

Dear Parent/Guardian:

This school year, your child may have participated in the FITNESSGRAM fitness assessment. A partnership including the Georgia Department of Education and the Georgia Department of Public Health, FITNESSGRAM helps us understand the fitness level of every student in grades 1st to 12th enrolled in a physical education (PE) class. The FITNESSGRAM activities are fun and safe and are not a test or competition between students.

The FITNESSGRAM provides an explanation of your child's fitness level with suggestions of how you can plan daily exercises and proper nutrition to enhance your child's health. Enclosed you will find a confidential FITNESSGRAM report with your child's scores. Below is an example of a FITNESSGRAM. It gives information about each section and how to understand your child's results.

FG FITNESSGRAM FIVE GENERATION

FITNESSGRAM – assesses students in Georgia schools enrolled in PE on their health and physical fitness.

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

Aerobic Capacity – a measure of how the heart, lungs, and muscles work when your child is physically active for a period of time.

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 not specifically designed for children, these tests can be used to assess aerobic capacity.

Muscle, Strength, Endurance, & Flexibility – is a category to measure the strength of your child's bones, muscles and joints (the muscular and skeletal system).

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: ≥ 18 repetitions

Body Composition – is measured using the body mass index or BMI.

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.

Needs Improvement – the child needs more of this particular type of physical activity to help reach a score in the healthy fitness zone.

Healthy Fitness Zone (HFZ) – A score in the HFZ represents the level of fitness thought to help to prevent future health risks such as heart disease, diabetes, and some cancers.

Aerobic Capacity (VO2Max) – VO2Max – is the measure of your child's aerobic capacity.

Current: 41.2
Past: 41.2

Your score for Aerobic Capacity is based on the number of PACER laps and BMI. It shows your ability to do

The PACER (Progressive Aerobic Cardiovascular Endurance Run) – is a running exercise that gets harder over a certain amount of time. The goal is to run back and forth (laps) for 15 - 20 meters.

(Abdominal) Curl-Up

Curl-Up – measures how strong the stomach (abdominal) muscles are.

(Trunk Extension) Trunk Lift

Trunk-Lift – measures how high the trunk can be lifted, and how strong and bendable (flexible) the trunk is.

- not to exceed 12 inches
- not required in Georgia

(Upper Body) Push-Up

Push-Up – measures how strong the upper body is.

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

Back Saver Sit and Reach – measures how flexible the back thigh muscles (hamstring) are.

Body Mass Index

Body Mass Index or BMI – uses height and weight to figure out your child's body fat.

Current: 21.5
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.

© 2010 The Cooper Institute

For more information about FITNESSGRAM and for recipes and activities in your community, visit www.georgiashape.org