

## Frequently Asked Questions About FITNESSGRAM

➤ **Why is assessing fitness important to my child?**

The FITNESSGRAM physical fitness assessment is based not on athletic ability, but on good health. No matter what your child's career path, he/she will live a happier, more productive life if he/she is healthy – and physical fitness is vital to overall health. FITNESSGRAM provides accurate and reliable information about your child's physical condition and how it can be improved.

➤ **Can my child "fail" the FITNESSGRAM assessment?**

No. FITNESSGRAM is a tool to help your child determine his/her fitness needs and guides him/her in planning a personalized physical activity program. The assessment will not affect your child's grades in any way.

➤ **Will my child's scores be posted or be made public?**

No.

➤ **Will my child's results be compared to other students?**

No. FITNESSGRAM uses the Healthy Fitness Zone (HFZ) to determine your child's overall physical fitness. HFZs are not based on class averages or any other peer comparisons. The standards are set specifically for boys and girls of different ages using the best available research. If your child's score falls within the HFZ, it means your child has achieved the recommended level of fitness for his/her age. If your child's score falls below the HFZ, he/she should engage in activities that will help him/her improve.

➤ **What are the FITNESSGRAM assessment items?**

There are five assessment items:

- PACER or One-Mile Run (measures aerobic capacity)
- Push-Ups (measures upper body muscular strength/endurance)
- Curl-Ups (measures abdominal muscular strength/endurance)
- Back-Saver Sit and Reach (measures flexibility)
- Body Mass Index (measures body composition: appropriateness of weight relative to height)

➤ **What can my child do to prepare for the fitness assessment?**

- Make sure your child actively plays or moves at least 60 minutes at least five days during the week. Your child can walk, jog, play tennis, play racquetball, or participate in any physical activity he/she enjoys.
- Have your child do strength training activities such as sit-ups, push-ups, modified push-ups or climbing activities 2-3 days each week. Have your child

begin doing as many repetitions as possible and have them try to increase repetitions gradually.

- Make sure your child eats a healthy diet by including more fruits and vegetables and reducing fats and sugars.
- Tell your child to ask a physical education teacher or coach at his/her school for specific tips on ways he/she can prepare not only for the FITNESSGRAM assessment, but for a lifetime of good overall health.