Fitnessgram

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Thank you!!
Georgia Physical Education Teachers

• You helped to make the first year of the Georgia fitness assessment program an amazing success.
• All Georgia school systems (100%) reported fitness data.
• Close to one million fitness assessments were reported utilizing the Georgia FITNESSGRAM® website.
• This would not have happened without your work and support.
Session Objectives

1. Review the connection between health and academic achievement
2. Examine the Fitnessgram health related fitness assessment and parent report
3. Identify information and resources that can be shared with schools and other parents to improve fitness in youth.
4. Create change agents
Exciting News...

President’s Council on Fitness, Sports and Nutrition adopts...

Fitnessgram

Will phase out of Youth Fitness Test this year
“The more we instill in our children early in life these physical activity habits that will last them a lifetime, the better they're going to do. And so we'll try to do what we can to expand those opportunities before school, during the school day, after school....this is going to help a lot academically...

This doesn't take away from our core mission. This is central to that core mission.”

Arne Duncan
U.S. Secretary of Education
Link between Health and Academic Achievement

• Health consequences
  ✓ Hypertension
  ✓ Cardiovascular risks
  ✓ Type 2 diabetes
  ✓ High blood cholesterol
  ✓ Respiratory ailments
  ✓ Orthopedic issues

• Psychological consequences
  ✓ Self-esteem
  ✓ Withdrawal
  ✓ Anxiety
  ✓ Poor body image
Link between Health and Academic Achievement

Academic Consequences...

- Attendance
- Classroom behavior
- Cognitive development
- Test scores
- Academic performance
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: >= 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: >= 15 repetitions
- Trunk Lift: 9 - 12 inches
- Push-Up: >= 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

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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Test Administration Reminders

• Use instruction checklist as a refresher to re-familiarize yourself with the test administration protocol for each tests and keep it with you during the testing.

• **Read it, See it, Do it Review it** to ensure students know the correct test protocols. Build practice into PE classes.

• Only use other adults or students who have been sufficiently trained. If using students, be sure there is sufficient oversight.

• Use video examples of testing actual students as part of the tester training.
Testing Calendar

• Assessment and test event dates
  – Actual test administration dates/range of dates
  – Test event date entered into FITNESSGRAM® program

• Pre Test (Optional):
  – Check with your system contact as to whether you are required to do a pre test

• Required assessments by grade level (Next Slide)
# Year 2012-2013
## Assessment Window

Georgia Department of Education

### Fitness Assessment Window and Required Reporting Dates

#### 2012-2013

<table>
<thead>
<tr>
<th>Assessment Window (Local system adjustment made to align to system calendar)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall Fitness Assessment</strong></td>
</tr>
<tr>
<td><strong>Grades 1-5</strong></td>
</tr>
<tr>
<td>Pre Test Fall (Optional)</td>
</tr>
<tr>
<td><strong>Middle School</strong></td>
</tr>
<tr>
<td><strong>High School</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Spring Fitness Assessment</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grades 1-5</strong></td>
</tr>
<tr>
<td>Official Testing Window 1</td>
</tr>
<tr>
<td><strong>Middle School</strong></td>
</tr>
<tr>
<td><strong>High School</strong></td>
</tr>
</tbody>
</table>

Parent report delivery to parent/guardian: Dates are a local school system decision.

*Windows are set based on a generic calendar; local schedules may dictate some adjustments.*
# Year 2012-2013

## Date of Test Event

**Required Reporting Dates**

(Date of Test Events as Entered in FITNESSGRAM *)

<table>
<thead>
<tr>
<th>Fall Semester (Quarter 1 and 2)</th>
<th>Spring Semester (Quarter 3 and 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates of Test Event (Dates entered in Fitnessgram)</td>
<td>Dates of Test Event (Dates entered in Fitnessgram)</td>
</tr>
<tr>
<td><strong>December 1, 2012</strong> – Required Assessment - Date of Test Event</td>
<td><strong>March 1, 2013</strong> – Required Assessment - Date of Test Event</td>
</tr>
<tr>
<td>Pre Test (Optional)</td>
<td>Pre Test (Optional)</td>
</tr>
<tr>
<td>• <strong>October 1, 2012</strong> - Pre Test (Optional) - Date of Test Event</td>
<td>• <strong>February 1, 2013</strong> - Pre Test (Optional) - Date of Test Event</td>
</tr>
</tbody>
</table>

**April 30, 2013** – All fitness testing to be completed

Data entry must be completed three weeks prior to the local school system’s last day for students.

