

Fitnessgram Testing Best Practices

Fitness Testing can sometimes be a topic of concern for many parents. Because AISD's PE teachers want to be sensitive to parents' concerns, we will do our best to ensure that all students feel safe and have the knowledge to understand why testing is being done in the first place.

PE teachers are encouraged to talk to their students about fitness in general terms as well as the specifics of each test and what each test measures. Teachers should cover the components of fitness during the beginning of their year unit and throughout the year to allow students to practice applying their fitness knowledge and skills.

The Texas Education Code ([Sections 38.101 and 38.103](#)) requires that fitness levels of all students in grades 3-12, and enrolled in any type of physical education course, be assessed at least once annually. The assessment itself is required to include a measurement of aerobic capacity, body composition, and muscular strength, endurance, and flexibility. Student data is entered into the AISD's Fitness Tracking program so data can be used for district and statewide reporting purposes. AISD students will be provided a diagnostic and final assessment. More information can be found on the [TEA website](#).

The Body Mass Index (BMI) assessment is one of the required six assessments. The BMI assessment consists of measuring the student's height and weight. The data is entered into the district Tracking System which uses a standardized calculation to determine an overall score. Teachers will talk to their students about this assessment and assess their students in a setting that is away from other students in a safe environment. For privacy's sake, students being measured should face away from the scale. All fitness assessments are private. Students may request any score at a later time, in a private setting. Teachers will not announce any scores outloud for any assessment. More information regarding BMI can be found on the [Center of Disease Control website](#).

Additional information regarding Fitnessgram and assessments can be found at the [Fitnessgram, Cooper Institute website](#).

Students may be exempted from one or all Fitnessgram assessments based on a doctor's recommendation. Please see the [Restricted Physical Activity Report](#) form for more information.

Parents are also encouraged to talk with their PE teachers if they feel there are any concerns regarding these assessments that need to be discussed.