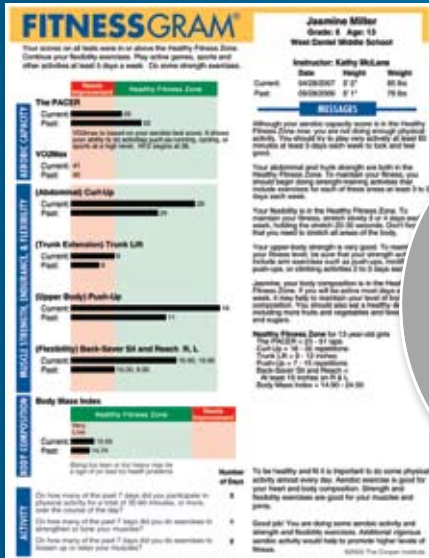


FITNESSGRAM®/ACTIVITYGRAM®

Activity and fitness assessment, reporting, and tracking—
the most valid and reliable tool available

ASSESS

Assess student fitness and
activity levels



REPORT

Report results to students, parents,
and administrators



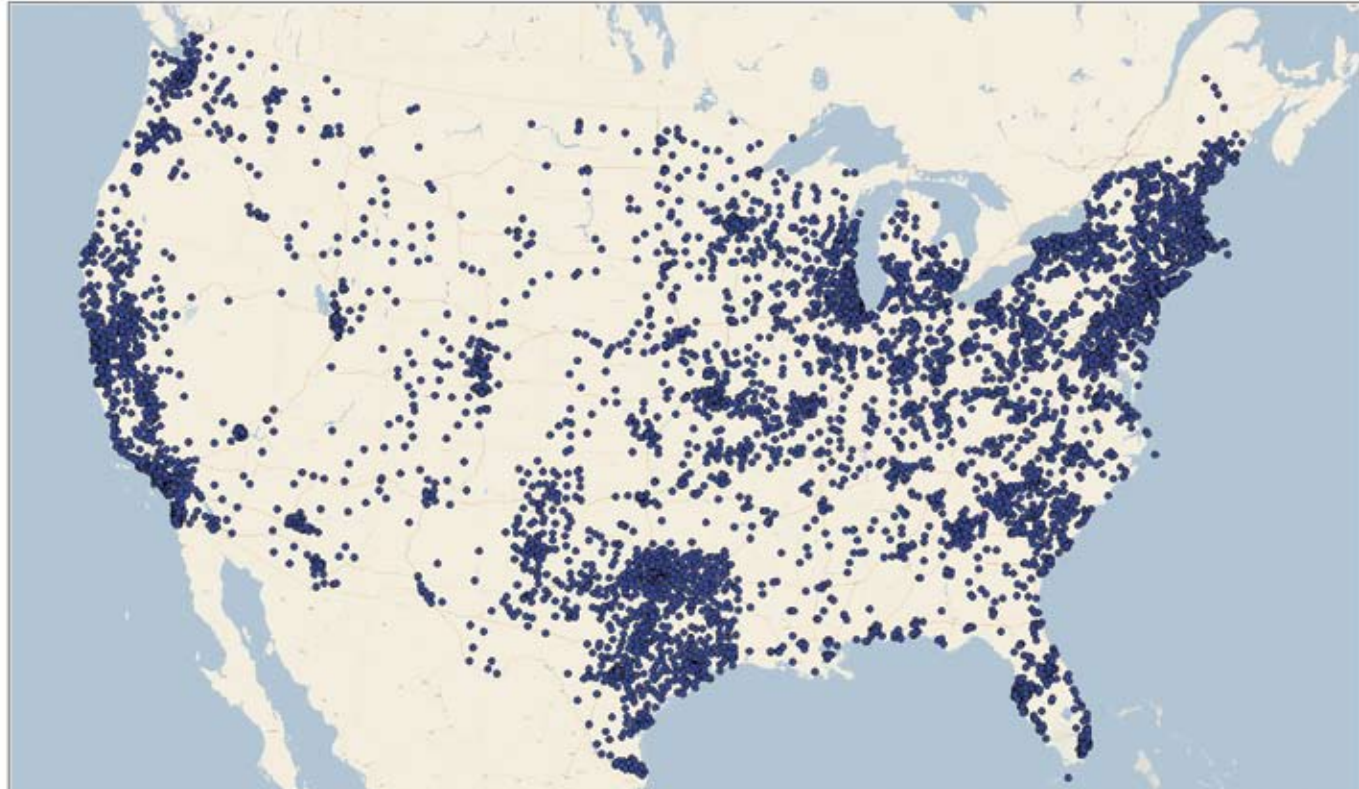
EDUCATE

Educate your community on the
importance of everyday activity and
lifelong health and fitness



Who's Using FITNESSGRAM®/ACTIVITYGRAM®?

