



## Understanding the FITNESSGRAM (A new way to measure Physical Fitness)

January 1, 2010

Dear Parent/Guardian,

Students across Greenville County will demonstrate their health-related fitness with a new fitness test and reporting system this year. With the passage of the South Carolina Student Health and Fitness Act of 2005, *an individual student's fitness status must be reported to his/her parent or guardian during a student's fifth grade, eighth grade, and high school physical education courses.* The Greenville County School District has adopted the FITNESSGRAM as the assessment and computerized reporting system. FITNESSGRAM promotes parental awareness of children's fitness levels and provides an effective way for physical education teachers to report the results of physical fitness assessments.

FITNESSGRAM is a series of tests that are used to measure five areas of fitness:

- 1) *Cardiovascular endurance*-measured by the number of laps in **PACER** running;
- 2) *Muscular strength*-measured by the number of correctly performed **push-ups**;
- 3) *Muscular endurance*-measured by the number of correctly performed **curl-ups**;
- 4) *Flexibility*-measured by the distance reached in the **sit & reach** stretch;
- 5) *Body composition* measured by a height and weight ratio called **Body Mass Index**.

FITNESSGRAM uses criterion-referenced standards, called Healthy Fitness Zones, rather than national averages, to evaluate fitness performance. These standards are age and gender specific and based on how fit children need to be to have good health and thereby be protected against conditions that result from inactivity or sedentary living. FITNESSGRAM reports also provide physical activity recommendations that will help students improve fitness in each of the component areas. A "FITNESSGRAM Standards for Healthy Fitness Zone" chart is posted on the wall near the multipurpose room/gym.

Greenville County Schools are committed to quality physical education programs. Fitness education and assessment is characteristic of quality physical education and is part of an ongoing process for helping students learn to assess their fitness levels, set goals for improvement, and monitor progress in reaching their goals. Physical education is one avenue to help students achieve and enjoy good health and well-being, and to learn the skills to be active for a lifetime.

For more information about FITNESSGRAM, visit the Greenville County Schools website at [www.greenville.k12.sc.us](http://www.greenville.k12.sc.us). If you have specific questions about your child's report, please feel free to contact me.

Sincerely,

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