



NEWS

Texas
Education
Agency

1701 NORTH CONGRESS AVENUE

AUSTIN, TEXAS 78701-1494

(512) 463-9000

<http://www.tea.state.tx.us/comm/page1.html>

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Texas tests fitness of 2.6 million students; finds elementary students are in best shape

AUSTIN – A groundbreaking physical fitness assessment of almost 2.6 million Texas students in grades 3-12 found that elementary-age children are the most physically fit.

Fitness levels decline with each passing grade level. This corresponds with decreasing emphasis on physical education in upper grades.

Commissioner of Education Robert Scott said, “I appreciate the participation of school districts across Texas in completing this six-part fitness assessment. While the results may not be what we would have liked, the FITNESSGRAM® gives districts the opportunity to work with parents to create a healthy lifestyle for every child.”

Schools used the FITNESSGRAM®, created by The Cooper Institute of Dallas, to test students this spring. The assessment measures body composition, aerobic capacity, strength, endurance and flexibility. Texas is the first state to order a comprehensive physical assessment of its students.

In the FITNESSGRAM® program, students are considered to be in the “Healthy Fitness Zone” if they achieve certain levels on six tests, with performance targets tied to a student’s age and gender. The tests include activities such as a one-mile run, curl ups, push-ups, trunk lift, shoulder stretches and a skin fold test.

During the program’s first year, 2.6 million of the almost 3.4 million students in grades 3-12 were tested.

Preliminary results, which are attached, show that about 32 percent of third-grade girls and almost 28 percent of third-grade boys reached the “Healthy Fitness Zone.”

By seventh grade, only 21 percent of the girls and 17 percent of the boys still met this achievement level. By 12th grade, just 8 percent of the girls and about 9 percent of the boys met the health standards in all six tests.

Families may obtain a copy of their child’s FITNESSGRAM® report from their local school.

Sen. Jane Nelson, R-Flower Mound, who authored SB530 which instituted the physical fitness assessment, said “We need to get back to the basics of ensuring the health of our children by promoting nutrition, fitness and overall health in our public schools.”

Dr. Kenneth Cooper, known as the “father of aerobics” and the founder of The Cooper Institute located at the Cooper Aerobics Center in Dallas, said, “I hope these results shock the state into reality and into action. We must immunize children against obesity while in elementary school so that as they age they are more likely to stay healthy and fit. By the time students graduate, they should be ready mentally and physically to achieve their dreams. We

have an incredible opportunity and responsibility before us to improve the health of Texas children ”

A 2007 report from Trust for America’s Health found that Texas ranked sixth among states with the highest obesity rate for children ages 10-17. The report found that 19.1 percent of Texas children in this age group were considered obese. Ranked number 1 was the District of Columbia with an obesity rate of 22.8 percent.

The Centers for Disease Control and Prevention in 2003 reported a dramatic rise in overweight children. Between 1963-1970, 4.6 percent of children ages 12-19 were considered overweight. By 1999-2000, that percentage had mushroomed to 15.5 percent.

Inactive, overweight children tend to maintain that pattern into adulthood.

The Texas comptroller of public accounts found that Texas businesses spent an estimated \$3.3 billion in 2005 on costs related to obesity. These costs included disability coverage, lower productivity, absenteeism and health care.

Recognizing this growing problem, Nelson has introduced bills promoting health and fitness each year since 2001.

Nelson said, “We can’t allow an entire generation to grow up and live shorter lives than the previous generation. If we want our children to get serious about fitness, we need to get serious about making it a priority issue.”

SB530 by Nelson and state Rep. Rob Eissler, R-The Woodlands was passed during the 2007 legislative session. It not only mandates a physical fitness assessment but it also requires “moderate or vigorous” physical activity for students in kindergarten through fifth grade. Students in sixth through eighth grade, beginning this fall, will be required to participate in physical activity for at least four of six semesters

No state funds were spent on this statewide physical fitness assessment. About \$2.5 million in private funds was raised to cover the first two years of operation.

