

**FitnessGram®**  
**PASSIVE PARENTAL PERMISSION FORM**

Our school is taking part in the FitnessGram® program sponsored by the Oklahoma State Department of Health. FitnessGram® is a fitness assessment and reporting program for youth, first developed in 1982 by The Cooper Institute in response to the need for a comprehensive set of assessment procedures in physical education programs. The assessment includes a variety of health-related physical fitness tests that assess aerobic capacity; muscular strength, muscular endurance, and flexibility. Your child's height, weight, and physical fitness will be measured using the FitnessGram assessment. Children in grades 3-8 will participate in these measurements. Your child's state assigned school testing ID will be recorded in the FitnessGram with age, date of birth, gender, height, and weight. **However, no student will ever be mentioned by individual testing ID or name in a report of the results.** Your child's ID number and FitnessGram results are all that will be provided to the state. The data will be housed in a secure office at the Oklahoma State Department of Health and all electronic data will be housed on a secure server.

Participating in FitnessGram® will cause little or no risk to your child. The evaluation components have been designed to protect your child's privacy. We would like all students to take part in the FitnessGram® evaluation components, and expect that most will, but the FitnessGram® evaluation components are voluntary. No action will be taken against the school, you, or your child, if your child does not take part. Your child may stop participation in the evaluation components at any point without penalty. Children not participating in the assessment, FitnessGram® data **will not** be provided to the Oklahoma State Department of Health.

Please read the section below. If you do **not** want your child to take part in any of the evaluation components, sign and return the form to the school program no later than **October 1st**. If you consent to your child participating in the FitnessGram® evaluation components, **do not sign and return** this form. If your child's school cannot answer your questions about the program, call Bill Cash or Laura Matlock at (405) 271-3619. Thank you.

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Child's name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parents Name: \_\_\_\_\_

Please check if you **DO NOT** want your child to participate:

[ ] I do not want my child to take part in any of the evaluation components of the FitnessGram® Program approved by my child's school.

Parent's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Oklahoma State Department of Health-The Center for the Advancement of Wellness