

# **Comal ISD Physical Education FITNESSGRAM Information**

Senate Bill 530 requires, beginning with the 2007-2008 school year, that the FITNESSGRAM physical fitness assessment be administered to all students in grades 3-12. FITNESSGRAM is a health-related fitness assessment developed by The Cooper Institute for Aerobic Research and is a research-based criterion referenced test.

Comal 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. Your child will complete the FITNESSGRAM for the first time this spring 2008 at their campus. This is a great opportunity for your student to understand their health and fitness level. 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/>

Or, call Rene Schafer, Comal ISD's Physical Education Instructional Specialist, at 830.221.2071.