Thousands of school districts, schools, and the states of Delaware, Texas, and California!



Each dot on this map represents a FITNESSGRAM®/ACTIVITYGRAM® purchase (some dots represent multiple purchases). More than 30,000 FITNESSGRAM®/ACTIVITYGRAM® licenses and more than 68,000 copies of the test administration manual have been sold.

“It's the best test for measuring physical fitness. We chose this assessment so parents can see a more detailed analysis of their children's fitness and use the recommendations provided to improve or maintain their children's health.”

— Nancy Wilson, PhD
Deputy Secretary of Education, Delaware Department of Education

“In its first year, NYC FITNESSGRAM has proven to be a tremendous tool for building students' understanding of health-related fitness and helping them set achievable fitness goals with their families and educators. I am proud of the leadership demonstrated by our physical education teachers as they embrace accountability for the health, well-being, and success of students. NYC FITNESSGRAM is a cornerstone of our efforts to improve the health and success of our children both inside and outside the classroom.”

— Joel I. Klein
Chancellor, New York City Department of Education

“The Texas Education Agency, after a thorough evaluation, finds that the Fitnessgram meets the requirements for a physical assessment tool as outlined in SB 530. We are happy to work with all parties, including school districts, the state, private groups and others, to implement the Fitnessgram in public schools this school year. We believe this annual fitness assessment will help guide efforts to improve the health of Texas children.”

— Jeff Kloster,
Associate Commissioner of Health, Safety and School Readiness, Texas Education Agency

What is FITNESSGRAM®?



FITNESSGRAM is a fitness assessment and reporting program for youth, first developed in 1982 by The Cooper Institute in response to the need for a comprehensive set of assessment procedures in physical education programs. The assessment includes a variety of health-related physical fitness tests that assess aerobic capacity; muscular strength, muscular endurance, and flexibility; and body composition.

Scores from these assessments are compared to Healthy Fitness Zones™ (HFZ) to determine students' overall physical fitness and suggest areas for improvement when appropriate. Healthy Fitness Zones™ are not based on class averages or any other peer comparisons. They are criterion-referenced standards that are based on levels of fitness needed for good health. The standards are set specifically for boys and girls of various ages using the best available research.

FITNESSGRAM/ACTIVITYGRAM is software from Human Kinetics. The software provides an efficient way for schools and other organizations to perform effective fitness and physical activity assessments on children, provide appropriate feedback to children and parents, and maintain accurate and comprehensive records over time.



A key feature of the FITNESSGRAM/ACTIVITYGRAM software is its ability to generate printed reports for each student (a parent version of the report can be generated, too). The FITNESSGRAM report defines

the recommended range of fitness for each test measure—the Healthy Fitness Zone™. When a child's score falls within the Healthy Fitness Zone™, it means the child has achieved a level of fitness associated with being healthy. Teachers and administrators can also generate more advanced statistical reports on the health and fitness of all their students.

The FITNESSGRAM report provides information about the student's level of physical fitness in an easy-to-read format. More important, the report provides personalized suggestions that can help in planning an individualized fitness plan.

FITNESSGRAM/ACTIVITYGRAM is a team effort. It requires participation of teachers, administrators, and technology staff. The benefits are immense—FITNESSGRAM can help a physical education program define its goals and bring everyone on board with those common goals.



More about the Healthy Fitness Zones™

The FITNESSGRAM Scientific Advisory Board, a team of scientists and practitioners who are experts in the field of health and fitness, developed the Healthy Fitness Zone™ standards based on extensive research on the relationship between fitness, activity, and health. For more detailed information about the development of the FITNESSGRAM assessment, the development of the Healthy Fitness Zone™ criterion-referenced standards, and why those standards are important, go to the FITNESSGRAM Web site at www.Fitnessgram.net and click the Reference Guide button.



Implementing FITNESSGRAM®: Assessing students' fitness levels

FITNESSGRAM assesses three areas of health-related fitness through a variety of test items. Many test items offer multiple options, so you can choose the method you prefer. Each score is evaluated against the Healthy Fitness Zones™. The Healthy Fitness Zones™ are criterion-referenced standards that have been established to indicate levels of fitness corresponding with health. This helps to minimize comparisons between children and emphasize personal fitness for health rather than goals based solely on performance. Since only modest amounts of exercise are needed for obtaining health benefits, most students who participate in physical activity almost every day will be able to achieve a score that will place them in the Healthy Fitness Zone™.

