FITNESSGRAM/ACTIVITYGRAM
Overview
FITNESSGRAM/ACTIVITYGRAM
Version 8.0

A comprehensive, educational and promotional tool for fitness and activity assessment for children.
Health is available to Everyone for a Lifetime and it is Personal.
HEALTH comes from regular physical activity and the development of health related fitness. Physical activity and fitness are for EVERYONE regardless of age, gender, or ability. Physical activity and physical fitness are for the LIFETIME. Physical activity programs should be designed to meet PERSONAL needs and interests.
Regular physical activity will improve a child’s level of health- and skill-related fitness.
Health-Related Physical Fitness

- Aerobic Capacity
- Body composition
- Muscular strength
- Muscular endurance
- Flexibility
Skill-Related Physical Fitness

- Agility
- Speed
- Coordination
- Balance
- Power
- Reaction time
FITNESSGRAM Approach

- **Aerobic Capacity**

- **Body Composition**

- **Muscular Strength, Muscular Endurance, and Flexibility**

FITNESSGRAM assessments focus on health-related fitness.
HEALTH comes from regular physical activity and the development of health related fitness.

Physical activity and fitness are for EVERYONE regardless of age, gender, or ability.

Physical activity and physical fitness are for the LIFETIME.

Physical activity programs should be designed to meet PERSONAL needs and interests.
Fitness is for Everyone

Not all children can become elite athletes but ALL children can enjoy the benefits of a physically active lifestyle
Influences on Physical Fitness

- Maturation
- Physical activity
- Heredity
- Environment

Physical fitness
If you do the process the product will follow!

- Physical activity is the process
- Physical fitness is the product
Health comes from regular physical activity and the development of health related fitness.

Physical activity and fitness are for **EVERYONE** regardless of age, gender, or ability.

Physical activity and physical fitness are for the **LIFETIME**.

Physical activity programs should be designed to meet **PERSONAL** needs and interests.
The long-term goal is for children to become active and fit adults.

Fostering positive attitudes to activity is more important than short term improvements in fitness.
Physical activity will improve health in both children and adults!
Physical Activity and Health

The best way to promote adult health is to promote adult activity!
HEALTH comes from regular physical activity and the development of health related fitness.

Physical activity and fitness are for EVERYONE regardless of age, gender, or ability.

Physical activity and physical fitness are for the LIFETIME.

Physical activity programs should be designed to meet PERSONAL needs and interests.
Fitness results provide personal information. Children do not have to share their results with other children.
FITNESSGRAM Approach

The *FITNESSGRAM* report prints out an individualized report that evaluates a child’s personal level of fitness compared against the established health standard, the Healthy Fitness Zone. Children can take these home to parents.
Goal of Youth Fitness and Activity Promotion

To increase the probability that youth will adopt regular physical activity habits and maintain adequate levels of physical fitness to contribute to optimal health and function throughout life.
Appropriate Uses of FITNESSGRAM

- Facilitating fitness education: the primary use
- Providing feedback
- Teaching students about criterion-referenced health standards and what types of activity are needed to reach them
- Helping students track fitness results over time
- Documenting that assessments are being administered in the school and that student results are being tracked over time
- Institutional testing to allow teachers to view group data (for curriculum development)
Inappropriate Uses of FITNESSGRAM

- Student scores should not be used to evaluate individual students in physical education (grading)
- Student scores on fitness assessments should not be used to evaluate teacher effectiveness
- Students scores should not be used as a sole measure to evaluate overall physical education quality
The FITNESSGRAM Assessment

Aerobic Capacity

PACER
One Mile Run-Walk
Walk Test (age 13+)
The FITNESSGRAM Assessment

Body Composition

- Percent Body Fat from Skinfold Measurements
- Percent Body Fat from Bioelectric Impedance Analysis (BIA) Device
- Body Mass Index from Height and Weight
The FITNESSGRAM Assessment

- **Muscle Strength, Endurance & Flexibility**
  - Abdominal – **Curl-up**
  - Trunk Extensor – **Trunk Lift**
  - Flexibility – **Back saver Sit and Reach** or **Shoulder Stretch**
  - Upper Body – **90° Push-up**, **Modified Pull-up**, **Flexed Arm Hang**
A three-day physical activity recall evaluating activity based on each 30-minute period between 7:00 a.m. and 10:30 p.m.

For each activity looks at activity type, intensity and length of time

Evaluates total minutes of activity, periods of time in activity and types of activity.

