FitnessGram: Assessment + Data = Healthy Children
Objectives

- Participants will be able to identify:
  - Assessment and its role in Physical Education
  - Resources available in the new software
  - Various reports and opportunities to use data
Childhood Obesity

• Obesity rates have more than doubled in children and quadrupled in adolescents in the past 30 years.
  Ogden et al., 2012

• In 2012, more than one third of children and adolescents were overweight or obese.
  Ogden et al., 2012

• Overweight and obesity in youth is inversely related to physical activity and fitness.
  Rauner et al., 2013
FOCUS OF PYFP

Health-related fitness assessment

Motivational recognition

Professional development for teachers
FitnessGram Philosophy

FitnessGram data can make the experience personalized and focus on areas for improvement.

**HEALTH** comes from regular physical activity. **EVERYONE** can be active, regardless of age, gender or ability. Physical activity and fitness are for a **LIFETIME**. Find something you like and make it **PERSONAL**.
Fitness Education Process

- Fitness Concepts
- Program Planning/Goal Setting
- Assessment
- Practice Procedures
- Student Preparation
- Revise/Refine Goals
- Reassessment
- Promoting/Tracking PA
Childhood Obesity

- Kids who meet nationally recommended daily physical activity guidelines are more likely to achieve the Healthy Fitness Zone for all health-related fitness components.
  
  Morrow et al., 2013

- Time spent in MVPA increased youth odds for achieving the Healthy Fitness Zone and having overall higher fitness levels.

  Santos et al., 2015
FitnessGram Standards

- Students compared to standards for good health (criterion-referenced)

- Separate criteria by age and grade

- Research by Scientific Advisory Board based on relationship between fitness, activity, and health
FitnessGram Test Items

**Aerobic Capacity**
The ability to perform large-muscle, whole body exercise at a moderate to high intensity for extended periods of time.

**Muscular Endurance**
The ability of muscles to exert themselves repeatedly.

**Muscular Strength**
The ability of muscles to exert maximal force in a single contraction.

**Body Composition**
The relative percentage of muscles, fat, bone and other tissues that comprise the body.

**Flexibility**
The range of motion available in a joint.
Opportunities to Use Data

**Student**
- Increase physical activity and promote healthy lifestyles

**School**
- Parent and student empowerment
- Data driven decision making to improve instruction

**District**
- Data to reinforce teaching a standards based PE curriculum

**State**
- Ability to analyze data and look at health and academic associations

**National**
- Accurately evaluate health trends for youth
Welcome to MyHealthyZone™

Check out these new and updated features:

**Mobile-Friendly:** MyHealthyZone dashboard is now mobile friendly! All tools will adjust to the appropriate screen and changes will be updated in the system as you make them. No syncing necessary. Internet access required.

**Reports:** Identifying and viewing reports is easier than ever! MyHealthyZone dashboard provides a snapshot of your data, and allows you to easily filter the information you want to see. Your favorite reports are easy to access directly from the dashboard!

**SmartCoach:** Need smart tips to fit the needs of your students? Our new content library.

Welcome to the new MyHealthyZone™ dashboard where you can easily access FitnessGram®, ActivityGram® and a variety of resources to help engage youth to lead a healthier, more active lifestyle. Be sure to check out the new personalized student and parent dashboard!

**Login**

* All the fields are required

Username [Forgot](#)  
Password [Forgot](#)  
District ID [Forgot](#)  

[Login](#)
SmartCoach Resources

Mark SmartCoach Resources as favorites for easy access.

- FitnessGram Parent Letter
- FitnessGram Test Administration
- Benefits of Staff Wellness Program
- Brain Breaks
- Classroom Pedometer Challenge
- FG 101
Reporting

**FitnessGram Student Report**

Provides individual student’s fitness test scores, the relationship of the scores to the Healthy Fitness Zone, and information on how to improve or maintain current fitness levels.

**When To Use:**

- Educate youth about their health-related fitness including Healthy Fitness Zone Achievement.
- View individual fitness scores.
- Print or email student reports to share with youth and parents.
FitnessGram Student Report

Jogger, Jane (ID:24498)

| Grade: | 9 (Age: 14) |
| Teacher: | Teacher, Reporting |
| School: | FG Elementary School |
| District: | FG Demonstration District |
| Report Date: | 9/24/2015 |

### Aerobic Capacity

| Current | 40.5 |
| Past | 42 |

**Current**
- HFZ for 14-year-old girls
  - Aerobic Capacity (VO2 Max) ≥ 36.40 mL/kg/min

**Past**
- NI

**Current**
- 20M Pacers (laps)
  - 30

**Past**
- 20M Pacers (laps)
  - 31

Congratulations! Your aerobic capacity is in the Healthy Fitness Zone and you are physically active most days. To maintain health and fitness, continue to participate in physical activities for at least 60 minutes each day. Keep your Body Mass Index (BMI) in the Healthy Fitness Zone.