The FITNESSGRAM® assessment items:

AEROBIC CAPACITY

May select one option

- PACER test
- One-mile run/walk
- Walk test (ages 13 or older)



MUSCULAR STRENGTH, ENDURANCE, and FLEXIBILITY

- 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

May select one option

- Percent body fat (calculated from triceps and calf skinfolds or entered from an alternative measuring device)
- Body mass index (calculated from height and weight)



Using the FITNESSGRAM®/ACTIVITYGRAM® software

FITNESSGRAM®/ACTIVITYGRAM® software is convenient for teachers and administrators

- Import students or manually enter their data
- Assign students to classes and teachers
- Teachers and students can enter test results
- Teachers and administrators can pull reports on classes and students

Student Name	Sex	Age	1.1 Mile Run	1.5 Mile Run	2 Mile Run	3 Mile Run	4 Mile Run	5 Mile Run	6 Mile Run	7 Mile Run	8 Mile Run	9 Mile Run	10 Mile Run	11 Mile Run	12 Mile Run	13 Mile Run	14 Mile Run	15 Mile Run	16 Mile Run	17 Mile Run	18 Mile Run	19 Mile Run	20 Mile Run
John	Male	10	1:15	1:30	1:45	2:00	2:15	2:30	2:45	3:00	3:15	3:30	3:45	4:00	4:15	4:30	4:45	5:00	5:15	5:30	5:45	6:00	6:15
Jane	Female	10	1:30	1:45	2:00	2:15	2:30	2:45	3:00	3:15	3:30	3:45	4:00	4:15	4:30	4:45	5:00	5:15	5:30	5:45	6:00	6:15	6:30



Frequently Asked Questions about FITNESSGRAM®



Q: Can students fail the FITNESSGRAM test?

A: FITNESSGRAM is designed to help all students make individualized improvements in their fitness and health and therefore there is no "failing" the FITNESSGRAM test. The category below the Healthy Fitness Zones™ is referred to as "Needs Improvement" to indicate dimensions of fitness that may require special attention.



Q: Can I grade students on the basis of their FITNESSGRAM scores?

A: FITNESSGRAM provides a snapshot of a student's fitness level at a point in time. With that information students and educators can work together to improve that student's fitness and overall health. This is a positive and productive approach. FITNESSGRAM is not for assigning students a grade.



Q: Is FITNESSGRAM just for athletes?

A: FITNESSGRAM is about promoting good health for all students with an emphasis on everyone being physically active every day. FITNESSGRAM is not designed for tracking athletic performance.



Q: I'm a teacher. Will my supervisors be looking at my classes' FITNESSGRAM scores?

A: FITNESSGRAM is an ideal tool for evaluating fitness programs and helping target ways of improving those programs. FITNESSGRAM is not for evaluating teachers.

For more frequently asked questions for parents, teachers, administrators, and tech staff, visit www.Fitnessgram.net.

