

Fitness Gram Testing Information

Fitnessgram (FG) is a fitness assessment and reporting program for youth.

The assessment includes a variety of health-related physical fitness tests that assess aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition. Scores from these assessments are compared to Healthy Fitness Zone® standards to determine students' overall physical fitness and suggest areas for improvement when appropriate.

The Healthy Fitness Zone standards are not based on class averages or any other peer comparisons. They are **criterion-referenced standards** that are based on levels of fitness needed for good health. The standards are set specifically for boys and girls of various ages using the best available research.

FITNESSGRAM Requirements

In compliance with Senate Bill 530, all grades 3-12 students in Texas must take the FITNESSGRAM fitness assessment. This law went into effect for the 2007-2008 school year. The assessment is not based on athletic ability, but on good health. This is not a “pass or fail” test. FITNESSGRAM is a tool to help determine needs and serve as a guide for planning a personalized physical activity program. The test will not affect grades in any way.

The information gathered will be sent to the Texas Education Agency, which will release a report with District and campus results. No individual scores will be made public, but scores will be available to parents who file a written request. Alief Independent School District believes that providing health-related fitness information will lead toward a healthier lifestyle. A healthy student is better prepared to learn and perform, in all aspects of life.

Contact the physical education teacher on your campus, or go to <http://www.fitnessgram.net/texas> for more information.

If you would like to see your child's fitness scores, please make a request in writing.