

Executive Summary

Prepared for Board of Trustees Meeting

August 26, 2008

Physical Fitness Assessment Initiative/Fitness Gram

Board Goal

4 (d) *Parent and Community Involvement* - provide support services and promote health, wellness and safety for students and families

Purpose of Report

The workshop report gives an overview of the Physical Fitness Assessment Initiative that was administered using the Fitness Gram during the 2007-08 school year for students in grades 3-12.

Objectives

- The PFAI's objective is to measure the physical fitness of students in grades 3-12.
- The Fitness Gram is the electronic tool provided to school districts for reporting data to TEA so that individual student and district reports can be generated.
- Analysis of reports may be used to determine relationships between student academic achievement, attendance, obesity, disciplinary problems, and school meal programs.

Operational Impact

The operational impact of administering the fitness gram included:

- training of many teachers in elementary, middle school, and high school in delivering the assessment as well as the collection of the data;
- developing forms for collecting data;
- training of the technicians to upload the district data to TEA; and,
- scheduling not only the students in PE credit courses, but all other students.

Results

TEA has provided the results for students from the State of Texas and Denton ISD. The data are disaggregated by gender, age, and percentage of students meeting the various Healthy Fitness Zones reached. The results may be used by school systems for varying purposes. Reports are also available to parents.