

# Let's Go with "Plan A" Fitness Assessment



**Assessment  
Advocacy**

**Accountability  
Action**

**Alignment  
Affordable**

# Physical Activity and Physical Fitness

- ▶ Physical Activity
- ▶ Physical fitness is the measurable outcome of physical activity

# Answers Key Questions. . .

- ▶ Are students getting enough physical activity ?
- ▶ Are students getting the “right kind” of physical activity ?



# Assessment: Two Part Tool

- ▶ Collects evidence of learning
- ▶ Contributes to the learning
- ▶ Fitness assessment **MUST** be used as an educational tool in order to best reach its potential
- ▶ BIG Goal for Each . . .  
Assess personal fitness – design, carry out, evaluate, their own personal physical activity program

# Physical Fitness Assessment

- ▶ Exclusive information for students and their families about individual health-related fitness measures. Risk reports for health variables.
- ▶ Provides schools with data regarding their students' health – shown to have a significant relationship to their academic success.
- ▶ Provides teachers and their students with individual information that informs a rigorous and relevant curriculum development and delivery process.

**Goal:**  
Life long Physical Activity

**All Students**

# Physical Fitness Assessment

- ▶ Local and state health officials use physical fitness data collected from students to track trends and use the data in both focused and longitudinal.
- ▶ Policy makers at all levels use the health-related fitness data to inform policy development and decision making.

**Goal:**  
Life long Physical Activity

All Students

# Health-Related Fitness

- ▶ Protection from disease and conditions associated with physical inactivity.



# What's The Difference ?

## Health-Related Physical Fitness

- ▶ Aerobic Capacity
- ▶ Body Composition
- ▶ Muscular Strength
- ▶ Muscular Endurance
- ▶ Flexibility

## Skill-Related Physical Fitness

- Agility
- Balance
- Coordination
- Power
- Speed
- Reaction Time

# FITNESSGRAM®

- ▶ Developed by the Cooper Institute for Aerobic Research in 1982
- ▶ Criterion-referenced standards referred to as the Healthy Fitness Zone (HFZ)
- ▶ National Participation

# FITNESSGRAM®

# Test Items

Aerobic Capacity	Body Composition	Abdominal Strength and Endurance	Trunk Extensor Strength and Endurance	Upper Body Strength and Endurance	Flexibility
One Mile Run	Skinfold Measurement	Curl-Up	Trunk Lift	Push-Up	Back Saver Sit and Reach
PACER	Body Mass Index			Modified Pull-Up	Shoulder Stretch
Walk Test	Bioelectric impedance analyzer			Flexed Arm Hang	

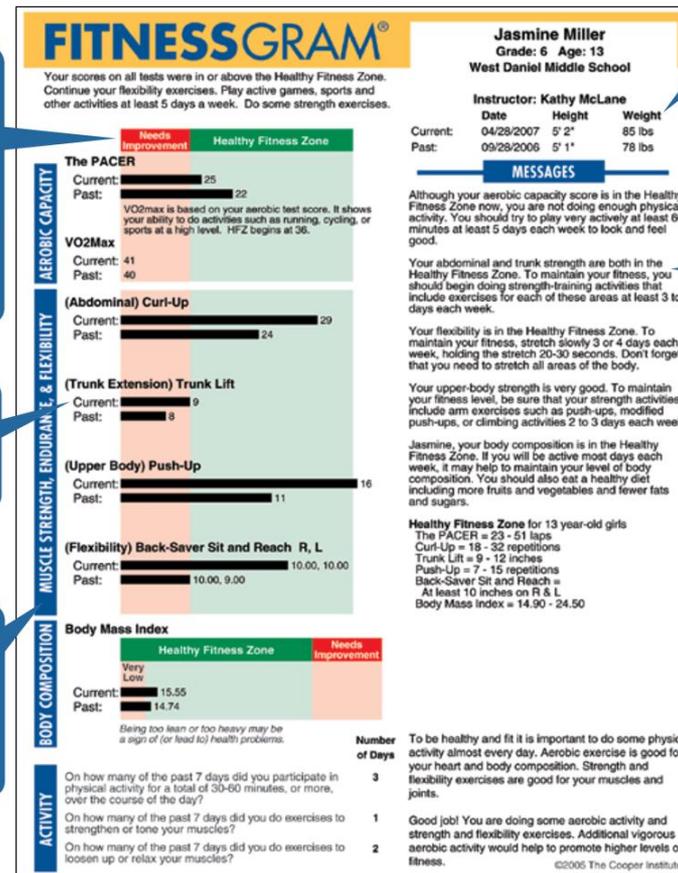
# How it Works . . .