Produces the ACTIVITYGRAM report
**JOHNSON - 8/16/2007**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Intensity</th>
<th>Activity</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 Schoolwork/homework/reading</td>
<td>↓</td>
<td>3:00 Walk/bicycle/skateboard</td>
<td></td>
</tr>
<tr>
<td>7:30 Schoolwork/homework/reading</td>
<td>↓</td>
<td>3:30 Playing active games or dancing</td>
<td></td>
</tr>
<tr>
<td>8:00 Schoolwork/homework/reading</td>
<td>↓</td>
<td>4:00 Eating or resting</td>
<td></td>
</tr>
<tr>
<td>8:30 Schoolwork/homework/reading</td>
<td>↓</td>
<td>4:30 Computer games or TV/videos</td>
<td></td>
</tr>
<tr>
<td>9:00 Schoolwork/homework/reading</td>
<td>↓</td>
<td>5:00 Computer games or TV/videos</td>
<td></td>
</tr>
<tr>
<td>9:30 Sports during Physical Education</td>
<td>↑</td>
<td>5:30 Field sports</td>
<td></td>
</tr>
<tr>
<td>10:00 Sports during Physical Education</td>
<td>↑</td>
<td>6:00 Field sports</td>
<td></td>
</tr>
<tr>
<td>10:30 Schoolwork/homework/reading</td>
<td>↓</td>
<td>6:30</td>
<td></td>
</tr>
<tr>
<td>11:00 Schoolwork/homework/reading</td>
<td>↓</td>
<td>7:00</td>
<td></td>
</tr>
<tr>
<td>11:30 Schoolwork/homework/reading</td>
<td>↓</td>
<td>7:30</td>
<td></td>
</tr>
<tr>
<td>12:00 Schoolwork/homework/reading</td>
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<td>8:00</td>
<td></td>
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<tr>
<td>12:30 Schoolwork/homework/reading</td>
<td>↓</td>
<td>9:00</td>
<td></td>
</tr>
<tr>
<td>1:00 Schoolwork/homework/reading</td>
<td>↓</td>
<td>9:30</td>
<td></td>
</tr>
<tr>
<td>1:30 Schoolwork/homework/reading</td>
<td>↓</td>
<td>10:00</td>
<td></td>
</tr>
<tr>
<td>2:00 Schoolwork/homework/reading</td>
<td>↓</td>
<td>10:30</td>
<td></td>
</tr>
<tr>
<td>2:30 Schoolwork/homework/reading</td>
<td>↓</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Muscular Activity**
- **Aerobic Sports**
- **Aerobic Activity**
- **Lifestyle Activity**
- **Flexibility Activity**
- **Rest**
- **Field sports (baseball, softball, football)**
- **Court sports (basketball, volleyball, soccer, hockey)**
- **Racquet sports**
- **Sports during Physical Education**
- **Other**

Click I'm Done if this information is correct.
The Activity Log

▸ Students can log steps per day

▸ Students can log minutes per day

▸ Teachers or districts can establish custom incentive challenges
The FITNESSGRAM Reports

Joe Jogger
Grade: 6  Age: 13
Cooper Institute Elementary School

Instructor: Karla Tripp
Date      Height    Weight
Current:  05/22/2006  5' 6"       140 lbs
Past:    08/18/2005  5' 6"       135 lbs

MESSAGES

Although your aerobic capacity score is very good now, you are not doing enough physical activity. You should try to play very actively at least 60 minutes at least 5 days each week to look and feel good.

To improve your upper-body strength, be sure that your strength activities include modified push-ups, pull-ups, and climbing activities. You may need to do more arm exercises.

Your abdominal and trunk strength are both in the Healthy Fitness Zone. To maintain your fitness, be sure that your strength-training activities include exercises for each of these areas. Abdominal and trunk exercises should be done at least 3 to 5 days each week.

Your flexibility is in the Healthy Fitness Zone. To maintain your fitness, stretch slowly 3 or 4 days each week, holding the stretch 20-30 seconds. Don’t forget that you need to stretch all areas of the body.

Joe, your body composition is in the Healthy Fitness Zone. If you will be active most days each week, it may help to maintain your level of body composition. You should also eat a healthy diet including more fruits and vegetables and fewer fats and sugars.

