

“Start the Conversation About Children’s Health”

...it begins with Fitness Assessment

1 What is Fitness Assessment?

Fitness Assessment provides children, parents and physical education teachers with valuable information to:

- Better understand personal health-related fitness
- Create individualized fitness plans
- Help students reach fitness goals and improve overall well-being...

YET ONLY 14 STATES

mandate assessment of physical fitness, National Standard 3*

2 A New Era

ONE comprehensive program that emphasizes student’s health over performance is being incorporated into physical education programs nationwide, empowering kids to live an active lifestyle!



The new Presidential Youth Fitness Program (PYFP) supports students pursuing personal fitness goals for lifelong health and minimizes comparisons between children.

A Positive Fitness Experience for ALL!

- ✓ FITNESSGRAM identifies students’ current level of health-related fitness and their risk of developing chronic health conditions.
- ✓ Students should set personal goals for maintaining or improving their fitness levels based on the assessment.
- ✓ Communication is key. Physical education teachers should help students and parents understand the role of fitness assessment in achieving personal fitness goals.
- ✓ Parents can motivate their children to engage in daily physical activities that improve personal fitness.

Fitness scores should not be posted publicly or used to determine a student’s grade in physical education.

3 Introducing FITNESSGRAM® **

One tool, adopted by PYFP, is Fitnessgram, which measures the five health-related components of fitness...

...aerobic capacity...

...muscular strength...

...muscular endurance...

...flexibility...

...and body composition.



www.aahperd.org

TAKE ACTION!

- ✓ Ask your child’s physical education teacher and principal if students’ physical fitness is assessed in school and how.

- ✓ Visit www.aahperd.org/shapeofthenation to learn about fitness assessment requirements in your state and the status of physical education.

- ✓ Learn more about PYFP at www.pyfp.org.

*Statistics taken from 2012 Shape of the Nation Report. The information is generated from physical education specialists in all 50 state education agencies and the District of Columbia.

National Standard 3 for K-12 physical education: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Fitnessgram® is developed by The Cooper Institute®