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*SAMPLE entering date of test event (This is how it looks in Fitnessgram)*

<table>
<thead>
<tr>
<th>FITNESSGRAM</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Enter name of test event</td>
<td></td>
</tr>
<tr>
<td>Enter date of test event</td>
<td>required</td>
</tr>
</tbody>
</table>

*required*
Exemption Codes

- According to Ga Code and State Board of Education rule all students in physical education classes taught by a certified physical education teacher shall participate in the fitness assessment.
- In rare cases when a student is not able to complete part or all of the fitness assessment or modifications are needed to complete one or more items on the assessment no score should be entered for the test item or items.
- An exemption code is then used.
- The code is entered for the assessment event and can not be entered for separate test items.
- It is important to emphasize the value of each child and their parents having access to health related fitness results.
- The assessment data provides valuable personal information.
- Teachers should not enter scores into the FITNESSGRAM® software unless they feel that it is fair to judge a child against the regular FITNESSGRAM® standards.
Exemption Codes

- The following codes are available:
  10 Absent - absent on all test dates and all make-up sessions
  11 Student is not enrolled in this PE class*
  12 Medical excuse
  13 Student in multiple PE classes – assessed in different PE course*
  14 Other

* Added 2012-2013 school year

Please Note:
- The only time a student should be allowed non-participation in an assessment and the corresponding score be left blank is when the non-participation aligns to local school system practice, policy and/or procedure as it relates to participation in physical education class and physical activity. (Example: A local system requires a note from a physician for a student to be exempted from strenuous activities. The same should be in place before permitting a student to miss a portion of the FG assessment)
- All safety practices and procedures should be included when considering student participation.
FITNESSGRAM® Resources

Georgia Department of Education – Fitness Assessment Training Manual

Georgia FITNESSGRAM® Information
http://www.fitnessgram.net/Georgia/

Georgia Department of Education – Health and Physical Education

Georgia S.H.A.P.E
http://georgiashape.org

URL to enter FITNESSGRAM® scores
https://georgia.fgontheweb.com
Resources

Parent one pager

www.healthmpowers.org - click SHAPE on right

Coming Soon...

   Training Videos

   E-learning module
Teacher Training Opportunity

Booster Session: recommended

- Fitnessgram: Online training can be accessed at:
  [http://www.fitnessgram.net/training/](http://www.fitnessgram.net/training/)  
  Click “Online Training”

- “This free online course is based on the FITNESSGRAM® manual and takes you through the philosophy of the program as well as a thorough treatment of the test protocols. There is an exam at the end of the course with a certificate presented for successful completion. The course is free, but is based on the test administration manual and references the DVD within the manual for the questions relating to the individual test items. The online course is appropriate regardless if you're using FITNESSGRAM® 8 or FITNESSGRAM® 9.”

- Teachers are tested at the end and receive a certificate if they score an 80% or above on a final assessment of knowledge

***It covers all FITNESSGRAM® components – Does not account for Ga adjustments. i.e. Body Composition***
Communication Resources

Sample documents available in the *Georgia Fitness Assessment Training Manual*

- PE Teacher Letter- FINAL.doc
- PE Teacher Letter Spanish- FINAL.doc
- Fitness Newsletter Intro Fitness Testing ES- FINAL.doc
- Fitness Newsletter Intro Fitness Testing ES Spanish- FINAL.doc
- Fitness Newsletter Intro Fitness Testing MS and HS- FINAL.doc
- Fitness Newsletter Intro Fitness Testing MS and HS Spanish- FINAL.doc
Networking...

- List effective strategies you use for gaining accurate testing results when working with large groups/classes of students.
- List methods you use for integrating fitness components regularly into your physical education program.
- How would you use the data/report information?
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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

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Aerobic Capacity (VO2Max)

<table>
<thead>
<tr>
<th></th>
<th>Current</th>
<th>Past</th>
<th>Needs Improvement</th>
<th>Healthy Fitness Zone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>32.5</td>
<td>31.2</td>
<td></td>
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</tbody>
</table>

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.

<table>
<thead>
<tr>
<th></th>
<th>PACER Laps</th>
<th>BMI</th>
</tr>
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<tbody>
<tr>
<td>Current</td>
<td>15</td>
<td>20.3</td>
</tr>
<tr>
<td>Past</td>
<td>12</td>
<td>21.5</td>
</tr>
</tbody>
</table>

(Abdominal) Curl-Up

<table>
<thead>
<tr>
<th></th>
<th>Current</th>
<th>Past</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>28</td>
<td>25</td>
<td></td>
<td></td>
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(Trunk Extension) Trunk Lift

<table>
<thead>
<tr>
<th></th>
<th>Current</th>
<th>Past</th>
<th>Needs Improvement</th>
<th>Healthy Fitness Zone</th>
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<tbody>
<tr>
<td></td>
<td>9</td>
<td>8</td>
<td></td>
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</table>

(Upper Body) Push-Up

<table>
<thead>
<tr>
<th></th>
<th>Current</th>
<th>Past</th>
<th>Needs Improvement</th>
<th>Healthy Fitness Zone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>15</td>
<td>10</td>
<td></td>
<td></td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Current</th>
<th>Past</th>
<th>Needs Improvement</th>
<th>Healthy Fitness Zone</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>8.00, 9.00</td>
<td>8.00, 8.00</td>
<td></td>
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</tr>
</tbody>
</table>

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.

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Contact Information

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Health and Physical Education
Georgia Department of Education

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404.651.7859
Georgia’s Children...

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

Responsibility of **ALL of US** to help improve those fitness levels.

Schools, Homes, and Community must work together!