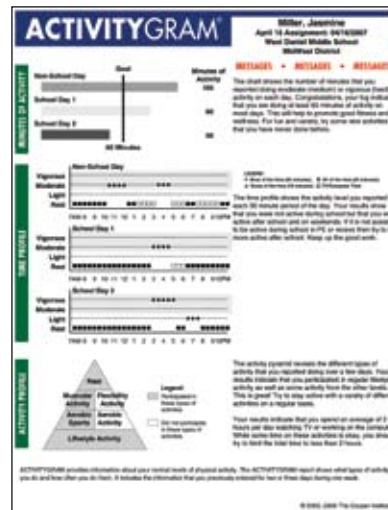


## The Fitnessgram Report

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 Zone 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 Activitygram Report

This report summarizes a student's activity data for the three-day period. Personalized messages provide suggestions of ways to increase or maintain physical activity. 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).



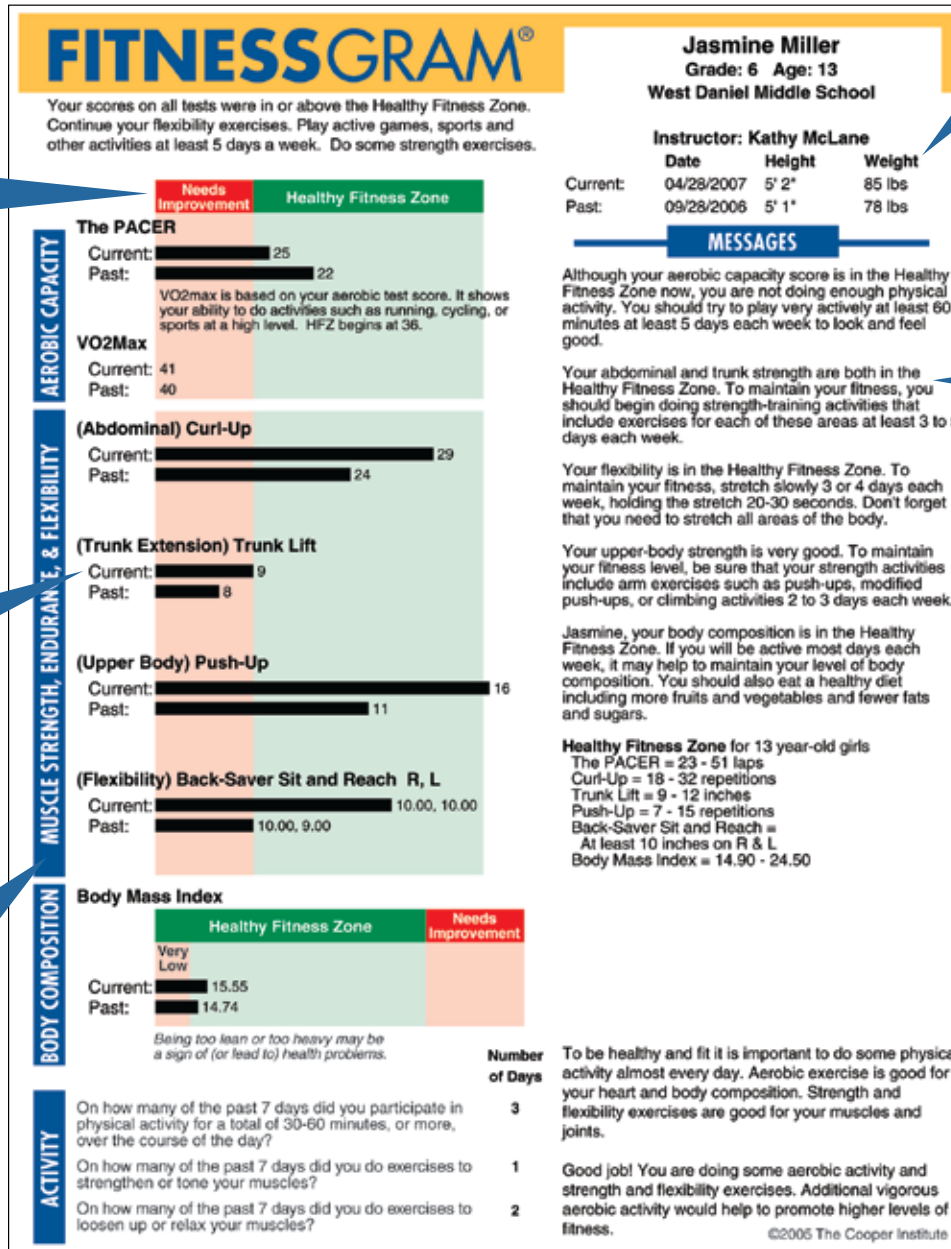
Look inside for a closer look at each Fitnessgram/Activitygram report