### Musculoskeletal Fitness

#### Upper Body Strength/Endurance
- HFZ for 14-year-old girls
  - Push-Up ≥ 7

| Push-Up ( reps) |
| Past | Current |
| Past | 8 | 10 |
| Current | 12 |

#### Abdominal Strength/Endurance
- HFZ for 14-year-old girls
  - Curl-Up ≥ 10

| Curl-Up ( reps) |
| Past | Current |
| Past | 19 | 22 |
| Current | 12 |

#### Trunk Extensor Strength
- HFZ for 14-year-old girls
  - Trunk Lift: 9 - 12 inches

| Trunk Lift ( in) |
| Past | Current |
| Past | 12 | 12 |
| Current | 12 |

#### Flexibility
- HFZ for 14-year-old girls
  - Sit & Reach: ≥ 10 inches on both left & right legs

| Flexibility |
| Left | Right |
| 12 in. | 12 in. |

Your abdominal, trunk, and upper-body strength are all in the Healthy Fitness Zone. To maintain your fitness, be sure that your strength-training activities include exercises for all of these areas. Strength activities should be done at least 3 days per week.

Your flexibility is in the Healthy Fitness Zone. Maintain your flexibility by performing stretching exercises and some weight-bearing activity (e.g. running, hopping, jumping or dancing) at least 3 days each week to ensure good bone health.
FitnessGram Overview Report

State:
CALIFORNIA DEPT OF EDUCATION

Report Date:
11/4/2015

Graph:

- Aerobic Capacity: 44% (Boys), 40% (Girls), 60% (Total)
- Body Composition: 80% (Boys), 82% (Girls), 100% (Total)
- Upper Body Strength Endurance: 100% (Boys), 86% (Girls), 100% (Total)
- Abdominal Strength Endurance: 50% (Boys), 43% (Girls), 50% (Total)
- Trunk Extensor Strength: 33% (Boys), 25% (Girls), 33% (Total)
- Flexibility: 60% (Boys), 57% (Girls), 60% (Total)

Table:

<table>
<thead>
<tr>
<th>Test</th>
<th>Boys Completed</th>
<th># Boys In HFZ</th>
<th>% Boys In HFZ</th>
<th># Girls Completed</th>
<th>% Girls In HFZ</th>
<th># Students Completed</th>
<th>% Students In HFZ</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic Capacity</td>
<td>1</td>
<td>0</td>
<td>0%</td>
<td>9</td>
<td>44%</td>
<td>10</td>
<td>40%</td>
</tr>
<tr>
<td>Body Composition</td>
<td>1</td>
<td>1</td>
<td>100%</td>
<td>10</td>
<td>80%</td>
<td>11</td>
<td>82%</td>
</tr>
</tbody>
</table>
## FitnessGram Percentage Tested Report (State)

**State**
CALIFORNIA DEPT OF EDUCATION

<table>
<thead>
<tr>
<th>District</th>
<th>Total Students Assessed</th>
<th># Students* Permanently Exempted</th>
<th># Students Eligible</th>
<th># Students Incomplete</th>
<th># Students Completed</th>
<th>% Students Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salinas Union High School District</td>
<td>423</td>
<td>0</td>
<td>423</td>
<td>407</td>
<td>16</td>
<td>3.7%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>423</strong></td>
<td><strong>0</strong></td>
<td><strong>423</strong></td>
<td><strong>407</strong></td>
<td><strong>16</strong></td>
<td><strong>3.7%</strong></td>
</tr>
</tbody>
</table>

*Number of students who permanently exempted from all FitnessGram tests. Partially exempted students are not included.
# FitnessGram Statistics Report

**State:**
CALIFORNIA DEPT OF EDUCATION

**Report Date:**
11/4/2015

## 20m Pacer - Male

<table>
<thead>
<tr>
<th>Age</th>
<th>Count</th>
<th># in HFZ</th>
<th>% in HFZ</th>
<th>Average VO2 Max (ml/kg/min)</th>
<th>Standard Deviation</th>
<th>Minimum VO2 Max (ml/kg/min)</th>
<th>Maximum VO2 Max (ml/kg/min)</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 or above</td>
<td>1</td>
<td>0</td>
<td>0.00 %</td>
<td>33.40</td>
<td></td>
<td>33.40</td>
<td>33.40</td>
</tr>
</tbody>
</table>

Aerobic capacity for the 20m Pacer is calculated for lap count scores from 1 - 190.

## 20m Pacer - Female

<table>
<thead>
<tr>
<th>Age</th>
<th>Count</th>
<th># in HFZ</th>
<th>% in HFZ</th>
<th>Average VO2 Max (ml/kg/min)</th>
<th>Standard Deviation</th>
<th>Minimum VO2 Max (ml/kg/min)</th>
<th>Maximum VO2 Max (ml/kg/min)</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>1</td>
<td>1</td>
<td>100.00 %</td>
<td>40.80</td>
<td></td>
<td>40.80</td>
<td>40.80</td>
</tr>
<tr>
<td>18 or above</td>
<td>6</td>
<td>0</td>
<td>0.00 %</td>
<td>34.70</td>
<td>2.06</td>
<td>30.70</td>
<td>36.00</td>
</tr>
</tbody>
</table>

Aerobic capacity for the 20m Pacer is calculated for lap count scores from 1 - 190.
Advocacy at The Cooper Institute

• Cooper Institute has a history of working with stakeholders and partners to protect and preserve physical education in our public schools.

• We need your help to continue preserving FitnessGram and Physical Education – not only in your state but across the country.

• Join us by visiting www.cooperinstitute.org to join our Advocacy efforts and learn more about the work we are doing to continue advancing public health.
Thank You!

Katelin Anderson
Director of FitnessGram
kanderson@cooperinst.com

www.FitnessGram.net