

Blanco ISD
Physical Education
FITNESSGRAM Information

Fall 2008

Senate Bill 530, signed into law in 2007, requires that kindergarten through eighth graders must participate in physical activity and requires a physical fitness assessment for all students in grades 3-12. FITNESSGRAM is the assessment tool identified by Texas Education Agency that will be used by all districts throughout the state. FITNESSGRAM is a health-related fitness assessment developed by The Cooper Institute for Aerobic Research and is a research-based criterion referenced test.

Blanco ISD considers FITNESSGRAM a quality assessment for three reasons:

1. FITNESSGRAM establishes a baseline of healthy fitness zone from which students can set goals and check their progress (non-competitive) to plan for lifelong physical activity and to maintain and improve their fitness level. Health-related fitness assessment measures students' cardio-respiratory fitness, muscular strength and endurance, flexibility, and body composition.
2. FITNESSGRAM provides recommended activity program options that will help students reach healthy fitness zones in those areas where they need to improve.
3. FITNESSGRAM does not place an emphasis on skill or sports-related fitness such as an individual's ability to throw a softball. It does not compare students to other students.

FITNESSGRAM tests all students regardless of age, gender, or ability. Students are encouraged to be self-aware of health-related fitness and take responsibility by setting personal fitness goals. When students focus on the process of doing their personal best, a more positive lifelong impact is achieved.

All Blanco ISD students in grades 3-12 are tested twice a year.

Parents can request in writing their child's physical fitness assessment results at the end of the school year.

To learn more about FITNESSGRAM visit any of these websites:

<http://www.humankinetics.com/>

<http://www.tahperd.org/>

<http://www.aahperd.org/>