- ▶ **Schools** administer the physical fitness test.
- ▶ **Department of Education** collects test results and provides results to The Governor, the Legislature, school districts and the public.
- ▶ **Teachers** provide students with their individual results and develop a variety of lessons to support learning about health-related fitness.
- ▶ **Schools** report the results in their annual School Accountability Report Card.

# Reporting Results

## Individual Student Report

- ▶ Current and past scores
- ▶ Healthy Fitness Zones
- ▶ Custom messages for each measure
- ▶ Positive messages about physical activity



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.

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.

2011–12 California Physical Fitness Report  
Overall – Summary of Results      San Luis Obispo County

	Total Tested Grade 9	Number of Grade 9 Students in HFZ	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement High Risk
Aerobic Capacity	2,613	1,883	72.1	18.5	9.4
Body Composition	2,613	1,774	67.9	14.2	17.9
Abdominal Strength	2,613	2,439	93.3	6.7	N/A
Trunk Extensor Strength	2,613	2,459	94.1	5.9	N/A
Upper Body Strength	2,613	2,073	79.3	20.7	N/A
Flexibility	2,613	2,331	89.2	10.8	N/A

# School District Reports

State: [California](#)  
 County: [Alameda](#)  
 District: Oakland Unified  
 School: -- Select One --

## 2011-12 California Physical Fitness Report Overall - Summary of Results Oakland Unified District

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Physical Fitness Area	Total Tested <sup>1</sup> in Grade 5	Number Grade 5 Students in HFZ <sup>2</sup>	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested <sup>1</sup> in Grade 7	Number Grade 7 Students in HFZ <sup>2</sup>	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested <sup>1</sup> in Grade 9	Number Grade 9 Students in HFZ <sup>2</sup>	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	3,088	1,764	57.1	35.1	7.8	2,184	1,127	51.6	37.3	11.1	1,503	554	36.9	52.2	10.9
Body Composition	3,088	1,489	48.2	16.7	35.1	2,184	1,027	47.0	17.0	36.0	1,503	765	50.9	18.8	30.3
Abdominal Strength	3,088	2,375	76.9	23.1	N/A	2,184	1,646	75.4	24.6	N/A	1,503	1,019	67.8	32.2	N/A
Trunk Extension Strength	3,088	2,606	84.4	15.6	N/A	2,184	1,812	83.0	17.0	N/A	1,503	1,205	80.2	19.8	N/A
Upper Body Strength	3,088	2,116	68.5	31.5	N/A	2,184	1,574	72.1	27.9	N/A	1,503	891	59.3	40.7	N/A
Flexibility	3,088	2,061	66.7	33.3	N/A	2,184	1,521	69.6	30.4	N/A	1,503	958	63.7	36.3	N/A

2011–12 California Physical Fitness Report  
Overall – Summary of Results      State Report

	Total Tested Grade 5	Number of Grade 5 Students in HFZ	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement High Risk
Aerobic Capacity	450,104	280,662	62.4	29.6	8.0
Body Composition	450,104	236,387	52.5	13.6	33.9
Abdominal Strength	450,104	351,263	78.0	22.0	N/A
Trunk Extensor Strength	450,104	390,831	86.8	13.2	N/A
Upper Body Strength	450,104	306,628	68.1	31.9	N/A
Flexibility	450,104	320,181	71.1	28.9	N/A