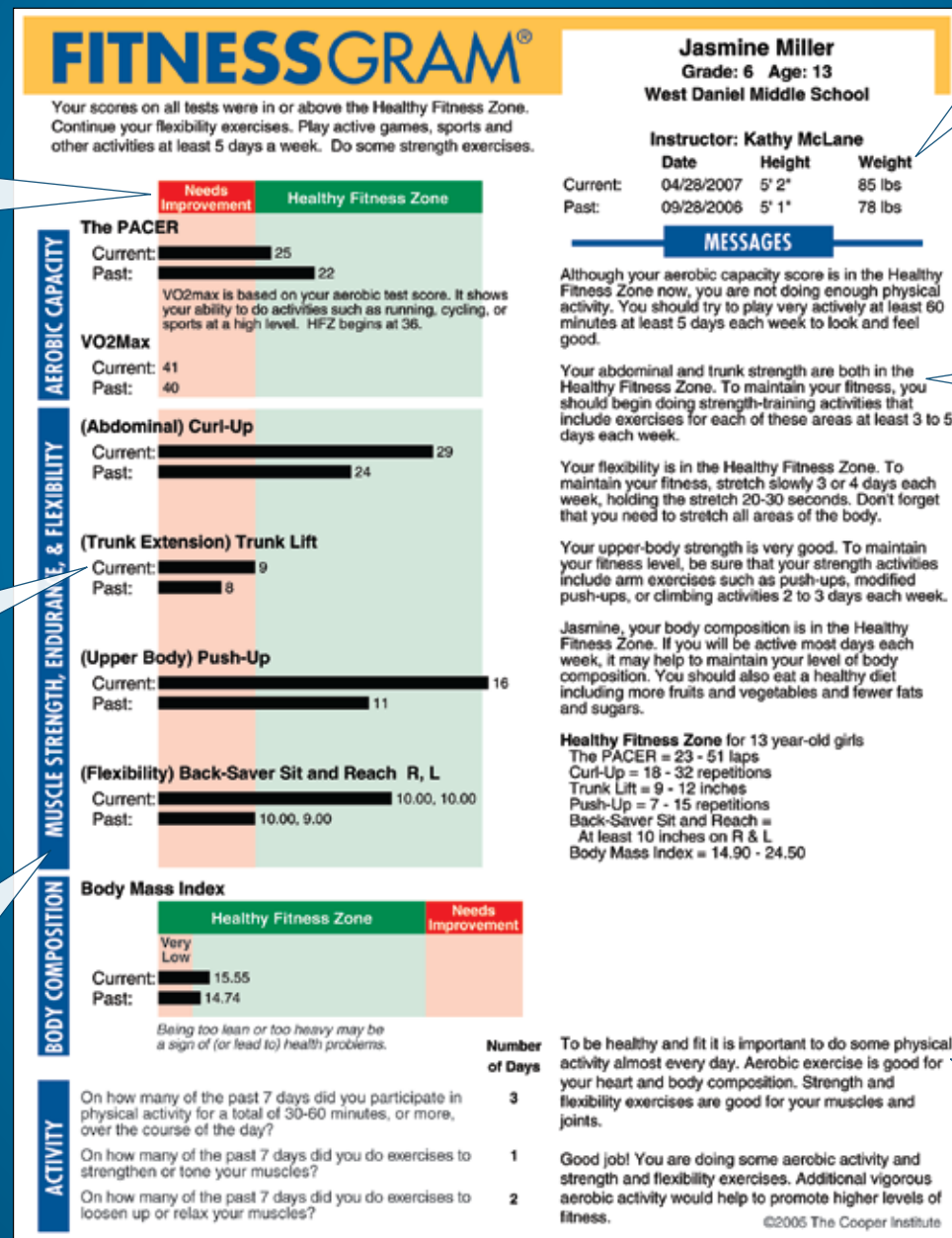
FITNESSGRAM® reports communicate fitness goals to students and parents

The FITNESSGRAM report is available as a student report and a parent report. The student report recommends physical activity program options to help students make it into the Healthy Fitness Zones™ for those areas where they need improvement. The parent report contains the same information on scores, but is addressed to the parents. Both reports explain in nontechnical terms why physical activity is important and how regular physical activity leads to improved health and fitness. Both FITNESSGRAM reports are a tangible reminder of what students learn in class and a great way to enlist parents' support in their children's physical activity programs.

The Healthy Fitness Zones™ are set by age and gender. The Healthy Fitness Zones™ are not averages of everyone else but criterion-referenced standards that indicate levels of fitness corresponding with health.

Current and past scores are included in the report so students can see their improvement over time.

FITNESSGRAM assesses the three areas of health-related fitness: aerobic capacity; muscle strength, endurance, and flexibility; and body composition.



The FITNESSGRAM student report

FITNESSGRAM also provides a record of student's height, weight, and test dates.