Healthy Fitness Zone for 13 year-old boys
Walk Test = 42 - 52 mi/hr
Curl-Up = 21 - 40 repetitions
Trunk Lift = 9 - 12 inches
Push-Up = 12 - 25 repetitions
Back-Saver Sit and Reach = At least 8 inches on R & L
Percent Body Fat = 7.00 - 25.00 %

Percent Body Fat

Healthy Fitness Zone Needs Improvement
Current:  22.32
Past:    19.38

Being too lean or too heavy may be a sign of (or lead to) health problems.

To be healthy and fit it is important to do some physical activity almost every day. Aerobic exercise is good for your heart and body composition. Strength and flexibility exercises are good for your muscles and joints.

Number of Days
4
2
3

Good job! You are doing some aerobic activity and strength and flexibility exercises. Additional vigorous aerobic activity would help to promote higher levels of fitness.

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The FITNESSGRAM Reports

**FITNESSGRAM**

Report for Parents

People come in all shapes and sizes, but everyone can benefit from regular physical activity and a healthy level of physical fitness. The FITNESSGRAM fitness test battery evaluates five different parts of health-related fitness, including aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition. Parents play an important role in shaping children’s physical activity and dietary habits. This report will help you evaluate your child’s current level of health-related fitness and help you identify ways to promote healthy lifestyles in your family.

**AEROBIC CAPACITY**

Aerobic capacity is a measure of the ability of the heart, lungs, and muscles to perform sustained physical activity. In general, the more your child exercises, the higher his or her aerobic capacity level will be. Aerobic capacity is measured with the PACER test, the one-mile run, or the walk test.

*Importance:* Good aerobic capacity can reduce risks of heart disease, stroke, and diabetes. Although generally not present in children, these diseases can begin during childhood and adolescence.

**Healthy Fitness Zone for 13 year-old boys = 42 - 52 ml/kg/min**

**MUSCLE STRENGTH, ENDURANCE, & FLEXIBILITY**

These components of health-related fitness measure the overall fitness of the musculoskeletal system. A variety of tests are used to assess these different components.

*Importance:* The fitness level of muscles is important for injury prevention and overall body function. Strength, endurance, and flexibility are important for maintaining good posture, low back health, and total body function.

**Healthy Fitness Zone for 13 year-old boys**

- **Curl-Up = 21 - 40 repetitions**
- **Trunk Lift = 9 - 12 inches**
- **Push-Up = 12 - 25 repetitions**
- **Back-Saver Sit and Reach = 8 inches on R & L**

**BODY COMPOSITION**

The body composition measure refers to the relative proportion of fat and lean tissue in the body. Body fat percentage can be estimated by skinfold calipers or other measuring devices. The Body mass index (BMI) is another indicator that determines if a person is at a healthy weight for his or her height.

*Importance:* Overweight youth are at high risk for being overweight adults. Adult obesity is associated with a number of chronic health problems. Many of these health problems can begin early in life. It is important to begin healthy eating and regular activity early.

**Healthy Fitness Zone for 13 year-old boys = 7.00 - 25.00 %**

**INTERPRETING THE FITNESSGRAM REPORT**

Health-related fitness includes a variety of factors. With regular physical activity most children will be able to score in the Healthy Fitness Zone for most of the tests. It is important for all children to be physically active every day (a total of 60 minutes is recommended) even if they are already fit. If your child is in the Needs Improvement area on a particular test, it is important to provide additional opportunities to be active so they can improve their levels of fitness.

Please refer to the back page of the parent report for a description of the Healthy Fitness Zone and for tips on promoting physical activity in your family.

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The ACTIVITYGRAM Report

The chart shows the number of minutes that you reported doing moderate (medium) or vigorous (hard) activity on each day. Congratulations, your log indicates that you are doing at least 60 minutes of activity on most every day. This will help to promote good fitness and wellness. For fun and variety, try some new activities that you have never done before.

The time profile shows the activity level you reported for each 30 minute period of the day. Your results show that you were active both during and after school and that you were also active on the weekend. Keep up the good work.

The activity pyramid reveals the different types of activity that you reported doing over a few days. Your results indicate that you participated in regular lifestyle activity as well as some activity from the other levels. This is great! Try to add some muscular activity on a regular basis and maintain your other activities.

Your results indicate that you spend an average of 5 hours per day watching TV or working on the computer. While some time on these activities is okay, you should try to limit the total time to less than 2 hours.
To Order Contact:

Human Kinetics
(1-800-747-4457)
or
www.fitnessgram.net
The FITNESSGRAM
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Abdominal Strength

Curl-up
Trunk Extensor Strength

Trunk Lift
Upper Body Strength

90° Push-up
Flexibility

Back Saver Sit-and-Reach