# Who is Looking at the Data ?

CA Dept. of Public Health

UCLA

UCSF Pediatrics

LA County Dept. of Public Health

Marin County Epidemiology Program

Orange County Health Care Agency

San Francisco State University, Health Education

U.C. Davis Division of Cardiovascular Medicine

UC Berkeley

UC Davis

UCB School of Public Health

UCD & Indian Health Services

Ventura County Public Health

▶ Harvard National Bureau of Economic Research

▶ Stanford University Economics Department

▶ CSU Northridge Economics Department

Health

Economics

# More . . .

CSU Los Angeles

CSU San Bernardino, Kinesiology

La Sierra College

Dept of Health and Exercise Science

San Francisco State University,  
Department of Health Education

UC Berkeley

UC Davis

UCLA Dept. of Sociology

- ▶ California Center for Public Health Advocacy
- ▶ UC Berkeley Center for Weight & Health

Education

Advocacy

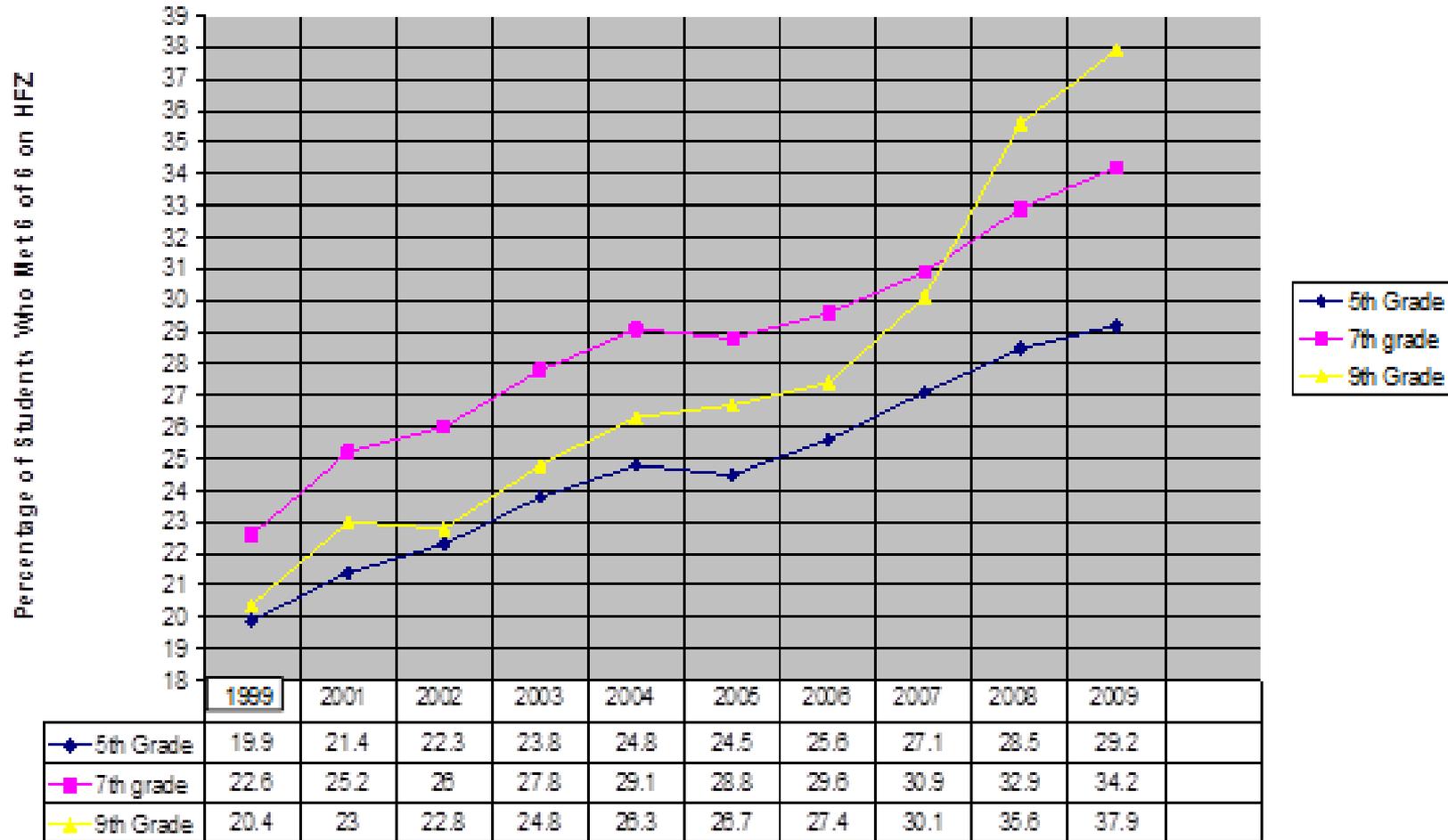
# Meeting the Educational AND Health Needs of Students with Fitness Assessment