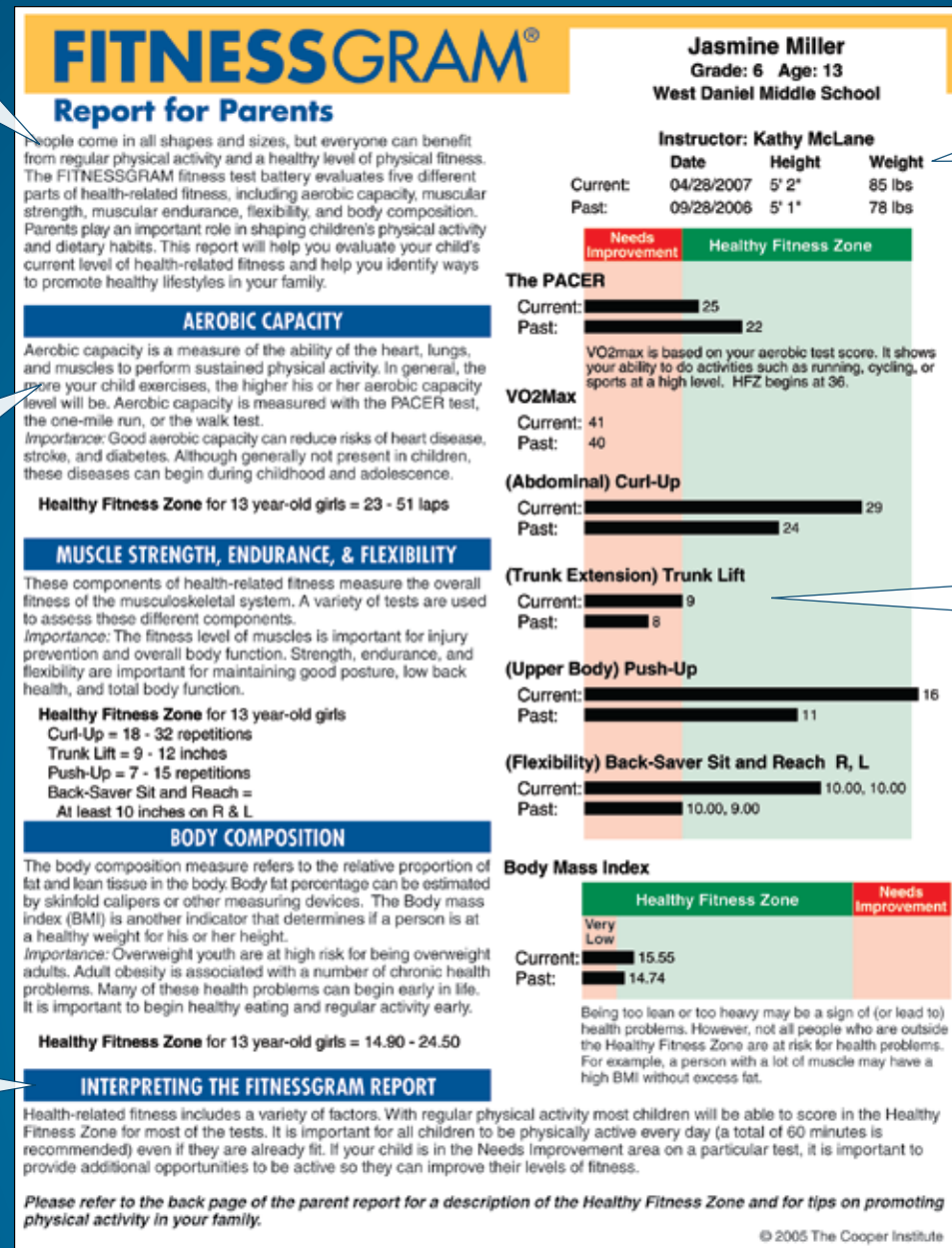
The report includes a custom message that summarizes the child's performance in each component of health-related fitness and provides suggestions for maintaining or promoting good fitness. The suggestions are based on the student's fitness and activity levels.

FITNESSGRAM reports also emphasize the need for regular physical activity.

The FITNESSGRAM Parent Reports explain the importance of fitness and physical activity to parents.

Each of the three areas of health-related fitness are explained, and the report gives parents their child's score for each test given.

The parent report gives more information about the relevance of the healthy fitness zones and the importance of daily physical activity.



The FITNESSGRAM parent report

FITNESSGRAM also provides a record of student's height, weight, and test dates.

Current and past scores are included in the report so parents can observe the progress over time.

Many other reporting options for teachers and administrators at the school, district, and state level

FITNESSGRAM/ACTIVITYGRAM software can generate more reports at the test, class, school, district, and state level. Using these reports, teachers and administrators can evaluate the fitness program and make decisions on allocating resources, or demonstrate the value of their program. Some of the predefined report options include:

- FITNESSGRAM summary report
- FITNESSGRAM individual data sheet
- FITNESSGRAM achievement of standards
- FITNESSGRAM longitudinal tracking report
- FITNESSGRAM statistics report
- Student information report

At the district and state level, FITNESSGRAM data can be compared to other factors, including academic achievement and socioeconomic data, to provide administrators with the information they need to make wide reaching decisions.

ACTIVITYGRAM® and the Activity Log components emphasize the need for physical activity

