

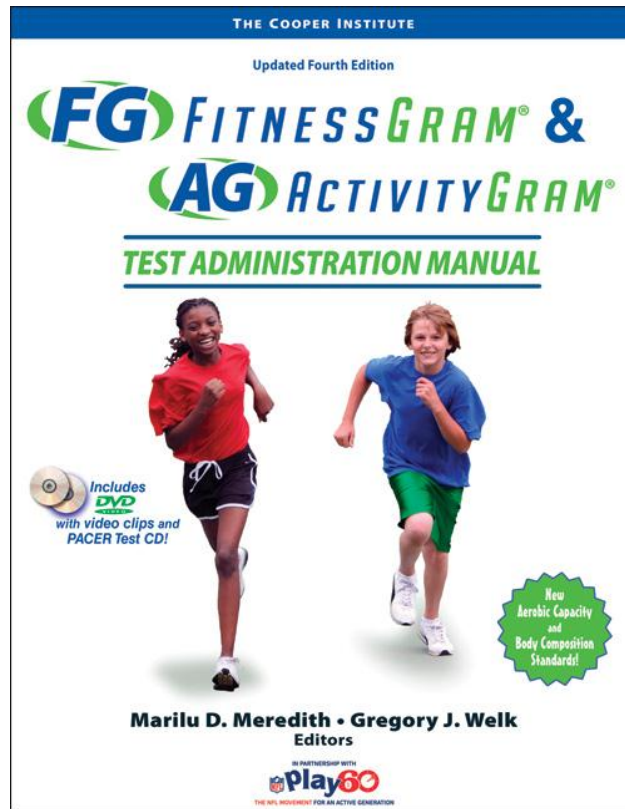
# Fitness Assessments: *Information*



# What is Happening and Why?

- As a part of PE class, students will be participating in annual fitness testing beginning 2015-2016.
- Fitness testing will allow students to:
  - Be aware of his/her current levels of fitness
  - Set fitness goals for maintenance or improvement
  - Plan ahead for a lifestyle that promotes health and fitness

# Which Fitness Assessment Will be Given?



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# Why FITNESSGRAM?

## FITNESSGRAM

- Health related
- Criterion-referenced
- NOT used for grading
- Personal improvement driven
- Provides individualized feedback
- Encourages self assessment or individualized assessment

## OTHERS

- Skill related
- Norm-referenced
- Often used for grading because of percentiles
- Award driven
- Provides scores, awards, but no recommendations for improvement

# What FITNESSGRAM Assessments Will Be Utilized?

- 90° Push-Ups
- Curl-Ups
- Back Saver Sit and Reach
- PACER or One-Mile Run
- Height/Weight



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# Push-Ups

- **What does it measure?**

Upper body strength  
and endurance

- **Why is it important?**

Important for daily living  
and promoting good  
posture



# Curl-Ups

- **What does it measure?**

Abdominal strength and endurance

- **Why is it important?**

Promotes good posture and low back health



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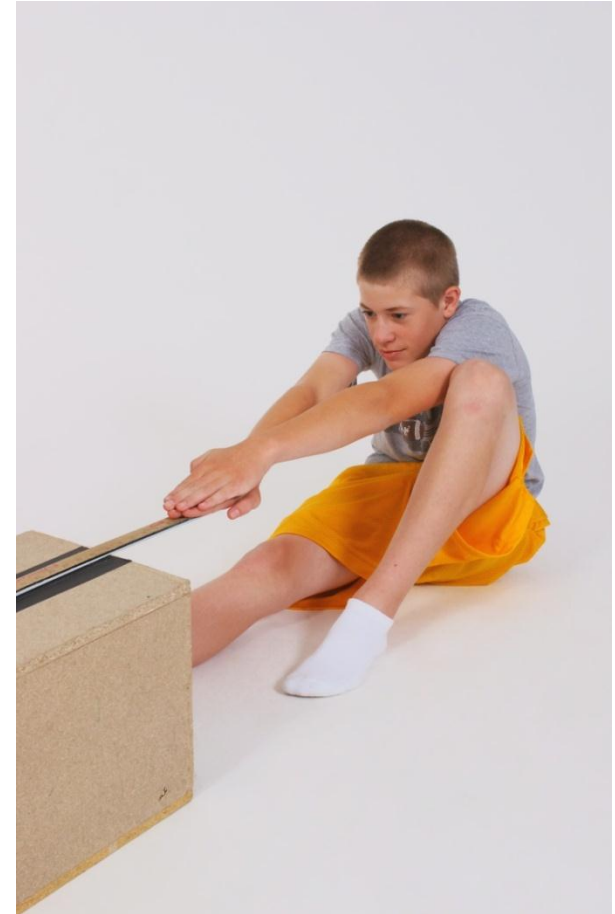
# Back Saver Sit and Reach

