

Dear Parent/Guardian,

In accordance with [Texas Education Code §§38.101- 38.104](#), the Texas Education Agency requires school districts to measure children in grades 3-12 in a Physical Education (PE) class or PE substitution equivalent with the FITNESSGRAM. The FITNESSGRAM assessment measures your child's aerobic capacity, muscular strength & endurance, and flexibility. Additionally, your child's body composition is measured by the Body Mass Index (BMI), which is determined from your child's height and weight. AISD Physical Educators are expected to encourage students: to do their best, remind them to keep their results confidential, focus on their individual results to set personal goals, and respect each other. The goal for FITNESSGRAM is to educate students on their physical fitness levels and to support them to meet the [healthy fitness zone criteria](#) throughout their physical education experience.

On your child's test day, he/she should wear athletic shorts/pants, a t-shirt, socks and tennis shoes. If your child forgets proper testing attire, he/she will proceed with the fitness test in standard dress. Fitnessgram assessment dates are posted on the [Physical Education website](#). If you are interested in a copy of your child's results you can log into the AISD Parent Cloud and search for FITNESSGRAM or ask your child's Physical Education teacher.

**1. Why are the FITNESSGRAM assessments shared with students and parents?**

The FITNESSGRAM physical fitness assessment is not based on athletic ability, but on good health. No matter what career path a student picks, he/she will live a happier, more productive life if he/she is healthy—and physical fitness. FITNESSGRAM provides accurate and reliable information about your child's physical condition and how it can be maintained or improved.

**2. Can a student "fail" the Fitnessgram test?**

No. FITNESSGRAM is a tool to help determine a student's fitness needs and guides him/her in planning a personalized physical activity program. The test will not affect your child's grade in any way.

**3. Will the FITNESSGRAM scores be posted or be made public?**

No. FITNESSGRAM information is private. Your child will use this information to set individual fitness goals.

**4. Will FITNESSGRAM results be compared to other students?**

No. FITNESSGRAM uses Healthy Fitness Zones (HFZ) is to determine the student's overall physical fitness. HFZs are not based on class averages or any other peer comparisons. The standards are set specifically for boys and girls of different ages using the best available research. If a student's score falls within the HFZ, it means he/she has achieved the recommended level of fitness for his/her age. If the score falls below the HFZ, the student should engage in activities that will help improve his/her fitness levels.

**5. What are the Fitnessgram assessment items?**

There are six test items:

- 20 Meter PACER shuttle run (measures aerobic capacity)
- Push-ups (measures upper body muscular strength/endurance)
- Curl-ups (measures abdominal muscular strength/endurance)
- Back Saver Sit and Reach (measures flexibility)
- Trunk Lift (measures trunk extensor strength and flexibility)
- Body Mass Index (measures body composition: appropriateness of weight relative to height)

**6. What are the CDC Standards for body composition (BMI)?**

- Underweight is less than the 5th percentile
- Healthy weight is 5th percentile to less than the 85th percentile
- Overweight is 85th percentile to less than the 95th percentile
- Obese is equal to or greater than the 95th percentile
  - For more information regarding BMI: <https://www.cdc.gov/healthyweight/bmi/calculator.html>

Please contact your child's physical educator for more information regarding the FITNESSGRAM assessments or visit the Cooper Institute website at <http://www.cooperinstitute.org/fitnessgram/components>. You may also contact Michele Rusnak, Administrative Supervisor for Health & Physical Education at [michele.rusnak@austinisd.org](mailto:michele.rusnak@austinisd.org)

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