

# FITNESSGRAM



**FITNESSGRAM** was developed by The Cooper Institute in an effort to provide physical educators with a tool that would facilitate communicating fitness testing results to students and to parents. The assessment measures three components of health-related physical fitness that have been identified as important to overall health and function - aerobic capacity; body composition; & muscular strength, endurance, and flexibility.



“Issy”

**FITNESSGRAM** enables teachers to promote awareness about the importance of physical activity and fitness, assess the fitness and activity levels of children in grades K-12, and help them develop patterns of lifelong, health-promoting physical activity. Teachers will be able to print out a FITNESSGRAM parent report for each student that explains in non-technical terms why physical activity is important and how regular physical activity leads to improved health and fitness. The FITNESSGRAM report is a tangible reminder of what students learn in class.

## EVALUATIONS/ASSESSMENT TEACHERS & STUDENTS

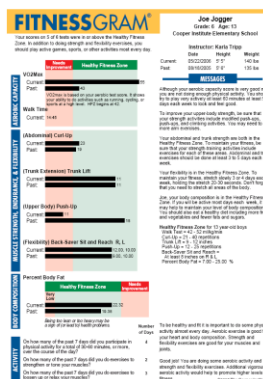
We have designed very ambitious goals into our evaluation system. Besides collecting FITNESSGRAM test scores our “Teacher Survey” will give us information about the effectiveness of the SPARK curriculum. There are many variables that will impact those results, i.e., minutes of physical education/week, number of students/class, available equipment, facilities, teacher skills, attitudes and behavior. From our “Student Surveys” we will measure: knowledge of movement and nutrition; movement and manipulative skills; attitudes toward physical education and physical activity; behaviors regarding social skills, physical activity, nutrition, physical fitness and school behavior; and fruit and vegetable intake.



Our data are received by the [NC State Center for Health Statistics](#) for analysis. Students’ scores will be tracked for at least three years, maybe more. **No individual student data will be shared.** Throughout the life of the program, aggregated reports will be available to all interested parties including our state legislators. *We hope these data will assist them as they make decisions regarding the impact of physical education on obesity in North Carolina.*



(<http://www.fitnessgram.net/home/>)



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