

Physical Fitness Assessment Initiative Update



**BOARD WORKSHOP REPORT
AUGUST 26, 2008**

PE Coordinators for Denton ISD



- **Elementary PE Coordinator**
Kim Crane – Hodge Elementary
- **Middle School PE Coordinator**
Cathy Webb – Strickland MS
- **High School PE Coordinator**
Beki Garcia – Ryan HS

Physical Fitness Assessment Initiative



- Assessment was mandated by SB530 from the 2007 legislative session.
- Also mandates “moderate or vigorous” physical activity for students in kindergarten through fifth grade
- Students in 6th – 8th grade, beginning this fall, will be required to participate in physical activity for at least four of six semesters

Fitness Gram



- A computerized tool created by the Cooper Institute used to perform physical activity and assessments on K-12 students
- Uses **Healthy Fitness Zones (HFZ)**—criterion referenced standards that have been carefully established based on research for each age and gender by The Cooper Institute Scientific Advisory Board
- Can track student fitness over the education lifecycle of the student

Fitness Gram



- Allows school districts to track fitness
- May use as pre-test, post-test
- Reporting to parents
- Produces an individualized report card with summaries of performance and suggestions for promoting fitness
- TEA will study results to determine if a relationship exists between student academic achievement, attendance, obesity, disciplinary problems, and school meal programs

Fitness Gram Details



Of 3.4 million Texas students in grades 3-12, 2.6 million were tested (76%)

Of 14,522 DISD students in grades 3-12, 10,521 were tested (72.4%)

No state funds were spent on the assessment, about \$2.5 million in private funds used to cover the first two years

Measures:

- Body composition

- Aerobic capacity

- Strength

- Endurance

- Flexibility

Fitness Gram Assessment Items



See Attachment

Aerobic Capacity (select one)

PACER test

One-mile walk/run

Walk test (ages 13 or greater)

Body Composition (select one)

Percent body fat

Body mass index

Fitness Gram Assessment Items



Strength, Endurance, and Flexibility

Abdominal strength and endurance

Trunk extensor strength and endurance

Upper body strength and endurance

Flexibility

Fitness Gram Implementation



Administered to students through their PE courses, Athletics, Band, Cheerleading, etc.

Other students were scheduled at other times to ensure the opportunity to assess all students in grades 3-12

UNT Partnership at the Middle School level

Dr. Trent Petrie

Director, Center for Sport Psychology

Fitness Gram Results



- **Texas Results**

See Attachment

- **Denton ISD Results**

See Attachment



Questions or Clarifications?