

Dear Brazos Bend Parents,

We are starting our introduction of Fitnessgram, which is a state-mandated test that all students in Texas take from 3rd to 12th grade. Below is a little more information about Fitnessgram and descriptions of the actual tests we will conduct with your students. (Fitnessgram does not affect your child's PE grade)

What is FITNESSGRAM?

FITNESSGRAM is the national fitness assessment and reporting program for youth. The assessment was developed by The Cooper Institute in response to the needs in physical education programs for a comprehensive assessment protocol. The assessment includes a variety of health-related physical fitness tests designed to assess cardiovascular fitness, muscle strength, muscular endurance, flexibility, and body composition. Criterion-referenced standards associated with good health have been established for children and youth for each of the health-related fitness components.

In Fort Bend ISD, the elementary students take a series of 5 tests: curl-up, trunk lift, flexed-arm hang, shoulder stretch (which measures muscular strength, endurance and flexibility), and pacer test (which measures aerobic capacity). Our school nurse measures body composition by using Body Mass Index (measures the appropriateness of weight relative to height) and recording the actual heights and weights.

We teach our students the importance of doing exercises daily to make our bodies stronger. I tell them, just like you read every day to become a better reader, we need to exercise each day including strengthening exercises like our curl-ups and push-ups to improve each year on our Fitnessgram tests.

If your child likes to have the audio along with their exercises, iTunes does have the Fitnessgram that can be downloaded for a small fee.

FITNESSGRAM TESTS

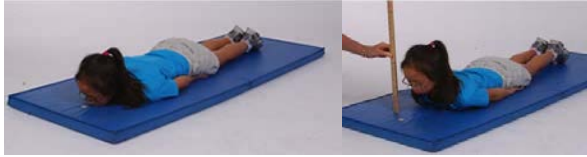
CURL-UPS

The objective is to do up to 75 curl-ups to a specified cadence (three seconds per repetition). Student lies on the mat on his/her back, knees bent at an angle of approximately 140°, feet flat on the floor, legs slightly apart, arms straight and parallel to the trunk with palms of hands resting on the mat. The fingers are stretched out and the head is in contact with the mat. Student curls up and moves the fingertips from one side of the measuring strip to the other (3.0 inches or 4.5 inches). Head must touch the mat at the end of each curl-up.



TRUNK LIFT

The strength of the muscles in the back and the flexibility of the back are tested with the trunk lift. Keeping head in a neutral position, the student lies on the stomach and lifts the head and shoulders off the floor. The distance from the floor to the chin is measured. 12 inches is the highest score allowed.



FLEXED ARM HANG

The objective is to hang with the chin above the bar for as many seconds as possible. The student grasps the bar with an overhand grip (palms facing away).



SHOULDER STRETCH

The Shoulder Stretch is a simple test of upper arm and shoulder girdle flexibility intended to parallel the strength/endurance assessment of that part of the body. The objective is to touch the fingertips together behind the back by reaching over the shoulder and under the elbow.



PACER

The PACER uses a recorded pace and the student runs back and forth between two points that are 20 meters apart (a 15 meter version is available for elementary schools with smaller gymnasiums). The objective is to get from one point to the other before the recorded “beep” sounds. The recording of beeps also has music in the back ground. The PACER is progressive in intensity – it starts easy and gradually gets harder. When the student can no longer complete the distance in the time allowed, the test ends. The score is the number of completed laps.

If you have any questions please let me know.

Ms. Arreola

