

***FITNESSGRAM*® Results Aid Students in Developing Healthy Lifestyles**

Your child will be participating in the fitness assessment conducted at your school. While training teachers in using the assessment and conducting the assessment for all children is challenging, the proposed assessment will benefit the public and students by increasing public awareness of quality physical education programs and emphasizing the importance of community and school based support of school health programming, physical activity, and health educational programs,

Oklahoma students will receive their results upon the completion of the physical fitness assessment. Parents who have questions regarding their child's participation in the *FITNESSGRAM*® or the test results, may contact their child's physical education teacher,

Parental involvement is very important in shaping children's physical activity and dietary habits. These results will help to strengthen the physical activity and health educational programs and also help to ensure health improvement among the student population including a gradual reduction in childhood obesity and Type II diabetes. Families can use the data to assist in incorporating health-related fitness activities and healthy lifestyles.

The state selected *FITNESSGRAM*® as the fitness assessment to be used, which is a health related fitness assessment developed by the Cooper Institute over twenty years ago to provide physical educators with a tool that would facilitate communicating fitness testing results to students and to parents. The assessment evaluates five different parts of health-related fitness, including aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition. The PACER, curl-ups, push-ups, trunk lift, and sit-and-reach are the specific assessments to be administered to Oklahoma students. Modifications will be made for students with special needs.

Each of the assessment items was selected to assess important aspects of a student's health related fitness, not skill or agility. Students are compared not to each other, but to health fitness standards, carefully established for each age and gender, that indicates good health.

Two levels have been established to evaluate and report student performance for each fitness area of the *FITNESSGRAM*®: first, in the Healthy Fitness Zone (HFZ) and second, needs improvement (i.e. not in the HFZ). The desired performance standard of each assessment is the HEZ, which represents a level of fitness that offers some protection against the diseases resulting from physical inactivity.

The *FITNESSGRAM*® will be administered bi-annually to all students at each campus and all testing will be completed by the last class day of the school year.