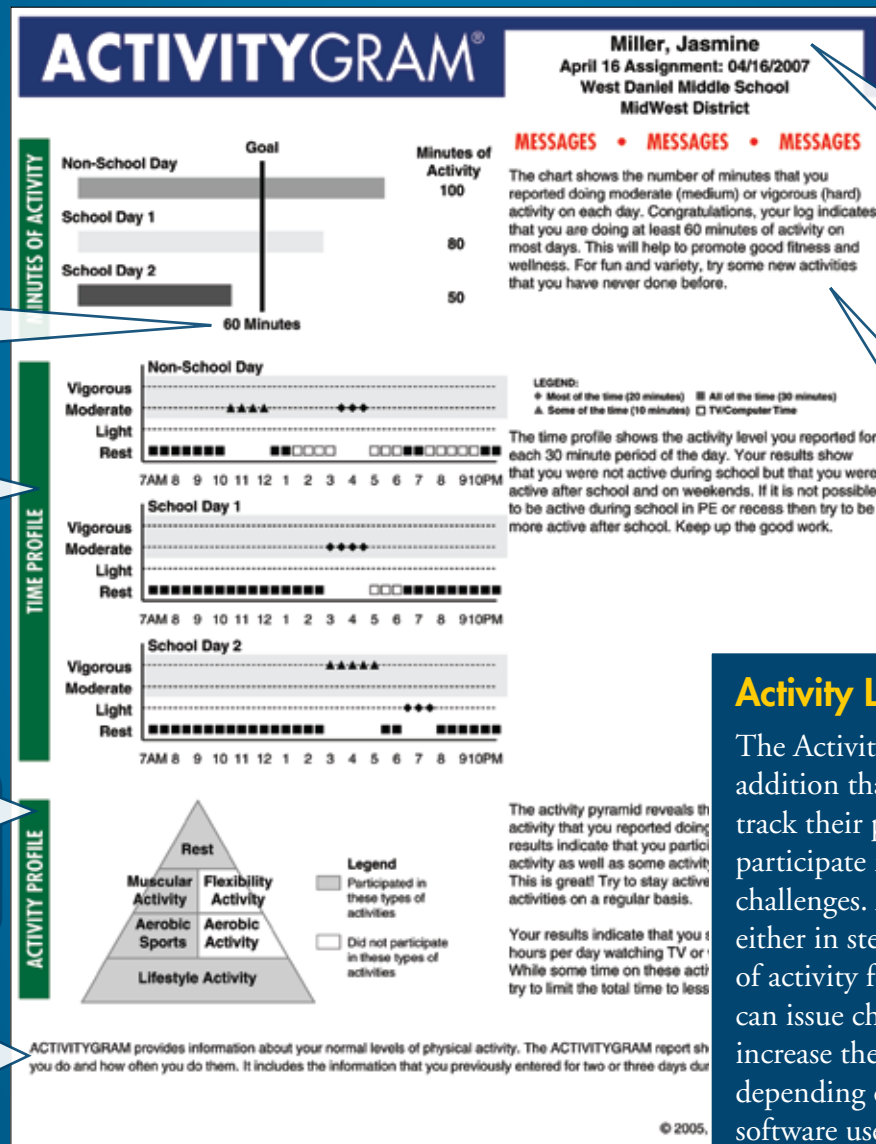
The FITNESSGRAM component of FITNESSGRAM/ACTIVITYGRAM provides a snapshot of a student's fitness level. ACTIVITYGRAM and the Activity Log take it to the next level by emphasizing the need for at least 60 minutes of daily physical activity.

ACTIVITYGRAM is an activity assessment tool. Students enter their activities in 30-minute increments over a 3-day period. The software generates a report showing:

- the total minutes of activity each day compared to a goal of 60 minutes,

- periods of time each day spent in activity, and
- types of activity.

The report includes personalized suggestions for each child on how to increase or maintain their level of physical activity. The recommendations are based on national guidelines developed by the Council for Physical Education for Children (COPEC), a division of the National Association for Sport and Physical Education (NASPE). Other reports are available, including a student's progress over time, a class's progress, a participation certificate, and more.



Students have a daily activity goal of 60 minutes.

The Time Profile identifies times of the day that students can be more active.

The Activity Profile section of the report identifies areas of activity that need more attention.

Feedback on the level of TV and computer time is also provided.

Like the other reports, the ACTIVITYGRAM is personalized with the student's information.

The report provides feedback tailored to the individual on the total minutes of moderate or vigorous activity.

Activity Log
The Activity Log is a recent addition that allows students to track their physical activity and participate in customized activity challenges. Activity is tracked either in step counts or minutes of activity for each day. Teachers can issue challenges to students to increase their physical activity, and depending on the version of the software used, challenges can be issued from class-to-class or even school-to-school! The fun of the challenges helps students participate and get motivated about increasing their daily physical activity.