# FITNESSGRAM student report (front)

The "Healthy Fitness Zone" standards are set by age and gender. The Healthy Fitness Zone standards 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.



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.

# FITNESSGRAM student report (back)

The back cover of the Fitnessgram student report highlights the need for at least 60 minutes of physical activity on most days of the week.

Students are encouraged to practice self-management skills and record their minutes of activity.

## How Do You Spend Your Time?

The Physical Activity Pyramid gives you an easy way to group the different physical activities that help you maintain good health. To be your best, you should try to do the following:

- > Get at least 60 minutes of physical activity on most days of the week.
- > Do activities from each level of the Physical Activity Pyramid each week.
- > Limit your TV time, computer time, and Internet surfing to no more than 2 hours each day.

During the week ...

- In the box for each day, record the number of minutes that you are physically active.
- In the box for each day, record the number of minutes that you watch TV or work on the computer.

At the end of each week ...

- Add up and record your total minutes of activity and minutes of TV or computer time.
- Put a check in the "minutes of activity" box for each day that you were active for at least 60 minutes.
- Put a check in the "minutes of TV or computer time" box for each day that you spent less than 2 hours (120 minutes) in front of the TV or computer.

	Sample Day	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTALS for WEEK
Total minutes of physical activity	✓ 75								
Total minutes of TV or computer time	✓ 103								

Look at the Physical Activity Pyramid and write down the activities that you did during this week in each of these areas:

Lifestyle activities \_\_\_\_\_

Aerobic activities or sports \_\_\_\_\_

Muscular activities \_\_\_\_\_

Flexibility activities \_\_\_\_\_

Signature of student \_\_\_\_\_

Signature of parent \_\_\_\_\_



The physical activity pyramid, developed by fitness pioneer Chuck Corbin, is a reminder of the need for an appropriate mix of various types of physical activity.

### Other Ways to Learn About Activity

The FITNESSGRAM software package has several programs that can help you learn about your level of physical activity.

- > **ACTIVITYGRAM** is a computerized measure of physical activity that can help you determine whether you are getting enough physical activity each day.
- > The **Activity Log** is a computerized log of your daily activity levels. You can code steps on a pedometer or the minutes of activity you get each day.

For other information, visit [www.fitnessgram.net](http://www.fitnessgram.net).

FITNESSGRAM was developed by The Cooper Institute and is endorsed by The American Alliance for Health, Physical Education, Recreation and Dance. For information, go to [www.fitnessgram.net](http://www.fitnessgram.net).

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# FITNESSGRAM parent report (front)

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 Zone standards and the importance of daily physical activity.

## FITNESSGRAM<sup>®</sup>

### 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.

**Jasmine Miller**  
**Grade: 6 Age: 13**  
**West Daniel Middle School**

**Instructor: Kathy McLane**

	Date	Height	Weight
Current:	04/28/2007	5' 2"	85 lbs
Past:	09/28/2006	5' 1"	78 lbs

	Healthy Fitness Zone
Needs Improvement	

#### 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 girls = 23 - 51 laps**

#### 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 girls**  
 Curl-Up = 18 - 32 repetitions  
 Trunk Lift = 9 - 12 inches  
 Push-Up = 7 - 15 repetitions  
 Back-Saver Sit and Reach =  
 At least 10 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 girls = 14.90 - 24.50**

#### 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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	Healthy Fitness Zone	Needs Improvement
Very Low		

#### The PACER

Current:  25  
 Past:  22

VO2max is based on your aerobic test score. It shows your ability to do activities such as running, cycling, or sports at a high level. HFZ begins at 36.