- **What does it measure?**

Flexibility

- **Why is it important?**

Allows participation in a wide range of activities, reduces injury and stress



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# PACER or One-Mile Run

- **What does it measure?**  
Aerobic capacity
- **Why is it important?**  
Aerobic fitness is the single most important health indicator.  
Reduces risk for heart attack, stroke and other diseases.  
Allows you to do more activity.

§ Movie



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# Height/Weight

- Used to determine Aerobic Capacity and Body Composition Scores.
- Body Mass Index is an estimate of a person's body composition (muscle vs. fat mass) based on a person's weight and height.
- High levels of body fat are also associated with an increased risk of heart disease, stroke, and diabetes. Too much body fat inhibits performance and daily living.



# General Assessment Guidelines

- All students should have the opportunity to practice ALL protocols prior to assessments.
- Teach the importance of each fitness assessment and component area as it relates to health.
- Emphasize the Healthy Fitness Zone.
- Rule of Two: On second correction, assessment is complete (PACER, Push-Ups and Curl-Ups).
- If, at any point, a student appears to be in extreme discomfort or pain during any fitness assessment, the fitness assessment should be discontinued immediately.



# Exemptions for Students with Disabilities/Special Needs

For exempting students from fitness assessments, use your school system's procedures for exempting students from physical education.



# GA DOE Fitness Assessment and Reporting Requirements

Grade Level	Testing	Reporting to Parents	Data Entry (Fitnessgram Software)
Elem 1-3	Practice and become familiar with assessments	No reporting to parents Optional report on body composition	Body Composition: Ht and Wt ONLY
Elem 4-5	Annually assess	Report all individual results to parents using FITNESSGRAM software	All Fitness Assessments
MS/HS	Annually assess <b>all</b> students in PE classes, electives as well as personal fitness. (All PE classes at HS level begin with the number 36.0000)	Report all individual results to parents using FITNESSGRAM software	All Fitness Assessments

# How Will Students Receive Results?

You will be provided with an individual report that explains all of the results and provides suggestions for maintenance or improvement.



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## Report for Parents

People come in all shapes and sizes, but everyone can benefit from regular physical activity and a healthy level of physical fitness. The FITNESSGRAM fitness test battery evaluates five different parts of health-related fitness, including aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition. Parents play an important role in shaping children's physical activity and dietary habits. This report will help you evaluate your child's current level of health-related fitness and help you identify ways to promote healthy lifestyles in your family.

### AEROBIC CAPACITY

Aerobic capacity is a measure of the ability of the heart, lungs, and muscles to perform sustained physical activity. In general, the more your child exercises, the higher his or her aerobic capacity level will be. Aerobic capacity is measured with the PACER test, the one-mile run, or the walk test.

**Importance:** Good aerobic capacity can reduce risks of heart disease, stroke, and diabetes. Although generally not present in children, these diseases can begin during childhood and adolescence.

**Healthy Fitness Zone** for 12 year-old boys:  $\geq 40.3$  ml/kg/min

### MUSCLE STRENGTH, ENDURANCE, & FLEXIBILITY

These components of health-related fitness measure the overall fitness of the musculoskeletal system. A variety of tests are used to assess these different components.

