI) also affects aerobic capacity.

Musculoskeletal Fitness

Your abdominal and upper-body strength are both in the Healthy Fitness Zone. To maintain your fitness, do resistance training that includes exercises for each of these areas. Strength activities should be done at least 3 days each week.

You can improve your trunk extension by doing repeated trunk lifts in a slow, controlled manner. Do these exercises at least 3 days each week. Your flexibility is in the Healthy Fitness Zone. Maintain your flexibility by performing stretching exercises and some weight-bearing activity (e.g., running, hopping, jumping or dancing) at least 3 days each week to ensure good bone health.

Body Composition

Body composition at this level may need improvement. Healthy body composition and regular physical activity are important for overall good health. Here are some tips to improve body composition:
- Do moderate or vigorous activity at least 60 minutes every day.
- Limit screen time to less than 2 hours a day.
- Make healthy food choices including fresh fruits and vegetables.
- Limit fried foods, foods with added sugars and sugary drinks.

If you have a question about this test result, ask your teacher or visit www.fitnessgram.net.

Questions?
Contact Frannie Kendall-Johnson 390.2518 or Edgar Pabon 390.2557