

Reviewing the FitnessGram Student Report

FitnessGram® offers multiple tests to assess **aerobic capacity, body composition, muscular strength, muscular endurance and flexibility**. Students are encouraged to participate to the best of their ability. A confidential FitnessGram report is generated by your child's Physical Education teacher. The report includes your child's scores and personalized information about whether or not he/she achieved the **Healthy Fitness Zone®**. The Healthy Fitness Zone represents the level of fitness needed for good overall health.

The use of health-related criteria (a.k.a. criterion-referenced standards) helps to minimize comparisons between children and to emphasize personal fitness for health. Below you will find a brief outline of the assessment components:

Aerobic capacity describes the body's ability to take in, transport, and use oxygen during exercise.

- Scores are reported as estimates of VO₂max (maximum oxygen intake). Higher VO₂max scores reflect a greater ability to take in and use oxygen.
- Good aerobic capacity has been shown to **reduce the risk** of high blood pressure, coronary heart disease, obesity, diabetes, metabolic syndrome, and some forms of cancer.

Body Composition describes what part of total body weight is fat and what part is fat free.

- Helps to track the risk for obesity and heart disease and can be influenced by many factors.
- **Body Mass Index** is a commonly used index that provides an estimate of the appropriateness of a person's weight in relation to his or her height. A limitation is that BMI does not take muscle mass into account so some children with high levels of muscle mass may receive a score indicating that they are "overweight" or in the Needs Improvement Zone when, in fact their body composition is healthy. The reverse can occur where a child can have a high level of fat and still achieve the Healthy Fitness Zone.

Muscular Strength, Endurance and Flexibility help to determine the functional health status of the musculoskeletal system.

- **Muscular Strength** is the maximal force your muscles can exert in a single effort.
- **Muscular Endurance** is the ability to sustain or repeat muscular activity over time.
- **Flexibility** is the range of motion of muscles at the joint.

FitnessGram classifies fitness levels using the **Healthy Fitness Zone** and the **Needs Improvement (NI) Zone**; however, for aerobic capacity and body composition two distinct NI zones are used to make further distinctions in fitness as well as **Very Lean** for body composition.

- **Healthy Fitness Zone** – your child is considered to have sufficient fitness for good health
- **Needs Improvement (NI) Zone** – if your child continues to track at this level there is *potential* for future health risk(s)
- **Needs Improvement—Health Risk** - if your child continues to track at this level there is a clear potential (**a more probable risk**) for future health risk(s)
- **Very Lean** - there is concern about healthy eating and activity. While there are children who are naturally very lean, there can be health risks with being too lean.

The US Department of Health and Human Services recommends that children should be active 60 minutes a day and the majority of that activity should come from moderate to vigorous activity.

For more information regarding the FitnessGram assessment, please refer to www.fitnessgram.net or direct questions to your child's Physical Education teacher.