**Importance:** The fitness level of muscles is important for injury prevention and overall body function. Strength, endurance, and flexibility are important for maintaining good posture, low back health, and total body function.

**Healthy Fitness Zone** for 12 year-old boys

- Curl-Up:  $\geq 18$  repetitions
- Trunk Lift: 9 - 12 inches
- Push-Up:  $\geq 10$  repetitions
- Back-Saver Sit and Reach: At least 8 inches on R & L

### BODY COMPOSITION

**Healthy Fitness Zone** for 12 year-old boys: 15.1 - 20.5

Body Mass Index (BMI) is an indicator of body composition that determines if a person is at a healthy weight for his or her height. **Importance:** Overweight youth are at high risk for being overweight adults. Adult obesity is associated with a number of chronic health problems. Many of these health problems can begin early in life. **Congratulations!** Charlie's BMI is in the Healthy Fitness Zone. To promote good health and maintain this healthy level, encourage your child to do the following:

- Be active every day (60 minutes is the goal but some is better than none)
- Limit time watching TV or playing video games.
- Adopt a healthy diet containing fresh fruits and vegetables.
- Eat limited amounts of foods with solid fats and added sugars.

**Charlie Brown**

Grade: 6 Age: 12

Jefferson Middle School

Instructor: **Kathy Read**

Date	Height	Weight
Current: 02/18/2011	5'5"	122 lbs
Past: 09/18/2010	5'4"	125 lbs

Needs Improvement	Healthy Fitness Zone
Aerobic Capacity (VO2Max)	Healthy Fitness Zone

### Aerobic Capacity (VO2Max)

Current:	42.5
Past:	41.2

Your score for Aerobic Capacity is based on the number of PACER laps and BMI. It shows your ability to do activities such as running, cycling, or sports at a high level.

Needs Improvement	Healthy Fitness Zone
(Abdominal) Curl-Up	Healthy Fitness Zone

PACER Laps	BMI
Current: 15	20.3
Past: 12	21.5

### (Abdominal) Curl-Up

Current:	28
Past:	25

### (Trunk Extension) Trunk Lift

Current:	9
Past:	8

### (Upper Body) Push-Up

Current:	15
Past:	10

### (Flexibility) Back-Saver Sit and Reach R, L

Current:	9.00, 9.00
Past:	9.00, 8.00

### Body Mass Index

Healthy Fitness Zone	Needs Improvement
Current: 20.3	Past: 21.5

Being too lean or too heavy may be a sign of (or lead to) health problems. However, not all people who are outside the Healthy Fitness Zone are at risk for health problems. For example, a person with a lot of muscle may have a high BMI without excess fat.

With regular physical activity most children will be able to score in the Healthy Fitness Zone for most tests. Children in the Needs Improvement area should have additional opportunities to be active. See back of page for more information.

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# What happens if you fail the FITNESSGRAM Test?

- There is NO pass or fail with FITNESSGRAM
- Focus is on **Personal Improvement**
- The scoring categories:
  - Healthy Fitness Zone
  - Needs Improvement



# Will You Be Compared to Others?

- NO
- FITNESSGRAM uses Healthy Fitness Zones to determine overall fitness and how much fitness is needed for good health.
- All fitness assessment results are confidential!

# Appropriate Uses of FITNESSGRAM

- Facilitates fitness education
  - Evaluating personal fitness levels
  - Goal setting
  - Program planning and tracking
- Provides feedback to students and parents
- Allows personal tracking
  - Annually and over time
- Can guide PE program planning



# Georgia's Children...

Responsibility of the **School** to assess student's health related fitness levels.

Responsibility of the **Community** to help improve those fitness levels.

Schools and Community  
must work together!



# Where Can You Go To Find More FITNESSGRAM Information?

- Contact your PE Teacher
- Contact your family physician
- Visit FITNESSGRAM web resources at:

<http://www.georgiashape.org>

<http://www.cooperinstitute.org/index.cfm>

<http://www.fitnessgram.net/home/>