

Dear Principals / District Coordinators / Physical Education Teachers

Research has demonstrated that healthy and fit children perform better in school. Iowa has a well-deserved reputation as a state that values education and it has recently established the goal of becoming the healthiest state in the country. To help promote health-related fitness in Iowa youth, The Cooper Institute® and Iowa State University (ISU) have established the **Iowa FitnessGram® Initiative**.

The **Iowa FitnessGram® Initiative** is a participatory network of Iowa K-12 schools committed to promoting physical fitness in Iowa schools. The FitnessGram® battery and software provides a way to effectively monitor trends in youth fitness and physical activity over time. Through this network we also hope to build visibility and support for physical education at the state level. These opportunities have been provided through my affiliation with The Cooper Institute® as the FitnessGram® Scientific Advisory Board Director.

The **Iowa FitnessGram® Initiative** is managed through the ISU Physical Activity and Health Promotion lab in the Department of Kinesiology. The programming is set up as a “*participatory research network*” to help ensure mutual benefits. Schools receive access to the powerful capabilities of the FitnessGram® software and assistance with effective implementation. Our ISU research team, in turn, benefits by learning how to facilitate effective physical education programming and have the ability to monitor trends in youth fitness and physical activity. The Cooper Institute® has agreed to offer the site licenses and web hosting for the network to facilitate tracking of data and evaluation of effective physical education programming by our ISU team. As the Scientific Advisory Board Director, I oversee research activities for the overall program and this network provides opportunities for us to pilot programming and aspects of the FitnessGram® assessments. It is important for participating schools/districts to understand the nature of this commitment and expectations of all parties.

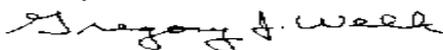
Project goals and expectations are outlined on page 2 and these must be signed agreed to in order to participate in the initiative. As a participating school (or school district), you will receive a free FitnessGram® license and web hosting from The Cooper Institute® and in return schools will administer the FitnessGram® assessment annually and enter student scores into the web-based FitnessGram® software.

Project assurances and data security considerations:

- The software application and data will be the responsibility of The Cooper Institute®, a 501(c)(3) non-profit research and education center. The Cooper Institute® has over 40 years of experience managing large data sets and has taken many precautions to ensure that data security complies with applicable privacy laws, including FERPA and COPPA (official privacy policy can be found: <http://www.fitnessgram.net/privacy>).
- Physical activity and fitness data entered into the software will be used for research purposes, with the goal to publish the findings in scientific or peer-reviewed journals. **All data will be de-identified to protect the confidentiality of students and/or participants, and all data will be handled in compliance with applicable privacy laws.**
- Only de-identified results will be shared to ensure individual and school/organization confidentiality.
- All procedures have been approved by Iowa State University’s Institutional Review Board and will be carried out following sound ethical principles. Approval was granted and the project is considered “exempt” as data will be collected anonymously and because the fitness assessments are part of your normal school physical education programming.

The Cooper Institute is releasing a new version of the Fitnessgram software (v2015) and schools/districts must agree to the terms and conditions on the back page in order to receive the upgrade and enhancements. Please review and complete the form at your earliest convenience. We look forward to continuing this collaboration.

Sincerely,



Gregory J. Welk, Ph.D., Professor
Department of Kinesiology, Iowa State University (515-294-3583 / gwelk@iastate.edu)

Project Goals and Expecations: The goal of the **Iowa FitnessGram® Initiative** is to establish mutually beneficial partnerships focused on evaluating ways to promote effective fitness education in schools. Our intent in establishing a relationship with Iowa schools is to provide direct assistance and support in whatever way we can but as a participatory network schools have autonomy to coordinate and plan programming as they see fit. Schools will administer the FitnessGram® assessment annually, enter student scores into the web-based FitnessGram® software, and respond to periodic surveys to provide feedback about physical education programming. A signed *Letter of Commitment* must be on file indicating that project assurances have been received and expectations have been communicated.

Please check the boxes below, scan and send to Dr. Welk at gwelk@iastate.edu.

- We understand that the **Iowa FitnessGram® Initiative** is a participatory network and that our involvement is completely voluntary.
- We understand that we are responsible for covering costs for purchase and maintenance of the FitnessGram® software and web-hosting for our schools from The Cooper Institute® (see www.fitnessgram.net). The network is designed for schools and districts that want to take advantage of opportunities to learn how to optimize their use of FitnessGram in their PE program.
- We understand that we are responsible for taking advantage of the free online staff development and support resources available within the FitnessGram® software.
- We agree to provide the necessary administrative support and leadership to ensure that we are making effective use of the FitnessGram® software and that we are complying with the project expectations as closely as possible.
- We agree to share the de-identified data compiled through the FitnessGram® software as part of the overall state wide tracking initiative.
- We agree to consider supplemental projects coordinated through the **Iowa FitnessGram® Initiative** and to complete periodic (annual) surveys to provide feedback about physical education programming.

School Name: _____

District: _____
(A listing of participating schools in a district must be provided if enrolling as a District)

School / District Administrator: _____

Phone: _____

E-Mail: _____

Printed Name: _____

Signature: _____

The **Iowa FitnessGram® Initiative** is positioned to help support and enhance physical education programming in your school / district. The programming is an outreach initiative managed by the Dr. Welk at Iowa State University. Iowa State University shall hold harmless and indemnify The Cooper Institute® from and against any and all losses, damages, claims, suits, actions, liabilities and/or expense, including, but not limited to, attorneys' fees and disbursements of any character that arises from, are in connection with, or are attributable to the performance or nonperformance of Iowa State University or it subcontractors under this agreement.

If you have any questions, email: gwelk@iastate.edu or call 515-294-3583.