Waxahachie ISD – FitnessGram Information

Background
The Texas Education Code (TEC 38.101) requires that all students in grades 3-12 be assessed once annually using the fitness assessment instrument identified by the commissioner of education. The tool selected, FITNESSGRAM, was provided to all school districts in Texas during the 2007-08 school year. The education code also requires schools to report their results to the Texas Education Agency, who, in turn, must analyze the results to identify any correlation between academic achievement levels, attendance rates, school meal program participation (based on socioeconomic status), and disciplinary problems.

Objectives
The FITNESSGRAM software enables schools to access and monitor fitness levels of the student body. Six fitness tests from the FITNESSGRAM battery were selected to assess three areas of physical fitness: body composition, aerobic capacity, and muscular strength, endurance, and flexibility.

The Process in Waxahachie ISD
After the school year is under way, student demographic information is loaded into the FITNESSGRAM software program. This data includes the student’s name, date of birth, grade level, gender, and ethnicity. Campus principals designate one or more FITNESSGRAM “coordinators” for their campuses, and a timeline for completion of all activities is developed. Each campus is given flexibility to choose age-appropriate assessments from the following options:

Aerobic Capacity (select one option)
- PACER (Progressive Aerobic Cardiovascular Endurance Run) test (set to music, a 20-meter shuttle run, increasing in intensity as time progresses)
- One-mile walk/run (students walk/run as fast as they can)
- Walk test (ages 13 or older) (students walk one mile as fast as they can)

Muscular Strength, Endurance and Flexibility (must do all four types, but may choose from the upper body strength/endurance and Flexibility categories)
- Abdominal strength and endurance (curl-up)
- Trunk extensor strength and endurance (trunk lift)
- Upper body strength and endurance (choose from push-up, modified pull-up, and flexed arm hang)
- Flexibility (choose from back-saver, sit-and-reach, and shoulder stretch)

Body Composition (select one option) – School nurses are responsible for measuring these:
- Percent body fat (calculated from triceps and calf skinfolds or entered from an alternative measuring device)
- Body Mass Index (calculated from height and weight)

After students have been assessed, their data is entered into the FITNESSGRAM software at the campus level. At the end of the assessment timeline, campus and student reports are generated and all student data is submitted to TEA. Copies of student reports are sent home with students, and should also be filed in their cumulative folders.