- ▶ An obese, special needs student was supported when the teacher included physical activity into his IEP.
- ▶ Further, test results were also used to persuade parents to abandon the use of food as a reward and adopt an appropriate reward system.
- ▶ Schools have physical education summer school programs to help meet needs related to health-related physical fitness. FITNESSGRAM® data is used to identify students who are at risk, and to determine the course goals.

# Advocacy Tools



# A 10 Year Perspective In California



# Overweight and Obesity among Children California Cities

UCLA Center for Health Policy Research and CA Center for Public Health Advocacy

▶ Elk Grove	Sacramento	33.8%
▶ Encinitas	San Diego	18.5%
▶ Escondido	San Diego	38.9%
▶ Eureka	Humboldt	41.0%
▶ Fairfield	Solano	39.3%
▶ Folsom	Sacramento	22.2%
▶ Fontana	San Bernardino	44.9%
▶ Fremont	Alameda	27.9%
▶ Fresno	Fresno	42.5%
▶ Fullerton	Orange	30.9%
▶ Galt	Sacramento	39.9%
▶ Gardena	Los Angeles	49.9%
▶ Gilroy	Santa Clara	43.6%

# Physical Education Teachers

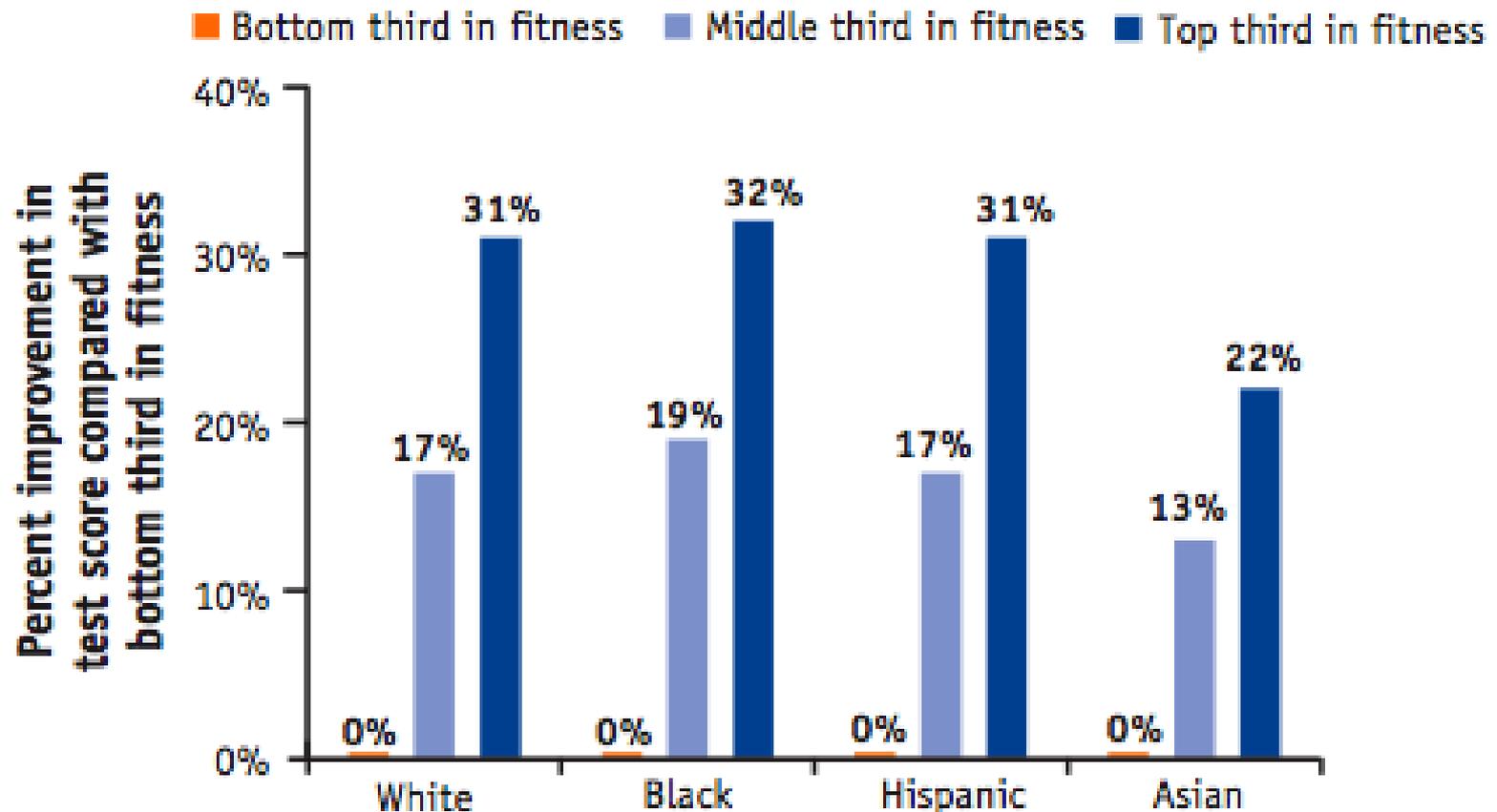
- ▶ Impact of credentialed teachers
  - Number of students meeting 5 of 6 HFZ in grades 5 and 7, increased from 39% to 50%
  - Grade 9 27% to 59% (class size reduction)

