

Winter 2009

Dear Parent/Guardian,

Senate Bill 530 requires beginning with 2008-2009 school year, that the FITNESSGRAM physical fitness assessment be administered to all students in grade **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.

WISD considers FITNESSGRAM a quality assessment for three reasons:

1. FITNESSGRAM establishes a baseline of a 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' aerobic capacity, muscular strength/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 speed measured by an individual's 40 yard dash time. 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.

You may request a copy of your child's physical fitness assessment by submitting a letter to your principal at the end of the school year. WISD believes by providing you and your child with this health-related fitness information, you can lead your child toward a healthy lifestyle. A healthy student is better prepared to learn and perform in all aspects of life.