6/26/08

TEXAS YOUTH EVALUATION PROJECT (2008)

2,596,565 # Students

Grade	Total # of Students			FITNESSGRAM [®] Test (% Achieving Healthy Fitness Zone on all 6 tests)		
	Total	Girls	Boys	Total	Girls	Boys
3	327,946	160,929	167,017	98,101	32.09	27.64
4	320,123	157,232	162,891	76,917	27.4	20.36
5	314,035	154,865	159,170	64,050	23.03	17.29
6	292,849	144,379	148,470	58,788	22.59	17.1
7	281,334	138,295	143,039	53,975	20.93	16.93
8	259,102	126,185	132,917	47,751	18.7	17.55
9	263,517	126,607	136,910	37,516	13.4	14.4
10	212,562	103,453	109,109	27,222	11.94	13.12
11	178,583	87,778	90,805	20,055	10.25	11.71
12	146,514	72,816	73,698	12,327	7.82	8.56

% of Districts submitting data: 83.66%

% of Campus submitting data: 70.32%

FITNESSGRAM® Tests
Six Recommended Tests Are Bolded

AEROBIC CAPACITY

- 1) **PACER** (Progressive Aerobic Cardiovascular Endurance Run) – Set to music, a paced, 20-meter shuttle run increasing in intensity as time progresses

Or:

 - One-Mile Run – Students run (or walk if needed) one mile as fast as they can
 - Walk Test – Students walk one mile as fast as they can (for ages 13 or above since the test has only been validated for this age group)

BODY COMPOSITION

- 2) **Skin Fold Test** – Measuring percent body fat by testing the tricep and calf areas

Or:

 - Body Mass Index – Calculated from height and weight

MUSCULAR STRENGTH AND ENDURANCE

- 3) **Curl Up** – Measuring abdominal strength and endurance, students lie down with knees bent and feet unanchored. Set to a specified pace, students complete as many repetitions as possible to a maximum of 75
- 4) **Trunk Lift** – Measuring trunk extensor strength, students lie face down and slowly raise their upper body long enough for the tester to measure the distance between the floor and the student's chin
- 5) **Push-Up** – Measuring upper body strength and endurance, students lower body to a 90-degree elbow angle and push up. Set to a specified pace, students complete as many repetitions as possible

Or:

 - Modified Pull-Up (proper equipment required) – With hands on a low bar, legs straight and feet touching the ground, students pull up as many repetitions as possible
 - Flexed Arm Hang – Students hang their chin above a bar as long as possible

FLEXIBILITY

- 6) **Back-Saver Sit and Reach** – Testing one leg at a time, students sit with one knee bent and one leg straight against a box and reach forward

Or:

 - Shoulder Stretch – With one arm over the shoulder and one arm tucked under behind the back, students try to touch their fingers and then alternate arms

Criteria for Passing the Fitnessgram

8 year old girls

Pacer = Participation

Curl-up = 6-20 Repetitions

Trunk Lift = 6-12 inches

Push-up = 5-13 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 16.20-22.00

9 year old girls

Pacer = Participation

Curl-up = 9-22 Repetitions

Trunk Lift = 6-12 inches

Push-up = 6-15 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 13.50-23.00

10 year old girls

Pacer = 7-41

Curl-up = 12-26 Repetitions

Trunk Lift = 9-12 inches

Push-up = 7-15 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 13.70-23.50

11 year old girls

Pacer = 15-41

Curl-up = 15-29 Repetitions

Trunk Lift = 9-12 inches

Push-up = 7-15 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 14.00-24.00

8 year old boys

Pacer = Participation

Curl-up = 6-20 Repetitions

Trunk Lift = 6-12 inches

Push-up = 5-13 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 15.10-20.00

9 year old boys

Pacer = 15-51

Curl-up = 9-24 Repetitions

Trunk Lift = 6-12 inches

~~Push-up = 6-15 Repetitions~~

Shoulder Stretch = Yes on R&L

Body Mass Index = 13.70-20.00

10 year old boys

Pacer = 23-61

Curl-up = 12-24 Repetitions

Trunk Lift = 9-12 inches

Push-up = 7-20 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 14.00-21.00

11 year old boys

Pacer = 23-72

Curl-up = 15-28 Repetitions

Trunk Lift = 9-12 inches

Push-up = 8-20 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 14.30-21.00

12 year old boys

Pacer = 32-72

Curl-up = 18-36 Repetitions

Trunk Lift = 9-12 inches

Push-up = 10-20 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 14.60-22.00