# Accountability



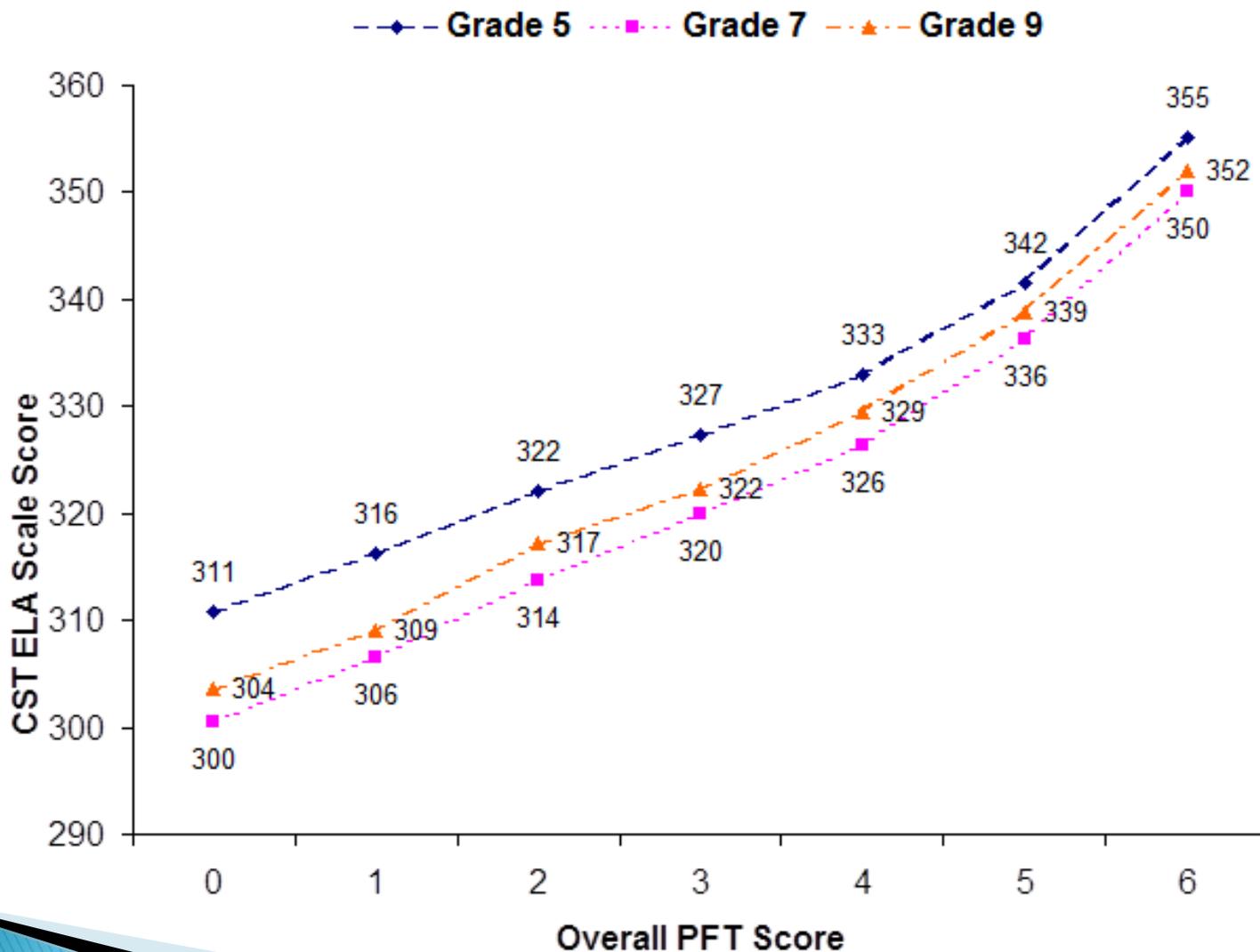
# New York City

## Percent improvement in academic test score by NYC FITNESSGRAM score, by race, fourth–eighth grade, 2007–08



# Fitness and Academic Achievement

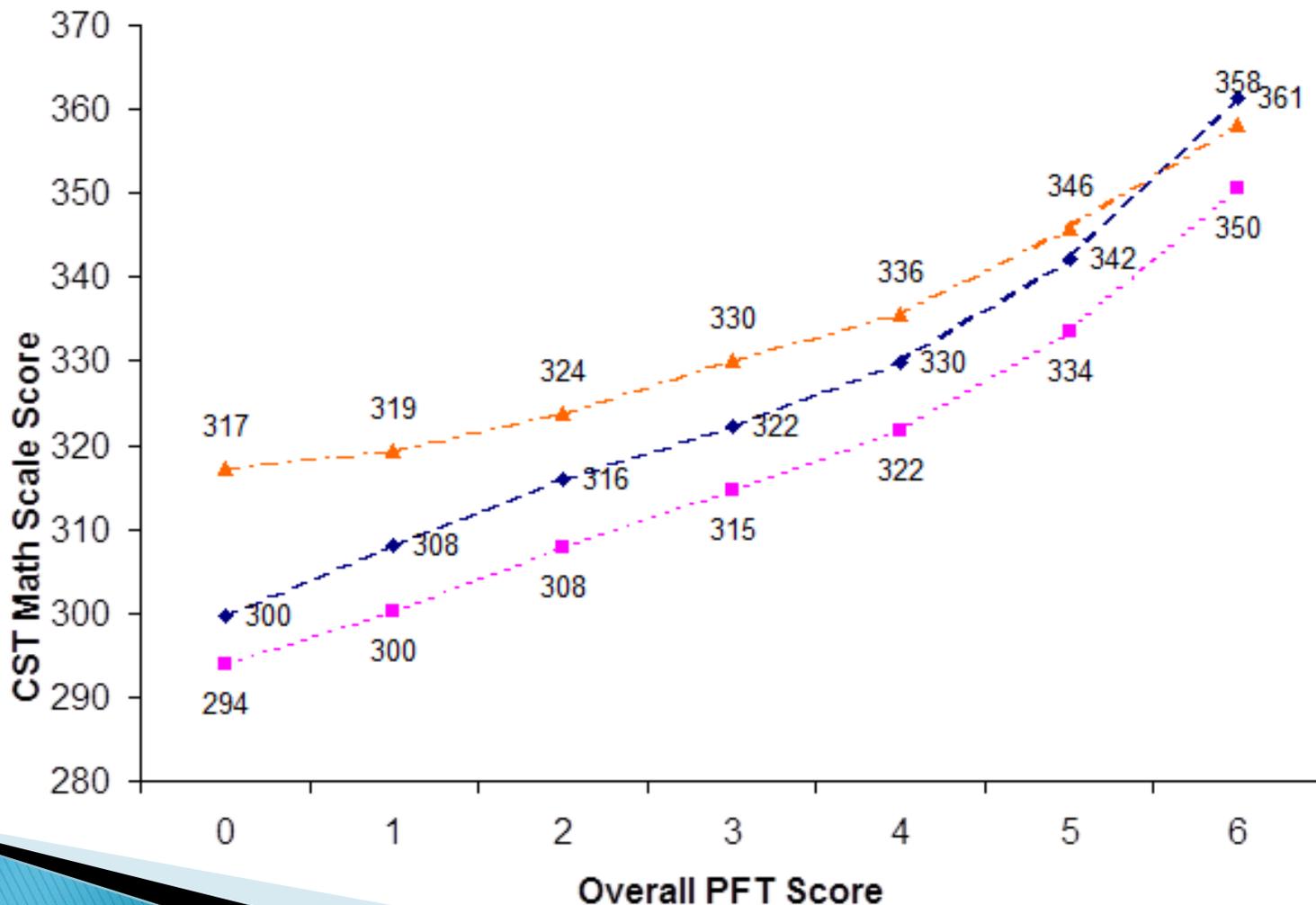
## English Language Arts



# Fitness and Academic Achievement

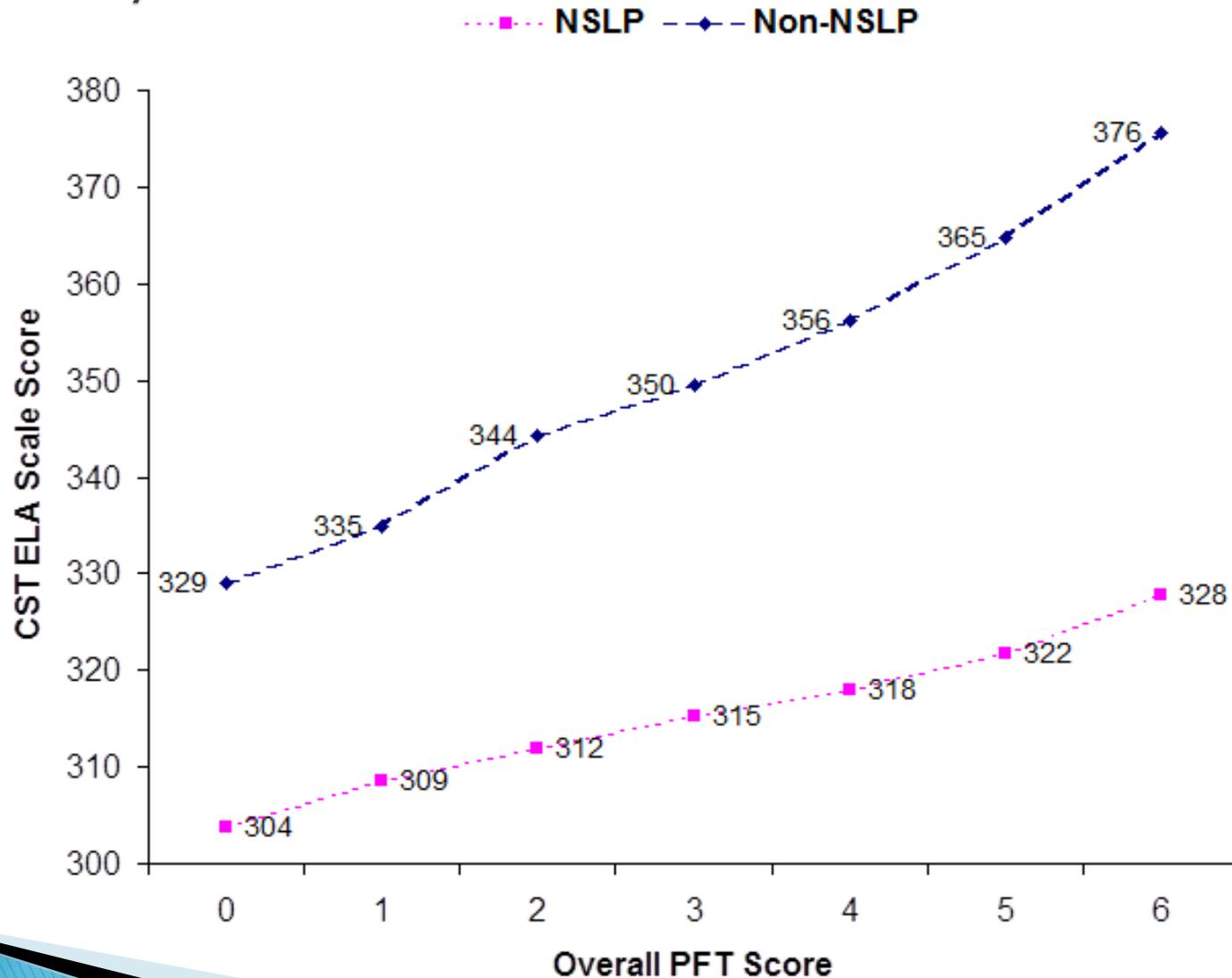
## Mathematics

—◆— Grade 5    -■- Grade 7    -▲- Grade 9 Students Who Took CST Geometry