#### VO2Max

Current: 41  
 Past: 40

#### (Abdominal) Curl-Up

Current:  29  
 Past:  24

#### (Trunk Extension) Trunk Lift

Current:  9  
 Past:  8

#### (Upper Body) Push-Up

Current:  16  
 Past:  11

#### (Flexibility) Back-Saver Sit and Reach R, L

Current:  10.00, 10.00  
 Past:  10.00, 9.00

#### Body Mass Index

Current:  15.55  
 Past:  14.74

Being too lean or too heavy may be a sign of (or lead to) health problems. However, not all people who are outside the Healthy Fitness Zone are at risk for health problems. For example, a person with a lot of muscle may have a high BMI without excess fat.

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.

# FITNESSGRAM parent report (back)

The Fitnessgram parent report explains the philosophy behind Fitnessgram and the Healthy Fitness Zone standards.

The physical activity pyramid is used as a reminder of the importance of various types of physical activity.

Parent involvement is encouraged—the reports give ideas to help the child and the rest of the family live more active lives.

## about FITNESSGRAM®

### FITNESSGRAM PHILOSOPHY

**H** **HEALTH** comes from regular physical activity and the development of health-related fitness.

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

**L** Physical activity and physical fitness are for a **LIFETIME**. Aim to develop lifelong patterns of physical activity.

**P** Physical activity programs should be designed to meet **PERSONAL** needs and interests.

### HOW CAN YOU HELP?

The FITNESSGRAM philosophy spells HELP because we need your help to promote physical activity and fitness for your child. If parents value physical activity and encourage their children to be active regularly, children are more likely to view physical activity as an important part of their daily lives. These tips may help you encourage your child to be active:

- > Provide a safe play area for your child to play and opportunities to be active.
- > Provide equipment and supplies that allow your child to be active.
- > Put limits on television time and video game usage (especially right after school).
- > Participate in physical activity with your child.
- > Help your child develop good physical skills so that he or she can feel competent.

For additional information on the FITNESSGRAM tests or to learn about how the Health Fitness Zones were established, visit the FITNESSGRAM Reference Guide at [www.fitnessgram.net](http://www.fitnessgram.net).

### UNDERSTANDING THE HEALTHY FITNESS ZONE

A unique feature of FITNESSGRAM is that it uses scientifically determined standards that are based on how fit children should be for good health. Most children can achieve the health-related fitness standards if they perform sufficient amounts of physical activity on a regular basis. The standards are set specifically for boys and girls and take into account changes with age. Regular participation in aerobic physical activity, which involves sustained movement of large muscle groups, may help children improve their aerobic capacity and maintain healthy body composition. Regular muscular and flexibility exercise can help to improve strength and flexibility.

### THE PHYSICAL ACTIVITY PYRAMID FOR CHILDREN

The Physical Activity Pyramid provides a way of describing the variety of physical activities that contribute to good health. Children are encouraged to learn and perform activities from each of the first three levels of the pyramid.