The ACTIVITYGRAM report

Selecting the software version that is right for you

District SQL Server Version

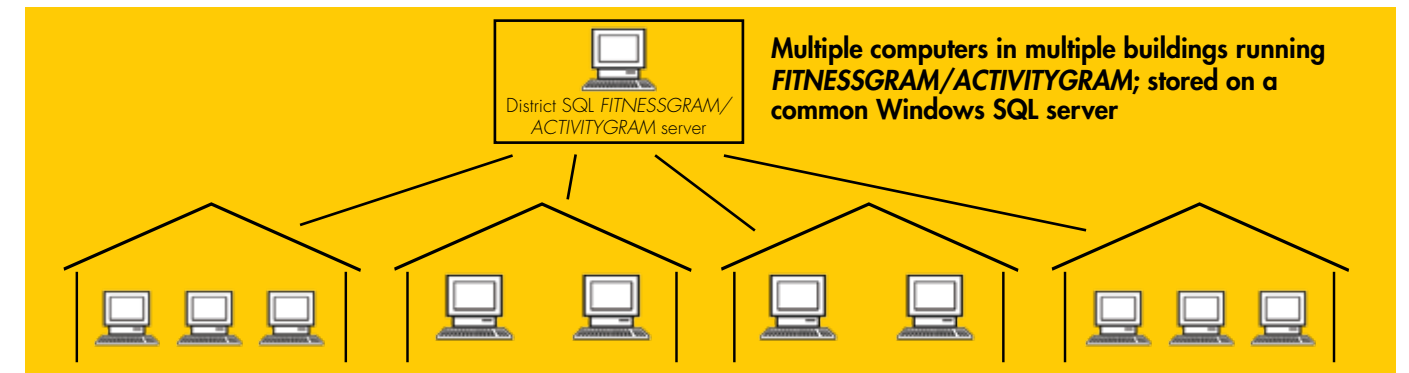
Our most robust version of the software, the District SQL Server version allows school districts of all sizes to compile data from multiple schools within the district through a centralized database.

System Needs

SQL Server with LAN/WAN connectivity

Staffing Needs

Trained SQL administrator with a thorough understanding of Microsoft SQL server and experience with obtaining Tech Support assistance from Microsoft and personnel skilled at maintaining and troubleshooting a WAN.



Multiple computers in multiple buildings running FITNESSGRAM/ACTIVITYGRAM; stored on a common Windows SQL server

Small Network Version

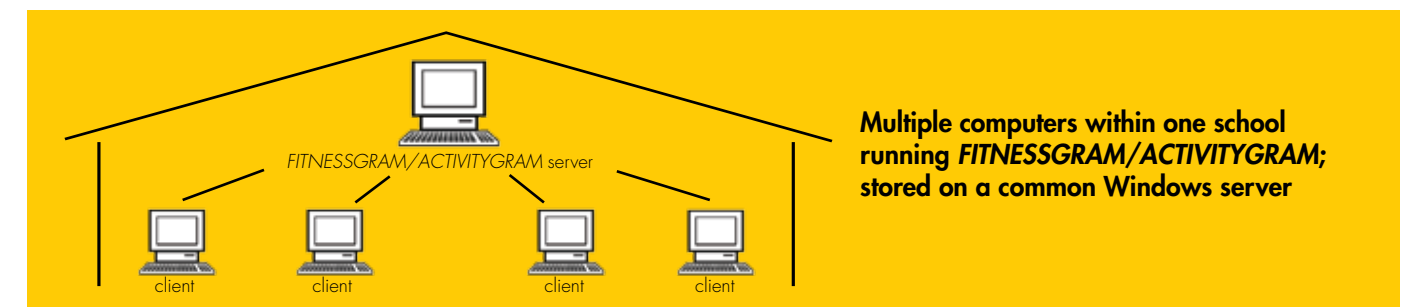
The Small Network version allows multiple computers within one school to share data through a common server.

Staffing Needs

Trained Windows Server administrator with a thorough understanding of Windows Server and experience with obtaining Tech Support assistance from Microsoft and personnel skilled at maintaining and troubleshooting a LAN.

System Needs

Intel Pentium III or compatible 1 GHz processor or higher running Windows 2000 or 2003, current service packs



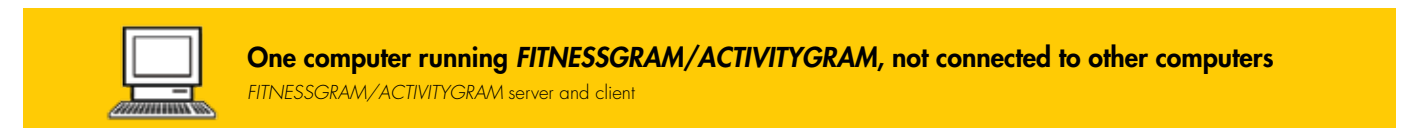
Multiple computers within one school running FITNESSGRAM/ACTIVITYGRAM; stored on a common Windows server

Stand Alone Version (Non-Network)

The Stand Alone version is installed on one computer in a school. Data can only be accessed from the computer where FITNESSGRAM is installed. This works best if only one person or one computer will be used for entering and accessing FITNESSGRAM data.

