FITNESSGRAM 10.
MORE THAN AN ASSESSMENT.

FITNESSGRAM 10
more than an assessment

FITNESSGRAM is more than just a health-related fitness assessment – it offers **goal setting, data mining, staff development, and more!** Based on criterion-referenced standards, the comprehensive web-based application software offers **educational, reporting, and promotional tools that:**

- **Help students** and their families understand health-related fitness and the value of physical activity
- **Allow teachers** to monitor students' progress and develop programs that respond to their individual needs
- **Provide administrators** valuable data they can use to gain support for quality physical education programs

goal setting
capabilities

Students can use FITNESSGRAM results to learn about their own fitness level and set short-and long-term goals. The program also features ACTIVITYGRAM®, a behaviorally-based physical activity assessment and goal-setting tool that allows students to log activity time, type, and intensity. Both FITNESSGRAM and ACTIVITYGRAM recommend setting process-based goals.

- **FITNESSGRAM Student Report**: Provides individual fitness data on the five areas of health-related fitness (email reports for privacy and cost savings)
- **AG Lite**: Short 15-question assessment to provide feedback on student physical activity and sedentary behaviors (featured on the new student app)
  ACTIVITYGRAM Three-Day Recall: Standard-validated activity assessment tool to track activity type, frequency, and intensity over a three-day period in 30-minute intervals
- **Activity Log**: Journal to record daily steps and minutes of activity
- **NUTRIGRAM**: Nutrition-centered assessment with goal-setting tools (currently in development – keep in touch for updates)
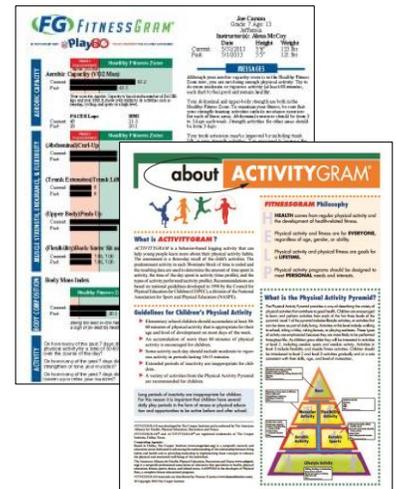
group data
mining

Data drives decisions and FITNESSGRAM offers just that – concrete individual and group data that may be used to create influential reports.

"In physical education classes, fitness assessment and measurement without data reporting or a plan for using the data does little to serve students' needs and is not an educationally sound practice."

- SHAPE America (NASPE, 2009)

Use FITNESSGRAM data to:

- **Identify specific needs and drive decisions** for physical education and after school program planning, recess, activity breaks, healthy eating initiatives, staff development, grant funding, joint use agreements, and community partnerships
- **Accelerate change** and validate a need for policy and support at the state level
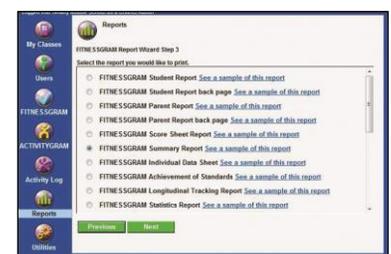
- **Provide detailed statistical reports** that graph aggregated data across administrative units, test items or grade levels, allowing for collection of accurate and comprehensive records over time
- **Use state level reports** to investigate associations with academic achievement data and provide administrators with information to make wide-reaching decisions