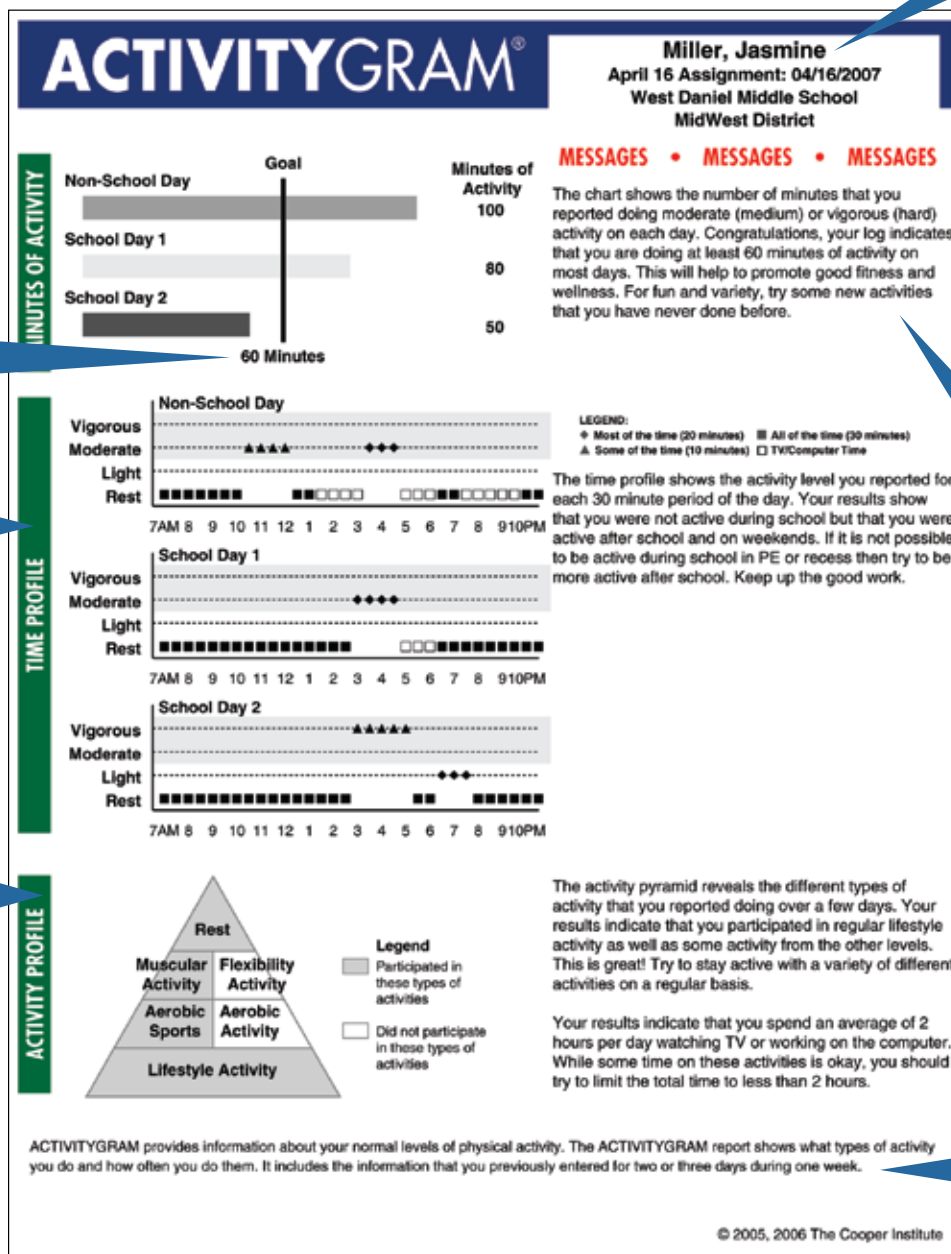
- > Level 1 of the pyramid includes lifestyle activities, or activities that can be done as part of daily living. Activities at this level include walking to school, riding a bike, raking leaves, cleaning house, and general outdoor play of all kinds. These types of activity are emphasized because people are more likely to do them throughout their lifetimes.
- > As children grow older, they will be interested in activities at level 2, including aerobic sports and other aerobic activities.
- > Activities in level 3 include flexibility and muscular fitness activities.

Children should be introduced to the level 2 and level 3 activities gradually and at a rate consistent with their skills, age, and level of maturation.

Long periods of inactivity are inappropriate for children. For this reason it is important that children have several play periods in the form of recess or physical education each day and that they have opportunities to be active before and after school.

FITNESSGRAM was developed by The Cooper Institute and is endorsed by the American Alliance for Health, Physical Education, Recreation and Dance. For information, go to [www.fitnessgram.net](http://www.fitnessgram.net). Based in Dallas, The Cooper Institute ([www.cooperinst.org](http://www.cooperinst.org)) is a nonprofit research and education center dedicated to advancing the understanding of the relationship between living habits and health and to providing leadership in implementing these concepts to enhance the physical and emotional well-being of the individual. FITNESSGRAM is published by Human Kinetics. FITNESSGRAM is a registered trademark of The Cooper Institute, Dallas, Texas. Copyright 2005 The Cooper Institute

# ACTIVITYGRAM report (front)



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

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.


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

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

# ACTIVITYGRAM report (back)

Activitygram, the activity logging component of the Fitnessgram software is explained. In Activitygram, students log the time spent in each type of physical activity.





### What is **ACTIVITYGRAM**?

**ACTIVITYGRAM** is a behavior-based logging activity that can help young people learn more about their physical activity habits. The assessment is a three-day recall of the child's activities. The predominant activity in each 30-minute block of time is coded and the resulting data are used to determine the amount of time spent in activity, the time of the day spent in activity (time profile), and the types of activity performed (activity profile). Recommendations are based on national guidelines developed in 1998 by the Council for Physical Education for Children (COPEC), a division of the National Association for Sport and Physical Education (NASPE).

