



WEST ORANGE – COVE CISD

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The Home of CHAMPIONS!

Fitnessgram Results Aid Students in Developing Healthy Lifestyles

West Orange – Cove students will be participating in the fitness testing that the State of Texas mandated through Senate Sill 530 requiring all students to participate in fitness testing, and requiring a summary of testing data collected from grades 3 through 12 to be submitted to the Texas Education Agency beginning with the 2007-2008 school year. While training teachers in using the test and conducting the testing for all children is challenging, the proposed new rule will benefit the public and students by increasing public awareness of quality physical education programs and emphasizing the importance of community and school based support of school health programming, physical activity, and health educational programs,

West Orange – Cove students will receive their results upon the completion of the physical fitness test. Parents who have questions regarding their child's participation in the *Fitnessgram* or the test results, may contact their child's physical education teacher,

Parental involvement is very important in shaping children's physical activity and dietary habits. These results will help to strengthen the physical activity and health educational programs and also help to ensure health improvement among the student population including a gradual reduction in childhood obesity and Type II diabetes. Families can use the data to assist in incorporating health-related fitness activities and healthy lifestyles.

The state selected *Fitnessgram* as the fitness test to be used, which is a health related fitness assessment developed by the Cooper Institute over twenty years ago to provide physical educators with a tool that would facilitate communicating fitness testing results to students and to parents. The assessment evaluates five different parts of health-related fitness, including aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition. The PACER, body mass index, flexed arm hang, curl-ups, trunk lift, sit-and-reach, and the shoulder stretch are the specific tests to be administered to West Orange – Cove students. Modifications will be made for students with special needs.

Each of the test items was selected to assess important aspects of a student's health related fitness, not skill or agility. Students are compared not to each other, but to health fitness standards, carefully established for each age and gender, that indicates good health.

Two levels have been established to evaluate and report student performance for each fitness area of the Fitnessgram: first, in the Healthy Fitness Zone (HFZ) and second, needs improvement (i.e. not in the HFZ). The desired performance standard of each test is the HEZ, which represents a level of fitness that offers some protection against the diseases resulting from physical inactivity.

The *Fitnessgram* will be administered annually to all students at each campus and all testing will be completed by the last class day of the school year.