staff development
modules & communication

Fitness Education Process

- Fitness Concepts
- Student Preparation
- Practice Procedures
- Assessment
- Program Planning / Goal Setting
- Promoting/ Tracking PA
- Reassessment
- Revise/Refine Goals
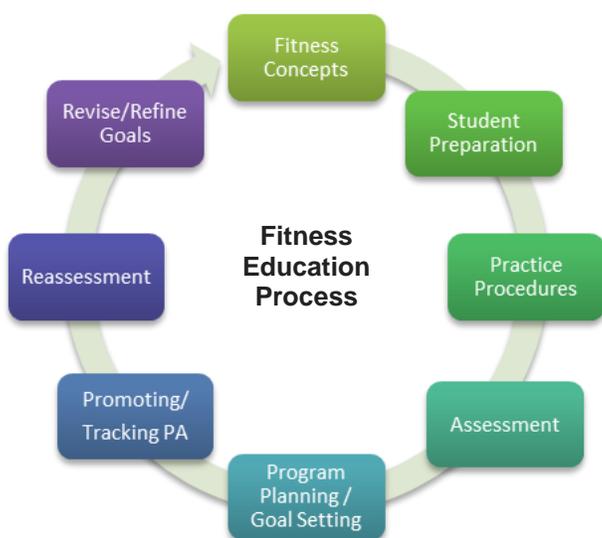
Improved instructional resources assist the physical educator on how to communicate FITNESSGRAM messaging to students, parents, faculty and staff, administrators, and the community. **Teachers will learn how to:**

- **Conduct** the fitness assessment
- **Record** assessment results
- **Track** student progress over time
- **Generate** individualized reports
- **Analyze** data at various levels to drive decisions

And while the assessment is important, it's just one part of the process. Teachers are key liaisons and can articulate that *fitness is a process* and the assessment is just one component of FITNESSGRAM's eight-step Fitness Education Model.

Physical educators have access to **leading staff development tools that offer clear and concise understanding**, application, reporting, educating, and communicating of the assessment. **Teachers will have access to:**

- **Online videos** for all ages to educate staff and students about aerobic capacity, body composition, muscular strength, endurance, and flexibility
- Easy-to-use FITNESSGRAM **teacher app** to collect data and enter scores
- **Data mining** strategies to achieve maximum results with assessment tools
- **Tech tutorials** to assist with software application
- **Communication resources** for improved parent and student messaging
- **Fitness resource and equipment packs** to implement the assessment to large groups (sold apart from FITNESSGRAM software by US Games)

staff development continuum
driving continuous improvement

The FITNESSGRAM web-based application makes continuous staff development and education within reach. From the first informational orientation to learning advanced instructional strategies, FITNESSGRAM provides the following short online trainings to help staff excel.

Test Administration

- Introduction
- Health-related fitness components
- Healthy Fitness Zone standards
- Protocols
- Resources to conduct test

Goal Setting*

- Use assessments to determine goals
- Apply SMART goal method
- Utilize ACTIVITYGRAM
  - 3-day recall
  - AG Lite
  - Activity log

Data Mining*

- Create aggregate reports at different levels:
  - Class
  - School
  - District
  - State
- Long-term tracking and benefits
- Drive decisions with relevant data
- How to apply results

Communication*

- How and when to share reports with students/parents
- Involve key stakeholders
- Inform and gain support from the community
- Connect with social media

* Due to be released spring 2014.

learn more and
purchase today

Developed by The Cooper Institute in Dallas, Texas, FITNESSGRAM has been adopted by the Presidential Youth Fitness Program and is *the* national health-related youth fitness assessment. Additionally, through a partnership with the NFL Foundation, FITNESSGRAM exists as *the* fitness assessment for the NFL PLAY 60 FITNESSGRAM Program.

FITNESSGRAM stands apart from other assessments and is backed by Healthy Fitness Zone® standards created by The Cooper Institute FITNESSGRAM Scientific Advisory Board. This means that students are never compared to one another, but rather held to scientifically proven health-related standards.

More details about FITNESSGRAM software are available at www.fitnessgram.net. To purchase the FITNESSGRAM software for your school, please contact Human Kinetics toll-free at 855.473.7345 or k12sales@hkusa.com.

For FITNESSGRAM resource and equipment packs to help you successfully implement FITNESSGRAM, visit US Games at www.usgames.com.

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The Cooper Institute 501(c)(3)

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