### Guidelines for Children's Physical Activity

- ▶ Elementary school children should accumulate at least 30-60 minutes of physical activity that is appropriate for their age and level of development on most days of the week.
- ▶ An accumulation of more than 60 minutes of physical activity is encouraged for children.
- ▶ Some activity each day should include moderate to vigorous activity in periods lasting 10-15 minutes.
- ▶ Extended periods of inactivity are inappropriate for children.
- ▶ A variety of activities from the Physical Activity Pyramid are recommended for children.

Long periods of inactivity are inappropriate for children. For this reason it is important that children have several daily play periods in the form of recess or physical education and opportunities to be active before and after school.

### FITNESSGRAM Philosophy

**H** **HEALTH** comes from regular physical activity and the development of health-related fitness.

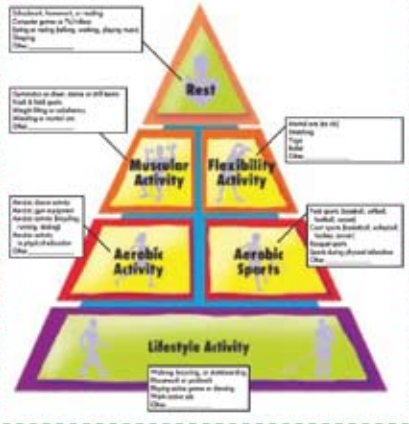
**E** Physical activity and fitness are for **EVERYONE**, regardless of age, gender, or ability.

**L** Physical activity and physical fitness are goals for a **LIFETIME**.

**P** Physical activity programs should be designed to meet **PERSONAL** needs and interests.

### What is the Physical Activity Pyramid?

The Physical Activity Pyramid provides a way of describing the variety of physical activities that contribute to good health. Children are encouraged to learn and perform activities from each of the first three levels of the pyramid. Level 1 of the pyramid includes lifestyle activities, or activities that can be done as part of daily living. Activities at this level include walking to school, riding a bike, raking leaves, or playing outdoors. These types of activity are emphasized because they are more likely to be performed throughout life. As children grow older they will be interested in activities at level 2, including aerobic sports and aerobic activity. Activities in level 3 include flexibility and muscle fitness activities. Children should be introduced to level 2 and level 3 activities gradually and at a rate consistent with their skills, age, and level of maturation.



**REST**  
Snooze, napping, or resting  
Computer game or TV/video  
Sedentary reading, writing, drawing, math  
Shopping

**MUSCULAR ACTIVITY**  
Elementary school children  
Aerobic game equipment  
Aerobic game equipment  
Aerobic game equipment  
Aerobic game equipment  
Other

**FLEXIBILITY ACTIVITY**  
Stretching on their knees or on their hands  
Yoga  
Ball games  
Stretching on their hands  
Stretching on their hands

**AEROBIC ACTIVITY**  
Aerobic game equipment  
Aerobic game equipment  
Aerobic game equipment  
Aerobic game equipment  
Other

**AEROBIC SPORTS**  
Ball sports (basketball, softball, baseball, soccer)  
Court sports (basketball, volleyball, soccer)  
Team sports  
Team sports  
Other

**LIFESTYLE ACTIVITY**  
Walking to school, or walking to school  
Riding a bike to school  
Riding a bike to school  
Riding a bike to school  
Other

**Cooperating Agencies**  
Based in Dallas, The Cooper Institute for Aerobics Research (www.cooperinst.org) is a non-profit research and education center dedicated to advancing the understanding of the relationship between living habits and health and to providing leadership in implementing these concepts to enhance the physical and emotional well being of the individual.

The American Alliance for Health, Physical Education, Recreation and Dance (www.aahperd.org) is a nonprofit professional association of educators that specializes in health, physical education, fitness, sports, dance, and related areas. AAHPERD is the developer of Physical Best, a complete fitness educational program.

FITNESSGRAM materials are distributed by the American Fitness Alliance, a division of Human Kinetics (www.americanfitness.net).

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The physical activity pyramid is used as a reminder of the importance of various types of physical activity.