12 year old Girls

Pacer = 15-41

Curl-up = 18-32 Repetitions

Trunk Lift = 9-12 Inches

Push-up = 7-15 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 14.5-24.5

13 year old Girls

Pacer = 23-51

Curl-up = 18-35 Repetitions

Trunk Lift = 9-12 Inches

Push-up = 7-15 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 14.9-24.5

14 year old Girls

Pacer = 23-51

Curl-up = 18-35 Repetitions

Trunk Lift = 9-12 Inches

Push-up = 7-15 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 15.4-25

15 year old Girls

Pacer = 32-51

Curl-up = 18-35 Repetitions

Trunk Lift = 9-12 Inches

Push-up = 7-15 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 16-2

16 year old Girls

Pacer = 32-61

Curl-up = 18-35 Repetitions

Trunk Lift = 9-12 Inches

Push-up = 7-15 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 16.4-25

17 year old Girls

Pacer = 41-61

Curl-up = 18-35 Repetitions

Trunk Lift = 9-12 Inches

Push-up = 7-15 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 16.8-26

18 year old Girls

Pacer = 41-72

Curl-up = 18-35 Repetitions

Trunk Lift = 9-12 Inches

Push-up = 7-15 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 17.2-27.3

13 year old Boys

Pacer = 41-83

Curl-up = 21-40 Repetitions

Trunk Lift = 9-12 Inches

Push-up = 12-25 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 15.1-23

14 year old Boys

Pacer = 41-83

Curl-up = 24-45 Repetitions

Trunk Lift = 9-12 Inches

Push-up = 14-30 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 15.6-24.5

15 year old Boys

Pacer = 51-94

Curl-up = 24-47 Repetitions

Trunk Lift = 9-12 Inches

Push-up = 16-35 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 16.2-25

16 year old Boys

Pacer = 61-94

Curl-up = 24-47 Repetitions

Trunk Lift = 9-12 Inches

Push-up = 18-35 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 16.6-26.5

17 year old Boys

Pacer = 61-106

Curl-up = 24-47 Repetitions

Trunk Lift = 9-12 Inches

Push-up = 18-35 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 16.6-26.5

18 year old Boys

Pacer = 72-106

Curl-up = 24-47 Repetitions

Trunk Lift = 9-12 Inches

Push-up = 18-35 Repetitions

Shoulder Stretch = Yes on R&L

Body Mass Index = 17.8-27.8

COMPARING RESULTS TO FITNESSGRAM

4th Grade

Total # of students = 39

Total # of boys = 23

Total # of girls = 16

Boys

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
26%	20%	+6

Girls

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
38%	27%	+11

Total Percentage Passed = 31%

3rd Grade

Total # of students = 47

Total # of boys = 25

Total # of girls = 22

Boys

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
16%	27%	-11

Girls

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
23%	32%	-9

Total Percentage Passed = 19%

5th Grade

Total # of students = 43

Total # of boys = 23

Total # of girls = 20

Boys

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
15%	17%	-4%

Girls

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
20%	23%	+3%

Total Percentage Passed = 16%

6th Grade

Total # of students = 52

Total # of boys = 29

Total # of girls = 23

Boys

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
21%	17%	+4%

Girls

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
13%	23%	-10%

Total Percentage Passed = 17%

7th Grade

Total # of students = 48

Total # of boys = 25

Total # of girls = 23

Boys

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
8%	17%	-9%

Girls

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
26%	21%	+5%

Total Percentage Passed = 17%

8th Grade

Total # of students = 29

Total # of boys = 17

Total # of girls = 12

Boys

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
29%	18%	+9%

Girls

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
25%	19%	+6%

Total Percentage Passed = 28%

9th Grade

Total # of students = 54

Total # of boys = 26

Total # of girls = 28

Boys

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
15%	14%	+1%

Girls

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
18%	13%	+5%

Total Percentage Passed = 17%

10th Grade

Total # of students = 40

Total # of boys = 22

Total # of girls = 18

Boys

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
5%	13%	-8%

Girls

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
28%	12%	+16%

Total Percentage Passed = 15%

11th Grade

Total # of students = 23

Total # of boys = 10

Total # of girls = 13

Boys

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
0%	12%	-12%

Girls

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
15%	10%	+5%

Total Percentage Passed = 9%

12th Grade

Total # of students = 10

Total # of boys = 4

Total # of girls = 6

Boys

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
0%	9%	-9%

Girls

<u>Brackett</u>	<u>State</u>	<u>Difference</u>
17%	8%	+9%

Total Percentage Passed = 10%