# Fitness and Academic Achievement

Examined by Socioeconomic Status



# Let's Talk About Money . . .



# In Los Angeles. . .

- ▶ 157,731 students tested (grades 5, 7, and 9)
- ▶ \$ 79,000 per year – just 50 cents per student
- ▶ Annual costs (all reimbursable)
  - ▶ Assessment Office staff time – 20 hours per year
  - ▶ \$76,000 vendor (tabulations, printing, sorting)
  - ▶ \$2,000 materials shipping costs



# A Little Money = More Money

In 2009 alone,

for **every dollar** invested in Physical Fitness Test mandates – – – California school districts and county offices of education . . .

received at least **15 dollars** from federal and private sources to improve physical activity efforts that benefit students.



# Partners Case Study – LAUSD and LACDPH

- ▶ \$ 50 million CTG grant
- ▶ Fitness test scores demonstrating need for county wide physical activity efforts
- ▶ \$ 350,000 per year for five years for physical education in LAUSD



# More Opportunities. . .

- ▶ 80 schools secured **Sound Body Sound Mind Grants**
- ▶ \$ 50,000 per school
- ▶ Funding is contingent on the use of FITNESSGRAM® data for pre – post measures

# Get Started . . .

	Currently Available (No cost)	Needs
Test Administration Protocol Manuals	✓	
Teacher Training Video	✓	
Testing Equipment	✓	
Data Management		✓

# A Vision for Hawai'i