System Needs

Intel Pentium II or compatible 233 MHz processor or higher running Windows 2000 or XP Professional, or a Macintosh with a G3, G4, or G5 processor, running OS 10.3, 10.4, or Intel.



One computer running FITNESSGRAM/ACTIVITYGRAM, not connected to other computers

Complete system requirements are on the FITNESSGRAM Web site, www.Fitnessgram.net. This software purchase must be discussed with your tech staff, and your sales representative would be glad to assist you and your tech staff in making the right selection for your situation.

Getting started with FITNESSGRAM®/ACTIVITYGRAM® — at the school, district, or state level

Contact your Human Kinetics sales representative to discuss your options for purchasing the software. They can help you implement FITNESSGRAM/ACTIVITYGRAM in everything from small schools to state-wide systems.

800-747-4457

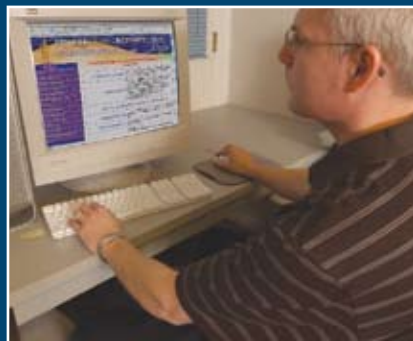
K12Sales@hkusa.com

In Canada:

800-465-7301 • info@hkcanada.com

The Web site, www.Fitnessgram.net, supports FITNESSGRAM users with many FREE resources:

- Watch narrated software tutorials and refer back whenever you need them
- Take a free online course on test protocols
- Review and print out Frequently Asked Questions – for teachers, parents, administrators, and tech staff
- Keep up-to-date on the latest FITNESSGRAM news



The *FITNESSGRAM/ACTIVITYGRAM Test Administration Manual* is included with all software sales and can also be purchased separately. The manual explains the rationale for FITNESSGRAM training, and teaches how to perform the test items and use the software with descriptive illustrations, photos, and screenshots. The manual includes a DVD with video clips showing all test protocols and reproducible forms, charts, and certificates.

FITNESSGRAM® / ACTIVITYGRAM®

Developed by the highly respected Cooper Institute

The Cooper Institute is dedicated to scientific research in the field of preventive medicine and public health and communicating the results of research to the scientific and medical communities as well as to the general public.

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FITNESSGRAM® provides the assessment portion of a quality health-related fitness program



ASSESSMENT

www.Fitnessgram.net

ACTIVITIES AND PROFESSIONAL DEVELOPMENT

www.HumanKinetics.com/PhysicalBest

PERSONAL FITNESS KNOWLEDGE

www.FitnessforLife.org



The Cooper Institute
Dallas, TX



To learn more about these programs, contact your K–12 sales representative

In the U.S. • 800-747-4457 • K12Sales@hkusa.com

In Canada • 800-465-7301 • info@hkcanada.com

HUMAN KINETICS
The Information Leader in Physical Activity

Large-Scale Implementation Makes Big Things Possible

In 2007, Texas and Delaware chose FITNESSGRAM/ACTIVITYGRAM software for their data collection of fitness test results to fulfill their state mandates. FITNESSGRAM/ACTIVITYGRAM also met an equally important need: providing individualized, educational reports for both students and parents (see inside for examples). Working in partnership with both states, Human Kinetics (the sole provider of FITNESSGRAM/ACTIVITYGRAM) and The Cooper Institute were able to help them ensure smooth implementation and training for the program.

Making positive, sweeping changes in physical education takes time and is dependent upon gathering the appropriate data. Fitness test results are the logical first step in this process. California recently made a significant commitment to improving their physical education program after reviewing FITNESSGRAM data collected for millions of students over past years. New York City Public Schools made similar positive use of their extensive FITNESSGRAM data.

Thanks to the latest developments in the software, the use of FITNESSGRAM/ACTIVITYGRAM at this level is now possible for states and very large districts that want to collect and aggregate data and generate a wide variety of reports for data analysis. Human Kinetics can also customize these reporting options to specific district or state mandates.

If your state or large district is considering using FITNESSGRAM/ACTIVITYGRAM, please contact Human Kinetics. With our physical education knowledge and The Cooper Institute's fitness assessment expertise, we can help bring your vision of meaningful assessment from initial conception to final implementation. We can help refine the data questions for analysis and work through the critical decisions that need to be made to provide sound educational choices for your students.



www.Fitnessgram.net



HUMAN KINETICS

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